

# BEST QUOTES ON RETIREMENT AND AGING

Sometimes memories sneak out of my eyes and roll down my cheeks.

—Ged Backland

‘Old times’ never come back—and I suppose it’s just as well. What comes back is a new morning every day in the year, and that’s better.

—George E. Woodberry

The best place to be when you’re sad is Grandpa’s lap

—*seniorresource.com*

As I grew older I thought the best part of my life was over. Then I was handed my first grandchild and realized...the best part of my life had just begun.

—T-Shirt Slogan

The years between 50 and 70 are the hardest. You are always being asked to do things and yet are not decrepit enough to turn them down.

—T. S. Eliot

My first grandchild, Jordan, was born on January 30, 2011. I was jolted, blindsided by a wallop of loving more intense than anything I could remember or had ever imagined....This is what I didn’t expect. I was at a time in my life where I’d assumed I had already had my best day, my tallest high. But now I was overwhelmed with euphoria. Why was she hitting with such a force? What explains this joy, this grandmother elation that is a new kind of love?

—Lesley Stahl

You take all the experience and judgement of men over 50 out of the world and there wouldn’t be enough left to run it.

—Henry Ford

Don’t cry over the past, it’s gone. Don’t stress about the future, it hasn’t arrived. Live in the present and make it beautiful.

—*iliketoquote.com*

The best time to start thinking about retirement is before your boss does.

—*thefreshquotes.com*

In the last months of her life, my mother-in-law dwelled in a hospital bed in our house. It took all of her strength to get down our steps, walk around the block, and get back to the front door. As we inched down the sidewalk, she pointed out every flower, the pattern in paving stones, the various shades of the trees and bushes. I had never seen my neighborhood like this. At first, I was infuriated by our pace. She would stop often, not because she was short of breath, but to examine the texture of a flower. It's hard to give ourselves even 15 minutes of the day. It means overcoming the nagging distraction of our many pressures and aims. My mothers-in-law reminded me of the patient momentum of looking and really seeing, turning an ordinary walk into gladness for continuing to be among the living.

—Wendy Lustbader

### **DO NOT ASK ME TO REMEMBER**

Do not ask me to remember,  
Don't try to make me understand,  
Let me rest and know you're with me,  
Kiss my cheek and hold my hand.  
I'm confused beyond your concept,  
I am sad and sick and lost.  
All I know is that I need you  
To be with me at all cost.  
Do not lose your patience with me,  
Do not scold or curse or cry.  
I can't help the way I'm acting,  
Can't be different though I try.  
Just remember that I need you,  
That the best of me is gone,  
Please don't fail to stand beside me,  
Love me 'til my life is done.

—Owen Darnell

When you finally go back to your old hometown, you find it wasn't the old home you missed. It was your childhood.

—Sam Ewing

Of all ghosts, the ghosts of our old loves are the worst.

—Arthur Conan Doyle

Old age begins when one looks backward rather than forward.

—May Sarton

There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.

—Sophia Loren

When we look at an old person, we see what we may become: one who has lost health, beauty, children, status, income, home, friends and lovers. The greatest sorrow of the aging human being is an aching loneliness for what is gone forever.

—Kay Kinley Melaney

It is never too late to be what you might have been.

—George Elliott

I thought growing old would take longer.

—T-Shirt Slogan

If I'd known I'd live this long, I'd have taken better care of myself.

—Mark Twain

Remember: The dementia patient is not giving you a hard time. The dementia patient is having a hard time.

—Unknown

How far away the stars seem, and how far is our first kiss, and ah, how old my heart.

—William Butler Yeats

Everyone is the age of their heart.

—Guatemalan Proverb

One day you'll be just a memory for some people. Do your best to be a good one.

—Internet Meme

The habit of reading is the only one I know in which there is no alloy. It lasts when all other pleasures fade. It will be there to support you when all other resources are gone. It will be present to you when the energies of your body have fallen away from you. It will make your hours pleasant to you as long as you live.

—Anthony Trollope

You can take no credit for beauty at sixteen. But if you are beautiful at sixty, it will be your own soul's doing.

—Marie Carmichael  
Stopes

You can't have a better tomorrow if you are thinking about yesterday all the time.

—Charles Kettering

Want to forget that you're growing older? Walk across green grass with bare feet.

—Toni Sorenson

The cheerful live longest in years, and afterwards in our regards. Cheerfulness is the off-shoot of goodness.

—Christian Nestell  
Bovee

I have often noticed that a kindly, placid good-humor is the companion of longevity, and, I suspect, frequently the leading cause of it.

—Sir Walter Scott

The happiest of all lives is a busy solitude.

—Voltaire

Studies show quite strongly that people's satisfaction with their life increases, on average, from their early 50s on through their 60s and 70s and even beyond—for many until disability and final illness exact their toll toward the very end.

—Jonathan Rauch

I know that at the end of my mother's life I felt isolated in my plight, especially compared to colleagues being feted with showers and welcomed back to work with *oohs* and *aahs* at new baby pictures. I was tempted, out of pure small-mindedness, to put on my desk a photo of my mother, slumped in her wheelchair.

—Jane Gross

One problem with gazing too frequently into the past is that we may turn around to find the future has run out on us.

—Michael Cibenko

You're never too old, too wacky, too wild, to pick up a book and read to a child.

—Dr. Seuss

An archeologist is the best husband any woman can have: the older she gets, the more interested he is in her.

—Agatha Christie

The best thing about being over 70 is being over 70. Certainly when I was 45, the idea of being 70 was like, ‘Arghhh!’ But you only have two options in life: Die young or get old. There is nothing else. The idea of dying young when you’re 25 is kind of cool—a bit romantic, like James Dean. But then you realize that life is too much fun to do that. It’s fascinating and wonderful and emotional. So you just have to find a way of negotiating getting old psychologically and physically.

—Helen Mirren

If I had my life to live over again, I would have made a rule to read some poetry and listen to some music at least once a week; for perhaps the parts of my brain now atrophied would have thus been kept active through use. The loss of these tastes is a loss of happiness, and may possibly be injurious to the intellect, and more probably to the moral character, by enfeebling the emotional part of our nature.

—Charles Darwin

The great secret that all old people share is that you really haven’t changed in seventy or eighty years. Your body changes, but you don’t change at all. And that, of course, causes great confusion.

—Doris Lessing

Grandparents are frequently more congenial with their grandchildren than with their children. An old man, having retired from active life, regains the gaiety and irresponsibility of childhood. He is ready to play....He cannot run with his son, but he can totter with his grandson. Our first and last steps have the same rhythm; our first and last walks are similarly limited.

—Andre Maurois

It is quite wrong to think of old age as a downward slope. On the contrary, one climbs higher and higher with the advancing years, and that, too, with surprising strides. Brain-work comes as easily to the old as physical exertion to the child. One is moving, it is true, towards the end of life, but that end is now a goal, and not a reef in which the vessel may be dashed.

—George Sand

Once you’re over the hill you begin to pick up speed.

—Charles Schultz

One day I woke up and I was the oldest person in every room.

—Bill Clinton

The older I become, the more I think about dying, and the less I worry about dying.

—John Chesire

Here's what I say about aging: It's really scary when you're looking at it from the outside. When you're inside it, it's not scary at all. You feel better.

—Jane Fonda

Never be defined by your past. It was a lesson, not a life sentence.

—*Facebook.com / Lifebooks*

None of us are getting out of here alive, so please stop treating yourself like an after thought. Eat the delicious food. Walk in the sunshine. Jump in the ocean. Say the truth that you're carrying in your heart like hidden treasure. Be silly. Be kind. Be weird. There's no time for anything else.

—Nanea Hoffman

We are always the same age inside.

—Gertrude Stein

People get happier as they get older. The least happy are probably teenagers and people in their 20s. We get happier at midlife, but the peak is, depending on the study, around 65 or 70.

—Sonja Lyubomirsky

I turned 60 this year, and people around that age make a bucket list. I made a bucket list, turned the 'b' to an 'f' and was done with it. If you want to kite surf down the Amazon, go ahead. I'm going to crack open a beer and watch a ballgame. When I think of retirement, all I would think of is going to a baseball game every day.

—Jerry Seinfeld

The hands of every clock are shears, trimming us away scrap by scrap, and every time piece with a digital readout blinks us towards implosion.

—Dean Koontz

Age does not diminish the extreme disappointment of having a scoop of ice cream fall from the cone.

—Jim Fiebig

If indeed the world is ready to offer new opportunities to older women—then who will be left to watch the grandkids? Let's see: Who, at 60-something, might be looking for a new challenge? An emotionally rewarding second act? Who got promoted early, peaked early, and now has ample free time for Legos, tea parties, and reading stories? Has anybody thought about a good occupation for Bill Clinton, now that he has achieved so much? Or, someday, Barack Obama? Why were older men put on this Earth, anyway?

—Liza Mundy

Choose how you spend your time. Think about how you spend each day. Choose to do fewer things you don't like or enjoy. Choose to do more things that you like to do. Don't say *yes* when you want to say *no*. Say *no* and do what you want to do instead. Spend more time with the people you enjoy and less time with the people you don't.

—Dr. Bill Thomas

I advocate...that individuals choose what age means to them and be free to do what they wish. If they have been looking forward to sitting in a rocking chair and watching television, they should be free to do that. They shouldn't be imprisoned by my vision of what they should be doing. They need to be free of cultural restraints, no matter with they choose to do.

—Dr. Bill Thomas

Everything we think we know about getting older is wrong. We are being manipulated and misled by a cult-like devotion to youth and speed. It's time we shake ourselves out of the misery of aging and re-purpose and restore the wonders and integrity of the second half of our lives. It's crazy. We impose the stress-filled demands and rigors of adulthood on children and, at the same time, we impose ludicrous and unhealthy expectations of youth and beauty on older adults. We try to measure everyone with an adult yardstick. For children, that means they are made to measure up to adult standards when they should be allowed to be children. For elders, it means that they are expected to act as they did 20, 30 or 40 years ago. This results in lives that are disconnected and out-of-balance—unprepared to deal with the realities of aging.

—Dr. Bill Thomas

The peak of emotional life may not occur until well into the seventh decade....Forties were, for me, the worst. You're never good enough professionally. I think you're coming out of the fog in the 50s. [At 60] I feel so privileged. I feel it now.

—Laura Carstensen

Midlife crisis begins sometime in your 40s, when you look at your life and think, *Is this all?* And it ends about 10 years later, when you look at your life again and think, *Actually, this is pretty good.*

—Donald Richie

We accommodate our physical and mental limitations. Our expectations shrink. Aware of our diminishing capacities, we choose ever more restricted activities and projects, to ensure we can fulfill them. Indeed, this constriction happens almost imperceptibly. Over time, and without our conscious choice, we transform our lives. We don't notice that we are aspiring to and doing less and less. And so we remain content, but the canvas is now tiny. The American immortal, once a vital figure in his or her profession and community, is happy to cultivate avocational interests, to take up bird watching, bicycle riding, pottery, and the like. And then, as walking becomes harder and the pain of arthritis limits the fingers' mobility, life comes to center around sitting in the den reading or listening to books on tape and doing crossword puzzles. And then...

—Ezekiel J. Emanuel

Here is a simple truth that many of us seem to resist: living too long is also a loss. It renders many of us, if not disabled, then faltering and declining, a state that may not be worse than death but is nonetheless deprived. It robs us of our creativity and ability to contribute to work, society, the world. It transforms how people experience us, relate to us, and, most important, remember us. We are no longer remembered as vibrant and engaged but as feeble, ineffectual, even pathetic.

—Ezekiel J. Emanuel

Studies of twins suggest that about 30 percent of longevity is inherited.

—Gregg Easterbrook

The final stage of life, old age is in many ways a mirror image of childhood. Life's hard labors complete, the elderly return to a time of less responsibility, where, as with children, little is expected, and people once again speak to you in an incredibly condescending tone. On the other hand, the elderly can get away with all manner of shit, up to and including promiscuity, racist blather and the inappropriate hugging of Jamaican nurses. Early man revered the elderly and they occupied a place of honor in the community. In modern times we keep them away from us in condo developments because it makes us sad to think about dying.

—*Earth (The Book) A  
Visitor's Guide  
to the Human  
Race*

I could not at any age be content to take my place in a corner by the fireside and simply look on.

—Eleanor Roosevelt

My grandmother started walking five miles a day when she was sixty. She's ninety-seven now, and we don't know where the hell she is.

—Ellen DeGeneres

The older I get, the more intense my appetite for living and for appreciating life gets. I think I was heedless when I was younger. I thought it was endless. But I just lost two really close friends in the last two years, and, man, you realize you've got just seconds.

—Meryl Streep

I never understood the idea that you're supposed to mellow as you get older. Slowing down isn't something I relate to at all. The goal is to continue in good and bad, all of it. To continue to express myself, particularly. To feel the world. To explore. To be with people. To take things far. To risk. To love. I just want to know more and see more.

—Diane Keaton

Can it really be healthy for us to constantly relive, rehash, and regurgitate the experiences of our youth? It's hard to learn from the present when you're mired in the past.

—Diablo Cody

He grew younger as his children left home  
He has both time and money to buy  
The toys he never had  
Lawn mowers, saws, garden equipment, CBs,  
Stereos  
Whatever is new and exciting  
He smiled more often too  
And his legs are still  
quite exceptional  
For a Grandfather

—Nikki Giovanni

If you carry your childhood with you, you never become older.

—Tom Stoppard

## OLD AGE, I DECIDED IS A GIFT

Old age, I decided, is a gift. I am now, probably for the first time in my life, the person I have always wanted to be. Oh, not my body! I sometime despair over my body ... the wrinkles, the baggy eyes, and the sagging butt. And often I am taken aback by that old person that lives in my mirror, but I don't agonize over those things for long.

I would never trade my amazing friends, my wonderful life, my loving family for less gray hair or a flatter belly. As I've aged, I've become more kind to myself, and less critical of myself. I've become my own friend. I don't chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so *avante garde* on my patio. I am entitled to overeat, to be messy, to be extravagant. I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with aging.

Whose business is it if I choose to read or play on the computer until 4 a.m., and sleep until noon? I will dance with myself to those wonderful tunes of the 40's, 50's and 60's, and if I, at the same time, wish to weep over a lost love... I will. I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying glances from the bikini set. They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten, and I eventually remember the important things. Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when a beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turn gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver. I can say 'no', and mean it. I can say 'yes', and mean it. As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day. (If I feel like it)

—SueAnne

Growing old is like a roll of toilet paper. The closer you get to the end, the faster it goes.

—Andy Rooney

We think in youth that our bodies are identical with ourselves and have the same interests, but discover later that they are heartless companions who have been accidentally yoked with us, and who are as likely as not, in our extreme sickness or old age, to treat us with less mercy than we would have received at the hands of the worst bandits.

—Rebecca West

To grow old is to have taken away, one by one, all gifts of life, the food and wine, the music and the company....The gods unloose, one by one, the mortal fingers that cling to the edge of the table.

—Storm Jameson

Science has salvaged scrap metal and even found vitamins and valuable oils in refuse, but old people are extravagantly wasted.

—Anzia Yezierska

Everybody needs his memories. They keep the wolf of insignificance from the door.

—Saul Bellow

Given three requisites—means of existence, reasonable health, and an absorbing interest—those years beyond sixty can be the happiest and most satisfying of a lifetime.

—Earnest Elmo Calkins

Old age has its compensations....you need hardly ever do anything you don't want to. You can enjoy music, art and literature, differently from when you were young, but in a different way as keenly. You can get a good deal of fun out of observing the course of events in which you are no longer intimately concerned. If your pleasures are not so vivid your pains also have lost their sting....the greatest compensation of old age is its freedom of spirit....it liberates you from envy, hatred, malice.

—W. Somerset Maugham

Nostalgia is a seductive liar.

—George W. Ball

Old age is like a plane flying through a storm. Once you're aboard, there's nothing you can do.

—Golda Meir

For those with a mission to accomplish, bodily existence will last as long as necessary.

—Brahma Putra

As we advance in life, we acquire a keener sense of the value of time. Nothing else, indeed, seems of any consequence; and we become misers in this respect.

—William Hazlitt

Nothing is less worthy of honor than an old man who has no other evidence of having lived long except his age.

—Seneca

The bad news is time flies. The good news is you're the pilot.

—Michael Altshuler

Age does not make us childish, as they say. It only finds us true children still.

—Johann Wolfgang von  
Goethe

That sign of old age, extolling the past at the expense of the present.

—Sydney Smith

A man is not old as long as he is seeking something.

—Jean Rostand

Old age, believe me, is a good and pleasant time. It is true that you are gently shouldered off the stage, but then you are given such a comfortable front stall as spectator, and, if you have really played your part, you are more content to sit down and watch.

—Jane Ellen Harrison

It is natural to revive fond memories, but one can't dwell in the past and stay whole. Seek to keep the past in its place, and strive to make the present more pleasant.

—Dan L. Miller

Reminiscences make one feel so deliciously aged and sad.

—George Bernard Shaw

What's a man's age? He must hurry more, that's all; cram in a day what his youth took a year to hold.

—Robert Browning

If I were running in the stadium, ought I to slacken my pace when approaching the goal? Ought I not rather to put on speed?

—Diogenes Laertius

Older people are neglected and left to get along as best they can....If it is important to give the human animal a good start in life, it is just as important to see that he makes a good finish. We should be as much interested in actual fulfillment as in setting the stage for the realization of possibilities.

—George E. Lawton

Don't simply retire from something; have something to retire to.

—Harry Emerson  
Fosdick

For the unlearned, old age is winter; for the learned, it is the season of the harvest.

—Hasidic Saying

The gradually declining years are among the sweetest in a man's life.

—Seneca

Let me give a word of advice to you young fellows who have been looking forward to retirement: Have nothing to do with it. Listen: it's like this. Have you ever been out for a late autumn walk in the closing part of the afternoon, and suddenly looked up to realize that the leaves have practically all gone? And the sun has set and the day gone before you knew it—and with that a cold wind blows across the landscape? That's retirement.

—Stephen Leacock

It is seldom that an American retires from business to enjoy his fortune in comfort...He works because he has always worked, and knows no other way.

—Thomas Nichols

As long as the Earth can make a spring every year, I can. As long as the Earth can flower and produce nurturing fruit, I can, because I'm the Earth. I won't give up until the Earth gives up.

—Alice Walker

It seems a token and habit of older age to feel very deeply the charm there is in every display of life: I love it yearly more and more—in the antics and questions of children, in the roaming of a baby's surprised eyes, in the sparrows (now as I write) cracking seeds on the balcony...in the white shimmer of apple-blossom I saw yesterday at Clamart, and in the garden there in the dusk, when we walked under the chestnuts.

—Stephen Mackenna

Retirement is the time when you never do all the things you intended to do when you'd have the time.

—Laurence J. Peter

Retired is being tired twice, I've thought,  
First tired of working,  
Then tired of not.

—Richard Armour

To the man whose senses are alive and alert there is not even the need to stir from one's threshold.

—Henry Miller

Only a person who can live with himself can enjoy the gift of leisure.

—Henry Greber

If the soul has food for study and learning, nothing is more delightful than an old age of leisure...Leisure consists in all those virtuous activities by which a man grows morally, intellectually, and spiritually. It is that which makes a life worth living.

—Marcus Tullius Cicero

Retirement is the ugliest word in the language.

—Ernest Hemingway

To retire is the beginning of death.

—Pablo Casals

There is only one thing age can give you, and that is wisdom.

—S. I. Hayakawa

Giving up is the ultimate tragedy.

—Robert J. Donovan

When a man retires and time is no longer a matter of urgent importance, his colleagues generally present him with a watch.

—R. C. Sheriff

To know how to grow old is the master work of wisdom, and one of the most difficult chapters in the great art of living.

—Henri Frederic Amiel

Age is only a number, a cipher for the records. A man can't retire his experience. He must use it. Experience achieves more with less energy and time.

—Bernard Baruch

Retiring must not mean just vegetating. I don't think anybody can do that.

—Edward Steichen

When you've been used to doing things, and they've been taken away from you, it's as if your hands had been cut off.

—George Eliot

Most people perform essentially meaningless work. When they retire, that truth is borne in upon them.

—Brendan Francis

It is a good thing for a man to know when he has done his work....There are very few men who know how to quit any great office, or to divest themselves of any robe of power.

—Sir Arthur Helps

None are so old as those who have outlived enthusiasm.

—Henry David Thoreau

Do not go gentle into that good night,  
Old age should burn and rave at close of day;  
Rage, rage against the dying of the light.

—Dylan Thomas

Death is the next step after the pension—it's perpetual retirement without pay.

—Jean Giraudoux

Old age has a great sense of calm and freedom. When the passions have relaxed their hold you have escaped, not from one master, but from many.

—Plato

The heads of strong old age are beautiful  
Beyond all grace of youth.

—Robinson Jeffers

We Americans, with our terrific emphasis on youth, action, and material success, certainly tend to belittle the afternoon of life and even to pretend it never comes. We push the clock back and try to prolong the morning, over-reaching and overstraining ourselves in the unnatural effort....In our breathless attempts we often miss the flowering that waits for afternoon.

—Anne Morrow  
Lindbergh

Between the years of ninety-two and a hundred and two, we shall be the ribald, useless, drunken, outcast person we have always wished to be. We shall have a long white beard and long white hair; we shall not walk at all, but recline in a wheel chair and bellow for alcoholic beverages; in the winter we shall sit before the fire with our feet in a bucket of hot water, a decanter of corn whisky near at hand, and write ribald songs against organized society; strapped to one arm of our chair will be a forty-five calibre revolver, and we shall shoot out the lights when we want to go to sleep, instead of turning them off; when we want air, we shall throw a silver candlestick through the front window and be damned to it; we shall address public meetings (to which we have been invited because of our wisdom) in a vain of jocund malice....We shall know that the Almost Perfect State is here when the kind of old age each person wants is possible to him. Of course, all of you may not want the kind we want...some of you may prefer prunes and morality to the bitter end.

—Don Marquis

Old age has its pleasures, which, though different, are not less than the pleasures of youth.

—W. Somerset Maugham

A day's endless when you're young, whereas when you grow old it's very soon over. When you're retired, a day's a flash, when you're a kid it's very slow.

—Louis-Ferdinand Celine

Retire to something, not from something.

—*leisurefreak.com*

The hope that our labors shall at last lead us to rest and the tranquil enjoyment of life, is an incentive to effort, and therefore good, though delusive, since active minds are incapable of repose and the tranquil enjoyment of life.

—John Lancaster  
Spalding

To refuse to grow old is the unmistakable sign of youth.

—Unknown

No one frankly admits the foul offense of being nearer 60 than 50, but no one over 90 can resist boasting of it.

—John Ayscough

I find that a man is as old as his work. If his work keeps him moving forward, he will look forward with the work.

—William Ernest  
Hocking

Nothing is more beautiful than cheerfulness in an old face.

—Jean Paul Friedrich  
Richter

After the age of 80, all contemporaries are friends.

—Mmm. De Dino

A person is always startled when he hears himself seriously called an old man for the first time.

—Oliver Wendell  
Holmes, Sr.

From 40 to 50 a man must move upward, or the natural falling off in the vigor of life will carry him rapidly downward.

—Oliver Wendell  
Holmes, Jr.

The young man is handsome, but the old superb....Fire is seen in the eyes of the young, but it is light that we see in the told man's eyes.

—Victor Hugo

Not by physical force, not by bodily swiftness and agility, are great things accomplished, but by deliberation, authority, and judgment—qualities with which old age is abundantly provided.

—Cicero

Almost all enduring success comes to people after they are 40. For seldom does mature judgment arrive before then.

—Henry Ford

Old age, especially when crowned with honor, enjoys an authority which is of more value than all the sensual pleasures of youth.

—Cicero

'Tis very certain the desire of life  
Prolongs it.

—Lord Byron

It is not the years in your life but the life in your years that counts!

—Adlai Stevenson

The process of maturing is an art to be learned, an effort to be sustained. By the age of fifty you have made yourself what you are, and if it is good, it is better than your youth.

—Marya Mannes

To be able to enjoy one's past life is to live twice.

—Martial

Old men are always young enough to learn, with profit.

—Aeschylus

Old fellows like ye'ersilf an' me make a bluff about the advantages iv age. But we know there's nawthin' in it. We have wisdom, but we wud rather have hair. We have expeeryence, but we wud thrade all iv its lessons f'r hope an' teeth.

—Finley Peter Dunne

We do not count a man's years until he has nothing else to count.

—Ralph Waldo Emerson

As we grow old,...the beauty steals inward.

—Ralph Waldo Emerson

Life is a country that the old have seen, and lived in. Those who have to travel through it can only learn the way from them.

—Joseph Joubert

Growing old is no more than a bad habit which a busy man has no time to form.

—Andre Maurois

When the roses are gone, nothing is left but the thorn.

—Ovid

Nobody loves life like an old man.

—Sophocles

Don't complain about growing old—many, many people do not have that privilege.

—Chief Justice Earl  
Warren

Know when your time is over. It's the only advice I have. Hell, I knew twenty-five years ago it wasn't going to last. Sooner or later, the demand won't be there, and you better get ready for it. I know actresses who go ape if they're not invited to a party. What the hell is that? I am content. Happiness is within yourself. Get ready for the dream to fade. So I'm no longer in demand, but so what? I see no reason to go into a decline or hit the bottle or sink into a melancholy depression. I've had my time and it was lovely. And I'm very grateful for it. But now I move over and make room for somebody else....What the hell. Whatever I had, it worked, didn't it?

—Barbara Stanwyck

Don't think of retiring from the world until the world will be sorry that you retire. I hate a fellow whom pride or cowardice or laziness drives into a corner, and who does nothing when he is there but sit and growl. Let him come out as I do, and bark.

—Samuel Johnson

Better to go down dignified  
With boughten friendship at your side  
Than none at all. Provide, provide!

—Robert Frost

Age to me means nothing. I can't get old; I'm working. I was old when I was twenty-one and out of work. As long as you're working, you stay young.

—George Burns

Age is a quality of mind.  
If you have left your dreams behind,  
If hope is cold,  
If you no longer look ahead,  
If your ambitions' fires are dead—  
Then you are old.

But if from life you take the best,  
And if in life you keep the jest,  
If love you hold;  
No matter how the years go by,  
No matter how the birthdays fly—  
You are not old.

—H. S. Fritsch

The old age of an eagle is better than the youth of a sparrow.

—Greek Proverb

Old men are dangerous: it doesn't matter to them what is going to happen to the world.

—George Bernard Shaw

The worth of a man must be measured not by his efforts but by his ordinary life.

—Blaise Pascal

Rest, friendship and thought are the only treasures that suit a man who has passed the age of madness.

—S. R. N. Chamfort

In the eyes of youth we see a flame, but in the eyes of the aged we see light.

—Victor Hugo

Glory comes at the end, not at the beginning of life.

—Lodovico Degli Arrighi

Few people know how to be old.

—La Rochefoucauld

He will be like a retired soldier who, living out his remaining years in some old castle, hangs up his arms and, feeling useless, lets the years of his old age, together with his harness, rust up with idleness.

—Pierre de Ronsard

Old age, where desire remains intact but hope extinct, where the fountains of pleasure run dry, and pain grows always greater, and good is no longer granted.

—Giacomo Leopardi

Is there anything worse than beginning to live when you are old?

—Seneca

By living long we learn to live.

—Latin Proverb

Let us cherish and love old age, for it is full of pleasure if we know how to use it.

—Seneca

Our old age is like a worn-out dressing-gown; it shames us to wear it, yet we cannot bring ourselves to throw it away.

—Petr Vyazemsky

Grass does not grow once autumn is past; flowers do not bloom in the snowy winter!

—Aleksei Kol'Tsov

To be seventy years young is sometimes more cheerful and hopeful than to be forty years old.

—Oliver Wendell  
Holmes, Sr.

The three ages of man are youth, middle age and, 'My, but you are looking well.'

—June Whitfield

We don't stop laughing because we grow old; we grow old because we stop laughing.

—Michael Pritchard

Old age is when you're willing to get up and give your seat to a lady—and can't.

—Unknown

Talk about getting old. I was getting dressed and a Peeping Tom looked in the window, took a look, and pulled down the shade.

—Joan Rivers

I refuse to admit I'm more than 52, even if that does make my sons illegitimate.

—Lady Nancy Astor

Three things indicate we are getting old. First, the loss of memory—and we can't remember the other four.

—Unknown

The most telling sign of old age is not caring any more.

—Unknown

No man loves life like him that's growing old.

—Sophocles

Old age is the harbor of all ills.

—Bion of Borysthenes

Before deciding to retire from your job, stay home a week and watch daytime television.

—Unknown

Retirement is wonderful if you have two essentials—much to live on and much to live for.

—Unknown

Things would be a lot nicer if antique people were valued as highly as antique furniture.

—Unknown

One of the nice things about growing old is that, with all the emphasis on youth, you can go pretty much unnoticed.

—Unknown

Old age is woman's hell.

—Ninon de L'Enclos

Old age is the most unexpected of all the things that happen to a man.

—Leon Trotsky

Age in a virtuous person, of either sex, carries in it an authority which makes it preferable to all the pleasures of youth.

—Sir Richard Steele

How confusing the beams from memory's lamp are;  
One day a bachelor, the next a grampa.  
What is the secret of the trick?  
How did I get so old so quick?

—Ogden Nash

That happy age when a man can be idle with impunity.

—Washington Irving

What is the worst of woes that wait on age?  
What stamps the wrinkle deeper on the brow?  
To view each loved one blotted from life's page,  
And be alone on earth, as I am now.

—Lord Byron

It is time to be old,  
To take in sail.

—Ralph Waldo Emerson

When a man fell into his anecdote, it was a sign for him to retire.

—Benjamin Disraeli

Grow old along with me!  
The best is yet to be,  
The last of life, for which the first was made.

—Robert Browning

As life runs on, the road grows strange  
With faces new, and near the end  
The milestones into headstones change,  
'Neath every one a friend.

—James Russell Lowell

Old age is an island surrounded by death.

—Juan Montalvo

Even in America, the Indian summer of life should be a little sunny and a little sad, like the season, and infinite in wealth and depth of tone—but never hustled.

—Henry Brooks Adams

The riders in a race do not stop short when they reach the goal. There is a little finishing canter before coming to a standstill. There is time to hear the kind voice of friends and to say to one's self: 'The work is done.' But just as one says that, the answer comes: 'The race is over, but the work never is done while the power to work remains.' The canter that brings you to a standstill need not be only coming to rest. It cannot be, while you still live. For to live is to function. That is all there is in living.

—Oliver Wendell  
Holmes, Jr.

In spite of illness, in spite even of the archenemy sorrow, one can remain alive long past the usual date of disintegration if one is unafraid of change, insatiable in intellectual curiosity, interested in big things, and happy in small ways.

—Edith Wharton

Aging people should know that their lives are not mounting and unfolding but that an inexorable inner process forces the contraction of life. For a young person it is almost a sin—and certainly a danger—to be too much occupied with himself; but for the aging person it is a duty and a necessity to give serious attention to himself.

—Carl Gustav Jung

It is very grand to 'die in harness,' but it is very pleasant to have the tight straps unbuckled and the heavy collar lifted from the neck and shoulders.

—Oliver Wendell  
Holmes, Sr.

Dismiss the old horse in good time, lest he fail in the lists and the spectators laugh.

—Horace

I am Retired Leisure. I am to be met with in trim gardens. I am already come to be known by my vacant face and careless gesture, perambulating at no fixed pace nor with any settled purpose. I walk about; not to and from.

—Charles Lamb

The defects of the understanding, like those of the face, grow worse as we grow old.

—Francois De La  
Rochefoucauld

Few men of action have been able to make a graceful exit at the appropriate time.

—Malcolm Muggeridgers

We can always make ourselves liked provided we act likable, but we cannot always make ourselves esteemed, no matter what our merits are.

—Nicolas Malebranche

To be happy in this world, especially when youth is past, it is necessary to feel oneself not merely an isolated individual whose day will soon be over, but part of the stream of life flowing on from the first germ to the remote and unknown future.

—Bertrand Russell

Little of all we value here  
Wakes on the morn of its hundredth year  
Without both feeling and looking queer.

—Oliver Wendell  
Holmes, Sr.

When a man has said, 'I have lived,' every morning he arises he receives a bonus.

—Seneca

Old age and happiness seldom go together.

