

Old, infirm. senile. decrepit and frail.

Who will be there, you, family, a child?

Or will I go to a home when I ail,

Sit around waiting for death, a life mild.

Deprived of pleasures I can't live without.

I watch the elderly, see them everywhere,

Observe how with pride intact they go about.

Admire their courage, strength, value of life.

Practical clothes, chats, scooters, short white hair,

Packing it all in, they don't have much time.

Making the most of it, living with flair.

I'll exist youthfully when the time comes,

Accept old age with grace, still be someone.