

Alive and Well

*Our sight is not so sharp now
and our waists are growing fatter
Our hearing may be fading
and our feet becoming flatter*

*Can't walk up several flights of stairs
Without the chest complaining
Misplaced the keys, can't find that hat
forgetfulness is gaining*

*We finally cure that painful joint
but then a new one's started
Can't manage snacks we loved to chew
with back grinders now departed*

*But never mind those minor things
and wrinkles that don't flatter
As our hearts are still alive and well
in the ways that really matter!*

STC, 2011