—Seneca

The uselessness of men above sixty years of age, and the incalculable benefit it would be in commercial, political, and in professional life if, as a matter of course, men stopped work at this age.

—Sir William Osler

Age does not depend upon years, but upon temperament and health.  
Some men are born old, and some never grow so.

—Tyron Edwards

To resist the frigidity of old age one must combine the body, the mind, and the heart. And to keep these in parallel vigor one must exercise, study, and love.

—Alan Bleasdale

When we are young, we are slavishly employed in procuring something whereby we may live comfortably when we grow old; and when we are old, we perceive it is too late to live as we proposed.

—Alexander Pope

When one becomes indifferent to women, to children, and to young people, he may know that he is superannuated, and has withdrawn from what is sweetest and purest in human existence.

—A. B. Alcott

There cannot live a more unhappy creature than an ill-natured old man, who is neither capable of receiving pleasures, nor sensible of conferring them on others.

—Sir W. Temple

One's age should be tranquil, as childhood should be playful. Hard work at either extremity of life seems out of place. At mid-day the sun may burn, and men labor under it; but the morning and evening should be alike calm and cheerful.

—Matthew Arnold

When we are out of sympathy with the young, then I think our work in this world is over.

—George Macdonald

Never have I enjoyed youth so thoroughly as I have in my old age. In writing...all these descriptions of the friends of my youth and the young friends of my middle age, I have drunk the pleasure of life more pure, more joyful than it ever was when mingled with all the hidden anxieties and little annoyances of actual living. Nothing is inherently and invincibly young except spirit. And spirit can enter a human being perhaps better in the quiet of old age and dwell there more undisturbed than in the turmoil of adventure.

—George Santayana

I'm very pleased with each advancing year. It stems back to when I was forty. I was a bit upset about reaching that milestone, but an older friend consoled me. 'Don't complain about growing old—many people don't have that privilege.'

—Earl Warren

There is many a good tune played on an old fiddle.

—Old Saying

How old are you? Youth is to a time of life—it is a state of mind. You are as young as: your faith, your hope, your confidence. You are as old as: your doubt, your despair, your fear.

—H. B. Van Velzer

### **STEADFAST HEART**

I've dreamed many dreams  
that never came true  
I've seen them vanished at dawn,  
Thank God,  
To make me want to dream on,

I've prayed many prayers  
when no answer came,  
Though I waited patient and long,  
But answers have come  
to enough of my prayers  
To make me keep praying on.

I've trusted many a friend that fled,  
And left me to weep alone,  
But I've found enough  
of my friends true blue,  
To make me keep trusting on.

I've sown many seed  
that fell by the way  
For the birds to feed upon,  
But I've held enough golden sheaves  
in my hands  
To make me keep sowing on.

I've drained the cup  
of disappointment and pain  
And gone many ways without song,  
But I've sipped enough nectar  
from the roses of life  
To make me want to live on.

—Hazel Cassens

It is not the years in your life, but the life in your years that counts.

—Adlai Stevenson

### **THE PASSING YEARS**

Life passes by so fast, Lord,  
I know I'm sure to miss  
A vital part unless you keep  
Reminding me of this.  
There's so much that I want to do,  
A lot I've left undone,  
So many plans discarded, And a few I've not begun.

Life passes by so fast, Lord.  
How often I've been told,  
It always does around The time  
That we are growing old.  
'For everything there is a season'  
Is wise as well as just.  
But I had rather wear me out,  
than fall apart with rust.

Life passes by so fast, Lord.  
the days, the months, the years,  
Lord keep a smile upon my lips,  
And blot away the tears.  
Teach me to lean upon Your arm,  
When pain and sickness strike,  
To tell the facts from fancies,  
That sometimes look alike.

Life passes by so fast, Lord,  
And yet how kind you are,  
In granting me the precious years,  
That I have had so far.  
So let the days grow shorter,  
The darkest shadows part,  
But put the wrinkles on my face,  
...And never on my heart!

—Grace E. Easley

To keep the heart unwrinkled, to be hopeful, kindly, cheerful, reverent—that is to triumph over old age.

—Thomas Bailey Aldrich

An old man loved is Winter with flowers.

—German Proverb

You have to go on doing the work you've trained yourself to do till you drop....I won't stand still....It's better to drop dead doing something, than to sit around alive but rotting.

—Henry Hathaway

Regret for the things we did can be tempered by time; it is regret for the things we did not do that is inconsolable.

—Sydney J. Harris

At the age of 20, we don't care what the world thinks of us; at 40, we worry about what it is thinking of us; at 60, we discover that it wasn't thinking of us at all.

—Ann Landers

Absence of occupation is not rest,  
A mind quite vacant is a mind distress'd.

—William Cowper

I try to learn one new thing a week to balance the one thing I forget a week, but lately I forget three things a week.

—Joseph Gies

I have often thought what a melancholy world this would be without children, and what an inhuman world without the aged.

—Samuel T. Coleridge

Do not measure a man's life by the years he has lived, but by what he has contributed in those years.

—Thomas Jefferson

They say a man is as old as the women he feels.

—Groucho Marx

Old age isn't so bad when you consider the alternative.

—Maurice Chevalier

By the time you're eighty years old you've learned everything. You only have to remember it.

—George Burns

The one thing wrong with the younger generation is that I don't belong to it anymore.

—Buddy Ebsen

When you are sixty-five, you have proven yourself already or you have not. It does not matter any more. We are no longer on the make.

—S. I. Hayakawa

When men reach their sixties and retire, they go to pieces. Women just go right on cooking.

—Gail Sheehy

There are an enormous number of managers who have retired on the job.

—Peter Drucker

Sooner or later I'm going to die, but I'm not going to retire.

—Margaret Mead

Retirement at sixty-five is ridiculous. When I was sixty-five I still had pimples.

—George Burns

The key to longevity: keep breathing.

—Sophie Tucker

Anyone who limits his vision to his memories of yesterday is already dead.

—Lily Langtry

A man is known by the company that keeps him on after retirement age.

—Unknown

The worst of work nowadays is what happens to people when they cease to work.

—Gilbert K. Chesterton

Many are always praising the by-gone time, for it is natural that the old should extol the days of their youth; the weak, the time of their strength; the sick, the season of their vigor; and the disappointed, the spring-tide of their hopes.

—Caleb Bingham

We do not stop working because we are old; we grow old because we stop working.

—Unknown

We don't stop playing because we grow old; we grow old because we stop playing.

—George Bernard Shaw

It's hard to be nostalgic when you can't remember anything.

—John Peer

Like a glorious sunset in a Western sky,  
so is the light in an aged eye.

As a fertile field that has felt the plow,  
Such are the lines on a furrowed brow.

As a rainbow glows in the sky above,  
So does the voice of years speak love.

Warm as a day on a tropic isle,  
This is an old and tender smile.

Old lips, though faded, bring to me,  
A token of sincerity.

Like wine that makes emotions rage,  
So do WE mellow more with age.

To wear the look of fallen snow,  
That tries to cling to long ago.

As sunbeams shine in a holy place,  
Such is the beauty of an aged face.

—Stan Miller

Goodbye tension, hello pension!

—Fay Michaud

There is nothing more liberating than age.

—Liz Carpenter

Age is a matter of mind. If you don't mind, it doesn't matter.

—Mark Twain

The misery of a child is interesting to a mother, the misery of a young man is interesting to a young woman, the misery of an old man is interesting to no one.

—Victor Hugo

The person who has lived the most is not the one with the most years but the one with the richest experiences.

—Jean Jacques Rousseau

It is one of the enjoyments of retirement that you are able to drift through the day at your own pace, easy in the knowledge that you have put hard work and achievement behind you.

—Kazuo Ishiguro

No one ever dies of hard work, but a lot of people die once they retire from an active job.

—Sir Ian MacGregor

It is better to be a has-been than a never-was.

—Cecil Parkinson

Live your life, do your work, then take your hat.

—Henry David Thoreau

When I retire, I want to say that I taught 30 years rather than that I taught one year 30 times.

—Steve Freman

At sixty a man has passed most of the reefs and whirlpools. Excepting only death, he has no enemies left to meet....That man has awakened to a new youth....Ergo, he is young.

—George Luks

When no new thoughts fill the mind—when no horizons beckon—when life is in the past, not in the future—you are on the way to uselessness.

—Dr. Frederick K.  
Stamm

If wrinkles must be written upon our brows, let them not be written upon the heart.  
The spirit should not grow old.

—James A. Garfield

Nobody grows old by merely living a number of years. People grow old only by deserting their ideals. Years wrinkle the face, but to give up enthusiasm wrinkles the soul. Worry, doubt, self-interest, fear, despair—these are the long, long years that bow the head and turn the growing spirit back to dust.

—Watterson Lowe

No one grows old by living—only by losing interest in living.

—Marie Ray

Years ago, I thought old age would be dreadful, because I should not be able to do things I would want to do. Now I find there is nothing I want to do after all.

—Lady Nancy Astor

The deeper I drink the cup, the sweeter it tastes—all the sugar's at the bottom.

—Julia Ward Howe

The only thing I regret about my past is the length of it. If I had to live my life again I'd make all the same mistakes—only sooner.

—Tallulah Bankhead

If you persist to the threshold of old age—your fiftieth year, let us say—you will be a powerful person yourself, with an accretion of peculiarities which other people will have to study in order to square you. The toes you will have trodden on by this time will be as the sands on the seashore; and from far below you will mount the roar of a ruthless multitude of young men in a hurry. You may perhaps grow to be aware what they are in a hurry to do. They are in a hurry to get you out of the way.

—F. M. Cornford

Old age is a shipwreck.

—Charles de Gaulle

I recently turned sixty. Practically a third of my life is over.

—Woody Allen

Three things happen when you get to my age. First your memory starts to go...and I have forgotten the other two.

—Denis Healey

One of the final challenges for human beings is to get old with as much verve and gumption as possible. Old parents who keep on being interested in life give a subtle kind of sustenance to their children; they are givers of hope and affirmers of life.

—Alison Judson Ryerson

Like children, the elders are a burden. But unlike children, they offer no hope or promise. They are a weight and an encumbrance and a mirror of our own mortality. It takes a person of great heart to see past this fact and to see the wisdom the elders have to offer, and so serve them out of gratitude for the life they have passed on to us.

—Kent Nerburn

When a professional golfer retires, what does he retire to?

—Unknown

Two things are essential for a happy retirement: much to live on, and much to live for.

—Evan Esar

Look before you leap: before deciding to retire, stay home for a week and watch the daytime television shows.

—Evan Esar

Retirement is the time in life when you stop lying about your age and start lying about the house.

—Evan Esar

Retirement is the period when the rest of your days depend largely on the rest of your nights.

—Evan Esar

Retirement is a field of clover, but by the time you reach it, you're too old to climb the fence.

—Evan Esar

The man who looks forward to retirement when he can go fishing seven times a week, soon finds himself doing the dishes three times a day.

—Evan Esar

There's no such thing as equality between the sexes—whoever heard of a housewife retiring?

—Unknown

I must be getting old because nowadays I find I'm more interested in the food I eat than in the girl who serves it.

—John Steinbeck

I am going back to Yazoo City and to my old home on a rural free-delivery route. I want to get up again each morning as I hear the roosters crow. I want to pick flowers while the dew is still on them. Then, I want to come back and have my coffee and breakfast. Later on, if I am so fortunate as to have any left in these days, I want to stir myself a toddy whenever I feel that I would like one.

Through the middle of the day I will read books, putter around the place, and talk to my neighbors. At noon I will leisurely eat my dinner. After dinner I will read some more, and then late in the evening, I will eat supper—and notice that I call it supper, this last meal of the day. That is what we call it in Mississippi.

And as night and the time for bed approaches, I will listen to the greatest chorus of voices that man ever heard, music that will charm me and make me ready for repose—the voices of my mocking birds, trilling from the trees.

In that way I want to live the rest of my life. And when the end comes, I hope to be carried out of the house by my neighbors and laid to rest among my people.

Now some may say that it is not a very wonderful future—all of this I have mapped out for myself—but I say there is merit in calm retirement. Right now I feel that it is more a real life than being a Senator of the United State who serves his people by joining in the petty squabbles that occupy so much time of the Senate today. I may have grown cynical from long service, but this is a tendency I do not like, and I sometimes think I'd rather be a dog and bay at the moon than stay in the Senate another six years and listen to it.

Perhaps it is a sign that I ought to retire. For retirement brings repose, and repose allows a kindly judgment of all things. As for me, it shall also mean a calm in which to make peace with myself and a season to spend in the quiet of my home and in the friendship of my neighbors.

—Senator John Sharp  
Williams

A good time to retire is before it's too late to have a good time.

—Evan Esar

Youth is not a time of life—it is a state of mind. It is not a matter of red cheeks, red lips and supple knees. It is a temper of the will; a quality of the imagination; a vigor of the emotions; it is a freshness of the deep springs of life. Youth means a temperamental predominance of courage over timidity, of the appetite for adventure over a life of ease. This often exists in a man of fifty, more than in a boy of twenty. Nobody grows old by merely living a number of years; people grow old by deserting their ideals.

Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul. Worry, doubt, self-distrust, fear and despair—these are the long, long years that bow the head and turn the growing spirit back to dust.

Whether seventy or sixteen, there is in every being's heart a love of wonder; the sweet amazement at the stars and starlike things and thoughts; the undaunted challenge of events, the unfailing childlike appetite for what comes next, and the joy in the game of life.

You are as young as your faith, as old as your doubt; as young as your self-confidence, as old as your fear, as young as your hope, as old as your despair.

In the central place of your heart there is a wireless station. So long as it receives messages of beauty, hope, cheer, grandeur, courage, and power from the earth, from men and from the Infinite—so long are you young. When the wires are all down and the central places of your heart are covered with the snows of pessimism and the ice of cynicism, then are you grown old, indeed!

—Samuel Ullman

The real curse of being old is the ejection from a citizenship traditionally based on work.

—Alex Comfort

I would willingly stand at street corners, hat in hand, begging passersby to drop their unused minutes into it.

—Bernard Berenson

The denunciation of the young is a necessary part of the mental hygiene of elderly people, and greatly assists the circulation of their blood.

—Logan Pearsall Smith

Old Age—It strikes suddenly, like a Kansas cyclone!

—Alden Palmer

Strangely enough, the aged have a lot in common with youth; they are largely unemployed, introspective and often depressed; their bodies and psyches are in the process of change, and they are heavy users of drugs. If they want to marry, their families tend to disapprove. Both groups are obsessed with time. Youth, however, figures its passage from birth; the aged calculate backward from their death day.

—*Time*, Aug. 3, 1970

Middle age is when your classmates are so gray and wrinkled and bald they don't recognize you.

—Bennett Cerf

There are many virtues in growing old. I am just trying to think of what they are.

—W. Somerset Maugham

Old age is a special problem for me because I've never been able to shed the mental image I have of myself—a lad of about 19.

—E. B. White

The role of a retired person is no longer to possess one.

—Simone de Beauvoir

Retirement is getting up, going to bed, eating and television in between.

—John Deck

Retirement: Statutory senility.

—General Emmett  
O'Donnell

Retirement—The big difference is that it isn't mandatory for anyone to listen to you any more.

—Walter Wright

Now I will be able to stop dealing with the urgent and start thinking about the important.

—Paul G. Hoffman

A good retirement is about two weeks.

—Alex Comfort

It is better to wear out than to rust out.

—Frances E. Willard

There is no old age. There is, as there always was, just you.

—Carol Matthau

Age transfigures, or petrifies.

—Marie von  
Ebner-Eschenbach

In youth we learn; in age we understand.

—Marie  
Ebner-Eschenbach

We are not old unless we desire to be.

—Taylor Caldwell

Learning is wealth to the poor, an honor to the rich, an aid to the young, and a support and comfort to the aged.

—John C. Lavatar

When you stop learning, stop listening, stop looking and asking questions, always new questions, then it is time to die.

—Lillian Smith

The man who is too old to learn was probably always too old to learn.

—Henry S. Haskins

Old age is not one of the beauties of creation, but it is one of its harmonies.

—Anne-Sophie Swetchine

I never feel age....If you have creative work, you don't have age or time.

—Louise Nevelson

It seems to me nowadays that the most important task for someone who is aging is to spread love and warmth wherever possible.

—Käthe Kollwitz

I'm not to blame for an old body, but I would be to blame for an old soul. An old soul is a shameful thing.

—Margaret Deland

An old earthen pipe like myself is dry and thirsty and so a most voracious drinker of life at its source.

—Elinor Wylie

Growing old is like riding a train: we seem to sit still while the landscape moves by.

—Marcelene Cox

Old age would be the most happy of the stages of life, if only it did not know it was the last.

—Comtesse Diane

Growing old was simply a process of drawing closer to that ultimate independence called death.

—Martha Ostenso

The nearer she came to death, the more, by some perversity of nature, did she enjoy living.

—Ellen Glasgow

The years seem to rush by now, and I think of death as a fast approaching end of a journey—double and treble reasons for loving as well as working while it is day.

—George Eliot

One day you're racing about the business of life, harried but vital, a part of its machinery. Then gradually but inexorably you are left out, until one day you find the machinery tearing along without you—and nobody even notices.

—Marjorie Holmes

Years are only garments, and you either wear them with style all your life, or else you go dowdy to the grave.

—Dorothy Parker

I used to dread getting older because I thought I would not be able to do all the things I wanted to do, but now that I am older I find that I don't want to do them.

—Nancy Astor

The loss of friends is a tax on age.

—Ninon de Lenclos

I have enjoyed greatly the second blooming that comes when you finish the life of the emotions and of personal relations; and suddenly find—at the age of fifty, say—that a whole new life has opened before you, filled with things you can think about, study, or read about....It is as if a fresh sap of ideas and thoughts was rising in you.

—Agatha Christie

Being over seventy is like being engaged in a war. All our friends are going or gone and we survive amongst the dead and the dying as on a battlefield.

—Muriel Spark

You don't realize what fine fighting material there is in age....You show me any one who's lived to over seventy and you show me a fighter—some one who's got the will to live.

—Agatha Christie

When you're fifty, you're neither young nor old; you're just uninteresting. When you are sixty, and still dancing, you become something of a curiosity. And boy! if you hit seventy and can still get a foot off the ground, you're phenomenal!

—Ruth St. Denis

I am always watching for fear of getting feeble and passé in my work. I don't want to trickle out. I want to pour till the pail is empty, the last bit going out in a gush, not in drops.

—Emily Carr

You can't help getting older, but you don't have to get old.

—George Burns

Ah yet, ere I descend to the grave,  
May I a small house and a large garden have;  
And a few friends, and many books, both true,  
Both wise, and both delightful too!

—Bussey-Rabutin

Exercise. Exercise. Exercise. It remains the single most potent anti-aging medication known to humankind.

—Gail Sheehy

## THE STATION

Tucked away in our subconscious minds is an idyllic vision. We see ourselves on a long, long trip that almost spans the continent. We're traveling by passenger train, and out the windows we drink in the passing scene of cars on nearby highways, of children waving at a crossing, of cattle grazing on a distant hillside, of smoke pouring from a power plant, of row upon row of corn and wheat, of flatlands and valleys, of mountains and rolling hills, of biting winter and blazing summer and cavorting spring and docile fall.

But uppermost in our minds is the final destination. On a certain day at a certain hour we will pull into the station. There will be bands playing, and flags waving. And once we get there so many wonderful dreams will come true. So many wishes will be fulfilled and so many pieces of our lives finally will be neatly fitted together like a completed jigsaw puzzle. How restlessly we pace the aisles, damning the minutes for loitering ... waiting, waiting, waiting, for the station.

However, sooner or later we must realize there is no one station, no one place to arrive at once and for all. The true joy of life is the trip. The station is only a dream. It constantly outdistances us.

'When we reach the station, that will be it!' we cry. Translated it means, 'When I'm 18, that will be it! When I buy a new 450 SL Mercedes Benz, that will be it! When I put the last kid through college, that will be it! When I have paid off the mortgage, that will be it! When I win a promotion, that will be it! When I reach the age of retirement, that will be it! I shall live happily ever after!'

Unfortunately, once we get it, then it disappears. The station somehow hides itself at the end of an endless track.

'Relish the moment' is a good motto, especially when coupled with *Psalms* 118:24: 'This is the day which the Lord hath made; we will rejoice and be glad in it.' It isn't the burdens of today that drive men mad. Rather, it is regret over yesterday or fear of tomorrow. Regret and fear are twin thieves who would rob us of today.

So, stop pacing the aisles and counting the miles. Instead, climb more mountains, eat more ice cream, go barefoot oftener, swim more rivers, watch more sunsets, laugh more and cry less. Life must be lived as we go along. The station will come soon enough.

—Robert J. Hastings

If you live to be one hundred, you've got it made. Very few people die past that age.

—George Burns

We did not change as we grew older; we just became more clearly ourselves.  
—Lynn Hall

A wife's definition of retirement:  
'Twice as much husband and half as much income.'  
—*Retirement*

There is a time for departure even when there is no certain place to go.  
—Tennessee Williams

Retirement is death itself.  
—Lucille Ball

A well-ordered life is like climbing a tower; the view half way up is better than the view from the base, and it steadily becomes finer as the horizon expands.  
—William Lyon Phelps

More often than not, those left behind at work rarely revere retirees but breathe a sigh of relief at their departure. Some actually revel at the prospect of their own promotion to fill the gap.  
—Dan L. Miller

We do not quit playing because we grow old, we grow old because we quit playing.  
— Oliver Wendell  
Holmes

The great thing about getting older is that you don't lose all the other ages you've been.  
—Madeleine L'Engle

With sixty staring me in the face, I have developed inflammation of the sentence structure and definite hardening of the paragraphs.  
—James Thurber

With age comes some level of wisdom.  
—Nina Totenberg

When we can't dream any longer we die.  
—Emma Goldman

Like everyone else who makes the mistake of getting older, I begin each day with coffee and obituaries.

—Bill Cosby

Old is always fifteen years from now.

—Bill Cosby

When you become senile, you won't know it.

—Bill Cosby

Doing nothing is very hard to do ... you never know when you're finished

—Leslie Nielsen

Age is something that doesn't matter, unless you are a cheese.

—Luis Buñuel

Age is an issue of mind over matter. If you don't mind, it doesn't matter.

—Mark Twain

You know you're getting old when you get that one candle on the cake. It's like, 'See if you can blow this out.'

—Jerry Seinfeld

Get busy living, or get busy dying.

—Stephen King

Mere longevity is a good thing for those who watch Life from the side lines. For those who play the game, an hour may be a year, a single day's work an achievement for eternity.

—Helen Hayes

People who refuse to rest honorably on their laurels when they reach retirement age seem very admirable to me.

—Helen Hayes

At my age flowers scare me.

—George Burns

How beautifully leaves grow old. How full of light and color are their last days.

—John Burroughs

I look to the future because that's where I'm going to spend the rest of my life.  
George Burns

Age is only a number, a cipher for the records. A man can't retire his experience. He must use it. Experience achieves more with less energy and time.  
—Bernard Baruch

To me, old age is always fifteen years older than I am.  
—Bernard Baruch

If you associate enough with older people who do enjoy their lives, who are not stored away in any golden ghettos, you will gain a sense of continuity and of the possibility for a full life.  
—Tom Stoppard

With the passage of years we must take care that our dreams do not become regrets.  
—JoAnn Zinke

Years wrinkle the skin, but to give up enthusiasm wrinkles the soul.  
—Douglas MacArthur

I'm saving that rocker for the day when I feel as old as I really am.  
—Dwight D. Eisenhower

I was thinking about how people seem to read the *Bible* a whole lot more as they get older; then it dawned on me—they're cramming for their final exam.  
—George Carlin

Life's tragedy is that we get old too soon and wise too late.  
—Benjamin Franklin

You never get tired unless you stop and take time for it.  
—Bob Hope

Older people shouldn't eat health food; they need all the preservatives they can get.  
—Robert Orben

Planned obsolescence is not really a new concept. God used it with people.  
—Robert Orben

I arise in the morning torn between a desire to improve the world and a desire to enjoy the world. This makes it hard to plan the day.

—E. B. White

Before you contradict an old man, my fair friend, you should endeavor to understand him.

—George Santayana

The aging process has you firmly in its grasp if you never get the urge to throw a snowball.

—Doug Larson

Retirement may be looked upon either as a prolonged holiday or as a rejection, a being thrown on to the scrap-heap.

—Simone de Beauvoir

A man who views the world at 50 the same as he did at 20 has wasted 30 years of his life.

—Muhammed Ali

Some men like to make a little garden out of life and walk down a path.

—Jean Anouilh

When you are forty, half of you belongs to the past... And when you are seventy, nearly all of you.

—Jean Anouilh

The teeth lie, the hair deceives, but wrinkles tell the truth.

—Spanish Proverb

You know you're old if they have discontinued your blood type.

—Phyllis Diller

You know you're old if your walker has an airbag.

—Phyllis Diller

You can only be young once. But you can always be immature.

—Dave Barry

The University of Nebraska says that elderly people that drink beer or wine at least four times a week have the highest bone density. They need it—they're the ones falling down the most.

—Jay Leno

Age is not a particularly interesting subject. Anyone can get old. All you have to do is live long enough.

—Don Marquis

We pay for the mistakes of our ancestors, and it seems only fair that they should leave us the money to pay with.

—Don Marquis

Youth is a quality, not a matter of circumstances.

—Frank Lloyd Wright

Old age is no place for sissies.

—Bette Davis

Life begins at 40—but so do fallen arches, rheumatism, faulty eyesight, and the tendency to tell a story to the same person, three or four times.

—Helen Rowland

I'm very proud of my gold pocket watch. My grandfather, on his deathbed, sold me this watch.

—Woody Allen

In the end, we decide if we're remembered for what happened to us or for what we did with it.

—Randy K. Milholland

The follies which a man regrets most, in his life, are those which he didn't commit when he had the opportunity.

—Helen Rowland

All creative lives are miserable things. Your creative powers are declining, the things that you do best are harder to do. What greater misery can there be?

—Jack Dunphy

I don't think of the past. The only thing that matters is the everlasting present.

—W. Somerset Maugham

When you become old, you find yourself auditioning for the role of a lifetime; then, after interminable rehearsals, you're finally starring in a horror film—a talentless, irresponsible, and above all low-budget horror film.

—Martin Amis

I still love to look at people and watch them behave and listen to music and take a walk and see somebody who had done something that I didn't expect. To me, that's a joy. The wonder aspect of life increases as you get older.

—Diane Keaton

What I look forward to is continued immaturity followed by death.

—Dave Barry

He who can no longer pause to wonder and stand rapt in awe, is as good as dead; his eyes are closed.

—Albert Einstein

I live in that solitude which is painful in youth, but delicious in the years of maturity.

—Albert Einstein

I never think of the future—it comes soon enough.

—Albert Einstein

Intellectual growth should commence at birth and cease only at death.

—Albert Einstein

I don't feel old. I don't feel anything till noon. That's when it's time for my nap.

—Bob Hope

When we recall the past, we usually find that it is the simplest things—not the great occasions—that in retrospect give off the greatest glow of happiness.

—Bob Hope

So far, this is the oldest I've been.

—George Carlin

Solitude is painful when one is young, but delightful when one is more mature.

—Albert Einstein

On his longevity at 94 years old: People ask how I did it. I didn't know I was doing it.

—Stanley Kauffmann

To retire is to expire.

—Donald Trump

At first we hope too much, later on, not enough.

—Joseph Roux

Retirees: Keenagers

—Unknown

Death is not the greatest loss in life. The greatest loss is what dies within us while we live.

—Norman Cousins

In the end, it's not going to matter how many breaths you took, but how many moments took your breath away.

—Shing Xiong

Have younger friends. At least that way not everyone you know will die before you do.

—Jane Fonda

After 60 there is less room for ego and more need for humility, balance, and common sense.

—Jane Fonda

Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life. Because almost everything—all external expectations, all pride, all fear of embarrassment or failure—these things just fall away in the face of death, leaving only what is truly important...There is no reason not to follow your heart.

—Steve Jobs

Retire but say, the hell with it, I'm going strong.

—Jacquelyn Mitchard

We only get old if we're lucky!

—Roseanne Barr

While many people can't wait to get out of the 9-to-5 grind, there are those for whom a career was more than a job. It was an identity.

—Tom Lauricella

I have more *me* time—there, I said that too! And what do I do with some of the time I don't spend being whipped around by the desperate process of staving off the appearance of aging and all the rest of the crap we're sold 24/7? For one thing, I meditate, and for another, I think. Let me elaborate (after I meditate, and then I think for a bit.)

—Roseanne Barr

Let's get past the idea of things we have to do, breathe a sigh of relief, and remember that here's probably more time to do things we want to do. Form or nurture a few good and real friendships, and silently observe the world. You don't need a young athletic body or piles of money to read some of the world's great books; or to soak up brilliant music and art; or to grow something beautiful (and edible?) in a little garden spot.

—Roseanne Barr

How beautiful it is to do nothing, and then to rest afterward.

—Spanish Proverb

You've got the executive who has worked 24-7...and has always identified his self worth with that paycheck. Without that paycheck, he feels a little empty.

—Lawrence Glazer

Think in terms of 'retiring to something' and not 'retiring from something.' If your definition of retirement is framed in terms of what you are leaving, you are setting yourself up for a much more difficult transition emotionally. Even if it's just some relatively small thing that you are energized about and this is something you get to do right now...you generally do much better.

—Jonathan Guyton

I retired because my job was getting in the way of my life.

—Amy Gross

Those who work the hardest and are successful in their careers often live the longest lives. People are generally being given bad advice to slow down, take it easy, stop worrying, and retire to Florida.

—Howard S. Friedman

You get the argument, ‘Make way for the young kids,’ and you think, ‘Fuck that, let them make way for themselves. If they’re better than me, they’ll beat me.’

—Paul McCartney

Entering as I am, the springtime of my senility....

—Gore Vidal

I don’t see any bored 60-year-olds. People may get crotchety, mean, but it’s because they hold life to a high standard. I try to curb that instinct myself, but it’s there. You just want things to be better.

—Tommy Lee Jones

I’m no one to anyone. People look at me and see a midlife woman on the downhill slide. 55 is approaching. My brain is getting thinner. If there’s one thing I don’t want to lose, it’s my ability to think. I feel old and intolerant. It’s like I’m shutting the world out.

—Dorothy Deanne  
Keaton Hall

Children often feel a kinship with older people. Both groups are underestimated, overlooked, marginalized, ignored, stereotyped, talked down to, and bossed around. Oh—and given boring gifts.

—Elizabeth Berg

In this time of relinquishing vanity, I am mindful that some things are far more satisfying than a firm jaw-line or perfect vision or a steel-trap memory. Each other, for example: My friend and I still have each other—and what a comfort that is.

—Elizabeth Berg

As I continue to evolve on the outside, I want to remain the unique person I am on the inside. I don’t want the prejudice that strangers unwittingly apply to older people to keep them from recognizing that—Yoo-hoo!—I’m still me. In fact, only as we age are we seen as who we truly are. Youth and good looks are a distraction, and good-looking people are often constrained by their appearance. Yet the time comes, eventually, when a person must be appreciated for internal attributes. Things like kindness and grace, charity and patience. It’s a good trade, if you ask me. Not an easy trade, but a good one.

—Elizabeth Berg

I want to get George Carlin old or Pablo Picasso old. That’s the way to grow old.

—Craig Ferguson

You know you've reached middle age when you're cautioned to slow down by your doctor, instead of by the police.

—Joan Rivers

Where once retirement was seen as a brief reward after a long slog through some miserable job, it is now akin to being cast aside.

—Rebecca Dana

Let me tell you the best part about getting older. The best part is that I'm still here and, because the end is in sight, I treasure it all more.

—Diane Keaton

Life is like riding a bicycle; you don't fall off unless you stop pedaling.

—Claude Pepper

I get my exercise acting as a pallbearer to my friends who exercise.

—Chauncey Depew

As you get older, you know that bad times are going to pass. You also know that good times will pass, which makes those good times ever more precious.

—Laura Carstensen

At some point, you're just glad when the sun comes up in the morning, you get up and you want something good to happen.

—Bill Clinton

The point is not to retire from work, or you will shrivel up into a nuisance to all mankind.

—Herbert Hoover

There are two periods in our lives when we have exceptional freedom: at college age and when we begin our retirement years.

—Jimmy Carter

Retirement years are a time to define, or redefine, a successful life.

—Jimmy Carter

I refuse to grow up just because my hair is gray.

