

Changing Times

What do I care if you've silver white hair
Or perhaps you've gone thin on top
It isn't a sin if your body's not thin
Or various bits seem to drop
If your eyes have grown dim it won't mean a thing
And your skin has now lost its glow
It's the person within that important to me
Not the image I knew long ago

We can't hide our age 'cause the years have rolled by
No longer are we in our prime
We know that our bodies are no longer in shape
Each movement takes more of a time
When we puff and we pant with each step we take
We know that some days are a chore
But we need to remember that time has passed by
And we're not young anymore

Margaret R Vieira