

'AGEING DISGRACEFULLY'

If you want to be a nudist, but don't know how to start,
It doesn't matter if you're eighty, just listen to your heart.
You can practice in your garden, or even in your house,
And then invite some friends along; one or two will bring a spouse.
Tell the gymnast class, or line-dance, or your computer club,
Just try to get it started; you'll soon create a Hub.

So talk to people round you, an advantage you will find,
To go without your clothes sometimes, with people of like mind.
Just give yourself the feeling of sitting in the sun,
And feel the warmth upon your back, and maybe on your (b) tum.

(daughter): "So now you are a nudist! But you're nearly eighty three!

Well really Mother Darling – can't you age more gracefully?
I saw you on your tandem bike, boobs flapping in the breeze.
And who was that in front of you, peddling along with ease?

You cycled down Macquarie Street, both on your way to natter
To all your nudist buddies - U3A in Parramatta."

L.Flower

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