—Karen Buday

I have everything I had 20 years ago, only it's all a little lower.

—Gypsy Rose Lee

It's not about retiring—it's about refining! As they say, a body in motion stays in motion.

—Basil Falcone

The chief difference between me and others is that I have plenty of time—not only because I am without a multitude of responsibilities and without daily tasks, which demand attention: But also because I am basically without ambition. Neither the present nor the future has claims on me.

—Eric Hoffer

The compensations of old age—a hard-won sagacity, a bemused detachment—don't make up for the irretrievable losses.

—Benjamin Schwarz

Living a long and healthy life has a lot to do with living an enjoyable life.

—Richard Stein

A man is a success if he gets up in the morning and gets to bed at night, and in between he does what he wants to do.

—Bob Dylan

After 30, a body has a mind of its own.

—Bette Midler

Don't die until you're dead.

—Billy Connolly

What we all want is to continually grow and expand. I've discovered that as the body becomes more limited, the soul expands. And there is a full circle. A 2-year-old will pick up a leaf and look at it with fascination. You get to the other end and again are looking at a leaf. I know I am. Birds! I used to wonder, why are these fuddy-duddy old people going around Central Park with their glasses? I get it now. It's finding that thing that the very idea of it just fills you.

—Dustin Hoffman

I'm at an age when my back goes out more than I do.

—Phyllis Diller

When we help elder citizens, we restore society's heart.

—Peter Yarrow

Our national record in providing for our aged is a proud and hopeful one. But it can and must improve.

—John F. Kennedy

You get lonelier as you get older, and ironically, cities are a better place to be lonely in. No one asks you questions. They leave you alone.

—Edna O'Brien

The way her younger sister dealt with near death and a diagnosis of ulcerative colitis, after the birth of her only child, inspired her. 'I was furious with God that my beautiful sister, at age 23, would have a colostomy bag hanging off her body for the rest of her life. But she said, 'Don't curse God for this bag. It means I get to live the rest of my life, I get to see my daughter grow up.' I was looking at the wrong thing.

—Kathy Lee Gifford

I'm 80 years old. I have a pulse.

—Paul Newman

If you have a pulse, you have a purpose. Every morning, before I get out to bed now, I take my pulse. If I have one, that means that God's not finished with me yet. I still have work to do on this planet.

—Kathy Lee Gifford

I will keep working until about five years after I die. I've given my board of directors a Ouija board so they can keep in touch. I also have a letter that will go out and tell what the plans of the company are.

—Warren Buffett

Even still, we run. We have not reached our average of 57.92 years without knowing that you run through it, and it hurts and you run through it some more, and if it hurts worse, you run through it even more, and when you finish, you will have broken through. In the end, when you are done, and stretching, and your heartbeat slows, and your sweat dries, if you've run through the hard part, you will remember no pain.

—Lauren Groff

I don't need you to remind me of my age, I have a bladder to do that for me.  
—Stephen Fry

Exercise is the key to extending the human life span. We know enough to live 100 healthy years, but we screw it up.  
—Walter Bortz

We know there are about 80 supercentenarians out there. And my take-home from seeing photos of them recently was this: you don't want to be a supercentenarian.  
—Walter Bortz

We live too short and die too long. I want to go full bore and get it over with. The way you do that is keep your foot down on the pedal of life. And keep your RPMs at a certain level.  
—Walter Bortz

Exercise is the current anti-aging process. The most powerful thing we can do today is to get people to take a walk...that's a tangible, proven thing.  
—Walter Bortz

Give me a hundred years. I can still screw. I can still run. And then I'm home.  
—Walter Bortz

A happy life consists of retirement, rural quiet, friendship, books.  
—James Thomson

Life is short. Smile while you still have teeth.  
—Mallory Hopkins

When people ask me what I am doing..., I say 'I'm not doing anything.' They then suggest doing something. To which I reply, 'You must have misunderstood me, when I say I'm not doing anything. It means I have specifically put time aside to do nothing.'  
—*someecards.com*

Would you want to live to 120 if treatment could slow aging? Most Americans say 'No thanks,' says a *Pew Research Center* survey. Still, half were OK with 90; only 9 percent wanted to live past 100.  
—*AARP Bulletin*

Inside every old person is a young person wondering what happened.  
—Terry Pratchett

Time is like a drug. Too much of it kills you.  
—Terry Pratchett

Engagement with the world inhibits aging.  
—Jeffrey Toobin

Like anybody, I wish I wasn't getting older. I wish I had legs that were 50 inches long and thin. I'm sorry I had to have my breasts removed. There are lots of things I wish were different, but I have wonderful friends I rely on for my happiness. And I've been blessed with a keen mind and many interests.  
—Kathy Bates

It's not how old you are but how you are old.  
—Kevin Kline

Getting older is just a state of mind. At least 197 of the 206 bones in my body are telling me to stop, but fortunately, my brain doesn't listen.  
—Bill Persky

Count your age by friends, not years. Count your life by smiles, not tears.  
—John Lennon

I know some day I'll move on. Everybody does. But I don't worry about it. I like where I am now. Everything's fine. And there's nothing I can do about anything that's happened. The only thing I have any control over is what's happening right now. So I don't worry about a while ago or after a while.  
—Willie Nelson

It should be our care not so much to live a long life as a satisfactory one.  
—Seneca

Two aged men, that had been foes for life,  
Met by a grave, and wept—and in those tears  
They washed away the memory of their strife;  
Then wept again the loss of all those years.  
—Jean Paul

Gray hair is God's graffiti.

—Bill Cosby

I may be old, but I got to see all the cool bands.

—T-Shirt Slogan

To sit with a dog on a hillside on a glorious afternoon is to be back in Eden, where doing nothing was not boring — it was peace.

— Milan Kundera

I am an old man and have known a great many troubles, but most of them never happened.

—Mark Twain

Fifty used to be the beginning of a long glide path into retirement, which many of us still eagerly look forward to. Two million Americans will be retiring in the coming year, but the meaning of retirement is changing. Retirement is not a door marked *Exit*. Think instead of a door leading us to something new. Unlike previous generations, who retired from something, we can imagine retiring to something.

—Jane Pauley

We may not have managed America's money well, but the boomers' demand for more and better gizmos has filled the nation with amazing playthings, from tiny talking computers to gigantic flat-screen TVs with roughly 2,000 channels to watch on them. We're the generation that will die with the most toys.

—P. J. O'Rourke

I'm more hopeful all the time. We've rolled the rock all the way to the top of the hill, and now we have to run to keep up as it rolls down the other side.

—Brad Stuart

With age, I am able to appreciate the beauty in small things more than when I was younger perhaps because I pay attention more. I feel myself becoming part of everything. I seem to be super sensitive to people's joy and pain. I ache for unwanted children in the world, for polar bears, and elephants, and Monarch butterflies, and dolphins, gorillas and chimpanzees.

—Jane Fonda

While one finds company in himself and his pursuits, he cannot feel old, no matter what his years may be.

—Amos Bronson Alcott

The pride of youth is in strength and beauty, the pride of old age is in discretion.

—Democritus

Every day I get the newspaper which, for you younger readers, is a paper with news written on it) and I check the obituaries to see how many of that day's deceased were younger than I am. That gives me one number, which we will call X. Then I check the People page to see how many of the people who qualify as People and who have birthdays that day—indicating that they are still alive—are older than I am. This gives me another number, which we will also call X because at our age we have trouble remembering things. If the first X is smaller than the second X, then it would be a good morning of newspaper reading. But most of the time, the first X is bigger. Sometimes the second X is zero: Not a single People-worthy birthday person is older than I am. On those days, I put down the newspaper and slowly chew my soy-based meat free sausage with the realization that it could, statistically, be my last breakfast ever.

—Dave Barry

Middle age is when a guy keeps turning off lights for economical rather than romantic reasons.

—Lillian Gordy Carter

At the end of the day, all you can hope for is to go on. The older I get, the more I realize that just keeping on keeping on is what life's all about.

—Janis Ian

New research has indicated something called 'male menopause,' where men get fatter and lose interest in sex. Of course, it's also known as football season.

—Conan O'Brien

The economy's so bad women in Beverly Hills are telling their real age just to get the *AARP* discount.

—Jay Leno

According to most studies, people's number one fear is public speaking. Number two is death. This means to the average person, if you go to a funeral, you're better off in the casket than doing the eulogy.

—Jerry Seinfeld

The advantage of being eighty years old is that one has had many people to love.

—Jean Reno

You know you're getting old when all the names in your black book have 'M.D.' after them.

—Harrison Ford

If you think nobody cares if you're alive, try missing a couple of car payments.

—Earl Wilson

To be alive is a very different thing than to just be living.

—Ian McKellen

## **MY LIVING WILL**

Last night, my kids and I were sitting in the living room and I said to them, 'I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug.'

They got up, unplugged the television, and threw out my wine.

They're such assholes.

—Ann-Margaret  
Carrozza

Life: It's like a box of chocolates. It has an expiration date.

—Internet Meme

People have told me, 'Facebook is a great way to get in touch with old friends.' At my age, if I want to get in touch with old friends, I need a ouija board.

—Betty White

By the time you know what to do, you're too old to do it.

—Ted Williams

Getting older is no problem. You just have to live long enough.

—Groucho Marx

I don't see retiring. What do you do? Why would you retire as long as you can walk or talk? I just don't see retiring. I think it slows you down in life. As long as you are able to do things, keep doing them. Like I'm doing. I'm writing a book about my life. I collect art; I do comedy; I'm a reader. I do different things. It helps mentally and physically. It adds to your life.

—Marty Allen

Oldtimers, weekends, and airplane landings are alike. If you can walk away from them, they're successful.

—Casey Stengel

I tried some versions of partial retirement, and I decided I'd better go to work and make a living and keep my nose to the grindstone. It keeps me younger and keeps by brain from atrophy. I really believe that retirement is debilitating, if not physically, certainly emotionally. I've had plenty of problems trying to get here in the morning. I feel old and decrepit, and I hit the doorway to the terminal, and I get fired up.

—Arthur E.  
Imperatore Sr.

Increasingly, we'll see people take breaks throughout the life course and have multiple working chapters, including ones that begin in the 70s and beyond. It doesn't make sense to work like a maniac for 30 years and be put out to pasture for a period that could be that long in duration. People want to continue contributing. I think we were trying to change the culture to support longer contributing lives and better pathways for people to keep contributing.

—Marc Freedman

The number of people who continue to work in their retirement years is growing, and that's good for them physically, mentally and financially. And it's good for the economy....the percentage of people in the 65- to 69-year-old age group who are still in the workforce has increased from 18.4% in 1985 to 32.2% last year. The number of people 70 to 75 in the workforce is also increasing. People are pushing back the date of retirement, for a lot of reasons, including financial. People are living longer. While not everybody living longer is living healthy longer, many are. They want to remain active, and still feel young. They have contributions to make.

—Sara Rix

I don't see the point. The purpose of retirement is to stop doing what you have to do to start doing what you want to do. I'm already doing that. I'm just having a good time.

—Harold Kaplan

We're doing everything to be busy volunteers. The truth is that it's (retiring) wasting the rest of your time. Don't do that. What you gotta do is keep your muscles going. I wouldn't suggest that you quit. What are you going to do, sit? I'm not good at that. I have an itchy bottom.

—Shelley Berman

Everything that rises sets, and everything that grows, grows old.

—Sallust

I begin to feel, not a shrinking but an enlargement of mental life and perspective. We do not have the right to give up growing just because age is assumed by many to have eclipsed the possibility. Others would have us slow down. For what?

—Joan Chittister

Nothing is going to stop you from aging physically. You can change the way to look by doing certain things, if you want. But you cannot stop getting older. So [at 84] it's not something that's on my mind every day. I don't get up in the morning saying, 'Oh my dear, I'm old.' I get up and think, 'I hope it will be a good day. I hope there will be things to smile about.'

—Barbara Walters

The only difference between a rut and a grave are the dimensions.

—Ellen Glasgow

If wrinkles must be written on our brows, let them not be written upon the heart. The spirit should never grow old.

—James A. Garfield

I'm now an octogenarian, which doesn't mean that I eat only marine animals with eight or more legs.

—Tom Robbins

Just like those who are incurably ill, the aged know everything about their dying except exactly when.

—Philip Roth

Old age and sickness bring out the essential characteristics of a man.

—Felix Frankfurter

I've aged, but grown up? No.

—Jake Lloyd

It's of great importance to have at least one friend who is in worse shape than you are.

—Bruce Jay Friedman

Limit contact with a friend who greets you with a yawn and says: 'It won't be long now, right fella?'

—Bruce Jay Friedman

It's a non-stop invention, this game of life, and as soon as you think you've got it, you lose it.

—Tim Finn

After you're older, two things are possibly more important than any others: health and money.

—Helen Gurley Brown

One of the marks of existence is impermanence. My knowing about death makes my life more alive. It's a reality for all of us. We're all going to end at some point. So yeah, I do think about it. I'm 66-years-old. I don't consider myself old, but I came from the generation of 'don't trust anyone over 30.' I try to acknowledge death and not live as though I'm going to live forever.

—Natalie Goldberg

When I retire or pass away, I will be able to look back and say that this has been an exciting life. That's all that matters.

—Martin Yan

People want the right to die at a time of their own choosing. Too many families have watched helplessly as a relative dies slowly, longing for death.

—Polly Toynebee

No man is ever old enough to know better.

—Holbrook Jackson

As confident as the human species is that after death, a Higher power awaits us in an eternal utopia filled with everyone we've ever known and/or virgins, one thing we all fear is death. And although we never quite succeed in conquering the Grim Reaper, we do manage to confuse and delay him, allowing many of us to enjoy up to twenty extra years of feeble dependence.

—*Earth (The Book) A  
Visitor's Guide  
to the Human  
Race*

No spring nor summer beauty hath such grace as I have seen in one autumnal face.  
—John Donne

It is health that is real wealth and not pieces of gold and silver.  
—Mohandas Gandhi

Hospice means end-of-life care. The admission ticket is a diagnosis from a doctor that you have six months or less to live.  
—Eleanor Clift

I am not old but mellow like good wine.  
—Stephen Phillips

When you've told someone that you've left them a legacy the only decent thing to do is to die at once.  
—Samuel Butler

How did it get so late so soon?  
—Dr. Seuss

One has to be very old before one learns to be amused rather than shocked.  
—Robert Browning

There is only one difference between a long life and a good dinner: that, in the dinner, the sweets come last.  
—Robert Louis  
Stevenson

You know you're getting old when you buy a sexy sheer nightgown and don't know anyone who can see through it.  
—Joan Rivers

I must admit I am nervous about getting Alzheimer's. Once it hits, I might tell my best joke and never know it.  
—Joan Rivers

Had a friend who is going through menopause come by for lunch today. Her hot flash was so bad, it steam-cleaned my carpet.  
—Joan Rivers

At my age an affair of the heart is a bypass!

—Joan Rivers

A study says owning a dog makes you 10 years younger. My first thought was to rescue two more, but I don't want to go through menopause again.

—Joan Rivers

You know you're getting old when work is a lot less fun and fun is a lot more work.

—Joan Rivers

A girl, you're 30 years old, you're not married, you're an old maid. A man, he's 90 years old, he's not married, he's a catch.

—Joan Rivers

I don't intend to step aside. This is the first generation that's said, 'We're not going to roll over and play dead because we're a certain age.' It's like saying to the rolling Stones, 'OK, you've had your time in the sun. Now go put on some plaid shorts and play golf.'

—Cher

There comes a time when remembering a name is better than having an orgasm.

—Gloria Steinem

I've got two conversations going on in my head. One says, 'Hey, you've got a lot of stuff you want to do, man. Now's the time, because you're gonna kick the bucket pretty soon.' The other says, 'Oh, Jeff, you want to make the rest of your life a giant homework assignment? Just relax, man. Just relax.'

—Jeff Bridges

The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live.

—Mortimer Adler

Grandchildren are the dots that connect the lines from generation to generation.

—Lois Wyse

The older I get, the more individuality I find in animals and the less I find in humans.

—Chuck Jones

I am so busy doing nothing...that the idea of doing anything—which as you know, always leads to something—cuts into the nothing and then forces me to have to drop everything.

—Jerry Seinfeld

The boomers' biggest impact will be on eliminating the term 'retirement' and inventing a new stage of life... the new career arc.

—Rosabeth Moss Kanter

Disabilities among the elderly often have warning signs that can be detected in youth, and this insight might lead to early life interventions that decrease late-life chronic disease. But on some of the big questions, such as whether longevity is caused mainly by genes or mainly by lifestyle and environment, we just have no idea at all.

—Luigi Ferrucci

The single best yardstick for measuring a person's likely life span is education. If someone walked into my office and asked me to predict how long he would live, I would ask two things: What is your age, and how many years of education did you receive?

—John Rowe

American women with no high-school diploma have experienced relatively small life-span increases since the 1950s, while the life expectancy of highly educated women has soared since then. Today the best-educated Americans live 10 to 14 years longer than the least educated, on average. Nothing pops out of the data like the link between education and life expectancy. The good news is that the share of the American population that is less educated is in gradual decline. The bad news is that lack of education seems even more lethal than it was in the past.

—Jay Olshansky

As the population ages, so do the political powers that be—and they're aging in place. Computerized block-by-block voting analysis and shameless gerrymandering—Maryland's new sixth congressional district is such a strange shape, it would have embarrassed Elbridge Gerry—lock incumbents into power as never before. Campaign-finance laws appear to promote reform, but in fact have been rigged to discourage challengers. Between rising life expectancy and the mounting power of incumbency, both houses of Congress are the oldest they've ever been: the average senator is 62 years old; the average representative, 57.

—Gregg Easterbrook

Constant interaction with other people can be annoying, but overall seems to keep us engaged with life.

—Thomas Perls

People live longer in warm climates than cold, and the world is warming.

—Gregg Easterbrook

Most Americans will likely need to take a new view of what retirement should be: not a toggle switch—no work at all, after years of full-time labor—but a continuum on which a person gradually downshifts to half-time, then to working now and then. Let's call it the 'retirement track' rather than retirement: a phase of continuing to earn and save as full-time work winds down.

—Gregg Easterbrook

The university of the future may be one that serves all ages. Colleges will reposition themselves economically as offering just as much to the aging as to the adolescent: courses priced individually for later-life knowledge-seekers; lots of campus events of interest to students, parents, and the community as a whole; a pleasant college-town atmosphere to retire near. In decades to come, college professors may address students ranging from age 18 to 80.

—Gregg Easterbrook

Polls showed that the young were more likely to support the Vietnam War than the old were; the young were more likely to support the 2003 invasion of Iraq, too. Research by John Mueller, a political scientist at Ohio State University, suggests that as people age, they become less enthusiastic about war. Perhaps this is because older people tend to be wiser than the young—and couldn't the world use more wisdom?

—Gregg Easterbrook

In the end, memories are all you keep.

—Daniel Kahneman

In *As You Like It*, Jaques declares, 'Man in his time plays many parts, his acts being seven ages.' The first five embody promise and power—infant, schoolboy, lover, soldier, and success. The late phases are entirely negative—pantaloon, a period as the butt of jokes for looking old and becoming impotent; then second childishness, a descent into senile dependency. As life expectancy and health span increase, the seven ages may demand revision, with the late phases of life seen as a positive experience of culmination and contentment.

—Gregg Easterbrook

The human ethical belief that death should be postponed as long as possible does not exist in nature.

—Felipe Sierra

Americans seem to be obsessed with exercising, doing mental puzzles, consuming various juice and protein concoctions, sticking to strict diets, and popping vitamins and supplements, all in a valiant effort to cheat death and prolong life as long as possible. This has become so pervasive that it now defines a cultural type: what I call the American immortal.

—Ezekiel J. Emanuel

Over the past 50 years, health care hasn't slowed the aging process so much as it had slowed the dying process.

—Eileen Crimmins

Even if we aren't demented, our mental functioning deteriorates as we grow older. Age-associated declines in mental-processing speed, working and long-term memory, and problem-solving are well established. Conversely, distractibility increases. We cannot focus and stay with a project as well as we could when we were young. As we move slower with age, we also think slower.

—Ezekiel J. Emanuel

By 75, creativity, originality, and productivity are pretty much gone for the vast, vast majority of us. Einstein famously said, 'A person who has not made his great contribution to science before the age of 30 will never do so.'

—Ezekiel J. Emanuel

Einstein famously said, 'A person who has not made his great contribution to science before the age of 30 will never do so.' He was extreme in his assessment. And wrong. Dean Keith Simonton, at the University of California at Davis, a luminary among researchers on age and creativity, synthesized numerous studies to demonstrate a typical age-creativity curve: creativity rises rapidly as a career commences, peaks about 20 years into the career, at about age 40 or 45, and then enters a slow, age-related decline.

—Ezekiel J. Emanuel

It's strange. I was in the hospital with a back operation. What's that thing—Medicare? Man, I didn't have to pay for anything! But you have to live to see it. Sixty-five? It's like gold sprinkling from the sky.

—George Foreman

I never fell in love with exercise, but you have to do it for the rest of your life. I did it to become champ, and now I do it to stay alive. It is a death sentence without it.

—George Foreman

I have 10 grandkids, including two great-grandkids. Make that 11—they snuck one in on me. You watch them crawl around the floor, trying to talk, behavin' and misbehavin'. Then I realized I only could have seen this had I made 65.

—George Foreman

If you can't stay positive, you will fade away. I am a hypochondriac—I am always in the doctor's office. If you don't laugh about that, you go crazy. I take a cry like everyone else now and then. But as soon as I am finished wiping away the tears, it is back to being the joker again.

—George Foreman

If age is a work of art, the artist is one who belongs in the subway and not in the Louvre.

—Bill Cosby

Do not worry about avoiding temptation. As you grow older it will avoid you.

—Joey Adams

The Indian Summer of life should be a little sunny and a little sad, like the season, and infinite in wealth and depth of tone, but never hustled.

—Henry Adams

I cannot think of anything more valuable to ward off old age than being a lifelong learner.

—Barbara Salvione

Retired is being tired twice, I've thought, first tired of working, then tired of not.

—Richard Armour

The older I get, the greater power I seem to have to help the world; I am like a snowball—the further I am rolled the more I gain.

—Susan B. Anthony

Every time I see an adult on a bicycle, I no longer despair for the future of the human race.

—H. G. Wells

When a noble life has prepared old age, it is not decline that it reveals, but the first days of immortality.

—Muriel Spark

I question every presumption we have about human potential. Do we have to age like everybody else? I don't believe so., Our biological age, our spiritual age, are different things.

—Deepak Chopra

Jewelry takes people's minds off your wrinkles.

—Sonja Henie

I was too old for a paper route, too young for Social Security and too tired for an affair.

—Erma Bombeck

As you get older, the pickings get slimmer, but the people don't.

—Carrie Fisher

I don't smoke. I don't drink. I don't court women. So I have a lot of free time.

—Leonard Cohen at 80

You are only young once, but you can stay immature indefinitely.

—Ogden Nash

The best reason for moving on/out is to give the next generation a chance! We Baby Boomers have already commanded the cultural stage ad nauseam. There's no need to endlessly oppress those behind us with our slow parade of dying.

—John Barnowski

We may not be entitled to immortality, but we are entitled to maturity and, if we are fortunate, old age....Who is to define what is a life worth living?...the pleasure in helping future generations mature, in continuous learning, in days spent enjoying the company of others when we are not at the head of the table....the blessings of performing everyday tasks and attending routine events and basking in the joy of memories....happiness gained from kindness, generosity, shared wisdom, unselfish love, a walk with a cane in a beautiful garden, and a lifelong search to discover who we are and what our role is in the continuum of life in our community and on Earth.

—Caroline Simon

For every person who has ever lived there has come, at last, a spring he will never see. Glory then in the springs that are yours.

—Pam Brown

Happiness may be affected by age, and the hard part in middle age, whether you call it a midlife crisis or something else, is for many people a transition to something much better—something, there is reason to hope, like wisdom.

—Jonathan Rauch

As people age and time horizons grow shorter, people invest in what is most important, typically meaningful relationships, and derive increasingly greater satisfaction from these investments...When the future becomes less distant, more constrained, people focus on the present, and we think that's better for emotional experience. The goals that are chronically activated in old age are ones about meaning and savoring and living for the moment.

—Laura Carstensen

Midlife is, for many people, a time of recalibration, when they begin to evaluate their lives less in terms of social competition and more in terms of social connectedness. In my 40s, I found I was obsessively comparing my life with other people's: scoring and judging myself, and counting up the ways in which I had fallen behind in a race. Where was my best seller? My literary masterpiece? Barack Obama was younger than I, and look where he was! In my 50s, I find myself more inclined to prize and enjoy people and relationships, which mercifully seem to be pushing the unwinnable status competition into the background.

—Jonathan Rauch

Goals, because they're set in temporal context, change systematically with age. As people perceive the future as increasingly constrained, they set goals that are more realistic and easy to pursue.

—Laura Carstensen

Younger people consistently and markedly overestimate how satisfied they will be in five years, while older people underestimate future satisfaction. So youth is a period of perpetual disappointment, and older adulthood is a period of pleasant surprise.

—Hannes Schwandt

Retirement should be like dessert—a well-deserved treat following a lifetime of hard work.

—Emily Starbuck Crone

Older people are less prone to feel unhappy about things they can't change—an attitude consistent, of course, with ancient traditions that see stoicism and calm as part of wisdom. In fact, it is well established that older people's brains react less strongly to negative stimuli than younger people's brains do.

—Jonathan Rauch

When I asked my father why in his 50s he stopped having rages, which had shadowed his younger years and disrupted our family: 'I realized I didn't need to have five-dollar reactions to nickel provocations.'

—Jonathan Rauch

A man of sixty has spent twenty years in bed and over three years in eating.

—Arnold Bennett

You solve it as you get older, when you reach the point where you've tasted so much that you can somehow sacrifice certain things more easily, and you have a more tolerant view of things like possessiveness (your own) and a broader acceptance of the pains and the losses.

—Ted Hughes

Three elderly people were talking about what their grandchildren would be saying about them fifty years from now.

'I would like my grandchildren to say, 'He was successful in business,' declared the first man.

'Fifty years from now,' said the second, 'I want them to say, 'He was a loyal family man.'"

Turning to the third one, a lady, he asked, 'So what do you want them to say about you in fifty years?'

'Me?' the third one replied. 'I want them to say, 'She certainly looks good for her age.'"

—*retirement-stories.com*

I've decided I'm going to start saying I'm older than I am. When I tell people I'm 65, they'll say, 'You look amazing!'

—Allison Janney

Self-parody is the first portent of age.

—Larry McMurtry

‘Will you love me when I’m old and ugly?’

‘Darling, of course I do.’

—Unknown

I tend to live in the past because most of my life is there.

—Herb Caen

If we are lucky, we can give in and rest without feeling guilty. We can stop doing and concentrate on being.

—Kathleen Norris

When you stop doing things for fun you might as well be dead.

—Ernest Hemingway

The oldest person in the world was born with a completely different set of humans.

—Internet Meme

I delight in men over seventy. They always offer one the devotion of a lifetime.

—Oscar Wilde

What a mistake to suppose that the passions are strongest in youth. The passions are not stronger, but the control over them is weaker. They are more easily excited, they are more violent and apparent but they have less energy, less durability, less intense and concentrated power than in the maturer life.

—Edward Bulwer-Lytton

If you ask what is the single most important key to longevity, I would have to say it is avoiding worry, stress and tension. And if you didn’t ask me, I’d still have to say it.

—George Burns

Age to me means nothing. I can’t get old—I’m working. I was old when I was twenty-one and out of work. As long as you’re working, you stay young. When I’m in front of an audience, all that love and vitality sweeps over me and I forget my age.

—George Burns

The arrogance of age must submit to be taught by youth.

—Edmund Burke

There is a beautiful life waiting for you. There's no reason to feel bad about getting old if you do it right. Just keep moving.

—Dick Van Dyke

Look, you get older. Passion is a young man's game. Young people can be passionate. Older people gotta be more wise. I mean, you're around awhile, you leave certain things to the young. Don't try to act like you're young. You could really hurt yourself.

—Bob Dylan

I wonder how many places I've already visited for the last time.

—Internet Meme

One of the best parts of growing older? You can flirt all you like since you've become harmless.

—Liz Smith

Look not mournfully into the past, it comes not back again. Wisely improve the present, it is thine. Go forth to meet the shadowy future without fear and with a manly heart.

—Henry Wadsworth  
Longfellow

When you cease from labour, fill up your time in reading, meditation, and prayer: and while your hands are labouring, let your heart be employed, as much as possible, in divine thoughts.

—David Brainerd

The best way to get most husbands to do something is to suggest that perhaps they're too old to do it.

—Ann Bancroft

When I was younger I hated going to weddings. It seemed that all of my aunts and the grandmotherly types used to come up to me, poking me in the ribs and cackling, telling me, 'You're next.'

They stopped that shit after I started doing the same thing to them at funerals.

—*Jokes of the Day*

How pleasant it is for a father to sit at his child's board. It is like an aged man reclining under the shadow of an oak which he has planted.

—Voltaire

I think it's time for me to get out, because at the moment I'm only thinking about fishing 21 hours a day, and they're the waking moments. And even when I close my eyes I'm thinking about it.

—Rex Hunt

When I fall down now, I break. I've broken an arm and my pelvis. The death of my friend Nora Ephron was a reminder of how quick this whole journey is. Life goes slowly, but in the end it rips by in a New York minute. You're here one minute, and it's a dirt bath the next. I still don't know how to come to terms with it.

—Candice Bergen

People talk about their weight going up and down. With me, it's just been up. I know it's not OK, but I love to eat. I love to live in a way that's not limiting. Yes, I should lose weight and I will, but the older you get, the more you just don't give a shit.

—Candice Bergen

I have been an incredibly lucky girl. which is why when a big shadow falls—going through a severe terminal illness with a loved one—it feels like the rug is being pulled out from under you, as if to say, 'Now we're going to give you the real stuff.' That's how the universe works. Life is wondrously and appallingly surprising. Anyone who doesn't know that is unarmed.

—Candice Bergen

When they tell me I'm too old to do something, I attempt it immediately.

—Pablo Picasso

Middle age went by while I was mourning for my lost youth.

—Mason Cooley

Somehow the world keeps aging:  
Somehow you never do;  
Somehow I know — in the heart of my heart —  
I'll always be young with you.

—Robert Sexton

I keep in my heart the love of the past,  
for there it was planted forever to last.

—*botanicalpaperworks.com*

For the past 30 or 40 years, thanks to the baby boomers, the virtues of youth have been central to life for them and because there were so many of them, they made it seem like youth is the only thing that matters. Their demographic bulge succeeded in magnifying and amplifying the virtues of youth and changing the age-old veneration for age and wisdom. Our world needs older people much more than older people need our world. They have become marginalized in our society and exiled from our moral discourse and, as a result, we are the losers. For thousands of years of human existence, the elders in each society laid a gentle hand on the shoulders of the adults and counseled them to settle down. They were responsible for taking the edge off hyperactive, aggressive adults and making society a better place. Those gentle voices urging patience and restraint are now gone and that isn't good. Today we are upside down from the way societies have functioned for the bulk of human history. Elders are only valued if they are able to ape the behavior and habits of the young and that is wrong.

—Dr. Bill Thomas

Baby boomers separate into three subgroups. First, there are the 'realists' who don't like aging but feel they will make it 'less bad' by consuming flaxseed oil, doing mind puzzles and walking five miles a day. Second, there are 'denialists' who are in denial about their age, dressing much younger and undergoing treatments to appear younger than they are. They may be the darlings of the media, but they are missing the journey by only looking backward. Finally, there are the 'enthusiasts' who are journeying beyond youth with enthusiasm, seeing it as a time of discovery, growth and exploration. They 'own' their age and wear it as a badge of honor, feeling that every age is different and best at the same time. They create opportunities to understand themselves in a new way and, in the end, will have the most impact on the world by helping to bring back the ancient virtues associated with aging. They will understand that they should not measure themselves against what they could do 20 years ago. Instead, they should measure themselves against what others their own age can do.

—Dr. Bill Thomas

Toss the creams, supplements and elixirs. Say no to Botox, human growth hormones and other expensive and even dangerous snake oils that give you nothing but false hope. Resist the pressure and don't succumb to the idea that the only good older person is one who looks and acts like a younger person.

—Dr. Bill Thomas

Look in the mirror and embrace yourself. Love yourself the way you are. Don't accept the idea that aging is defined solely as a matter of decline. Rejoice in the fact that lots of things get better and improve with age. Enjoy the fact that there is more happiness and less stress, anger and strife.

—Dr. Bill Thomas

Slow down and focus on quality time. Stop letting your timesaving gadgets, apps and technology take over the natural rhythms in your life. Turn them off. Turn the volume down. Get away from them. Go outside. Take a walk every day. Meditate. Have a conversation with a loved one. Break the pandemic hurry sickness. 'Slow' is not a negative word.

—Dr. Bill Thomas

Protect your play time. Don't let the cult of adulthood wreak havoc on your play time. Liberate yourself and experience the joy and energy that results from spontaneous, unstructured, play. If you need help figuring this one out, find a child to guide you. If you are with your elders, break out a game of cards, checkers or Monopoly. Everyone lives better when they have enough unstructured play time.

—Dr. Bill Thomas

Re-imagine your life. The reason we need to outgrow youth is that when we are young we are trained to value competency and specialization. It is a juvenile's obsession with competence that traps so many older people in lives they no longer want to lead, doing work they no longer want to do, afraid to try something new. Aging, rightly understood, offers us vast new worlds for exploration because, unlike the young, we can choose to value either competence or possibilities and we have the right to change our mind about which is more important to us—any time we like. It is aging that gives us the power to re-imagine life.

—Dr. Bill Thomas

Allow everyone to look at life and aging differently, even if it is your spouse. We become less and less alike as we age and become more distinct and unique as we get older. Even with married couples, it is OK to grow differently. Just get back together at the end of the day to discuss what you have learned and have been doing.

—Dr. Bill Thomas

Retiring is just practicing up to be dead. That doesn't take any practice.

—Will Harvey

I am perhaps the oldest musician in the world. I am an old man but in many senses a very young man. And this is what I want you to be, young, young all your life, and to say things to the world that are true.

—Pablo Casals

As we advance in life it becomes more and more difficult, but in fighting the difficulties the inmost strength of the heart is developed.

—Vincent Van Gogh

Maturity is often more absurd than youth and very frequently is most unjust to youth.

—Thomas A. Edison

The most dangerous risk of all—the risk of spending your life not doing what you want on the bet you can buy yourself the freedom to do it later.

—Randy Komisar

From the middle of life onward, only he remains vitally alive who is ready to die with life.

—Samuel Johnson

In 1980 I would teach a class at the Workout...at 5 in the morning before going to the set. I'm 77. My body couldn't do that now. But I have a better brain, a better outlook on life and a greater sense of well-being.

—Jane Fonda

The traditional view of aging: You're born, you peak at midlife, then you decline into age. That's an arc. But for most people, life is more of an upward evolution. Research suggests that older people feel happier and less hostile, and that life gets easier.

—Jane Fonda

Retirement? No. It's a foreign concept to me. I might not be able to continue acting at some point, but then I can write or produce. There are any number of things I could do. I get so much from work, and I continually try to improve. One of the good things about getting older is that when you come to a standstill, you say to yourself either 'I'll stay here' or 'I have to change something.' I've needed to shake things up—and did.

—Jane Fonda

Every 10 years, I think we all need a reboot. At 59, I'm on the verge of another. I will always be 17 in my head, but I don't want that sensibility to dominate my every day. Today I feel more mortal than when I was 20, but I still ask the same existential questions: What does it all mean?

—Yo-Yo Ma

It reminds me of a story about the cellist Pablo Casals—he was one of the greatest cellists of the 20th century. He was famous for beginning every day by playing all six Bach unaccompanied cello suites. And someone, Mr. Casals' wife, said, 'Why do you insist on playing all six suites each day?' And he said, '**Because I think I'm getting better.**'

—Kevin Klein

I'm 77, but in my mind, it's a joke. I've always felt kind of 12.

—Judy Blume

With age comes letting go of ego and realizing we're all in this together.

—Helen Mirren

When people tell you how young you look, they are telling you how old you are.

—Cary Grant

Growing old is not growing up.

—Doug Horton

A man of eighty has outlived probably three new schools of painting, two of architecture and poetry and a hundred in dress.

—Lord Byron

I bike almost every day, reverting to the stationary bike when weather forces me indoors. I have plenty of energy, and I insist I have the wisdom that comes with age. But I am stiff in the mornings and misplaced some height along the way, and I find myself going to memorial services more and more. I take my pills, but from here on out, it's luck that matters most.

—Richard Cohen

Age is wisdom, if one has lived one's life properly.

—Miriam Makeba

We don't grow older, we grow riper.

—Pablo Picasso

I'm still chasing girls. I don't remember what for, but I'm still chasing them.

—Joe E. Lewis

I think for a woman, the hardest thing about growing old is becoming invisible. There's something very front and center about being young.

—Amy Grant

We do not get to this age to be written off. Older people can act as a support system, which is what happens more in Mediterranean countries. People become much wiser as they get older and we should value that.

—Susan Hampshire

Just as you began to feel that you could make good use of time, there was no time left to you.

—Lisa Alther

For the Baby Boomers now gearing up to rage, rage against the dying of the light, don't go quietly, but do ease up a little.

—Erica Jong

If you want to look young and thin hang around old fat people.

—Jim Eason

A long life may not be good enough, but a good life is long enough.

—Benjamin Franklin

How did you manage to stay together for so long? It's simple, really. We are from a time where if something is broken, we fix it. Not throw it away.

—*HappyWivesClub.com*

Wrinkles mean you laughed, grey hair means you cared and scars mean you lived!

—*To Save a Life*

Happiness is not having to set the alarm for the next day.

—T-Shirt Slogan

Life's journey is not to arrive at the gate safely in a well-preserved body, but rather to skid in sideways, totally worn out, shouting 'Holy shit...what a ride!'

—Hunter S. Thompson

You know you're old when you've lost all your marvels.

—Merry Browne

Life is hard for everyone. That's why there's such a nice reward at the end of it.

—Aidan Quinn

Think positive—it keeps you young. For example, I fell down the stairs today and I thought WOW—that's the fastest I've moved in years.

—Unknown

My goal was to lose 10 pounds this year. Only 15 to go.

—Unknown

Age is a matter of feeling, not of years.

—Washington Irving

Be kind to your daughter. One day she will be the one in charge of your wheelchair.

—Coffee Mug Slogan

All that really matters is that the people you love are happy and healthy. Everything else is just sprinkles on the sundae.

—Paul Walker

We once thought we'd change the world. Now we're just grateful to still be in it.

—Audrey Edwards

Sometimes I wonder if we live life by reliving life, rather than by living life.

—Michael Landon

The older I get, the more I realize I just need the simple things in life: a comfy home, good food on the table and surrounded by the people I love.

—*sun-gazing.com*

You make me chuckle when you say that you are no longer young, that you have turned twenty-four. A man is or may be young to after sixty, and not old before eighty.

—Oliver Wendell  
Holmes, Jr.

The personal savings rate peaked at 13.3 percent in 1971 before falling to 2.6

percent in 2005. As of last year, the figure stood at 5.1 percent, and according to [Bruce] McClary, nearly 30 percent of American adults don't save any of their income for retirement.

—Neal Gabler

When I'm an old lady, I'll live with each kid,  
And bring so much happiness just as they did.  
I want to pay back all the joy they've provided.  
Returning each deed! Oh, they'll be so excited!  
When I'm an old lady and live with my kids.  
I'll write on the walls with reds, whites and blues,  
And I'll bounce on the furniture wearing my shoes.  
I'll drink from the carton and then leave it out.  
I'll stuff all the toilets and oh, how they'll shout!  
When I'm an old lady and live with my kids.  
When they're on the phone and just out of reach,  
I'll get into things like sugar and bleach.  
Oh, they'll snap their fingers and then shake their head,  
When I'm an old lady and live with my kids.  
When they cook dinner and call me to eat,  
I'll not eat my green beans or salad or meat,  
I'll gag on my okra, spill milk on the table,  
And when they get angry I'll run if I'm able!  
When I'm an old lady and live with my kids.  
I'll sit close to the TV, through channels I'll click,  
I'll cross both eyes just to see if they stick.  
I'll take off my socks and throw one away,  
And play in the mud 'til the end of the day!  
When I'm an old lady and live with my kids.  
And later in bed, I'll lay back and sigh,  
I'll thank God in prayer and then close my eyes.  
My kids will look down with a smile slowly creeping,  
And say with a groan, 'She's so sweet when she's sleeping!'

—Joanne Bailey Baxter

It is a mistake to regard age as a downhill grade toward dissolution. The reverse is true. As one grows older, one climbs with surprising strides.

—George Sand

Maturity—among other things, the unclouded happiness of the child at play, who takes it for granted that he is at one with his play-mates.

—Dag Hammarskjold

I like the idea of growing old gracefully and full of wrinkles... like Audrey Hepburn.

—Natalie Imbruglia

That man never grows old who keeps a child in his heart.

—Richard Steele

Your wrinkles either show that you're nasty, cranky, and senile, or that you're always smiling.

—Carlos Santana

Being retired is mostly being exhausted, wishing you hadn't made plans and wondering how you hurt your back.

—Unknown

We get too soon old and too late smart.

—Frank Kelly Freas

I'm in my 50s, but I still feel like I'm 20...until I hang out with some 20-year-olds. Then I'm like no, never mind, I'm 50.

—*someecards.com*

Don't let the darkness from your past block the light of joy in your present. What happened is done. Stop giving time to things which no longer exist, when there is so much joy to be found here & now.

—Karen Salmansohn

People born in the 50s have lived in 7 decades, 2 centuries & 2 millenniums. We had the best music, fastest cars, Drive-in theaters, soda fountains & happy days. And we are not even that old yet. We're just that cool.

—Bill Fraser

To grow old is to grow common. Old age equalizes—we are aware that what is happening to us has happened to untold numbers from the beginning of time. When we are young we act as if we were the first young people in the world.

—Eric Hoffer

If a family has an old person it it, it possesses a jewel.

—Chinese Proverb

If we get rid of pennies, how will old people hold up supermarket lines?

—Stephen Colbert

When people say, ‘Stop living in the past,’ my thought in return is, ‘But the music was so much better then!’

—*someecards*

Being a grandmother is like acting. It’s a flight into another place. What I love so much about acting is escaping—my whole persona, my body, gets to be in somebody else’s. When you see this new life come into the world, it’s the same thing. You transcend. You escape the shackles of the world you know.

—Blythe Danner

The years like great black oxen tread the world,  
And God, the herdsman goads them on behind,  
And I am broken by their passing feet.

—William Butler Yeats

I don’t think old people are any more racist than the rest of us. I just think they think they’re still whispering.

—Josh Gondelman

You ever soak in the tub too long, and your fingertips get wrinkly? You ever cry and you soak in your own tears, and your face gets wrinkly? But then you realize that’s just because you’re old?

—Charlyne Yi

At the end of life, we know that a top regret of most men is that they did not lead the caring and connected life they wanted, but rather the career-oriented life that was expected of them.

—Andrew Moravcsik

I am old, but I am forever young at heart. We are always the same age inside. Know that you are the perfect age. Each year is special and precious, you can only live it once. Do not regret growing older. It’s a privilege denied to many!

—Richard Gere

Love grows more tremendously full, swift, poignant, as the years multiply.

—Zane Grey

Where does it say we have to ‘act’ our age? As long as it makes me happy and I’m not hurting anyone, I will act whatever age I want to!

—Internet Meme

One day, you will find yourself close to the end, and thinking about the beginning. TODAY is that beginning. TODAY is life. You’ve got to live it. Live for what’s right. Live for what you believe in. Live for what’s important to you. Live for the people you love, and never forget to tell them how much they mean to you. Realize that today you’re lucky because you still have a chance. So stop for a moment and think. Whatever you still need to do, start doing it now. There are only so many todays left.

—Unknown

I’ve reached an age where my train of thought often leaves the station without me.

—*Facebook.com / auntyacid*

It’s not a ‘hot flash’—It’s a ‘power surge.’ So there!

—*Facebook.com / auntyacid*

Everyone says you should follow your dreams. So I’m going back to bed.

—*facebook.com / auntyacid*

I didn’t make it to the gym today. That makes 5 years in a row.

—*someecards.com*

We may look older and wiser, but to each other we are just a bunch of friends still in high school.

—*facebook.com / SpicedHumour*

Grandmothers can no longer be defined by age, appearance, style or energy levels. We are just Mothers who were incredibly Blessed and suddenly became GRAND!!!

—Unknown

Studies show that people who have more birthdays live longer.

—*someecards.com*

I'm never lonely because I have four men in my life. I get up with Charlie Horse. I spend the day with Arthur Itis. I dine with Will Power, and I go to bed with Ben Gay.

—*someecards.com*

It's not that we have more patience as we grow older, it's just that we're too tired to care about all the pointless drama.

—Karen Gibbs

### **A DOZEN THINGS I REALIZE AS I GET OLDER...**

1. I talk to myself, because sometimes I need expert advice.
2. Sometimes I roll my eyes out loud.
3. I don't need anger management. I need people to stop pissing me off.
4. My people skills are just fine. It's my tolerance of idiots that needs work.
5. The biggest lie I tell myself is 'I don't need to write that down, I'll remember it.'
6. When I was a child I thought nap time was punishment. Now it's like a mini vacation.
7. The day the world runs out of wine is just too terrible to think about.
8. Even duct tape can't fix stupid, but it can muffle the sound!
9. Wouldn't it be great if we could put ourselves in the dryer for ten minutes; come out wrinkle-free and three sizes smaller.
10. If God wanted me to touch my toes, he would've put them on my knees.
11. When the kids text me 'plz' which is shorter than please. I text back 'no' which is shorter than 'yes'.
12. At my age 'Getting lucky' means walking into a room and remembering what I came in there for.

—*Cheech at telegraph.co.uk*

Don't be afraid of growing older. You'll still do stupid shit...only slower.

—The Unknown Comic

As we grow older, we don't lose friends. We just learn who the real ones are.

—*facebook.com/joyofmom*

We do not get to this age to be written off. Older people can act as a support system, which is what happens more in Mediterranean countries. People become much wiser as they get older and we should value that.

—Susan Hampshire

I believe my house is haunted. Every time I look in the mirror a crazy old lady stands in front of me so I can't see my reflection.

—*funnyand.com*

I'm getting so old that all my friends in heaven think that I didn't make it.

—Mary Chambers

No one's possibilities should be limited by their age. Experience has value.

—Dion DiMucci

### **I AM A SEENAGER (SENIOR TEENAGER)**

I have everything that I wanted as a teenager, only 50 years later.

- I don't have to go to school or work.
- I get an allowance every month.
- I have my own pad.
- I don't have a curfew.
- I have a driver's license and my own car.
- My friends are not scared of getting pregnant.
- And I don't have acne.

Life is Good!

—*seniorresource.com*

I get an allowance every month.

I have my own place.

I don't have a curfew.

I have a driver's license and my own car.

My friends are not scared of  
getting pregnant.

And I don't have acne.

I don't want to brag or make anybody jealous, but...I can still fit into the earrings I wore in high school.

—*someecards.com*

There are certain joys we only know when we're young. There are others that come with age but seem to be off-limits to the young. Wisdom is precious.

—Dion DiMucci

I get fussier as I get older. I realize there are not as many years ahead of me as behind me—so you begin to think in terms of making the most of your time.

—Jeremy Irons

I decided...that I didn't want to be defined by my age, any more than I wanted to be defined by race, sex or income. And, honestly, I've grown a little tired of other people defining me that way. I refuse to allow outdated expectations of what people my age should do determine what I am going to do. Instead of apologizing for my age—or denying it—I decided to embrace it and make the most of it.

—Jo Ann Jenkins

The negative stereotypes of aging are so ingrained in our psyches, they are difficult to overcome. So, most of us don't even try. We either just accept it and perpetuate the negative image, or, as is increasingly common, we just deny we are aging and fight it with all we've got.

—Jo Ann Jenkins

Aging is one of life's great contradictions. It's everyone's dream to live to a ripe old age, but many people fear growing older. Our ability to live longer, healthier, more productive lives is one of mankind's greatest accomplishments, but we often see aging as more of a problem than an accomplishment. Our culture worships the fantasies of youth, yet we are being driven more and more by the realities of age.

—Jo Ann Jenkins

There are three stages of life. In the first stage, you believe in Santa Claus; in the second, you don't believe in Santa; and in the third, you are Santa Claus.

—Pinchas Cohen

When I first held my grandchild, I felt a titanic jolt of emotion. Most of the grandmothers I interviewed had the same elated feeling. With grandfathers, not one of them said they had that first initial jolt. The real attachment comes a little later. But their emotions are very deep.

—Lesley Stahl

You're a fool if you don't get a little more conscious at my age of how you want to spend your days.

—Michael Douglas

For parents, bribery is a white-collar crime; for grandparents, it's a business plan.

—Tom Brokaw

A friend of mine recently undertook a radical decluttering campaign, ruthlessly throwing out seating charts from her wedding and leaves pressed by long-dead aunts, as a sort of campaign against delusions of permanence. ‘Holding on to all this crap isn’t going to keep the past from vanishing,’ she says. ‘The past is gone.’

—Tim Kreider

It’d be nice to believe that somewhere in the holocaust of memory will be the ashes of those moments so vivid and pungent that they continue to have the power to thrill us or turn our stomachs, ashes that seem not past but present: the nap of the living room rug in your childhood home, your mother’s voice calling you to get up, the hideous faux pas you committed in 10th grade, the smell of your first girlfriend’s perfume, that night you thought you might never stop laughing. Where were you when Kennedy was shot? Oddly, our most iconic and enduring collective memories, in this country at least, are of collapse, explosion, trauma: colossal buildings dropping into billowing clouds of their own debris, as majestic as Saturn V liftoffs in reverse; booster rockets corkscrewing into a deep blue sky in the blind trajectories of madness; the universe of a human brain blasted into mist.

—Tim Kreider

The American public largely sees aging as a process of deterioration, dependency, reduced potential, family dispersal and digital incompetence. ‘These deep and negative shared understandings make the process of aging something to be dreaded and fought against, rather than embraced as a process that brings new opportunities and challenges.’

—AARP Study

The negative stories we tell ourselves and one another about aging lead to negative behaviors that, in turn, create a negative reality of aging. The view of aging as decline becomes a self-fulfilling prophecy.

—Jo Ann Jenkins

Each of us becomes the person we always wanted to be.

—Maya Angelou

I don’t understand why people say hurtful things like ‘Want to go for a run?’ or ‘Try this kale.’

—*someecards*

You have permission to rest. You are not responsible for fixing everything that is broken. You do not have to try to make everyone happy. For now, take time for you. It’s time to replenish.

—Laurel Bleadon-Maffel

My kids may have aged me, but my grandchildren made me young again.

—Unknown

I can't wait until we're all in nursing homes. It'll be fun to write bathroom graffiti about the staff they can't understand...because it's in cursive.

—Unknown

Cancer is the great equalizer. Economics, race, ethnicity, geography—when it comes to cancer, we're all the same.

—Jon Huntsman, Sr.

Don't go to your funeral until the day of your funeral.

—Valerie Harper

I'm inspired by people who keep on rolling, no matter their age.

—Jimmy Buffett

Somedays I amaze myself. Other days I put the laundry in the oven.

—Coffee Mug Slogan

Facebook—Giving 'old people' the ability to completely annoy and embarrass their children in a way never before possible!

—*lovethispic.com*

Don't try to live forever —You can't! But you can do things that will live forever.

—Unknown

The value of old age depends upon the person who reaches it. To some men of early performance it is useless. To others, who are late to develop, it just enables them to finish the job.

—Thomas Hardy

I'm amazed at how little time most people spend planning what life in retirement will be like. They may have talked about financial issues and health concerns, or day-dreamed about buying a beach cottage. Yet few discuss what their day-to-day lives will look and feel like, much less what will happen if one partner loves her work while the other can't wait to quit.

—Debbie Grovun

Research reveals how shockingly few people have made any kind of plan for their post-employment lives.

—Margery D. Rosen

I'm still waiting patiently for the wisdom that supposedly comes with old age.

—Unknown

I tried to act my age once. Turns out it was freakin' boring!

—Ged Backland

The best way to fill time is to waste it.

—Marguerite Duras

Of these years nought remains in memory but the sad feeling that we have advanced and only grown older.

—Max Muller

It's never too late to be what you want to be. Unless you want to be younger. Then you're screwed.

—*snarkecards.com*

That is no country for old men...  
An aged man is but a paltry thing,  
A tattered coat upon a stick...

—William Butler Yeats

It is easy to be young. (Everybody is,  
at first.) It is not easy  
to be old. It takes time.  
Youth is given; age is achieved.  
One must work a magic to mix with time  
in order to become old.  
Youth is given. One must put it away  
like a doll in a closet.

—May Swenson

Aging is an extraordinary process where you become the person you always should have been.

—David Bowie

## **PUT THE ELDERLY IN PRISON**

We should place the elderly in prison because  
They will get a shower every day,  
Video surveillance in case of problems,  
3 meals a day, access to a library,  
computers, TV, gym, doctors on-site,  
and free medication if needed.

Put criminals in care homes  
and they'll get  
Cold meals, lights out at 7 PM,  
two showers a week, live in a smaller room  
and pay rent at £2,000 a month!!

It's pretty sad that we treat prisoners  
better than the elderly.

—*The Welsh Bible*

Elderly men who are popular with young women usually lack wisdom.

—Nachman of Bratslav

I love being over 50. I learn something new every day. And forget 5 others.

—Sue Fitzmaurice

When is this 'old enough to know better' supposed to kick in?

—Bill Murray

You are never too old to set another goal or to dream a new dream.

—C. S. Lewis

Even though there are days I wish I could change some things that happened in the past, there's a reason the rear view mirror is so small and the windshield is so big—where you're headed is much more important than what you've left behind.

—Unknown

When I'm an old lady I'm going to leave snacks in little bags on the floor all over the house in case I fall down.

—Internet Meme

It is utterly false and cruelly arbitrary to put all the play and learning into childhood, all the work into middle age, and all the regrets into old age.

—Margaret Mead

When I was young, I admired clever people. Now that I am old, I admire kind people.

—Abraham Joshua  
Heschel

Even so, one step from my grave,  
I believe that cruelty, spite,  
The powers of darkness will in time,  
Be crushed by the spirit of light.

—Boris Pasternak

I can't believe how old people my age are.

—T-Shirt Slogan

## **SUCCESS**

At age 4 success is...not peeing in your pants.  
At age 12 success is...having friends.  
At age 16 success is...having a drivers license.  
At age 20 success is...having sex.  
At age 35 success is...having money.  
At age 50 success is...having money.  
At age 60 success is...having sex.  
At age 70 success is...having a drivers license.  
At age 75 success is...having friends.  
At age 80 success is...not peeing in your pants.

—Unknown

I fear vastly more a futile, incompetent old age than I do any form of death.

—William Allen White

At my age happy hour is nap time.

—Internet Meme

Don't worry about wrinkles, they're just antique smiles.

—Unknown

I don't do drugs. At my age I get the same effect just standing up fast.

—*someecards.com*

I was always taught to respect my elders, but it keeps getting harder to find one.

—Internet Meme

Damn these legs! If I had known they were to carry a Lord Chancellor, I would have taken better care of them.

—Robert Henley, Earl of  
Northington  
(1708-1772)

If you're as old as you feel, how can I be alive at 150?

—Internet Meme

The irony of life is that by the time you're old enough to know your way around, you're not going anywhere.

—Sue Lauritzen

The older I grow the more I distrust the familiar doctrine that age brings wisdom.

—H. L. Mencken

It is easier to get older than it is to get wiser.

—Unknown

People our age can still enjoy an active, passionate sex life—provided we get cable or that dish thing.

—Jack Jacoby

Wisdom doesn't necessarily come with age. Sometimes age just shows up all by itself.

—Tom Wilson

My parents didn't want to move to Florida, but they turned sixty, and that's the law.

—Jerry Seinfeld

## THE SENILITY PRAYER

God grant me the senility to forget  
The people I never liked anyway,  
The good fortune to run into the ones that I do,  
And the eyesight to tell the difference.

—Ron Sims

Time may be a great healer, but it's a lousy beautician.

—Unknown

I'm 65. A friend said to think about those years as a big yardstick, laid out on the ground, that goes from 0 to 85. Walk along it, and stand on your age. Look over your shoulder. I went, 'Wow! There's not so much ahead, relative to what's behind me!' At that point you go, 'OK, now's the time to become aware of how I want to spend the years that are left. Maybe I didn't have a lot of wisdom between 20 and 40, or even between 40 and 60, but I sure can use these next years to their highest value.

—Dr. Phil McGraw

Some artists from the 1960s are re-releasing their hits with new lyrics to accommodate us — good news, for those feeling a little older and missing those great tunes.

Herman's Hermits - 'Mrs. Brown, You've Got A Lovely Walker'  
The Bee Gees - 'How Can You Mend A Broken Hip'  
The Temptations - 'Papa's Got A Kidney Stone'  
Ringo Starr - 'I Get By With A Little Help From Depends'  
Marvin Gaye - 'I Heard It Through The Grape Nuts'  
Procol Harem - 'A Whiter Shade Of Hair'  
Johnny Nash - 'I Can't See Clearly Now'  
Leo Sayer - 'You Make Me Feel Like Nappin'  
ABBA - 'Denture Queen'  
Paul Simon - 'Fifty Ways To Lose Your Liver'  
Roberta Flack - 'The First Time I Ever Forgot Your Face'  
Commodores - 'Once, Twice, Three Times To The Bathroom'  
Rolling Stones - 'You Can't Always Pee When You Want'  
Bobby Darin - 'Splish, Splash, I Was Havin' A Flash'

—R. Wittcoff

The idea is to die young as late as possible.

—Ashley Montage

Then not only an old man, but also a drunkard, becomes a second time a child.

—Plato

Why do people talk of the horrors of old age? It's great. I feel like a fine old car with the parts gradually wearing out, but I'm not complaining,... Those who find growing old terrible are people who haven't done what they wanted with their lives.

—Martha Gellhorn

I'll be walking down the street in New York and I'll get a quick mental image of me at 25 and go, 'What, wait! Hold on! How old am I?' I forget, and I will even go, 'OK, I'm not 25, OK, wait, I'm—oh my God!' You forget because inside you stay the same.

—Sally Field

### **THE PERKS OF BEING OVER 60 YEARS OLD**

1. Kidnappers are not very interested in you.
2. In a hostage situation you are likely to be released first.
3. People call at 9 p.m. and ask, 'Did I wake you?'
4. No one expects you to run into a burning building.
5. People no longer view you as a hypochondriac.
6. There's nothing left to learn the hard way.
7. Things you buy now won't wear out.
8. You can eat dinner at 4:00 p.m.
9. You enjoy hearing about other people's operations.
10. You get into heated arguments about pension plans.
11. You have a party and the neighbors don't even realize it.
12. You no longer think of speed limits as a challenge.
13. You quit trying to hold your stomach in, no matter who walks in the room.
14. You sing along with the elevator music.
15. Your eyes won't get much worse.
16. Your investment in health insurance is finally beginning to pay off.
17. Your joints are more accurate meteorologists than the *National Weather Service*.
18. Your secrets are safe with your friends because they can't remember them either.
19. Your supply of brain cells is finally down to a manageable size.

—unijokes.com

The goal is to die with memories, not dreams.

—Internet Meme

Sometimes we have no choice but to remove toxic people from our lives without even an explanation. We're getting too old to be constantly explaining to them what they already know they're doing wrong.

—*WomenWorking.com*

Nothing so dates a man as to decry the younger generation.

—Adlai Stevenson

The sad part about getting older is that no one can see you're still young on the inside.

—Internet Meme

If I woke up and nothing hurt...I would think I was dead.

—Ged Backland

Comfort zones are plush lined coffins. When you stay in your plush lined coffins, you die.

—Stan Dale

Given the choice between loneliness and death, it would take me a fraction of a second to decide. But I don't want to be alone either...Let us both live forever, in sickness and health, feebleminded, doddering, toothless, liver spotted, dim-sighted, hallucinating.

—Don DeLillo

I keep hearing people talk about what they're going to do when they retire...Me? I'll most likely be working right up to lunchtime on the day of my funeral.

—Ged Backland

My life is very exciting now. Nostalgia for what? It's like climbing a staircase. I'm on the top of the staircase, I look behind and see the steps. That's where I was. We're here right now. Tomorrow, we'll be someplace else. So why nostalgia?

—Jeanne Moreau

I have everything that I could possibly want in life, from a gorgeous granddaughter and a wonderful wife, brilliant students, the best job anyone could hope for, and about half of my hair. Not the half I would have kept, but no one consulted me.

—Daniel Gilbert

How will you spend eternity? Smoking or non-smoking?

—Internet Meme

I don't want to put an expiration date on showing my jiggly legs at the beach, or say, 'I'm over 50. I shouldn't wear this.' No, this is my 63-year-old butt, and I am free and happy. It has earned its freedom!

—Alfre Woodard

If you'd told me when I was 20 or 30 that I'd be happier at 70, I would have said to you, 'You're out of your mind.'

—Jane Fonda

Age is what you decide you want it to be. I am still in motion here.

—Alfre Woodard

What's the big deal? I'm 58. I also have green eyes. So what?

—Sharon Stone

We find delight in the beauty and happiness of children that makes the heart too big for the body.

—Ralph Waldo Emerson

I don't think we have to accept the assignment of aging, that all of a sudden you're supposed to be dowdy, with a really bad hairdo, and wear Easter candy-colored clothes.

—Sharon Stone

Once I had a rib broken, and during the few months that it was painful to turn in bed or raise my arms in a swimming pool I had, for the first time, a sharp apprehension of what it would be like to be old.

—Joan Didion

When hardness surfaces in the very old we tend to transform it into 'crustiness' or eccentricity, some tonic pepperiness to be indulged at a distance.

—Joan Didion

Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.

—Henry Ford

We grow neither better nor worse as we get old, but more like ourselves.

—May Lamberton Becker

Though it sounds absurd, it is true to say I felt younger at sixty than I felt at twenty.

—Ellen Glasgow

Someday, we'll forget the hurt, the reason we cried and who caused us pain. We will finally realize that the secret of being free is not revenge, but letting things unfold in their own way and own time. After all, what matters is not the first, but the last chapter of our life which shows how well we ran the race. So smile, laugh, forgive, believe, and love all over again.

—Unknown

The heart never grows better by age; I fear rather worse, always harder. A young liar will be an old one, and a young knave will only be a greater knave as he grows older.

—Lord Chesterfield

Old people are often impatient, but for what?

—Jonathan Carroll

Knowledge is a comfortable and necessary retreat and shelter for us in an advanced age; and if we do not plant it while young, it will give us no shade when we grow old.

—Lord Chesterfield

Your happiness in retirement will be strongly correlated to your enjoyment of the activities you pursue.

—Dirk Cotton

The more sand that has escaped from the hourglass of our life, the clearer we should see through it.

—Jean Paul

Let me advise thee not to talk of thyself as being old. There is something in Mind Cure, after all, and if thee continually talks of thyself as being old, thee may perhaps bring on some of the infirmities of age. At least I would not risk it if I were thee.

—Hannah Whitall Smith

The excitement of learning separates youth from old age. As long as you are learning you're not old.

—Rosalyn S. Yalow

The most romantic love story isn't *Romeo and Juliet* who died together, but grandma and grandpa who grew old together.

—Internet Meme

Life's a struggle, and throughout our journey, in various ways, Life batters us all. In the end, we can only hope for happiness, a sense of fulfillment, and serenity.

—Dan L. Miller

Aging means a loss of a number of skills over time.

—Julie Bishop

You get the face you build your whole life, with work and loving and grieving and laughing and frowning.

—Catherynne M. Valente

### **GRANDMA DOESN'T CARE**

I got some jam on her new couch,  
But Grandma doesn't care.  
I lost my toothbrush, dropped a glass,  
My old jeans have a tear.  
I tipped the cat dish on the floor,  
My feet are always bare,  
The way I look is a disgrace,  
But, Grandma doesn't care.  
She's very busy, then she sees,  
The tangles in my hair  
She gets a brush, I make a fuss,  
But, Grandma doesn't care.  
When I am grown, and on my own,  
When visits become rare,  
I won't forget the love I'd get  
When Grandma didn't care.

—Judith Bond

As you get older you will understand more and more that it's not about what you look like or what you own. It's all about the person you've become.

—*lifehack.org*

One searches the magazines in vain for women past their first youth. The middle-aged face apparently sells neither perfume nor floor wax. The role of the mature woman in the media is almost entirely negative.

—Janet Harris

Beauty is but a flower, which wrinkles will devour.

—Thomas Nash

Middle age is when you finally get your head together and your body starts falling apart.

—Caryn Leschen

The secret to living well & longer is: eat half, walk double, laugh triple, and love without measure.

—Tibetan Proverb

Don't worry about getting old....worry about thinking old.

—Unknown

Getting older has many advantages...I'm still as imperfect as ever, but I no longer care.

—Cathy Thorne

Life is like a mountain, hard to climb, but once you get to the top the view is beautiful.

—Daniel Monroe Tuttle

Dance before the music is over. Live before your life is over.

—R.v.m.

I would call my fashion style: 'clothes that still fit.'

—T-Shirt Slogan

I'm a woman that loves make-up and getting dressed up. As I get older, I don't look as good, but I don't give a damn. There's a huge pressure on young girls to look a certain way these days but, as I age, I've lost that incredible insecurity of youth.

—Helen Mirren

At 70 years old, if I could give my younger self one piece of advice, it would be to use the words ‘fuck off’ much more frequently.

—Helen Mirren

Aging is an adventure. It’s a frightening adventure because health becomes an issue. Growing old is not for pussies—you’ve got to have courage.

—Helen Mirren

Studies have found that those who take in more positive views of aging from their culture tend to lead healthier lives. These positive views of aging predict better memory performance over time, lower risk of cardiac events and better chances of recovering from severe disabilities. Those with more positive self-views of aging live, on average, 7.5 years longer than those with less-positive ones.

—Becca Levy

Habits of perception determine how we feel about our body and our age. Think your memory will worsen, and it will. Think you can’t do that yoga pose, and you can’t.

—Deepak Chopra

To me—old age is always ten years older than I am.

—Bernard Baruch

I look forward to being older, when what you look like becomes less and less an issue and what you are is the point.

—Susan Sarandon

It’s kinda funny how being old doesn’t seem so old now that I’m old.

—Karen Salmansohn

When I was a kid I wanted to be older. This shit is not what I expected.

—*someecards.com*

I have lived eighty years of life and know nothing for it, but to be resigned and tell myself that flies are born to be eaten by spiders and man to be devoured by sorrow.

—Voltaire

You can clutch the past so tightly to your chest that it leaves your arms too full to embrace the present.

—Jan Glidewell

Age isn't always a factor in your success or failure. Consider these famous examples:

- Actor George Burns won his first Oscar at 80.
- Golda Meir was 71 when she became prime minister of Israel.
- At age 96, playwright George Bernard Shaw broke his leg when he fell out of a tree he was trimming in his backyard.
- Painter Grandma Moses didn't start painting until she was 80 years old. She completed over 1,500 paintings after that; 25 percent of those were produced when she was past 100.
- Michelangelo was 71 when he painted the Sistine Chapel.
- Physician and humanitarian Albert Schweitzer was still performing operations in his African hospital at 89.
- Doc Consilman, at 58, became the oldest person ever to swim the English Channel.
- S. I. Hayakawa retired as president of San Francisco State University at 70, then was elected to the U.S. Senate.

—Glenn Van Ekeren

Many peoples' tombstones should read 'Died at 30, buried at 60'

—Nicholas M. Butler

We could certainly slow the aging process down if it had to work its way through Congress.

—Will Rogers

I just want my share of the air to breathe. That's the great thing about this time of one's life—you have time to (enjoy) things besides work. We're like accessories to the story now—but accessories can make the outfit.

—Harrison Ford

I think you have to fight harder against the odds as you get older. You have to plunge ahead, be braver and more willing to freefall. I don't want to resign myself to the great golden years where I'm wise, which is something I'm not and probably will never be. But I want to fill it up with as much as I possibly can. I'm aware of the shortening of time, therefore I'm all the more excited about doing more in every possible field in my life. So I don't buy into feeling more comfortable about it. I see that it's just more astonishing than I thought it was. And I'm more awed by it.

—Diane Keaton

Think old & you'll be old. Think young, and you'll be a delusional old fart.  
—Coffee Mug Slogan

We never really grow up, we only learn how to act in public.  
—Bryan White

Where does discontent start? You are warm enough, but you shiver. You are fed, yet hunger gnaws you. You have been loved, but your yearning wanders in new fields. And to prod all these there's time, the Bastard Time.  
—John Steinbeck

Who the hell wants to live forever? Most of us, apparently; but it's idiotic. After all, there is such a thing as life-saturation: the point when everything is pure effort and total repetition.  
—Truman Capote

Age is not an accomplishment, and youth is not a sin.  
—Robert Heinlein

My advice to seniors...is to first and foremost take care of your body. Secondly, find something where you could say, 'I'm helping somebody else.' And it may be just helping raise a grandkid. Or teaching a child to read—one child to read.  
—George W. Bush

With sixty staring me in the face, I have developed inflammation of the sentence structure and definite hardening of the paragraphs.  
—James Thurber

'Boy, he looks good for his age!'...is not the same thing as, 'Boy, he looks good.'  
—Bob Costas

Age has nothing to do with it. You'll get wherever it is you want to do at whatever time in your life you want to do it.  
—Cyndi Lauper

My mother has a little dementia. She lives in the present. The good thing is, I can talk to her and tell her stuff that I really shouldn't tell anybody, and she'll give me these wonderful words of wisdom that a mother does. But then, 10 minutes later, she'll forget.  
—Cyndi Lauper

The younger we are, the more we want to change the world. The older we are, the more we want to change the young.

—Unknown

I would feel a lot better about middle age if I knew more 100-year-old people.

—Dean Martin

Birth and death are the front and back covers of the book of life. The story lies in the pages in between.

—Edward Lewis

A beautiful lady is an accident of nature. A beautiful old lady is a work of art.

—Louis Nizer

Don't mess with old people. They didn't get old by being stupid.

—Unknown

I hate when I see some old person and then realize we went to high school together.

—Unknown

Old age, believe me, is a good and pleasant thing. It is true you are gently shouldered off the stage, but then you are given such a comfortable front stall as spectator.

—Confucius

The saddest summary of a life contains three descriptions: could have, might have and should have.

—Louis E. Boone

For of all sad words of tongue or pen, the saddest are these: 'It might have been!'

—John Greenleaf  
Whittier

I recently turned fifty, which is young for a tree, mid-life for an elephant, and ancient for a quarter-miler whose son now says, 'Dad, I just can't run with you anymore unless I bring something to read.'

—Bill Cosby

My parents live in Florida now. They moved there last year. They didn't want to move to Florida, but, they're in their seventies and that's the law.

—Jerry Seinfeld

Youth measures in only one direction...from things as they are to an ideal of what things ought to be, while the old measure things as they are against the past the old remember.

—Archibald Cox

Young people...have more compassion and tenderness toward the elderly than most middle-aged adults. Nothing—not avarice, not pride, not scrupulousness, not impulsiveness—so disillusion a youth about her parents as the seemingly inhumane way they treat her grandparents.

—Louise Kaplan

Parentification: a term family therapists use for sons and daughters who are parents to their own parents and sacrifice their own needs...to accommodate and care for the emotional needs and pursuits of parents or another family member.

—Jane J. Carroll &  
Bryan E. Robinson

Love your parents. We are so busy growing up that we often forget that they too are growing old.

—David Wolfe

Nothing so dates a man as to decry the younger generation.

—Adlai Stevenson

What a blessing is a child in our old age!

—Theaetetus  
Scholasticus

I love these little people; and it is not a slight thing, when they, who are so fresh from God, love us.

—Charles Dickens

Class reunions are full of people who graduated from colleges they couldn't get into today.

—Unknown

Old age is when the liver spots show through your gloves.

—Phyllis Diller

You reach the point somewhere around 60 when you decide to just go ahead and weird out. When someone rings the doorbell, you don't check to see how you look. You just open the door. It's their problem, whoever they are....Some people call this going to seed. Others call it the beginning of wisdom.

—Robert Folghum

You have to face reality as it is and you have to face age as it is, and you have to go on and find new motivations in your life and new achievements to be able to survive.

—Sophia Loren

Old age is a lousy place in that you're physically deteriorating and family and friends are dying. There's a lot of pat talk about the wisdom of old age; but I'm not sure about that. You don't necessarily get wiser but you do get a new outlook. When I turned 60 I remember thinking: This really is different.

—Ursula K. Leguin

A consumer research study by Dr. Alan R. Hirsch asked 989 people, 'What odor causes you to become nostalgic?' People born in the 1920s, 1930s and 1940s said: Pine, roses, hot chocolate, fish, lilies, manure, honeysuckle, violets, attics, Cracker Jack, baking bread, soap, figs, cut grass, blueberries, cinnamon, ocean air, meadows, hay, clover, petunias, tweed, meatballs, split-pea soup, fresh air and burning leaves.

Those born in the 1960s and 1970s said the smells that made them nostalgic were: Play-Doh, chlorine, crayons, rubber fish bait, marijuana, tuna casserole, Downy fabric softener, dirt, smoke, airplane fuel, disinfectant, refineries, motor oil, tacos, SweeTARTS, Cocoa Puffs, urine, garbage, Windex, hair spray, plastic, ferns, old socks, dog waste, baby aspirin, feet, mothballs, exhaust, mosquito repellent, factories, nail polish, enchiladas, candy cigarettes, suntan oil, scented Magic Markers and burning tires.

—Russell Baker

We should start referring to 'age' as 'levels,' so when you're LVL 80 it sounds more badass than just being an old person.

—*someecards.com*

I am concerned about the amount of time we have to make it, cause it doesn't matter how much money you have, you can't create more time.

—Matthew Vaughn

The past grows gradually around one, like a placenta for dying.

—John Berger

I have spent much of my adult life flinching with pain as I tried to pull out the threads that bound the shadows of my past to me.

—Lorna Luft

I love idleness. I love to busy myself about trifles, to begin a hundred things and not finish one of them, to come and go as my fancy bids me, to change my plan every moment, to follow a fly in all its circlings, to try and uproot a rock to see what is underneath, eagerly to begin a ten-years' task to give it up after ten minutes: in short, to fritter away the whole day inconsequentially and incoherently, and to follow nothing but the whim of the moment.

—Jean-Jacques  
Rousseau

Seventy is wormwood,  
Seventy is gall.  
But it's better to be seventy,  
Than not alive at all.

—Phyllis McGinley

I've learned... that the best classroom in the world is at the feet of an elderly person.

—Andy Rooney

If you want happiness for a lifetime, help the next generation.

—Chinese Saying

Education is the best provision for old age.

—Aristotle

A lot of people die at 40, but they aren't buried until 30 years later.

—George S. Patton

Don't quit until every base is uphill.

—Babe Ruth

The deepest personal defeat suffered by human beings is constituted by the difference between what one was capable of becoming and what one has in fact become.

—Ashley Montagu

The failure of the mind in old age is often less the result of natural decay, than of disuse. Ambition has ceased to operate; contentment brings indolence, and indolence decay of mental power, ennui, and sometimes death. Men have been known to die, literally speaking, of disease induced by intellectual vacancy.

—Sir B. Brodie

The man who views the world the same at 50 as he did at 30 has wasted 20 years of his life.

—Muhammed Ali

Old minds are like old horses; you must exercise them if you wish to keep them in working order.

—John Adams

Profundity of thought belongs to youth, clarity of thought to old age.

—Friedrich Nietzsche

A man is not idle because he is absorbed in thought.  
There is a visible labour and there is an invisible labour.

—Victor Hugo

It is often the case with fine natures, that when the fire of the spirit dies out with increasing age, the power of intellect is unaltered or increased. An originally educated judgment grows broader and gentler as the river of life widens out to the everlasting sea.

—Margaret Gatty

I try to feed my brain so it doesn't get stuck in sludge. I spontaneously take classes and go to lectures that come up. I rationalize my endless hours of Scrabble and Boggle online as brain aerobics, as pumping blood to my head.

—Candice Bergen

There are no elders who know what those who have been reared within the last twenty years know about the world into which they were born.

—Margaret Mead

Knowledge is a comfortable and necessary retreat and shelter for us in an advanced age; and if we do not plant it while young, it will give us no shade when we grow old.

—Lord Chesterfield

Age gives you a great sense of proportion. You can be very hard on yourself when you're younger but now I just think 'well everybody's absolutely mad and I'm doing quite well.'

—Steven Morrissey

When an old man dies, it is as if a library has been burned to the ground.

—African Proverb

Time is what we want most but what we use worst.

—William Penn

I'm at the age where food has taken the place of sex in my life. In fact, I've just had a mirror put over my kitchen table.

—Rodney Dangerfield

Get over the idea that only children should spend their time in study. Be a student so long as you still have something to learn, and this will mean all your life.

—Henry Doherty

We have to abandon the idea that schooling is something restricted to youth. How can it be, in a world where half the things a man knows at 20 are no longer true at 40—and half the things he knows at 40 hadn't been discovered when he was 20?

—Arthur C. Clarke

Learning anything new past the age of 30 is an upward climb: Researchers have found that some of your cognitive abilities (in particular, processing speed) begin to decline in your 20s and 30s. In a cruel act of betrayal, the middle-aged brain even turns its singular advantage—our experience—against us. Through a phenomenon known as interference, the expertise we have accumulated can slow further learning. As Sherry L. Willis, a behavioral scientist at the University of Washington, puts it, 'Your store of knowledge—the number of file drawers you have to go through to retrieve and to get the relevant information and refile the information—increases with age.' This explains, for example, why switching from a PC to a Mac makes people homicidal: The fact that your brain and fingers remember the old key-command system makes mastering the new one more of a struggle.

—Barbara Bradley  
Hagerty

When a man grows old he can no more learn much than he can run much.

—Plato

When Oliver Wendell Holmes was still on the Supreme Court bench, he and Justice Brandeis took walks every afternoon. On one of these occasions Holmes, then 92, paused to gaze in frank admiration at a beautiful young girl who passed them. He even turned to look at her as she continued down the street. Then, turning to Brandeis, he said, sighing, 'Oh! What wouldn't I give to be 70 again.'

—*Speaker's Idea File*

Be good to your nieces and nephews. One day you'll need them to smuggle alcohol into your nursing home.

—*someecards.com*

I have learned two very important lessons in life. I don't remember the first one, but the second one is to write everything down.

—Unknown

The presence of a grandparent confirms that parents were, indeed, little once, too, and that people who are little can grow to be big, can become parents, and one day even have grandchildren of their own. So often we think of grandparents as belonging to the past; but in this important way, grandparents, for young children, belong to the future.

—Fred Rogers

While grandma looks forward to special moments with her grandchild, she must now schedule those moments in between her other engagements, like working, working out, and being worked over (nails and hair).

—Paul Linden

A mother becomes a true grandmother the day she stops noticing the terrible things her children do because she is so enchanted with the wonderful things her grandchildren do.

—Lois Wyse

Grandmothers are to life what the PhD. is to education. There is nothing you can feel, taste, expect, predict, or want that the grandmothers in your family do not know about in detail.

—Lois Wyse

The best years are the forties; after fifty a man begins to deteriorate, but in the forties he is at the maximum of his villainy.

—H. L. Mencken

Grandparents can be role models about areas that may not be significant to young children directly but that can teach them about patience and courage when we are ill or handicapped by problems of aging. Our attitudes toward retirement, marriage, recreation, even our feelings about death and dying may make much more of an impression than we realize.

—Eda Le Shan

I've begun to appreciate the generational patterns that ripple out from our lives like stones dropped in water, pulsing outward even after we are gone. Although we have but one childhood, we relive it first through our children's and then our grandchildren's eyes.

—Anne Cassidy

One of the final challenges for human beings is to get old with as much verve and gumption as possible. Old parents who keep on being interested in life give a subtle kind of sustenance to their children; they are givers of hope and affirmers of life.

—Alison Judson Ryerson

Always be nice to your children because they are the ones who will choose your rest home.

—Phyllis Diller

Love's like the measles, all the worse when it comes late.

—Douglas Jerrold

I really think that it's better to retire, in Uncle Earl's terms, when you still have some snap left in your garters.

—Russell B. Long

Wrinkles should merely indicate where smiles have been.

—Mark Twain

Father Time is not always a hard parent, and, though he tarries for none of his children, often lays his hand lightly upon those who have used him well; making them old men and women inexorably enough, but leaving their hearts and spirits young and in full vigor. With such people the grey head is but the impression of the old fellow's hand in giving them his blessing, and every wrinkle but a notch in the quiet calendar of a well-spent life.

—Charles Dickens

A man is not old until regrets take the place of dreams.

—John Barrymore

There is no pleasure worth forgoing just for an extra three years in the geriatric ward.

—Lohn Mortimer

When I was younger, I could remember anything, whether it had happened or not; but my faculties are decaying now and soon I shall be so I cannot remember any but the things that never happened. It is sad to go to pieces like this but we all have to do it.

—Mark Twain

Forty is the old age of youth; fifty the youth of old age.

—Victor Hugo

Years ago we discovered the exact point, the dead center of middle age. It occurs when you are too young to take up golf and too old to rush to the net.

—Franklin Adams

There is always a lot to be thankful for, if you take the time to look. For example, I'm sitting here thinking how nice it is that wrinkles don't hurt.

—Unknown

There was no respect for youth when I was young, and now that I am old, there is no respect for age—I missed it coming and going.

—J. B. Priestly

There is more felicity on the far side of baldness than young men can possibly imagine.

—Logan Pearsall Smith

The key to successful aging is to pay as little attention to it as possible.

—Judith Regan

The first half of life consists of the capacity to enjoy without the chance; the last half consists of the chance without the capacity.

—Mark Twain

It's sad to grow old, but nice to ripen.

—Brigitte Bardot

I advise you to go on living solely to enrage those who are paying your annuities. It is the only pleasure I have left.

—Voltaire

Age is opportunity no less,  
Than youth itself, though in another dress,  
And as the evening twilight fades away,  
The sky is filled with stars, invisible by day.

—Henry Wadsworth  
Longfellow

The soul's dark cottage, battered and decayed,  
Lets in new light through chinks that time hath made.

—Edmund Waller

Grandchildren don't make a man feel old; it's the knowledge that he's married to a grandmother.

—G. Norman Collie

Whatever poet, orator, or sage may say of it, old age is still old age.

—Henry Wadsworth  
Longfellow

It's important to have a twinkle in your wrinkle.

—Unknown

When I can look Life in the eyes,  
Grown calm and very coldly wise,  
Life will have given me the Truth,  
And taken in exchange—my youth.

—Sara Teasdale

Old wood best to burn, old wine to drink, old friends to trust, and old authors to read.

—Francis Bacon

I recently had my annual physical examination, which I get once every seven years, and when the nurse weighed me, I was shocked to discover how much stronger the Earth's gravitational pull has become since 1990.

—Dave Barry

The lost leaves measure our years; they are gone as the days are gone.

—Richard Jefferies

Regular naps prevent old age, especially if you take them while driving.

—Unknown

I don't know how you feel about old age...but in my case I didn't see it coming. It hit me from the rear.

—Phyllis Diller

As we got older...we discover that the lives of most human beings are worthless except insofar as they contribute to the enrichment and emancipation of the spirit....No one over 35 is worth meeting who has not something to teach us—something more than we could learn by ourselves, from a book.

—Cyril Connolly

No wise man ever wished to be younger.

—Jonathan Swift

You can't turn back the clock. But you can wind it up again.

—Bonnie Prudden

The answer to old age is to keep one's mind busy and to go on with one's life as if it were interminable. I always admired Chekhov for building a new house when he was dying of tuberculosis.

—Leon Edel

I am old enough to see how little I have done in so much time, and how much I have to do in so little.

—Sheila Kay-Smith

When grace is joined with wrinkles, it is adorable. There is an unspeakable dawn in happy old age.

—Victor Hugo

I've recently had someone tell me, 'You should stop saying how old you are.' And I'm like, 'No!' That's nonsense, and it's also dumb. Lie the other way! I think I'm a decent-looking 40, but if I told you I was 60 you'd be like, 'You look incredible.'

—Jessi Klein

At sixteen I was stupid, confused and indecisive. At twenty-five I was wise, self-confident, prepossessing and assertive. At forty-five I am stupid, confused, insecure and indecisive. Who would have supposed that maturity is only a short break in adolescence?

—Jules Feiffer

My hands were busy through the day,  
I didn't have much time to play  
The little games you asked me to,  
I didn't have much time for you.  
I'd wash your clothes, I'd sew and cook  
But when you'd bring your picture book  
And ask me please to share your fun,  
I'd say, 'A little later, Son.'  
But life is short, the years rush past,  
A little boy grows up so fast!

Now the picture books are put away,  
There aren't any games to play  
No good night kiss, no prayers to hear;  
That all belongs to yesteryear.  
My hands once busy, now lie still,  
The days are long and hard to fill,  
I wish I might go back and do  
The little things you asked me to!

—Alice Chase

Birthdays are good for your health. People who have more birthdays, live longer.

—Slogan

You can live to be 100 if you give up all the things that make you want to live to be 100.

—Woody Allen

Be ashamed to die unless you have won some victory for humanity.

—Horace Mann

The greatest comfort of my old age, and that which gives me the highest satisfaction, is the pleasing remembrance of the many benefits and friendly offices I have done to others.

—Cato

The man who dies...rich dies disgraced.

—Andrew Carnegie

When we grow old, there can only be one regret—not to have given enough of ourselves.

—Eleonora Duse

When I was young, I admired clever people. Now that I am old, I admire kind people.

—Abraham Joshua  
Heschel

One could look over the past century and ask oneself, has the increased longevity been good, bad or indifferent?

—Leon Kass

Make wisdom your provision for the journey from youth to old age, for it is a more certain support than all other possessions.

—Bias of Priene

Age is no guarantee of maturity.

—Lawana Blackwell

When a man grows old, wisdom will not keep him alive. He will repeat the wisdom previously acquired. He is petrified. But emotion will preserve him. He should be careful to feed passion.

—Mark Rutherford

The wise man does not grow old, but ripens.

—Victor Hugo

Happiness may be affected by age, and the hard part in middle age, whether you call it a midlife crisis or something else, is for many people a transition to something much better—something, there is reason to hope, like wisdom.

—Jonathan Rauch

I'm 53. I don't care about high school students. I find them irritating and uninformed.

—Alan Ball

I began pulling out old pictures and yearbooks from our Los Angeles high schools and UC Berkeley. Suddenly there we were, thousands of trim-haired, neatly-dressed, conservative-looking youngsters, with perky, forced smiles, encased in identical inch by inch-and-a-quarter boxes for our children to snicker at. Only they did not snicker.

‘Mom, this isn’t the 60s, is it?’

—Elise Frances Miller

Make new friends. In the third act, people leave. Many of them die, if you can imagine. Others move to Colorado. Whatever. Tip: Have a conscious program for making new friends. It can make a huge difference, later especially. Dogs or new pals, remember the basic rule: We’re mammals. Snuggle up.

—Chris Crowley and  
Henry S. Lodge

Caring for the garden became a kind of spiritual calling—a pursuit for which I had no aptitude or experience, but a steady surplus of time. My life disappeared into days, then years, that by any appraisal did not amount to much. And the thing is, you couldn’t pay me to do anything else. (Not that anyone offered.) The benefits, like the hours, were immeasurable. So now I glory in my second act as groundskeeper. I live on garden time, which stretches out forever. Weeds summon me to my ponds and pathways in spring and summer, while fallen leaves beckon me in the autumn. For my efforts, I get nothing but a pile of rubbish. Still, the garden is an ideal workplace: quiet, patient, trusting and wildly creative. My mistakes go unremarked; given enough time, they self-correct. I have endless second chances. The hours are flexible. With no agenda or five-year plan in sight, I attend to things that lie right beneath my feet.

—Karen Maezen Miller

Even with all my inadequacies, I am indispensable. No one is plotting to replace me. Of course, every thing I do comes undone, but that’s the blessing of garden time: the perennial promise of starting over. The simple labor of my days gets me going. Garden work gives me power and purpose, direction and momentum. It’s a fulfillment that could never come from dreaming about what I might be doing instead.

—Karen Maezen Miller

We live on one income, not two, but there are ways to get by on less. First, want little. Second, be satisfied. Third, don’t replace anything that still has a useful life. This last point has served our marriage well.

—Karen Maezen Miller

Beauty is what remains inside a body after it has wrinkled.

—Olaotan Fawehinmi

Everyone complains of his memory, and nobody complains of his judgment.

—Francois de La  
Rochefoucauld

I am not a has-been. I am a will-be.

—Lauren Bacall

I know not age, nor weariness nor defeat.

—Rose Kennedy

A truly great book should be read in youth, again in maturity and once more in old age, as a fine building should be seen by morning light, at noon and by moonlight.

—Robertson Davies

Books are a guide in youth and an entertainment for age.

—Jeremy Collier

Age increases my conviction that one cannot afford to give much time to the classics. Some time, yes. But one needs to enlarge and enrich one's view of life and the universe. The ideas of the classics, so far as living, are our commonplaces. It is the modern books that give us the latest and most profound conceptions. It seems to me rather a lazy makeshift to mumble over the familiar.

—Oliver Wendell  
Holmes, Jr.

We men of this age are rotten with book-lore and with a yearning for the past.

—James Elroy Flecker

My only enemy is time.

—Charlie Chaplin

Take the sum of human achievement in action, in science, in art, in literature—subtract the work of the men above forty, and while we should miss great treasures, even priceless treasures, we would practically be where we are today....The effective, moving, vitalizing work of the world is done between the ages of twenty-five and forty.

—Sir William Osler

It is books that teach us to refine on our pleasures when young: and which: having taught us: enable us to recall them with satisfaction when old.

—Leigh Hunt

Of all the amusements of old age, the most grateful and soothing is a renewal of acquaintance with the favorite studies and favorite authors of youth.

—Adam Smith  
Trevelyan

Were I to pray for a taste which should stand me in good stead under every variety of circumstances and be a source of happiness and a cheerfulness to me during life and a shield against its ills, however things might go amiss and the world frown upon me, it would be a taste for reading.

—Sir John Herschel

I've asked people who have had very successful careers, and they tell me, don't retire, keep working in some fashion or other....That keeps me very much alive and curious.

—Vinton Cerf

Right now, too many women who reach retirement age find themselves widowed or single, relying on their Social Security check for over half of their income.

—Judy Biggert

Time concerns him, that he may not waste it. No waking day is ever quite long enough. But eventually he learns whether he must hurry with his life and writing or not. He feels his own sense of time mysteriously regulating his days. He comes to trust that sense, for it will tell him when to wait, when to act, and it tells him that life will be as long as he requires for his work. At last he learns what all great artists know, each in his kind, to hold to a single ruthless purpose, and that purpose poetry.

—John Holmes

Old age used to be all in my head. Now it's in my joints too.

—Unknown

The old repeat themselves and the young have nothing to say. The boredom is mutual.

—Jacques Bainville

There is no old age. There is, as there always was, just you.

—Carol Matthau

Middle age snuffs out more talent than even wars or sudden death does.

—Gerald Brenan

When you're a child you make funny faces at the mirror...In middle age the mirror gets freakin' even!

—Ged Backland

I am always watching for fear of getting feeble and passé in my work. I don't want to trickle out. I want to pour till the pail is empty, the last bit going out in a gush, not in drops.

—Emily Carr

Time turns the old days to derision,  
Our loves into corpses or wives;  
And marriage and death and division  
Make barren our lives.

—Algernon Charles  
Swinburne

The older you get, the more you realize you're drifting toward a direction, and sometimes your significant other drifts into an opposite direction. You can't blame anybody for it.

—Dido Armstrong

Men of age object too much, consult too long, adventure too little, repeat too soon, and seldom drive business home to the full period, but content themselves with a mediocrity of success.

—Francis Bacon

The idea that the way to influence older consumers is by targeting younger consumers is the purest form of ageism. No one would dare argue that the way to influence women is to target men [or] to influence black people is to target white people. Older people want to be youthful but they do not want to be like young people. This is a distinction lost on marketers. The way to influence older consumers is to take the time and trouble to understand them. But marketers are too lazy and too obsessed with youth to bother with this.

—Bob Hoffman

The pursuit of truth and beauty is a sphere of activity in which we are permitted to remain children all our lives.

—Albert Einstein

Burnout is one of the biggest problems in the workplace, especially for older workers. In fact, it's a major reason many people retire earlier than they projected. They just can't take it anymore. They're sick of the routine, playing the game, and not having an incentive to push ahead because promotions have dwindled or raises are perfunctory, if they exist at all.

—Kerry Hannon

Much more so than in some other arenas, age can be an asset in politics.

—Liza Mundy

You can always get the truth from a politician after he has turned seventy, or given up all hope of the Presidency.

—Joe Moore

Women grow radical with age. One day an army of gray-haired women may quietly take over the earth.

—Gloria Steinem

I hate being a grandfather. It's indecent. In my mind's eye, I'm still twenty-five. Thirty-three max. Certainly not sixty-seven, reeking of decay and dashed hopes. My breath sour. My limbs in dire need of a lube job. And now that I've been blessed with a plastic hip-socket replacement, I'm no longer even biodegradable. Environmentalists will protest my burial.

—Mordecai Richler

Make the second 50 the best 50.

—Nina Leavins

So much has been said and sung of beautiful young girls, why doesn't somebody wake up to the beauty of old women?

—Harriet Beecher Stowe

I didn't want to let women down. One of the stereotypes I see breaking is the idea of aging and older women not being beautiful.

—Annie Leibovitz

## THE STAGES OF WOMAN

Age 3: She looks at herself and sees a Queen.

Age 8: She looks at herself and sees Cinderella.

Age 15: She looks at herself and sees an Ugly Sister (Mum I can't go to school looking like this!)

Age 20: She looks at herself and sees 'too fat/too thin, too short/too tall, too straight/too curly' - but decides she's going out anyway.

Age 30: She looks at herself and sees 'too fat/too thin, too short/too tall, too straight/too curly' - but decides she doesn't have time to fix it, so she's going out anyway.

Age 40: She looks at herself and sees 'clean' and goes out anyway.

Age 50: She looks at herself and sees 'I am' and goes wherever she wants to go.

Age 60: She looks at herself and reminds herself of all the people who can't even see themselves in the mirror anymore. Goes out and conquers the world.

Age 70: She looks at herself & sees wisdom, laughter and ability, goes out and enjoys life.

Age 80: Doesn't bother to look. Just puts on a purple hat and goes out to have fun with the world.

—A. Inglis

Menopause is as much a 'disease' as adolescence, and it wasn't considered a problem until the 1960s, when drug-makers...effectively rebranded it a disorder of 'estrogen deficiency'—and that was the term they used when they were being polite. The 1966 industry-funded book *Feminine Forever* declared menopause 'a tragedy,' a 'living decay,' and asserted that in the absence of estrogen a woman would 'be condemned to witness the death of her own womanhood.' A 1977 ad for *Premarin*, an estrogen derived from pregnant horses' urine, shows a family cowering from their crazed matriarch: 'Almost any tranquilizer might calm her down,' reads the copy, 'but at her age estrogen might be what she really needs.'

—Jennifer Block

Everyone has stories about how their pre-feminist moms or grandmothers or aunts suddenly transformed during the change. (Said one still-changing grandma recently: 'If anyone tells you menopause is easy, just punch them in the mouth.') Everyone seems to remember the exact moment it happened, and everyone remembers what the ladies threw: Certain contemporaries of mine have separately reported witnessing their mothers throwing a telephone at the wall, volume M of the *Encyclopædia Britannica* at the cat, and beef Wellington through plate glass.

—Sandra Tsing Loh

Lead parenting is not merely its own reward; it also unlocks a capacity for caring and closeness that can last a lifetime. We know that support networks of friends and family help people tolerate adversity and live longer. Perhaps female advantages in these areas could help explain why women typically outlive men. A recent *National Bureau of Economic Research* paper speculates that women's 'nesting and family-protecting roles' and 'social planning and networking behaviors' could contribute to their sex's resilience and relative longevity.

—Andrew Moravcsik

Public and employer opinion often defeat society's best interests with a prejudice against middle-aged women.

—Kate Smith

What researchers suggest is the secret to fulfillment: shifting away from ambition and acquisition and toward activities that have lasting and intrinsic worth, such as investing in important relationships and causes or hobbies that give joy and meaning to one's life.

—Barbara Bradley  
Hagerty

Women are 80% more likely than men to be impoverished at age 65 and up, while women 75 to 79 are three times more likely.

—Robert Powell

Male menopause is a lot more fun than female menopause. With female menopause, you gain weight and get hot flashes. With male menopause, you get to date young girls and drive motorcycles.

—Rita Rudner

What had really caused the women's movement was the additional years of human life. At the turn of the century women's life expectancy was forty-six; now it was nearly eighty. Our groping sense that we couldn't live all those years in terms of motherhood alone was 'the problem that had no name.' Realizing that it was not some freakish personal fault but our common problem as women had enabled us to take the first steps to change our lives.

—Betty Friedan

There's a terrible truth for many women in the picture business: Aging typically takes its toll and means fewer and less desirable roles.

—Maureen O'Hara

It is good even for old men to learn wisdom.

—Aeschylus

The nearer people approach old age the closer they return to a semblance of childhood, until the time comes for them to depart this life, again like children, neither tired of living nor aware of death.

—Desiderius Erasmus

Poverty is constructed so as to destroy aspiration; it is a system designed to be impervious to hope. The other America does not contain the adventurous seeking a new life and land. It is populated by the failures, by those driven from the land and bewildered by the city, by the old people suddenly confronted with the torments of loneliness and poverty, and by minorities facing a wall of prejudice.

—Michael Harrington

Our society has become more segregated by age than any previous society in history to a degree that is becoming intolerable to all concerned.

—Sister Mary Dorothy  
Ann

Even very recently, the elders could say: 'You know I have been young and you never have been old.' But today's young people can reply: 'You have never been young in the world I am young in, and you never can be...' This break between generations is wholly new: it is planetary and universal.

—Margaret Mead

I call the older generation depression-scarred and the younger generation prosperity-scarred.

—Walter E. Hoadley

My own test is this: How does that society treat its old people and, indeed, all its members who are not useful and productive in the narrowest sense?

—Kenneth D. Kaunda

Of all the self-fulfilling prophecies in our culture, the assumption that aging means decline and poor health is probably the deadliest.

—Marilyn Ferguson

Avarice is the vice of declining years.

—George Bancroft

Avarice in old age is foolish; for what can be more absurd than to increase our provisions for the road the nearer we approach to our journey's end.

—Cicero

The older I get, the more I realize I don't want to be around drama, conflict or stress. I want a cozy home, good food, and to be surrounded by happy people.

—*WomenWorking.com*

Let no young man delay the study of philosophy, and let no old man become weary of it; for it is never too early nor too late to care for the well-being of the soul.

—Epicurus

Life begins when a person first realizes how soon it will end.

—Marcelene Cox

Some day soon, perhaps in forty years, there will be no one alive who has ever known me. That's when I will be truly dead—when I exist in no one's memory. I thought a lot about how someone very old is the last living individual to have known some person or cluster of people. When that person dies, the whole cluster dies, too, vanishes from the living memory. I wonder who that person will be for me. Whose death will make me truly dead?

—Irvin D. Yalom

If you would live in health, be old early.

—Spanish Proverb

I take my only exercise acting as pallbearer at the funerals of my friends who exercise regularly.

—Mark Twain

I am pushing sixty. That is enough exercise for me.

—Mark Twain

Youth thinks nothing of health, and age thinks of nothing but.

—Evan Esar

It's only when we truly know and understand that we have a limited time on earth—and that we have no way of knowing when our time is up, we will then begin to live each day to the fullest, as if it was the only one we had.

—Elisabeth Kubler-Ross

You're an old-timer if you can remember when setting the world on fire was a figure of speech.

—Franklin P. Jones

I despise the kind of existence that clings to the miserly trifles of comfort and self-interest. I think that a man should not live beyond the age when he begins to deteriorate, when the flame the lighted the brightest moment of his life has weakened.

—Fidel Castro

'You can't imagine how it is when everyone you know is gone,' someone I knew who was old would say to me, and I would nod, uncomprehending, yes I can, I can imagine; would even think, God forgive me, that there must be a certain peace in outliving all debts and claims, in being known to no one, floating free. I believed that days would be too full forever, too crowded with friends there was no time to see. I believed, by way of contemplating the future, that we would all be around for one another's funerals. I was wrong. I had failed to imagine, I had not understood.

—Joan Didion

Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains, scientists believe. Much like a computer struggles as the hard drive gets full, so too, do humans take longer to access information when their brains are full. Researchers say this slowing down process is not the same as cognitive decline. The human brain works slower in old age, said Dr. Michael Ramscar, but only because we have stored more information over time. The brains of older people do not get weak. On the contrary, they simply know more.

—*seniorresource.com*

## **SIGNS THAT OLD AGE MIGHT BE CREEPING UP ON YOU ...**

You like to be in crowds because they keep you from falling down.

Your favorite section of the newspaper is '25 Years Ago Today.'

A big evening with your friends is sitting around comparing living wills.

Your clothes go into the overnight bag so you can fill the suitcase with your pills.

Somebody you consider an oldtimer  
calls you an oldtimer.

Your idea of a change of scenery is looking to the left or right.

Your knees buckle, but your belt won't

—Gini Pedersen

**Now that I'm 'older' (but refuse to grow up), I'll share some things I've discovered:**

I started out with nothing, and I still have most of it.  
My wild oats have turned into prunes and All Bran.  
I finally got my head together; now my body is falling apart.  
Funny, I don't remember being absent minded. . .  
All reports are in; life is now officially unfair.  
If all is not lost, where is it?  
It is easier to get older than it is to get wiser.  
Some days you're the dog; some days you're the hydrant.  
I wish the buck stopped here; I sure could use a few . . .  
Kids in the back seat cause accidents.  
Accidents in the back seat cause...kids.  
It's hard to make a comeback when you haven't been anywhere.  
The only time the world beats a path to your door is when you're in the bathroom.  
If God wanted me to touch my toes, he would have put them on my knees.  
When I'm finally holding all the cards, why does everyone decide to play chess?  
It's not hard to meet expenses. . . they're everywhere.  
The only difference between a rut and a grave is the depth.  
These days, I spend a lot of time thinking about the hereafter . . . I go somewhere to get something and then wonder what I'm here after.  
I am unable to remember if I have mailed this to you or not and I doubt if you can either!

—*seniorresource.com*

**AGING:**

Eventually you will reach a point when you stop lying about your age and start bragging about it.  
The older we get, the fewer things seem worth waiting in line for.  
Some people try to turn back their odometers. Not me, I want people to know 'why' I look this way. I've traveled a long way and some of the roads weren't paved.  
When you are dissatisfied and would like to go back to youth, think of Algebra.  
You know you are getting old when everything either dries up or leaks.  
I don't know how I got over the hill without getting to the top.  
One of the many things no one tells you about aging is that it is such a nice change from being young.  
Ah, being young is beautiful, but being old is comfortable.  
Old age is when former classmates are so gray and wrinkled and bald, they don't recognize you.  
If you don't learn to laugh at trouble, you won't have anything to laugh at when you are old.

First you forget names, then you forget faces. Then you forget to pull up your zipper. It's worse when you forget to pull it down.

—*seniorresource.com*

My forgetter's getting better  
But my rememberer is broke  
To you that may seem funny  
But, to me, that is no joke  
For when I'm 'here' I'm wondering  
If I really should be 'there'  
And, when I try to think it through,  
I haven't got a prayer!  
Oft times I walk into a room,  
Say 'what am I here for?'  
I wrack my brain, but all in vain  
A zero, is my score.  
At times I put something away  
Where it is safe, but, Gee!  
The person it is safest from  
Is, generally, just me!  
When shopping I may see someone,  
Say 'Hi' and have a chat,  
Then, when the person walks away  
I ask myself, 'who was that?'  
Yes, my forgetter's getting better  
While my rememberer is broke,  
And it's driving me plumb crazy  
And that isn't any joke.

—Arnold Klinkenburg

## **SIGNS THAT YOU ARE OVER THE HILL**

You're  
sitting on a park bench, and a Boy Scout comes up and helps you cross your legs.  
You  
keep repeating yourself.  
Lawn  
care has become a big highlight of your life.  
You  
tune into the easy listening station...on purpose.

You  
keep repeating yourself.  
You  
start video taping daytime game shows.  
You  
wonder why you waited so long to take up macrame.  
Your  
insurance company has started sending you their free calendar...a month at a time.  
At  
cafeterias, you complain that the gelatin is too tough.  
Your  
new easy chair has more options than your car.  
When  
you do the 'Hokey Pokey' you put your left hip out... and it stays out.  
One  
of the throw pillows on your bed is a hot water bottle.  
Conversations  
with people your own age often turn into 'dueling ailments.'  
You  
keep repeating yourself.  
It  
takes a couple of tries to get over a speed bump.  
You  
discover the words, 'whippersnapper,' 'scalawag,' and 'by cracky' creeping into your  
vocabulary.  
You're  
on a TV game show and you decide to risk it all and go for the rocker.  
You  
begin every other sentence with, 'Nowadays...'  
You  
run out of breath walking DOWN a flight of stairs.  
You  
look both ways before crossing a room.  
You  
keep repeating yourself.  
You  
come to the conclusion that your worst enemy is gravity.

You

go to a garden party and you're mainly interested in the garden

—*seniorresource.com*

Conspiracy,

We Must Stop This

Have you ever noticed that when you're of a certain age, everything seems uphill from where you are? Stairs are steeper. Groceries are heavier.

And, everything is farther away. Yesterday I walked to the corner and I was dumbfounded to discover how long our street had become!

And, you know, people are less considerate now, especially the young ones. They speak in whispers all the time! If you ask them to speak up they just keep repeating themselves, endlessly mouthing the same silent message until they're red in the face! What do they think I am, a lip reader?

I also think they are much younger than I was at the same age.

On the other hand, people my own age are so much older than I am. I ran into an old friend the other day and she has aged so much that she didn't even recognize me.

I got to thinking about the poor dear while I was combing my hair this morning, and in doing so, I glanced at my own reflection.....Well, REALLY NOW ..... even mirrors are not made the way they used to be!

Another thing, everyone drives so fast today! You're risking life and limb if you just happen to pull onto the freeway in front of them. All I can say is, their brakes must wear out awfully fast, the way I see them screech and swerve in my rear view mirror.

Clothing manufacturers are less civilized these days. Why else would they suddenly start labeling a size 10 or 12 dress as 18 or 20? Do they think no one notices that these things no longer fit around the waist, hips, thighs, and bosom?

The people who make bathroom scales are pulling the same prank, but in reverse. Do they think I actually 'believe'

the number I see on that dial? HA! I would never let myself weigh that much! Just who do these people think they're fooling?

I'd like to call up someone in authority to report what's going on but the telephone company is in on the conspiracy too: they've printed the phone books in such small type that no one could ever find a number in here!

All I can do is pass along this warning: Maturity is under attack!

—Bev Berger

Aging seems to be the only available way to live a long life.

—Daniel Auber

## **NINETEEN THINGS THAT IT TOOK ME 50 YEARS TO LEARN**

1. Never, under any circumstances, take a sleeping pill and a laxative on the same night.
2. If you had to identify, in one word, the reason why the human race has not achieved, and never will achieve, its full potential, that word would be 'meetings.'
3. There is a very fine line between 'hobby' and 'mental illness.'
4. People who want to share their religious views with you almost never want you to share yours with them.
5. And when God, who created the entire universe with all of its glories, decides to deliver a message to humanity, He WILL NOT use, as His messenger, a person on cable TV with a bad hairstyle.
6. You should not confuse your career with your life.
7. No matter what happens, somebody will find a way to take it too seriously.
8. When trouble arises and things look bad, there is always one individual who perceives a solution and is willing to take command. Very often, that individual is crazy.
9. Nobody cares if you can't dance well. Just get up and dance.
10. Never lick a steak knife.
11. Take out the fortune before you eat the cookie.
12. The most destructive force in the universe is gossip.
13. You will never find anybody who can give you a clear and compelling reason why we observe daylight savings time.
14. You should never say anything to a woman that even remotely suggests that you think she's pregnant unless you can see an actual baby emerging from her at that moment.
15. There comes a time when you should stop expecting other people to make a big deal about your birthday. That time is age eleven.
16. The one thing that unites all human beings, regardless of age, gender, religion, economic status or ethnic background, is that, deep down inside, we ALL believe that we are above average drivers.
17. The main accomplishment of almost all organized protests is to annoy people who are not in them.
18. A person who is nice to you, but rude to the waiter, is not a nice person. (This is very important. Pay attention. It never fails.)
19. Your friends love you anyway.

—Dave Barry

The best tunes are played on the oldest fiddles.

—Sigmund Z. Engel

It is sad to grow old but nice to ripen.

—Brigitte Bardot

## LESSONS AS WE AGE

I learned that I liked my teacher because she cried when we sang ‘Silent Night’.

Age 6

I learned our dog didn’t want to eat my broccoli either.

Age 7

I learned that when I waved to people in the country, they stopped what they were doing and waved back.

Age 9

I learned that just when I got my room the way I liked it, Mom made me clean it up again.

Age 12

I learned that if you want to cheer yourself up, you should try cheering someone else up.

Age 14

I learned that although it’s hard to admit it, I’m secretly glad my parents are strict with me.

Age 15

I learned that silent company is often more healing than words of advice.

Age 24

I learned that brushing my child’s hair is one of life’s great pleasures.

Age 26

I learned that wherever I go, the world’s worst drivers follow me there.

Age 29

I learned that if someone says something unkind about me, I must live so that no one will believe it.

Age 39

I learned that there are people who love you dearly but just don’t know how to show it.

Age 42

I learned that you can make someone’s day by simply sending them a little note.

Age 44

I learned that the greater a person’s sense of guilt, the greater his or her need to cast blame on others.

Age 46

I learned that children and grandparents are natural allies.

Age 47

I learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow.

Age 48

I learned that singing 'Amazing Grace' can lift my spirits for hours.

Age 49

I learned that motel mattresses are better on the side away from the phone.

Age 50

I learned that you can tell a lot about a man by the way he handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights.

Age 52

I learned that keeping a vegetable garden is worth a medicine cabinet full of pills.

Age 52

I learned that regardless of your relationship with your parents, you miss them terribly after they die.

Age 53

I learned that making a living is not the same thing as making a life.

Age 58

I learned that if you want to do something positive for your children, work to improve your marriage.

Age 61

I learned that life sometimes gives you a second chance.

Age 62

I learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back.

Age 64

I learned that if you pursue happiness, it will elude you. But if you focus on your family, the needs of others, your work, meeting new people, and doing the very best you can, happiness will find you.

Age 65

I learned that whenever I decide something with kindness, I usually make the right decision.

Age 66

I learned that it pays to believe in miracles. I've seen several.

Age 75

I learned that even when I have pains, I don't have to be one.

Age 82

I learned that every day you should reach out and touch someone. People love that human touch: holding hands, a warm hug, or just a friendly pat on the back.

Age 85

I learned that I still have a lot to learn.

Age 92

—*seniorresource.com*

## **SIGNS YOU ARE NO LONGER A KID**

You're asleep, but others worry that you're dead.

You keep repeating yourself.

You can live without sex but not without glasses.

Your back goes out more than you do.

You quit trying to hold your stomach in, no matter who walks into the room.

You buy a compass for the dash of your car.

You are proud of your lawn mower.

Your best friend is dating someone half their age... and isn't breaking any laws.

You keep repeating yourself.

Your arms are almost too short to read the newspaper.

You sing along with the elevator music.

You would rather go to work than stay home sick.

You constantly talk about the price of gasoline.

You enjoy hearing about other people's operations.

You keep repeating yourself.

You consider coffee one of the most important things in life.

You no longer think of speed limits as a challenge.

Neighbors borrow your tools.

People call at 9 p.m. and ask, 'Did I wake you?'

You keep repeating yourself.

You have a dream about prunes.

You answer a question with, 'Because I said so!'

You send money to PBS.

The end of your tie doesn't come anywhere near the top of your pants.

You take a metal detector to the beach.

You keep repeating yourself.

You wear black socks with sandals.

You know what the word 'equity' means.

You can't remember the last time you laid on the floor to watch television.

Your ears are hairier than your head.

You talk about 'good grass' and you're referring to someone's lawn.

You get into a heated argument about pension plans.

You got cable for the weather channel.

You can go bowling without drinking.

You have a party and the neighbors don't even realize it.  
You are always saying 'Why did I come in here?'  
Feminists don't mind if you call them 'Sweetie.'  
Looking at people when they talk so you can read their lips.  
You keep repeating yourself.

—V. Femia

## **REMEMBER....**

When the worst thing you could do at school was smoke in the bathrooms, flunk a test or chew gum. And the banquets were in the cafeteria and we danced to a juke box later, and all the girls wore fluffy pastel gowns and the boys wore suits for the first time and we were allowed to stay out till 12 p.m. When a '57 Chevy was everyone's dream car. . . to cruise, peel out, lay rubber and watch drag races, and people went steady and girls wore a class ring with an inch of wrapped dental floss or yarn coated with pastel frost nail polish so it would fit her finger. And no one ever asked where the car keys were 'cause they were always in the car, in the ignition, and the doors were never locked. And you got in big trouble if you accidentally locked the doors at home, since no one ever had a key.

Remember lying on your back on the grass with your friends and saying things like 'That cloud looks like a...', and playing baseball with no adults to help kids with the rules of the game, when baseball was not a psychological group learning experience—it was a game. Remember when stuff from the store came without safety caps and hermetic seals 'cause no one had yet tried to poison a perfect stranger.

And...with all our progress...don't you just wish...just once...you could slip back in time and savor the slower pace...and share it with the children of the 80's and 90's ....

Remember Nancy Drew, The Hardy Boys, Laurel & Hardy, Howdy Doody and The Peanut Gallery, The Lone Ranger, The Shadow Knows, Nellie Belle, Roy and Dale, Trigger and Buttermilk as well as the sound of a real mower on Saturday morning, and summers filled with bike rides, playing in cowboy land, baseball games, bowling and visits to the pool...and eating KoolAid powder with sugar. When being sent to the principal's office was nothing compared to the fate that awaited a misbehaving student at home. We were in fear for our lives, not because of drive by shootings, drugs, gangs, etc. Our parents and grandparents were a much bigger threat! We survived because their love was greater than the threat. It feels good, just to go back and say, 'Yeah, I remember that!' And was it really that long ago?

—*seniorresource.com*

I have decided that Father Time doesn't come after everybody with a scythe. He has come to me often with a pair of tweezers he takes a little nip here and then a little nip there and I'm sure that eventually he'll have all of me.

—*seniorresource.com*

## **I'M A SENIOR CITIZEN**

I'm usually interested in going home before I get to where I am going. I'm good on a trip for at least an hour without my aspirin, beano, antacid..... I'm the first one to find the bathroom wherever I go. I'm very good at telling stories.....over and over and over and over... I'm so cared for: long term care, eye care, private care, dental care.... I'm not grouchy, I just don't like traffic, waiting, crowds, children, politicians..... I'm positive I did housework correctly before my mate retired. I'm sure everything I can't find is in a secure place. I'm having trouble remembering simple words like..... I'm now spending more time with my pillows than with my mate. I'm realizing that aging is not for sissies.... I'm anti everything now: anti-fat, anti-smoke, antinoise, anti-inflammatory..... I'm sure they are making adults much younger these days. I'm in the initial stage of my golden years: SS, CD's, IRA'S, AARP..... I'm a walking storeroom of facts.....I've just lost the storeroom. I'm a SENIOR CITIZEN and I think I am having the time of my life!!!!

—*seniorresource.com*

## **WHEN I'M AN OLD LADY**

When I'm an old lady, I'll live with my son, And make his life happy and filled with such fun, I want to pay back all the joy he's provided, Returning each deed. Oh, he'll be so excited .....When I'm an old lady and live with my son. I'll write on the wall with red, white, and blue; And bounce on the furniture wearing my shoes. I'll drink from the carton and then leave it out. I'll stuff all the toilets and oh, will he shout! .....When I'm an old lady and live with my son. When he's on the phone and just out of reach, I'll get into things like sugar and bleach. Oh, he'll snap his fingers and then shake his head, And when he is done I'll hide under the bed. ....When I'm an old lady and live with my son. When my son's wife cooks dinner and calls me to meals, I'll not eat my green beans or salads congealed. I'll gag on my okra, spill milk on the table, And when she gets angry, run fast as I'm able. .... When I'm an old lady and live with my son. I'll sit close to the TV, thru the channels I'll click, I'll cross both my eyes to see if they stick, I'll take off my socks and throw one away, And play in the mud until the end of the day. ....When I'm an old lady and live with my son.

And later, in bed, I'll lay back and sigh, And thank God in prayer and then close my eyes; And my son will look down with a smile slowly creeping, And say with a groan, 'she's so sweet when she's sleeping,' .....When I'm an old lady and live with my son.

—Paul Benoit

I'm a Senior Citizen...

I'm

the life of the party...even when it lasts 'till 8pm.

I'm

very good at opening childproof caps...with a hammer.

I'm

awake many hours before my body allows me to get up.

I'm

smiling all the time because I can't hear a word you're saying.

I'm

aware that other people's grandchildren are not as bright as mine.

I'm

sure everything I can't find is in a secure place.

I'm

wrinkled, saggy and lumpy, and that's just my left leg.

I'm

walking more (to the bathroom) and enjoying it less.

I'm

wondering if you're only as old as you feel, how could I be alive at 150?

—Gini Pederson

'Old' is when your friends compliment you on your new alligator shoes and you're barefoot.

'Old' is when the porn you bring home is 'Debby Does Dialysis'.

'Old' is when your doctor doesn't give you xrays anymore but just holds you up to the light.

'Old' is when a sexy babe catches your fancy and your pacemaker opens the garage door nearest your car.

'Old' is when you remember when the Dead Sea was only sick.

'Old' is when you enjoyed the Big Band Era: Sioux, Iroquois, Apache, Crow

'Old' is when your wife says 'Let's go upstairs and make love,' and you answer, 'Honey, I can't do both!'

—Red Buttons

Statistics show that at the age of seventy, there are five women to every man. Isn't that the darndest time for a guy to get those odds?

You know you're getting on in years when the girls at the office start confiding in you.

Old age is when it takes longer to rest than to get tired.

By the time a man is wise enough to watch his step, he's too old to go anywhere.

Middle age is when you have stopped growing at both ends, and have begun to grow in the middle.

Of course I'm against sin. I'm against anything that I'm too old to enjoy.

Billy Graham has described heaven as a family reunion that never ends. What must hell possibly be like? Home videos of the same reunion?

Old age is having a choice of two temptations and choosing the one that will get you home earlier.

You know you're into middle age when you realize that caution is the only thing you care to exercise.

Don't worry about avoiding temptation. As you grow older, it will avoid you.

The aging process could be slowed down if it had to work its way through Congress.

You're getting old when you're sitting in a rocker and you can't get it started.

You're getting old when your wife gives up sex for Lent, and you don't know till the 4th of July.

You're getting old when you wake up with that morning-after feeling, and you didn't do anything the night before.

It's hard to be nostalgic when you can't remember anything.

You know you're getting old when you stop buying green bananas.

Last Will and Testament: Being of sound mind, I spent all my money.

—Hugh Cowan

You're not old UNLESS you can remember:

Being sent to the drugstore to test vacuum tubes for the TV.

When KoolAid was the only other drink for kids, other than milk and sodas.

When there were two types of sneakers for boys.

When boys couldn't wear anything but leather shoes to school.

When it took five minutes for the TV to warm up.

When all your friends got their hair cut at the kitchen table.

When nearly everyone's mom was at home when the kids got there.

When nobody owned a purebred dog.

When a dime was a decent allowance, and a quarter a huge bonus.

When you'd reach into a muddy gutter for a penny.

When girls neither dated nor kissed until late high school, if then.

When your mom wore nylons that came in two pieces.

When all your teachers wore either neckties or had their hair done, everyday.

When you got your windshield cleaned, oil checked, and gas pumped, without asking, for free, every time. You ALSO got trading stamps to boot!  
When laundry detergent had free glasses, dishes or towels hidden inside the box.  
When any parent could discipline any kid, or feed him, or use him to carry groceries, and nobody, not even the kid, thought a thing of it.  
When it was considered a great privilege to be taken out to dinner at a real restaurant with your parents.  
When they threatened to keep kids back a grade if they failed and did!  
When being sent to the principal's office was nothing compared to the fate that awaited a misbehaving student at home.  
When women were called, 'Mrs. John Smith,' instead of their own name.

—Pat Chambers

Which of your five senses tends to diminish as you get older?  
My sense of decency.

— Charley Weaver

Back in the old days, when Great Grandpa put horseradish on his head, what was he trying to do?  
Get it in his mouth.

— George Gobel

Jealousy and anger shorten life, and anxiety brings on old age too soon.

—*Ecclesiasticus* 30:24

an old stomach  
reforms more whiskey drinkers  
than a new resolve.

—Don Marquis

Let's not be too critical of the tobacco industry. After all, it has found a cure for old age.

—Lloyd Clark

A man is a fool if he drinks before he reaches fifty, and a fool if he doesn't drink afterwards.

—Frank Lloyd Wright

Then not only an old man, but also a drunkard, becomes a second time a child.

—Plato

Any child who can spend an hour or two a day, or more if he wants, with adults that he likes, who are interested in the world and like to talk about it, will on most days learn far more from their talk than he would learn in a week of school.

—John Holt

I speak the truth, not so much as I would, but as much as I dare; and I dare a little more, as I grow older.

--Michel de Montaigne

The one thing I want to leave my children is an honorable name.

—Theodore Roosevelt

A 2009 survey...found that 51 percent of teens age 17 or younger believed that cheating was necessary for success while only 10 percent of people older than 50 thought the same.

—Julie Beck

Actors don't retire—they get retired.

—Christopher Walken

Those of us on the wise side of 50 know that life will not be a banquet of endless choice: There will be a finite number of meals, a finite number of chances to connect with fellow humans, a finite number of books that can be read. Let any one of them go by and you may never get that one again.

—Peter Sagal

Examples of bias abound. Tall men get hired and promoted more frequently than short men, and make more money. Beautiful women get preferential treatment, too—unless their breasts are too large. According to a national survey by the Employment Law Alliance a few years ago, most American Workers don't believe attractive people in their firms are hired or promoted more frequently than unattractive people, but the evidence shows that they are, overwhelmingly so. Older workers, for their part, are thought to be more resistant to change and generally less competent than younger workers, even though plenty of research indicates that's just not so. Workers who are too young or, more specifically, are part of the Millennial generation are tarred as entitled and unable to think outside the box.

—Don Peck

Retirement with its open canvas, is an especially opportune time to cultivate expanded experiences.

—Timothy McIntyre

Through my 20s, 30s and 40s, I swore that I would relish the time when I had established a stable, happy marriage (check), a reasonably successful career (check) and a comfortable lifestyle (check). But I've been dismayed to find myself still working at full bore. I've discovered that our brains aren't wired to downshift so easily. We need to make an effort...to live in the moment. From there, one learns to relax and release.

—Nancy Dunham

New research is confirming and expanding an idea long held by those who work with dementia patients: Music can not only improve the mood of people with neurological diseases, it can boost cognitive skills and reduce the need for antipsychotic drugs.

—Mary Ellen Geist

Music therapists who work with Alzheimer's patients describe seeing people 'wake up' when the sounds of loved and familiar music fills their heads. Often, after months or even years of not speaking at all, they begin to talk again, become more social and seem more engaged by their surroundings. Some begin to remember names long forgotten. Some even do what Alzheimer's patients often cannot do as their disease worsens: They remember who they are.

—Mary Ellen Geist

That's the funny thing about old people: they never seem in a hurry. I think old people have figured out that being five minutes late really doesn't matter much.

—Shannon Wiersbitzky

You know you're getting old when you stoop to tie your shoelaces and wonder what else you could do while you're down there.

—George Burns

Just as in the second part of a verse bad poets seek a thought to fit their rhyme, so in the second half of their lives people tend to become more anxious about finding actions, positions, relationships that fit those of their earlier lives, so that everything harmonizes quite well on the surface: but their lives are no longer ruled by a strong thought, and instead, in its place, comes the intention of finding a rhyme.

—Friedrich Nietzsche

Mental Health is measured through motivation to live; the more plans you have and the more significant they are, the more healthy you are.

—Mark Brightlife

Feel down about getting older? Wish your life was better? Worried about all the problems that come with age? A new survey suggests you need only wait: Many pessimistic feelings held by people earlier in life take an optimistic turn as they move toward old age. Even hallmark concerns of old age—about declining health, lack of independence and memory loss—lessen as Americans age....When asked to rate their quality of life, people noted an improvement as they moved from their 50s to their 60s and beyond. Among respondents 70 and older, two-thirds rated their life excellent or very good, compared with about half of 30-somethings.

—Matt Sedensky

The younger generation is less optimistic. Perhaps as they age they will build resilience and they build the capacity that will help them cope better....People often find in their later years a growing appreciation for facets of life they may have focused on less when they were younger, including spirituality and personal relationships. Fulfillment from those things can help bolster overall happiness, even in the face of potential physical decline.

—Dr. Zia Agha

When you are forty, half of you belongs to the past... And when you are seventy, nearly all of you.

—Jean Anouilh

I am having a good time doing nothing.

—Phylicia Rashad

In America, the young are always ready to give to those who are older the benefits of their inexperience.

—Oscar Wilde

The best servants of the world are those who do not spare themselves in either youth or age, but who are so wisely strenuous that they carry their strength into maturity, and prolong their maturity while strength remains, The will to work is the will to live, and the loss of either will is the loss of the other.

—*New York Times*

One of the saddest experiences which can come to a human being is to awaken, gray-haired and wrinkled, near the close of an unproductive career, to the fact that all through the years he has been using only a small part of himself.

—V. W. Burrows

If you don't want to work, you have to work to earn enough money so that you won't have to work.

—Ogden Nash

For the last third of life there remains only work. It alone is always stimulating, rejuvenating, exciting and satisfying.

—Doris Lessing

I don't think one should ever come to my stage of life and have to look back and say, Gosh. I wish I hadn't spent all those years doing that job I was never really interested in.

—Charles Kuralt

Most Americans will likely need to take a new view of what retirement should be: not a toggle switch—no work at all, after years of full-time labor—but a continuum on which a person gradually downshifts to half-time, then to working now and then. Let's call it the 'retirement track' rather than retirement: a phase of continuing to earn and save as full-time work winds down.

—Gregg Easterbrook

To work is to feel alive.

—Tony Bennett

An old man with overalls walked by; I don't think old people should wear overalls; it makes them look like shrivelly toddlers.

—Aimee Bender

The older you are, the more likely you are to vote. In the 2012 presidential election, only 38 percent of people 18 to 24 voted, but 70 percent of people over 65 did. If you are over 65, you are part of the most powerful voting bloc in America.

—Robert Love

Time makes everything mean and shabby and wrinkled. The tragedy of life...is not that the beautiful things die young, but that they grow old and mean.

—Raymond Chandler

It is the nature of a man as he grows older...to protest against change, particularly change for the better.

—John Steinbeck

As one gets older, one discovers everything is going to be exactly the same with different hats on.

—Noel Coward

The elders are a strangely isolated generation. No other generation has ever known, experienced, and struggled to incorporate such massive and rapid change—has watched while the sources of energy, the means of communication, the certainties of a known world, the limits of the explorable universe, the definition of humanity, and the fundamental imperatives of life and death have changed before their eyes. Adults today know more about change than any previous generation.

—Margaret Mead

What could be more beautiful than a dear old lady growing wise with age? Every age can be enchanting, provided you live within it.

—Brigitte Bardot

There is not enough time to do all the nothing we want to do.

—Bill Watterson

Life always gets harder toward the summit—the cold increases, responsibility increases.

—Friedrich Wilhelm  
Nietzsche

The fact remains that unless one hopes that tomorrow will be more exciting than today, and that next week will be more exciting still, it's rather futile to go on living after fifty, especially in this torn world.

—Sir John Gielgud

The question, 'Which is the happiest season of life,' being referred to an aged man, he replied: 'When spring comes, and in the soft air the buds are breaking on the trees, and they are covered with blossoms, I think, How beautiful is Spring! And when the summer comes, and covers the trees with its heavy foliage, and singing birds are among the branches, I think, How beautiful is Summer! When autumn loads them with golden fruit, and their leaves bear the gorgeous tint of frost, I think, How beautiful is Autumn! And when it is sere winter, and there is neither foliage nor fruit, then I look up through the leafless branches, as I never could until now, and see the stars shine.'

—Unknown

It seems, in fact, as though the second half of a man's life is made up of nothing, but the habits he has accumulated during the first half.

—Fyodor Dostoevsky

The baby boom has become the grandparent boom: There are now more grandparents in the U.S. than ever before—some 70 million, according to the latest census. That's a 24 percent increase since 2001. In fact, of all adults over 30, more than 1 in 3 were grandparents as of 2014.

—*AARP Bulletin*

Grandparenting is healthy for us. Being in touch with the younger generation literally beefs up the immune system.

—Lillian Carson

More than half of Americans over 50 report waking up too early and not returning to sleep, and over 40 percent acknowledge they aren't getting enough shut-eye—something that could be impairing brain function, according to a new report from the *Global Council on Brain Health*. The report notes that seven to eight hours of sleep each night can help maintain cognitive function as we age. On the other hand, too little sleep can contribute to depression and even dementia, particularly in older people, according to recent studies.

—*AARP Bulletin*

Nearly 4 out of 10 workers expect to retire at age 70 or later. However, only 4 percent of retirees polled stayed on the job that long. A job loss, poor health or caregiving responsibilities caused people to retire earlier.

—*AARP Bulletin*

Already an accomplished inventor, John Goodenough made headlines earlier this year when he led a team that achieved a big breakthrough: a low-cost, all solid-state battery that could power the next generation of electric cars. Also getting attention is Goodenough's age. He's 94 years old, which belies the assumption that inventive people do their greatest work in their youth.

—*AARP Bulletin*

The great mass of human beings are not acutely selfish. After the age of about thirty they almost abandon the sense of being individuals at all—and live chiefly for others, or are simply smothered under drudgery.

—George Orwell

How can they say my life isn't a success? Have I not for more than sixty years got enough to eat and escaped being eaten?

—Logan Pearsall Smith

Nobody is absolutely necessary; everybody can be replaced in this world at a minute's notice. While one great man is climbing the hills of fame, his successor is already born, and when he descends the other side, the successor will be at the top of the hill.

This simple truth is never believed, every man hoping that he will form an exception to the rule.

—Blanche Marchesi

Today, I asked my mentor – a very successful business man in his 70s – what his top 3 tips are for success. He smiled and said, 'Read something no one else is reading, think something no one else is thinking, and do something no one else is doing.'

—Unknown

Success is when you look back at your life and the memories make you smile.

—Unknown

The elderly don't drive that badly; they're just the only ones with time to do the speed limit.

—Jason Love

Sleeping at the wheel is a good way to keep from growing old.

—Unknown

A useful education served women best....To learn how to grow old gracefully is perhaps one of the rarest and most valuable arts which can be taught to a woman. Yet, when beauty is all that is expected or desired in a woman, she is left with nothing in its absence. It is a most severe trial for those women to be called to lay down beauty, who have nothing else to take up. It is for this sober season of life that education should lay up its rich resources.

—Karen Swallow Prior

Cherish all your happy moments; they make a fine cushion for old age.

—Booth Tarkington

The more the years go by, the more difficult it gets. I'm getting old.

—Richard Virenque

Middle age loves its platitudes, chiefly the ones about hard-won wisdom and the many things that once seemed important but no longer do as you face down impending mortality and irrelevance. And don't forget the ones about small things that are far more important than you'd realized. Among the many indignities of aging is the irresistible temptation to reach for some menu of bromides and convey to the world those invaluable lessons about living.

—Laura Kipnis

Immortality, it turns out, is not such an easy sell: most people don't like the idea of living forever. In legends of old as well as in recent popular culture, eluding death typically comes at a terrible cost; like zombies or vampires, immortal beings must feast on the living. Besides, a large percentage of today's population also subscribes to religious beliefs in which the afterlife is something to be welcomed. When the *Pew Research Center* asked Americans in 2013 whether they would use technologies that allowed them to live to 120 or beyond, 56% said no. Two thirds of respondents believed that radically longer lifespans which strain natural resources, and these treatments would only ever be available to the wealthy.

— Elmo Keep

For 99.9% of our human history as a species, there was no aging. Humans were very likely to die by our 30s from predation, starvation, disease, childbirth or any number of violent events.

—Judy Campisi

There are more elderly people alive now than there have ever been in the history of the planet. That means we're about to face a lot of death.

— Rachel Maguire

There's already a huge disparity between the lifespans of rich and poor Americans, and critics of new longevity research worry the gap may only grow wider. A 2016 report from the *Brookings Institution* found that, for men born in 1920, there was a six-year difference in life expectancy between men at the top 10% and bottom 10% of their earnings ladder. For men born in 1950, the difference was 14 years. For women, the gap grew from 4.7 to 13 years. In other words, advances in medicine haven't helped low income Americans nearly as much as their wealthier counterparts.

—Elmo Keep

I walked into an antique store last week...and somebody bought me.

—Grumpy Old Gits

One way to find out if you are old is to fall down in front of a lot of people. If they laugh, you're still young. If they panic and start running to you, you're old.

—*Just Sayin's*

There is still no cure for the common birthday.

—John Glenn

The years as they pass plunder us of one thing after another.

—Horace

It's no disgrace to be old. But damn if it isn't inconvenient.

—Moms Mable

We're living nearly three decades longer on average than our ancestors from a century ago. A 10-year-old child today has a 50 percent chance of living to be at least 104.

—Eric J. Schneidewind

At my age, I'm coming into that place where I think, 'Ah, who cares? I can be who I want to be.'

—Nicole Kidman

Ageism is a cultural illness.

—Frances McDormand

It is autumn; not without  
But within me is the cold.  
Youth and spring are all about;  
It is I that have grown old.

—Henry Wadsworth  
Longfellow

Old age is always wakeful; as if, the longer linked with life, the less man has to do with aught that looks like death.

—Herman Melville

I'm beginning to understand myself. But it would have been great to be able to understand myself when I was 20 rather than when I was 82.

—Dave Brubeck

In so many ways I feel like I'm new to myself. I believe all of us, in every stage of our lives, are coming of age.

—Sally Field

Polls showed that the young were more likely to support the Vietnam War than the old were; the young were more likely to support the 2003 invasion of Iraq, too. Research by John Mueller, a political scientist at Ohio State University, suggests that as people age, they become less enthusiastic about war. Perhaps this is because older people tend to be wiser than the young—and couldn't the world use more wisdom?

—Gregg Easterbrook

## **MOTHER**

Father retires at 60,  
But Mother never retires.  
She works for her Husband  
She works for her Children  
She looks after her Grandchildren  
She looks after everyone  
Everyone retires  
But Mother never retires.

—Internet Meme

Maybe there is no actual place called hell. Maybe hell is just having to listen to our grandparents breathe through their noses when they're eating sandwiches.

—Jim Carrey

Certain old men prefer to rise at dawn, taking a cold bath and a long walk with an empty stomach and otherwise mortifying the flesh. They then point with pride to these practices as the cause of their sturdy health and ripe years; the truth being that they are hearty and old, not because of their habits, but in spite of them. The reason we find only robust persons doing this thing is that it has killed all the others who have tried it.

—Ambrose Bierce

The ego is willing but the machine cannot go on. It's the last thing a man will admit, that his mind ages.

—Will Durant

Talking is the disease of age.

—Ben Jonson

Now is the time of fresh starts  
This is the season that makes everything new.  
There is a longstanding rumor that Spring is the time  
of renewal, but that's only if you ignore the depressing  
clutter and din of the season. All that flowering  
and budding and birthing— the messy youthfulness  
of Spring actually verges on squalor. Spring is too busy,  
too full of itself, too much like a 20-year-old to be the best time for reflection,  
re-grouping, and starting fresh.  
For that you need December. You need to have lived  
through the mindless biological imperatives of your life (to bud, and flower, and  
show off) before you can see that a landscape of new fallen snow is **THE REAL  
YOU**.  
December has the clarity, the simplicity, and the silence you need for the best  
**FRESH START** of your life.

—Vivian Swift

Love is the word used to label the sexual excitement of the young, the habituation of  
the middle-aged, and the mutual dependence of the old.

—John Ciardi

To see a young couple loving each other is no wonder; but to see an old couple loving  
each other is the best sight of all.

—William Makepeace  
Thackeray

Life is short to the fortunate, long to the unfortunate.

—Apollonius

Only little boys and old men sneer at love.

—Louis Auchincloss

Perfect love sometimes does not come till the first grandchild.

—Welsh Proverb

Those who love deeply never grow old; they may die of old age, but they die young.

—Arthur Wing Pinero

What then is tragedy? In the Elizabethan period it was assumed that a play ending in death was a tragedy, but in recent years we have come to understand that to live on is sometimes far more tragic than death.

—George P. Baker

For death is not the worst, but when one wants to die and is not able even to have that.

—Sophocles

Love protects you from age.

—Jeanne Moreau

You may search my time-worn face.  
You'll find a merry eye that twinkles.  
I am NOT an old lady.  
Just a little girl with wrinkles.

—Edythe E. Bregnard

All evil comes from the old. They grow fat on ideas and young men die of them.

—Jean Anouilh

During my youth love will be my teacher;  
In middle age, my help and in old age, my delight.

—Kahlil Gibran

As you get older, you realize it's work. It's that fine line between love and companionship. But passionate love? I'd love to know how to make that last.

—Tracey Ullman

With love later in life, you don't feel the anxiety you felt when you were younger. It's more vibrant, and it becomes truly about companionship.

—Candice Bergen

I am getting a little tired of pretending I'm excited every time it's somebody's birthday. I mean really, at this point, what is the big deal? How many times do we have to celebrate that someone was born? Every year, every person, over and over? All you did was not die for twelve months. This is the big accomplishment?

—Jerry Seinfeld

May you grow old on one pillow.

—Armenian Saying

Rather than see aging as a reason to contract, we should view it as an opportunity to expand. We should make each year of our lives more interesting than the one before.

—Srinivas Rao

Love grows more tremendously full, swift, poignant, as the years multiply.

—Zane Grey

What is an adult? A child blown up by age.

—Simone de Beauvoir

When superstition is allowed to perform the task of old age in dulling the human temperament, we can say goodbye to all excellence in poetry, in painting, and in music.

—Denis Diderot

Age does not protect you from love. But love, to some extent, protects you from age.

—Anais Nin

## **THE HUMAN SEASONS**

Four seasons fill  
The measure of the year;  
There are four seasons  
In the mind of man:  
He has his lusty Spring,  
when fancy clear  
Takes in all beauty  
With an easy span:  
He has his Summer,  
When luxuriously  
Spring's honied cud  
Of youthful thought he loves  
To ruminare,  
and by such dreaming high  
Is nearest unto heaven:  
Quiet coves

His soul has in its Autumn,  
When his wings  
He furlleth close;  
Contented so to look  
On mists in idleness—  
To let fair things  
Pass by unheeded  
As a threshold brook.  
He has his Winter too  
Of pale misfeature,  
Or else he would forego  
His mortal nature.

—John Keats

Spring is God's way of saying, 'One more time!'

—Robert Orben

I enjoy the spring more than the autumn now. One does, I think, as one gets older.

— Virginia Woolf

Spring is childhood, summer is youth, autumn is maturity, and winter is weariness and waiting. But with spring youth returns, no matter how old we are.

—Toni Sorenson

A moral character is attached to autumnal scenes; the leaves falling like our years, the flowers fading like our hours, the clouds fleeting like our illusions, the light diminishing like our intelligence, the sun growing colder like our affections, the rivers becoming frozen like our lives, all bear secret relation to our destinies. It gave me indescribable pleasure to see the return of the tempestuous season.

—François-René de  
Chateaubriand

For us old-age pensioners, autumn is on the whole a dangerous season. He who knows how difficult it is for us to achieve any stability at all, how difficult it is to avoid distraction or destruction by one's own hand, will understand that autumn, its winds, disturbances, and atmospheric confusions, does not favour our existence, which is precarious anyway.

—Bruno Schulz

The question isn't at what age I want to retire, it's at what income.

—George Foreman

Those who love not their fellow-beings live unfruitful lives, and prepare for their old age a miserable grave.

—Percy Bysshe Shelley

A heart in love with beauty never grows old.

—Turkish Proverb

The deep, personal material of the latter half of your life is your children. You can write about your parents when they're gone, but your children are still going to be here, and you're going to want them to come and visit you in the nursing home.

—Alice Munro

You may talk all you please of the misfortune of being 'old and alone,' but I tell you that approaches not one degree the misfortune of being young and alone.

—Thomas Wolfe

It is great to have friends when one is young, but indeed it is still more so when you are getting old. When we are young, friends are, like everything else, a matter of course. In the old days we know what it means to have them.

—Edvard Grieg

If a man does not make new acquaintances as he advances through life, he will soon find himself left alone; one should keep his friendships in constant repair.

—Samuel Johnson

The loss of friends is a tax on age.

—Ninon de Lenclos

Good friends, good books and a sleepy conscience: this is the ideal life.

—Mark Twain

Happiness: an easy life, but not a sedentary one.

—Marty Rubin

The more people eat fruit or veggies, the higher they score on tests of happiness, a study showed. Eating up to eight produce servings a day has the same impact as going from unemployed to employed.

—*AARP Magazine*

Mrs. Casey, do you love Christmas?

Well you know, she answered reflectively, Christmas can be a sad time for people too. It's a remembering time for us older ones. We remember the people who are gone.

Oh, I never thought of that, I told her in surprise.

Well that's youth for you, she said; you don't start to look back over your shoulder until there is something to look back at, and around Christmas I tend to think of the Christmases past and the people gone with them.

—Alice Taylor

Wisdom doesn't necessarily come with age. Sometimes age just shows up by itself.

—Woodrow Wilson

After it's all said and done, don't you want to grow old with your best friend? At the end of the day, that's who you want to share your life and laughter with. Someone who will be there in hard times to hold you tight. Someone who will fight for your honor and support your decisions. Someone who will encourage your dreams and help you to fulfill them.

—Dannika Dark

If you live to be a hundred, I want to live to be a hundred minus one day so I never have to live without you.

—A. A. Milne

There is no friend like the old friend, who has shared our morning days,  
No greeting like his welcome, no homage like his praise:  
Fame is the scentless sunflower, with gaudy crown of gold;  
But friendship is the breathing rose, with sweets in every fold.

—Oliver Wendell Holmes

Life is one long process of getting tired.

—Samuel Butler

Youth is a blunder; manhood a struggle; old age a regret.

—Benjamin Disraeli

I believe the second half of one's life is meant to be better than the first half. The first half is finding out how you do it. And the second half is enjoying it.

—Frances Lear

Life is a struggle from beginning to end. During the first half of life we battle the anxieties and emotional crises that accompany growth to emotional maturity. Once we reach emotional and fiscal stability and achieve our professional and physical peak at mid-life, we spend the last half of our lives in physical discomfort and a general state of atrophy.

—Dan L. Miller

The longer I live, the more beautiful life becomes.

—Frank Lloyd Wright

Life is like a five-act play, and the last act can be full of surprises.

—Unknown

## **I WAS DYING**

First I was dying to finish high school and start college.  
And then I was dying to finish college and start working.  
And then I was dying to marry and have children.  
And then I was dying for my children to grow old enough for school so I could return to work.  
And then I was dying to retire.  
And now I am dying...and suddenly I realize I forgot to live.

—Unknown

Ageism is pervasive in this industry [Hollywood]. It's not a level playing field. You don't often see women in their 60s playing romantic leads with costars who are decades younger. I think about how few wonderful actresses of my generation are still doing viable, important film work. You go to television. You go to the stage. You do whatever you can because you want to keep working.

—Jessica Lange

Having children gives you a perspective you didn't have before. You are no longer the center of the universe. It opened my heart, made me a different person. Every move you make is with someone else in mind. I loved being a mother more than anything else in the world, and being a grandmother is even more fun. There's the chance to do it again. It's in the perfect order of nature: You raise your children, and then the next generation comes along. They are the redemptive force in nature. Plus, it's easier!

—Jessica Lange

Life is a moderately good play with a badly written third act.

—Truman Capote

So far as I know, anything worth hearing is not usually uttered at seven o'clock in the morning; and if it is, it will generally be repeated at a more reasonable hour for a larger and more wakeful audience.

—Moss Hart

The older you get, the more quiet you become. Life humbles you so deeply as you age. You realize how much nonsense you've wasted time on.

—*womenworking.com*

Wives are young men's mistresses, companions for middle age, and old men's nurses.

—Francis Bacon

When marrying, one should ask oneself this question: Do you believe that you will be able to converse well with this woman into your old age?

—Friedrich Wilhelm  
Nietzsche

There is nothing worse than solitude, growing old without a shoulder to lean on. Marry, marry—even if he's fat and boring!

—Coco Chanel

They that marry ancient people, merely in expectation to bury them, hang themselves, in hope that one will come and cut the halter.

—Thomas Fuller

If a man avoids  
Marriage and all the troubles women bring  
And never takes a wife, at last he comes  
To a miserable old age, and does not have  
Anyone to care for the old man.

—Hesiod

You are not permitted to kill a woman who has wronged you, but nothing forbids you to reflect that she is growing older every minute. You are avenged 1440 times a day.

—Ambrose Bierce

A man, though he be gray-haired,  
can always get a wife,  
But a woman's time is short.

—Aristophanes

You cannot weld cake-dough to cast iron, nor a girl to an old man.

—Austin O'Malley

When a man of 40 falls in love with a girl of 20, it isn't her youth he is seeking but his own.

—Lenore Coffee

Older women are best because they always think they may be doing it for the last time.

—Ian Fleming

By the time you are old enough to understand women, you are too old to do anything about it.

—Evan Esar

The human heart, at whatever age, opens to the heart that opens in return.

—Maria Edgeworth

As we grow older, our bodies get shorter and our anecdotes longer.

—Robert Quillen

Old age is not a disease—it is strength and survivorship, triumph over all kinds of vicissitudes and disappointments, trials and illnesses.

—Maggie Kuhn

I'm happy, and I think being happy keeps you looking young.

—Olivia Newton-John

A beautiful face will age and a perfect body will change, but a beautiful soul will always be a beautiful soul.

—Unknown

Life is pleasant. Death is peaceful. It's the transition that's troublesome.

—Isaac Asimov

I want my life, but not at the expense of my children's.

—Dave Daignault

The machinery of modern American medicine is horribly efficient at preventing death and not efficient at helping families decide how far they want to take things. The old—the ones we want to protect—often become the victims.

—Katy Butler

When my father couldn't laugh anymore, when my mother couldn't laugh anymore, I knew their ties to the earth and the family they loved were frayed like old rope. Yet still they lived, in pain and confusion, unable to sever the rope, and none of us able to do it for them. When I can't laugh, when nobody can make me laugh, I'm...outta here. I think.

—Larkin Warren

If you live long enough, you bury everyone you ever loved, which is too long, if you ask me.

—Larkin Warren's  
Grandmother

Everyone should live to be 85 and then die peacefully, and it is just so sad when things don't work out that way.

—Nora Ephron

Owing to medical advancements, cancer deaths now peak at age 65 and kill off just 20 percent of older Americans, while deaths due to organ failure peak at about 75 and kill of just another 25 percent, so the norm for seniors is becoming a long, drawn-out death after 85, requiring ever-increasing assistance for such simple daily activities as eating, bathing, and moving.

—Sandra Tsing Loh

Unwanted treatment is American medicine's dark continent. No one knows its extent, and few people want to talk about it. The U.S. medical system was built to treat anything that might be treatable, at any state of life—even near the end, when there is no hope of a cure, and when the patient, if fully informed, might prefer quality time and relative normalcy to all-out intervention.

—Jonathan Rauch

My father was suffering from an advanced and untreatable neurological condition that would soon kill him. Eating, drinking, and walking were all difficult and dangerous for him. He ate, drank, and walked anyway, because doing his best to lead a normal life sustained his morale and slowed his decline. ‘Use it or lose it,’ he often said. His strategy broke down calamitously when he agreed to be hospitalized for an MRI test. I can only liken his experience to an alien abduction. He was bundled into a bed, tied to tubes, and banned from walking without help or taking anything by mouth. No one asked him about what he wanted. After a few days, and a test that turned up nothing, he left the hospital no longer able to walk. Some weeks later, he managed to get back on his feet; unfortunately, by then he was only a few weeks from death. The episode had only one positive result. Disgusted and angry after his discharge from the hospital, my father turned to me and said, ‘I am never going back there.’ (He never did.)

—Jonathan Rauch

Our children won’t admit it. They love us and fear the loss that will be created by our death. And a loss it will be. A huge loss. They don’t want to confront our mortality, and they certainly don’t want to wish for our death. But even if we manage not to become burdens to them, our shadowing them until their old age is also a loss. And leaving them—and our grandchildren—with memories framed not by our vivacity but by our frailty is the ultimate tragedy.

—Ezekiel J. Emanuel

Pneumonia may well be called the friend of the aged. Taken off by it in an acute, short, not often painful illness, the old man escapes those ‘cold gradations of decay’ so distressing to himself and to his friends.

—Sir William Osler

Many of us have suppressed, actively or passively, thinking about God, heaven and hell, and whether we return to the worms. We are agnostics or atheists, or just don’t think about whether there is a God and why she should care at all about mere mortals. We also avoid constantly thinking about the purpose of our lives and the mark we will leave. Is making money, chasing the dream, all worth it? Indeed, most of us have found a way to live our lives comfortably without acknowledging, much less answering, these big questions on a regular basis. We have gotten into a productive routine that helps us ignore them.

—Ezekiel J. Emanuel

You’ll be old and you never lived, and you kind of feel silly to lie down and die and to never have lived, to have been a job chaser and never have lived.

—Gertrude Stein

As a physician, I feel awash in the decrepitude of patients who desire just one more medical procedure to extend their bionic existence. No one discusses the ethics of therapeutic intervention, simply the mechanics of medication, surgery, hospitalization. I had hoped that the rise in palliative-care services would help channel elderly, chronically ill patients to a more natural death. As a society, we cannot support this current trend toward eternal existence, either financially or emotionally.

—Mary Kemen, M.D.

Death is psychologically as important as birth. I am convinced that it is hygienic—if I may use the word—to discover in death a goal towards which one can strive, and that shrinking away from it is something unhealthy and abnormal which robs the second half of life of its purpose.

—Carl G. Jung

For me, the good death includes being prepared to die, with my affairs in order, the good and bad messages delivered that need delivering. The good death means dying while I still have my mind sharp and aware; it also means dying without having to endure large amounts of suffering and pain. The good death means accepting death as inevitable, and not fighting it when the time comes. This is my good death, but as legendary psychotherapist Carl Jung said, ‘It won’t help to hear what I think about death.’ Your relationship to mortality is your own.

—Caitlin Doughty

You are looking for a rich husband. At your age I looked for hardship, danger, horror and death, that I might feel the life in me more intensely. I did not let the fear of death govern my life; and my reward was, I had my life. You are going to let the fear of poverty govern your life and your reward will be that you will eat, but you will not live.

—George Bernard Shaw

More than half of American workers are in danger of retiring without enough money, according to *Boston College’s Center for Retirement Research*. The center found that children should get at least some of the blame, according to a study released this month. [10/2017] It may seem obvious that kids make it harder to save. In practice, however, parents can compensate for the extra costs of parenting by spending less on themselves. Parents are often forced to budget carefully—a skill that will pay off long after their children are grown....The bottom line is that households with children would be expected at the end of their work-lives to have less income and lower wealth....A key contributing factor to parents’ financial shortfalls is the so-called motherhood penalty. The typical mother earns \$9,400 less per year than the median woman without children.

—Ben Steverman

I hate it when people say, 'You look good for your age.' It should be, 'You look good.' Period. Getting older is a good thing.

—Dita Von Teese

No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born.

—Dr. Dale E. Turner

Delaying retirement by just one year is associated with an 11 percent lower risk of mortality among healthy adults.

—*National Institute on Aging*

Work is strongly correlated with social interaction. And social interaction is connected with mental stimulation. In fact, because people vary a lot in the amount of social interaction they have after retirement, a job for many is a way to get a minimum amount of interaction without making an effort.

—Geoff Sanzenbacher

Joyfulness keeps the heart and face young. A good laugh makes us better friends with ourselves and everybody around us.

—Orison Swett Marden

He who laughs, lasts.

—W. E. Nesom

Pleasure is the only thing to live for. Nothing ages like happiness.

—Oscar Wilde

The first half of life consists of the capacity to enjoy without the chance; the last half consists of the chance without the capacity.

—Mark Twain

Just lying on the couch and being happy.  
Only humming a little, the quiet sound in the head.  
Trouble is busy elsewhere at the moment,  
It has so much to do in the world.

—William Stafford

The time you enjoy wasting is not wasted time

—Bertrand Russell

People feel better, not worse, about their lives as they move through their later decades, even with the onset of chronic health problems that would lead one to expect distress or depression.

—Dilip V. Jeste

Life satisfaction would decline with age for the first couple of decades of adulthood, bottom out somewhere in the 40s or early 50s, and then, until the very last years, increase with age, often (though not always) reaching a higher level than in young adulthood. The pattern came to be known as the happiness U-curve.

—David Blanchflower

The first recipe for happiness is: Avoid too lengthy meditations on the past.

—André Maurois

To show a child what has once delighted you, to find the child's delight added to your own, so that there is now a double delight seen in the glow of trust and affection, this is happiness.

—J. B. Priestly

A quiet secluded life in the country, with the possibility of being useful to people to whom it is easy to do good, and who are not accustomed to have it done to them; then work which one hopes may be of some use; then rest, nature, books, music, love for one's neighbor — such is my idea of happiness.

—Leo Tolstoy

Doubly rich is the man still boyish enough to play, laugh and sing as he carries and emanates sunshine along a friendly road.

—Charles R. Wiers

It is strange that the years teach us patience; that the shorter our time, the greater our capacity for waiting.

—Elizabeth Taylor

When one is happy there is no time to be fatigued; being happy engrosses the whole attention.

—E. F. Benson

If you cannot find happiness along the way, you will not find it at the end of the road.

—Unknown

I never lose sight of the fact that just living is fun.

—Katharine Hepburn

Adult drinking in the U.S. has become a ‘public health crisis’ in the past decade, with the steepest rise among those 65 and over....the increase in alcohol use, in high-risk drinking behavior, and in alcohol abuse and dependence for those 65-plus was at least double that of the general population....the increases were substantial and unprecedented. One of the most troubling findings was a 107 percent increase in the number of adults 65 and over with ‘alcohol use disorder,’ which as defined by the *NIAAA* is often characterized by compulsive alcohol use and a negative emotional state when not using alcohol....Baby boomers had higher levels of drinking and drug use. They’re brining this along.

—*AARP Bulletin* (2017)

Americans over age 50 are the prime targets of crooks who want to steal what they’ve accumulated over a lifetime. The FBI lists several reasons why this is true. First, older Americans usually have more money, invested in their homes and retirement savings. They also grew up in a more trusting time. They have specific health needs that can be exploited by con artists. Plus, when older people are scammed, they are often too embarrassed to report the crime.

—Michael Hedges

The most wasted day is that in which we have not laughed.

—Nicolas Chamfort

Only when man’s life comes to its end in prosperity can one call that man happy.

—Aeschylus

A light heart lives long.

—William Shakespeare

The belief that youth is the happiest time of life is founded on a fallacy. The happiest person is the person who thinks the most interesting thoughts, and we grow happier as we grow older.

—William Lyon Phelps

In those days the sound of those midnight chimes, though it seemed to raise hilarity in all around me, never failed to bring a train of pensive imagery into my fancy. Yet I then scarce conceived what it meant, or thought of it as a reckoning that concerned me. Not childhood alone, but the young man till thirty, never feels practically that he is mortal. He knows it indeed, and, if need were, he could preach a homily on the fragility of life; but he brings it not home to himself, any more than in a hot June we can appropriate to our imagination the freezing days of December. But now—shall I confess a truth?—I feel these audits but too powerfully. I begin to count the probabilities of my duration; and to grudge at the expenditure of moments and shortest periods, like miser's farthings. In proportion as the years both lessen and shorten, I set more count upon their periods; and would fain lay my ineffectual finger upon the spoke of the great wheel.... I care not to be carried with the tide, that smoothly bears human life to eternity; and reluct at the inevitable course of destiny. I am in love with this green earth; the face of town and country; the unspeakable rural solitudes, and the sweet security of streets. I would set up my tabernacle here. I am content to stand still at the age to which I am arrived; I, and my friends. To be no younger, no richer, no handsomer. I do not want to be weaned by age; or drop, like mellow fruit, as they say, into the grave.— Any alteration, on this earth of mine, in diet, or in lodging, puzzles and discomposes me. My household gods plant a terrible fixed foot, and are not rooted up without blood....

Sun, and sky, and breeze, and solitary walks, and summer holidays, and the greenness of fields, and the delicious juices of meats and fishes, and society, and the cheerful glass, and candle-light, and fireside conversations, and innocent vanities, and jests, and irony itself—do these things go out with life?

Can a ghost laugh; or shake his gaunt sides, when you are pleasant with him?...

In winter this intolerable disinclination to dying—to give it its mildest name—does more especially haunt and beset me....

Whatsoever thwarts, or puts me out of my way, brings death into my mind.... I have heard some profess an indifference to life. Such hail the end of their existence as a port of refuge; and speak of the grave as of some soft arms, in which they may slumber as on a pillow....

Those antidotes, prescribed against the fear of thee, are altogether frigid and insulting, like thyself.... In the meantime I am alive.... I survive, a jolly candidate for 1821. Another cup of wine—and... that turn-coat bell... just now mournfully chanted the obsequies of 1820 departed, [and] with changed notes lustily rings in a successor...

—Charles Lamb

Can one still make resolutions when one is over forty? I live according to twenty-year-old habits.

—André Gide

Show me your garden, provided it be your own, and I will tell you what you are like. It is in middle life that the finishing touches should be put to it; and then, after that, it should remain more or less in the same condition, like oneself, growing more deep of shade, and more protected from the winds.

—Alfred Austin

It is 9 o'clock, and I am sitting before the big fireplace in my library, where the pine knots are fast becoming ashes. Why not? Yes, why not see the Old Year out and the New Year in? I will pile more knots on the embers, and, leaning back in my chair, will see how the two years are mortised together. Why should I not help to look after these things, for I have had nearly eighty of these years, and every one of them chock full of gifts and goodness? I will have nothing to do with the doleful dolts, who count their troubles and see only what is missing. Tonight I shall see God tinkering at the joints of the years. Have you any idea how many years are locked together in one of these pine knots? Different trees, like different folk, vary in power to carry bruises and scratches. Early in life I learned there were two sides to everything, and I resolved that I would see always the bright side; I would stand as close as I could to God, and get his angle of vision. The more I see of the world, the more I am sure there is sunshine enough to go around. After all and thru it all, to make life worth the while, what we must have and make for health and growth, is soul-shine.

—Edward Payson Powell

I don't really get it. I usually find myself staring at the midnight deadline filled with regrets both for opportunities and loved ones missed. It's another day closer to the end. The last thing I feel like doing is counting down to some wild celebration. It just seems so sad to say goodbye to a year and know that it's gone forever and you can't go back to it. Not to relive, not to correct....There's something so final about it. It's the period at the end of the sentence.

—Hillary DePiano

Dear World,

I am excited to be alive in you, and I am thankful for another year.

—Charlotte Eriksson

Over the past two decades, dozens of studies have shown that seniors with a sense of purpose in life are less likely to develop Alzheimer's disease, mild cognitive impairment, disabilities, heart attacks or strokes, and more likely to live longer than people without this kind of underlying motivation.

Now, a report in *JAMA Psychiatry* adds to this body of evidence by showing that older adults with a solid sense of purpose tend to retain strong hand grips and walking speeds — key indicators of how rapidly people are aging.

—Judith Graham

Purposeful individuals tend to be less reactive to stressors and more engaged, generally, in their daily lives, which can promote cognitive and physical health.

—Patrick Hill

Many people go through a period of trial and error after retirement and don't find what they're looking for right away. This doesn't happen overnight. People don't like to talk about their discomfort because they think it's unusual. And yet everybody thinks about this existential question at this time of life: 'What are we here for?'

—Dilip Jeste

A good many elderly people are afflicted with dreadful head-aches on the Fourth of July; but I suspect they don't mind it very much, for in every puff of blue smoke that wreathes itself under their noses, they see a boy's or a girl's happy face.

—William H. Rideing

I know what I really want for Christmas. I want my childhood back. Nobody is going to give me that. I might give at least the memory of it to myself if I try. I know it doesn't make sense, but since when is Christmas about sense, anyway? It is about a child, of long ago and far away, and it is about the child of now. In you and me. Waiting behind the door of our hearts for something wonderful to happen. A child who is impractical, unrealistic, simpleminded and terribly vulnerable to joy.

—Robert Fulghum

We look back on our childhood  
When we all were so gay;  
There was nothing but pleasure  
Every dear Christmas Day.  
But as each one grows older,  
And memories crowd 'round  
Of all the joys in the past,  
And we miss the dear sound  
Of the voice of a loved one  
Who is absent this year,  
Then, it's hard to recapture  
Christmas spirit and cheer!

—Gertrude Tooley  
Buckingham

Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to.

—Bill Vaughan

You know you're getting old, when Santa starts looking younger.

—Robert Paul

As you grow older your Christmas list gets smaller and the things you really want for the holidays can't be bought.

—Catherine Zhang

Ideas are powerful things, requiring not a studious contemplation but an action, even if it is only an inner action.

—Midge Dector

I've spent years living safely to secure a longer life, and look where that's gotten me. I'm at the finish line but I never ran the race.

—Adam Silvera

A distressing gap exists between the public's expectations for retirement and the reality.

—George Carlin

The Baby Boomers are the loudest generation. Now, someone turns 65 every seven or eight seconds. They've had companies cater to their every whim throughout their lives, and they don't expect that to stop.

That will mean enormous demand for products that don't merely work for tomorrow's older adults, but will actively excite and delight them for decades. The new generation gap will be the gap of expectations: not just to live longer, but to live better. Fascinatingly enough, that heightened level of expectation, combined with both the Boomers' political and economic power, may change the fabric of what is possible in old age. As the Boomers demand and use the tools to pursue meaning later in life than ever before, our narrative of aging will change. They may lay the foundation for others to live in a world that is ageless: where old age is a stage where the norm is not to withdraw, but to engage.

—Robert Powell

When you're getting older, you definitely bump into 'I'm diminishing,' but that's usually what you think about when you're in the middle of a passage, not when you've landed into whatever the new age is. When you're 37, you go, 'Oh, my God, I'm not 25 anymore. How horrible.' Then you're 55, and you go, 'I hope I'm still relevant. I hope I can still run with the bulls.' Then you get past that, and you start to really enjoy being around younger people. You're not competitive anymore. You just kind of marvel.

—Ted Danson

When I was younger, I was often underestimated because I was blond. These days, I am often underestimated because I'm old. The expectation that a person's productivity ends at 60 or 70 is pervasive. Speak for yourself, please!

—Joan Kroc

Rashness belongs to youth; prudence to old age.

—Marcus Tullius Cicero

## **ABOUT GROWING OLDER**

First ~ Eventually you will reach a point when you stop lying about your age and start bragging about it.

Second ~ The older we get, the fewer things seem worth waiting in line for.

Third ~ Some people try to turn back their odometers. Not me, I want people to know 'why' I look this way. I've traveled a long way and some of the roads weren't paved.

Fourth ~ When you are dissatisfied and would like to go back to youth, think of Algebra.

Fifth ~ You know you are getting old when everything either dries up or leaks.

Sixth ~ I don't know how I got over the hill without getting to the top.

Seventh ~ One of the many things no one tells you about aging is that it is such a nice change from being young.

Eighth ~ One must wait until evening to see how splendid the day has been.

Ninth ~ Being young is beautiful, but being old is comfortable.

Tenth ~ Long ago when men cursed and beat the ground with sticks, it was called witchcraft. Today it's called golf.

And finally ~ If you don't learn to laugh at trouble, you won't have anything to laugh at when you are old.

—Will Rogers

Nine of the 10 Nobel winners in science or economics this year [2017] were over 70, with the youngster being Michael W. Young, 68. He was one of a trio of America winners in physiology or medicine for their work on circadian rhythms. And while some of the winners began their work as younger men, in most cases they made important refinements well past age 50.

This year's winners were no fluke. It appears that genius-level work is happening later in life much more often. Bruce Weinberg, an economist at Ohio State, coauthored a study that looked at when Nobel laureates did their prizewinning work. For physics winners, that age was 37 in 1905. Today it's slightly over 50. And it's not just Nobel laureates proving the point: One of the most important patent filings in the past year came from researchers at the University of Texas at Austin who developed a cheap, fast-charging battery that could revolutionize electric vehicles. The team leader: 95-year-old John Goodenough.

—*AARP Bulletin*

the real evidence of growing older is that things level off in importance ... Days are no longer jagged peaks to climb; time is a meadow, and we move over it with level steps.

--Gladys Taber

Nothing ages a woman like living in the country.

—Colette

Age is irrelevant.

Ask me how many trips I've taken,  
sunsets I've seen, laughs I've  
shared, concerts I've been to,  
bedtime stories I've read,  
and people I've loved.  
That's how old I am.

—Joëlle

I cannot find anywhere in my life a time, or a kind of time, that is unoccupied. I am free, but my time is not. My time is fully and vitally occupied with sleep, with daydreaming, with doing business and writing friends and family on email, with reading, with writing poetry, with writing prose, with thinking, with forgetting, with embroidering, with cooking and eating a meal and cleaning up the kitchen, with meeting friends, with talking with my husband, with going out to shop for groceries, with walking if I can walk and traveling if we are traveling, with watching a movie sometimes, with lying down for an afternoon rest with a volume of *Krazy Kat* to read and my own slightly crazy cat occupying the region between my upper thighs

and mid-calves, where he arranges himself and goes instantly and deeply to sleep. None of this is spare time. I can't spare it.

—Ursula K. Le Guin

A lot of younger people, seeing the reality of old age as entirely negative, see acceptance of age as negative. Wanting to deal with old people in a positive spirit, they're led to deny old people their reality. With all good intentions, people say to me, 'Oh, you're not old!' [...] To tell me my old age doesn't exist is to tell me I don't exist. Erase my age, you erase my life — me.

—Ursula K. Le Guin

There are a lot of men who are healthier at age fifty than they have ever been before, because a lot of their fear is gone.

—Robert Elwood Bly

Fun is like life insurance; the older you get, the more it costs.

—Kin Hubbard

There's no pleasure on earth that's worth sacrificing for the sake of an extra five years in the geriatric ward of the Sunset Old People's Home, Weston-Super-Mare.

—Horace Rumpole

Getting old is giving up one damn thing after another.

—Irvin Yalom

Baby Boomers are, for their part, redefining retirement, often pursuing encore careers instead of simply, well, retiring. They have a lot more information at their fingertips, and they're familiar with the scientific rationale behind keeping their brains active as they age. They're living healthier lives—and see their careers as more than things to achieve. Now work is something to enjoy, somewhere to socialize, and a way to stay active. Baby Boomers are also heading back to the big cities to take advantage of their better health at later stages of life and enjoy rich, diverse cultural experiences

—*Synchrony Financial*

The rare person is still interested in new advances when they are adults. There is possibly a correlation with intelligence. In any case, you have to be fairly bright to keep learning and changing attitudes as you get older.

—Keith Henson

My husband and I were at the airport recently and I said, 'I bet I could beat you to the gate.' And so we started running. One of the best parts of getting older is that, when your kids have left the house, you really get this chance to be a child again.

—Ann Curry

If you sit and have a conversation about something you're worried about, your body literally calms down—your blood pressure might come down, your stress hormone levels might go down. There's some evidence that it's not so much stress but how you manage stress that may play a big role in who ages and who doesn't.

—Robert Waldinger,  
M.D.

What I was in Ireland, I saw all these women with platinum silver hair. There was something about them—they were all so beautiful. My friend said, 'It's because they haven't done anything to their faces. They look like a real 50-year-old or 60-year-old. They don't look plastic.' I say, you've earned that crease. If you got a laugh line, you've earned. It means you're really happy. I'm fine with creases.

—Octavia Spencer

When I see people who are happy and joyful and of a certain age, I know it's because they know the meaning of life. It's about how you spend your time. It's not about chasing things on life's treadmill. For me, it's about the people who are sitting around my table—my family, my nieces and nephews, my friends.

—Octavia Spencer

Whoever ceases to be a student has never been a student.

—George Iles

That's the funny thing about old people: they never seem in a hurry. I think old people have figured out that being five minutes late really doesn't matter much.

--Shannon Wiersbitzky

Have less; do less; say no.

—Paul Pearsall

Poetry, Shakespeare and opera, are like mumps and should be caught when young. In the unhappy event that there is a postponement to mature years, the results may be devastating.

--Dimitris Mita

## **A RETIREE'S LAST TRIP TO COSTCO!!**

Yesterday I was at Costco, buying a large bag of Purina dog chow for my loyal pet, Owen, the Wonder Dog and was in the check-out line when a woman behind me asked if I had a dog. What did she think I had, an elephant?

So because I'm retired and have little to do, on impulse, I told her that no, I didn't have a dog, I was starting the Purina Diet again. I added that I probably shouldn't, because I ended up in the hospital last time, but that I'd lost 50 pounds before I awakened in an intensive care ward with tubes coming out of most of my orifices and IV's in both arms.

I told her that it was essentially a Perfect Diet and that the way that it works is to load your pants pockets with Purina Nuggets and simply eat one or two every time you feel hungry. The food is nutritionally complete, (certified), so it works well and I was going to try it again. (I have to mention here that practically everyone in line was now enthralled with my story.)

Horrified, she asked if I ended up in intensive care, because the dog food poisoned me. I told her no, I had stopped to pee on a fire hydrant and a car hit me.

Well, I thought the guy behind her was going to have a heart attack he was laughing so hard.

Costco won't let me shop there anymore. Better watch what you ask retired people. They have all the time in the world to think of crazy things to say.

—Pura Vida

People ought to be one of two things, young or old. No; what's the good of fooling? People ought to be one of two things, young or dead.

—Dorothy Parker

If you make a life that gives you joy, you have no time to get old.

—Henry Winkler

I certainly don't feel seventy—I feel ninety. If I had any decency, I would be dead because most of my friends are.

—Dorothy Parker

Old age is a myth. We have been taught the false narrative that to be old is to be a taker, never a giver. That's despite the fact that we, the people over age 50, are working, playing, volunteering, donating, buying stuff and contributing to a better world to the tune of \$7.6 trillion in 2015, well over half of all U.S. consumer spending. Boomers alone control 70 percent of the country's disposable income.

In fact, we are frequently cast as a modern society's burden. We, the walking, talking proof of humankind's greatest success—longer lives!—will crash the health care system, drain Social Security and wreck the economy itself, critics warn. It's a set of pernicious stereotypes about aging that needs to be challenged now.

Sad, too, that the f-word ('fun') never gets used much when talking about aging. Building the future of fun in a society where 100 years old is the new normal is perhaps the longevity economy's largest growth opportunity.

—Joseph Coughlin

When I die, want to be thoroughly used up. The harder I work, the more I live. Life is no brief candle for me. It is a sort of splendid torch, which I have got hold of for the moment. I want to make it burn as brightly as possible before handing it to future generations.

—George Bernard Shaw

In Japan, adult diapers now outsell baby diapers. That's because a quarter of the country's population is 65 or older. By 2060, that proportion will hit 40 percent.

—Rene Chun

The wisdom of age: don't stop walking.

—Mason Cooley

I was too old for a paper route, too young for Social Security and too tired for an affair.

—Erma Bombeck

I won't say that all senior citizens who can't master technology should be publicly flogged, but if we made an example of one or two, it might give the others incentive to try harder.

--Chuck Lorre

The easiest way to get old is to be technologically behind.

--Gabrielle Zevin

Joy is the fountain of youth.

—Amy Leigh Mercree

God put me on earth to accomplish a certain number of things. Right now I am so far behind I will never die!

—Unknown

You can judge your age by the amount of pain you feel when you come in contact with a new idea.

—Pearl S. Buck

There is no such thing as a Grouchy Old Man or Woman. The truth is when you get really old, you stop being polite and start being honest.

—Internet Meme

One day you're 23, staying up until 3am, eating pizza, and dancing like no one is watching. Then suddenly you're 35, eating kale, going to bed at 8pm, and you can't dance because you pulled a muscle putting on your socks.

—Internet Meme

Wife & I just overheard the kids talking about how they'll decorate the house after we die, so I guess we're sleeping in shifts from now on.

—Grant Tanaka

Fun statistics for adults!

'When I was a kid, I had no help with college tuition. I was hardworking and paid it all myself.'

—Annual tuition for Yale, 1970: \$2,550

—Annual tuition for Yale, 2014: \$45,800

—Minimum Wage, 1970: \$1.45

—Minimum Wage, 2014: \$7.25

—Daily hours at minimum wage needed to pay for tuition in 1970: 4.8

—Daily hours at minimum wage needed to pay for tuition in 2014: 17.3

—Internet Meme

The aging process has you firmly in its grasp if you never get the urge to throw a snowball.

—Doug Larson

As we reach midlife, we are not prepared for the idea that time can run out on us, or for the startling truth that if we don't hurry to pursue our own definition of a meaningful existence, life can become a repetition of trivial maintenance duties.

—Gail Sheehy

Getting into bed at night I smile and think, I lived another day.

—Philip Roth, (Age 85)

Don't piss off old people. The older we get, the less 'Life in Prison' is a deterrent.

—Internet Meme

The reason fat men are good natured is they can neither fight nor run.

—Theodore Roosevelt

You know you're getting older when you start to notice little gray hairs in your children's hair.

—Internet Meme

At the end of your life, you will never regret not having passed one more test, not winning one more verdict or not closing one more deal. You will regret time not spent with a husband, a child, a friend or a parent.

—Barbara Bush

So many people have the TV or radio constantly turned on 'for company,' or spend their time reading trashy novels, aimlessly surfing the Net, and so on. Then suddenly one day you are old or sick and you realize you have done nothing with your life. All your thoughts are other people's thoughts and you have no idea who you really are or what the purpose of your life might be.

--Karen Kingston

Wisdom doesn't automatically come with old age. Nothing does—except wrinkles. It's true, some wines improve with age. But only if the grapes were good in the first place.

—Abigail Van Buren

The secret of staying young is to live honestly, eat slowly, and lie about your age.

—Lucille Ball

Eventually marriage becomes two people yelling 'What? Where? Huh?' at each other until one of them dies.

—Internet Meme

If you are an older senior citizen and can no longer take care of yourself and need Long-Term Care, but the government says there is no Nursing Home care available for you, what do you do?

You may opt for Medicare Part G.

The plan gives anyone 75 or older a gun (Part G) and one bullet.

You may then shoot one worthless politician.

This means you will be sent to prison for the rest of your life where you will receive three meals a day, a roof over your head, central heating and air conditioning, cable TV, a library, and all the health care you need.

Need new teeth? No problem. Need glasses? That's great. Need a hearing aid, new hip, knees, kidney, lungs, sex change, or heart? They are all covered!

As an added bonus, your kids can come and visit you at least as often as they do now!

And, who will be paying for all of this? The same government that just told you they can't afford for you to go into a nursing home. And you will get rid of a useless politician while you are at it.

And now, because you are a prisoner, you don't have to pay any more income taxes!

Is this a great country or what?

—Internet Meme

Who says more mature adults can't begin new careers? Winston Churchill began his massive, multi-volume *History of the English-Speaking Peoples* when he was in his 60s. He finished the work when he was a young 84 years old.

—Roger Matile

I've never minded getting older. I've never had that thing of, 'Why can't I still be 35?' The older you are, the more interesting you are as a character. There's a whole life history and knowledge of the world and self-possession that come from someone who has seen more. That experienced point of view is always more exciting. Yes, things may start to sag and shift, but the older you are, the wiser, the funnier, the smarter you are. You become more you.

—Melissa McCarthy

Did a cartwheel the other day, thinking it was like riding a bike. It's not.

—Internet Meme

My grandmother is over eighty and still doesn't need glasses. Drinks right out of the bottle.

—Henny Youngman

Too old for snapchat; too young for Life Alert.

—*theChive*

There's no magazine you open, unless its AARP, that shows a woman over the age of 45 in any other light, other than having to buy Depends or Viagra.

--Doris Roberts

I like the term 'perennials'—we're still here blossoming, again and again.

—Laura Carstensen

Even if you can't bring yourself to get rid of your stuff, your heirs will have no such qualms at all.

—Finn Murphy

One of the reasons mature people stop learning is that they become less and less willing to risk failure.

—John W. Gardner

A man is as old as his arteries and his interests. If he permits his economic, religious, or social arteries to harden, or loses interest in whatever concerns mankind... he will need only six feet of earth.

—Josephus Daniels

Feeling old and discouraged? The snap of youth gone from your stride? Look over the statistics compiled by an agency pushing old-age annuity policies, and take heart: between the ages of 75 and 83 Commodore Vanderbilt added 100 million dollars to his fortune. Kant wrote his philosophical masterpiece at 74. Tintoretto painted his biggest and most famous canvas when he was 75. Verdi was 85 when he wrote 'Ava Maria.' Cato decided to study Greek when he was 80. Goethe was also 80 when he finished Faust. And—listen to this!—Titian painted his historic 'The Battle of Lepanto' when he was exactly 98!

Sun shining a bit brighter?

—Bennet Cerf

People who saw growing older as something positive lived a whopping seven and a half years longer than those who didn't.

—Victoria Moran

Aging seems to be the only available way to live a long life.

—Kitty O'Neill Collins

Something pretty... that's just the surface. People worry so much about aging, but you look younger if you don't worry about it.

—Jeanne Moreau

The afternoon knows what the morning never suspected.

—Robert Frost

It's paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone.

—Andy Rooney

I'll tell you how I happened to settle in this little town. I was here on a visit, and in the course of one of my long walks alone, happily, I came upon a graveyard. One of the tombstones bore an inscription that ran something like this:

MARY ANN SOUTHWORTH  
BORN 1815—DIED 1895  
MAY HER SOUL REST IN PEACE  
HER TIME WAS TOO SHORT

That settled it! I decided that if 80 years was the villagers' idea of a short life, Ayot St. Lawrence was the place for me!

—George Bernard Shaw

Nora Ephron speaks regretfully about the pouches, jowls, wrinkles and ripples of flab she has accumulated in late middle age. Recalling a recent luncheon with her female friends, she notes her surprise upon the realization that they were all wearing turtleneck sweaters.

Why turtlenecks?

'Oh, the necks. There are chicken necks. There are turkey gobbler necks. There are elephant necks. There are necks with wattles and necks with creases that are on the verge of becoming wattles. There are scrawny necks and fat necks, loose necks, creepy necks, banded necks, wrinkled necks, stringy necks, saggy necks, flabby necks, mottled necks. There are necks that are an amazing combination of all of the above.

—Dinty W. Moore

Humor therapy can be as effective as some drugs in managing agitation in dementia patients. That's according to research at the University of New South Wales in Australia. The study examined the effectiveness of professional humor therapists, called Elder Clowns, who work with nursing home staff trained in the practice, called Laughter Bosses. They performed weekly humor sessions with individuals and groups of patients, using methods based on improv comedy—much like Clown Doctors, who work in children's hospitals to lift the mood of the patients and increase interaction.

Another published study conducted at the Osaka University graduate school of Medicine in Suita, Japan, found that the positive effects of humor can last for weeks after a therapy session.

As dementia patients lose cognitive function, they lose the ability to laugh and smile, especially as a tool of social communication. But some types of laughter are preserved. As the Japanese study explains, some dementia patients will smile or laugh after sleeping well or having a good meal.

—Andrea Cwieka

My dad [actor Paul Sorvino] achieved a life dream at 65, when he sang for the New York City Opera. When I saw him do that, I thought, All bets are off. We can do whatever we want, whenever we want. You have to believe in your own capacity.

—Mira Sorvino

Now that I'm over sixty I'm veering toward respectability.

—Shelley Winters

I long remained a child, and I am still one in many respects.

—Jean-Jacques Rousseau

Don't go to the grave with life unused.

—Bobby Bowden

I used to worry about what life was for—now being alive seems sufficient reason.

—Joanna Field

Alas, after a certain age every man is responsible for his face.

—Albert Camus

The trick is growing up without growing old.

—Casey Stengel

Age is getting to know all the ways the world turns, so that if you cannot turn the world the way you want, you can at least get out of the way so you won't get run over.

—Miriam Makeba

The delights of reading impart the vivacity of youth even to old age.

—Isaac D'Israeli

Middle age is the awkward period when Father Time starts catching up with Mother Nature.

—Harold Coffin

To remain young one must change.

—Alexander Chase

One Lifetime is not enough.

—Maurice Northmore

In the United States, people egregiously under-save for retirement—even when they make enough money to not spend their whole paycheck on expenses, and even when they work for a company that will kick in additional funds to retirement plans when they contribute.

—Ben Yagoda

## **THE LITTLE BOY AND THE OLD MAN**

Said the little boy, 'Sometimes I drop my spoon.'

Said the old man, 'I do that too.'

The little boy whispered, 'I wet my pants.'

'I do that too,' laughed the little old man.

Said the little boy, 'I often cry.'

The old man nodded, 'So do I.'

'But worst of all,' said the boy, 'it seems

Grown-ups don't pay attention to me.'

And he felt the warmth of a wrinkled old hand.

'I know what you mean,' said the little old man.

—Shel Silverstein

60 might be the new 40 but 9:00 is the new midnight.

—*theheartysoul.com*

When a man fell into his anecdote it was a sign for him to retire from the world.  
—Benjamin Disraeli

What Youth deemed crystal,  
Age finds out was dew.

—Robert Browning

### **WHEN YOU ARE OLD**

When you are old and grey and full of sleep  
And nodding by the fire, take down this book,  
And slowly read, and dream of the soft look  
Your eyes had once, and of their shadows deep;

How many loved your moments of glad grace,  
And loved your beauty with love false or true;  
But one man loved the pilgrim soul in you,  
And loved the sorrows of your changing face.

And bending down beside the glowing bars,  
Murmur, a little sadly, how love fled  
And paced upon the mountains overhead,  
And hid his face amid a crowd of stars.

—W. B. Yeats

These wrinkles are nothing  
These gray hairs are nothing,  
This stomach which sags  
with old food, these bruised  
and swollen ankles,  
my darkening brain,  
they are nothing.  
I am the same boy  
my mother used to kiss.

—Mark Strand

There's no retirement for an artist; it's your way of living so there's no end to it.  
—Bono

If I die today at age 77, they're not going to say, 'Oh no, what happened?' It's OK to die. Now I don't mean it's OK for anybody I love to die—not at all, God forbid—but for me, yeah, I can check out. I've lived a long time. I don't need to keep trying to prolong my life—I might as well enjoy my life. When I think of dying, I think, Hey, there will still be people who are smiling in the spring sunshine, there will still be people who are dancing and falling in love and discovering new things. So I'm fine with that.

—Barbara Ehrenreich

My body is older now, and not as good as it used to be, but my spirit is young and free. Age is nothing but a number as long as I need let go of the child living inside of me.

—Internet Meme

Getting older is just one body part after another saying, 'Ha, Ha. You think that's bad? Watch this.'

—Internet Meme

No matter how old you are now. You are never too...old for success or going after what you want. Here's a short list of people who accomplished great things at different ages:

....

Charles Darwin was 50 years old when his book *On the Origin of Species* came out.

Leonardo Da Vinci was 51 years old when he painted the *Mona Lisa*.

Abraham Lincoln was 52 when he became president.

Ray Kroc Was 53 when he bought the McDonalds Franchise and took it to unprecedented levels.

Dr. Seuss was 54 when he wrote 'The Cat in the Hat'.

Chesley 'Sully' Sullenberger III was 57 years old when he successfully ditched US Airways Flight 1549 in the Hudson River in 2009. All of the 155 passengers aboard the aircraft survived

Colonel Harland Sanders was 61 when he started the KFC Franchise

J.R.R Tolkien was 62 when the *Lord of the Rings* books came out

Ronald Reagan was 69 when he became President of the US

Jack Lalane at age 70 handcuffed, shackled, towed 70 rowboats

Nelson Mandela was 76 when he became President

—Pablo

We will have to work hard to rest.

—Kevin DeYoung

Grandparents never die, they become invisible and they sleep forever deep in our heart. And even today, we miss them and we would give anything to hear their stories, to feel their caresses and look at those eyes full of infinite tenderness.

While grandparents have the joy to see us being born and growing, as a fact of life, we must witness how they age and say goodbye to this world. The death of a grandparent is usually the first farewell that we will have to face in our childhood.

—*worthytosee.com*

A recent study published in the *Psychological Bulletin* found that self-esteem ‘peaked at age 60 and remained constant until age 70’ among the nearly 165,000 people for whom data was available. For most, self-esteem declined only slightly into the 90s.

—*AARP Bulletin* (2018)

Life expectancy in the United States is falling significantly behind other developed nations, as a rise in deaths due to drugs, alcoholism and suicide is offsetting the longer life spans of healthy seniors, according to two studies published this summer in the medical journal *BMJ*.

The U.S. ranked last in life expectancy among developed nations through 2015, and is the only one of 18 countries with an average life span that is less than 80 years. Japan ranked first with a life expectancy of 84 years. Several European nations along with Canada and Australia topped the American life expectancy, 78.9 years. A related study found that a rapid rise in drug-related early deaths was part of the reason—but only part. ‘There are increasing death rates from stress-related conditions,’ said lead author Steven H. Woolf, M.D., of Virginia Commonwealth University. For example, we’re seeing an increase in death rates from alcohol-related illnesses, increases in the suicide rate. We’re seeing a pervasive trend where mortality rates are climbing for Americans.’

—*AARP Bulletin* (2018)

Your group of friends are better than any drug or antiaging supplement.

—Dan Buettner

AARP’s own 2018 survey of workers 45 and older found that more than 90 percent view age discrimination as common. Nearly two-two-thirds report that they’ve seen or experienced it personally.

—*AARP The Magazine*

I am not knowledgeable about the internet. I do not have a computer. I guess that at 74 years of age, I don’t have the patience to learn.

—David Wilkerson

## **WHY TIME FLIES**

As you age, each unit of time comprises less of your life. For example, when you're 10, one year is 10 percent of your life. At age 50, one year makes up only 2 percent of your life. At 75, one year is 1.3 percent.

—Robin Reel

Never start a sentence with the phrase 'I remember.'...be as pleasant as possible. Life is an extraordinary gift but it has diminishing returns, so it's important to laugh.

It's not about you anymore. You don't matter. And that takes the pressure off of having to be successful or earn a lot of money. I ascribe to the London bus philosophy of life. Any minute, you may be just about to walk under a London bus. You're at the edge of your life at every moment. And as you get older, it becomes more imperative to appreciate that.

Fifty is a good time to start. I started a whole new act [at 50] by moving to America. Because America is the land of opportunity. You can change. You aren't stuck in your role. So don't waste any time. There's no time to lose. Get on and enjoy the last half of your life.

—Eric Idle

The Dutch people have always had a healthy approach to old age and death. I've always admired that....In the little villages, starting from the 1600s...they built residential retreats called Hoffyas, which were places to live for the elderly people clustered around an inner shared courtyard.

It was not a nursing home; it was right in the heart of the village where residents could just walk right out the exterior courtyard door to the main street of the village; could walk to the town square market, church, and cafes and see other friends. It was not isolated or institutional.

The tradition was that, at a certain age, the elderly handed over the family home to the next generation, let the younger couple live there, and moved to the Hoffya, but still were close by the family home and involved in regular village life.

And when they died, they were not alone. They were with friends and close to family. It's a nice model, fits the cycle of life.

—Susan Anderson-Khleif

There are moments of life that we never forget, which brighten and brighten as time steals away.

—James Gates Percival

When an elder dies, a library is burned: vast sums of wisdom and knowledge are lost. Throughout the world libraries are ablaze with scant attention.

—Elizabeth  
Kapu'uwailani  
Lindsey

I work all the time. Singers have to sing, especially at this age [74]....I've suddenly come to the conclusion that it's so simple: You don't retire from this business; this business retires from you. It gets to a point where you just won't be able to do it, and that's it.

—Roger Daltrey

### **I AM NOT OLD**

I am not old...she said  
I am rare.  
I am the standing ovation  
At the end of the play.  
I am the retrospective  
Of my life as art  
I am the hours  
Connected like dots  
Into good sense  
I am the fullness  
Of existing.  
You think I am waiting to die...  
But I am waiting to be found  
I am a treasure.  
I am a map.  
And these wrinkles are  
Imprints of my journey  
Ask me anything.

—Samantha Reynolds

What's done is done and what's gone is gone. One of life's most valuable lessons is learning how to let go and move on. Looking back at your good memories is fine but never let the past stop you from moving forward.

—*LifeLearnedFeelings.com*

Planting yourself in front of the television after you retire might be tempting after a hectic and challenging career, but research has shown that it isn't good for you. Since cognitive decline can be a natural part of the aging process, you want to do everything possible to prevent that by regularly doing mental (as well as physical) workouts.

Consider challenging yourself with brain teasers, memory games, arts and crafts, logic-puzzles and other mental 'workouts' like Sudoku, chess and trivia games. It is just as important to keep your brain in tiptop shape as your body!

In fact, researchers have discovered that engaging in such mental gymnastics can often avoid, postpone or mitigate mental diseases like Alzheimer's and other dementias. They have learned that seniors who have learned a new skill like quilting, knitting or even flying were much less likely to experience dementia than those who involved themselves in activities like reading.

—Jean Murphy

Like most people, I had two grandmothers!

One stayed active, socializing with friends and family; she traveled widely, volunteered for local organizations, attended cultural events and paid close attention to what was happening in the world. She lived to 88 and was quite happy in her life. Family members enjoyed conversing with her because she had interesting things to say and knowledge to impart.

My other grandmother was less prosperous. She moved from child's home to child's home, helping to care for grandchildren, because she had been widowed early. She was not a happy personality and ended up spending lots of time in her later years plopped in front of the television and honestly, people avoided her. She lived to 92 but they weren't happy years.

As I reflect on my own two 'grandmother' role models, I'll choose to follow path A when I eventually retire. You need to keep active and have a happy outlook on life if you want your family to spend time with you for any reason other than 'obligation.'

—Jean Murphy

The age at which most people say old age starts has risen from 68 in 2009 to 74. A more active lifestyle by many older Americans has contributed to the shift.

—*Harris Poll* (2018)

For what it's worth, it's never too late to be whoever you want to be. I hope you live a life you're proud of, and if you find that you're not, I hope you have the strength to start over.

—F. Scott Fitzgerald

The only trouble with retirement is you never get a day off!

—Internet Meme

Just like how badly you need your parents in childhood your parents need you when they grown old.

—*Tips4Home.com*

Don't worry about old age; it doesn't last that long.

—Internet Meme

I wonder what the retirement age is in the novel business.  
The day you die.

—Yasunari Kawabata

Writing keeps you sharp with age. Writing is a thinking exercise, and like physical exercise, it can help keep you 'in shape' as you age....Just like how friendships help keep you happy and healthy through their ties to social interaction and dialogue, writing seems like the private equivalent—it keeps you thinking regularly and helps keeps the mental rust from forming.

—Gregory Ciotti

Those who succeed in an outstanding way seldom do so before the age of 40. More often, they do not strike their real pace until they are well beyond the age of 50.

—Napoleon Hill

A new study has identified three life stages when adults in America are most vulnerable to bouts of loneliness: our late 20s, mid-50s and late 80s. The effects can be severe, say researchers at the University of California San Diego School of Medicine. 'Loneliness seems to be associated with everything bad,' said Ellen Lee, one of the study's authors, in a statement. 'It's linked to poor mental health, substance abuse, cognitive impairment, and...malnutrition, hypertension and disrupted sleep.'

—*AARP Bulletin* (2019)

Sleep as late as you like. After getting up at 7 a.m. for 45 years, that may no longer be possible. Take as long as you want to remain in bed and brood. Suggested brooding topic: Will you make the most of the years you have left, or will you blow it?

—Joyce Wadler

That's the whole point in life, to get older. So the idea of not celebrating it doesn't make sense.

—Linda Cardellini

Age is a state of mind.

—Ken Norton

Anyone who has the opportunity to care for a parent will never regret doing so. It's your best opportunity to say thank you.

—Robert Forster

Here is a lesson that can be learned only when one reaches the distant borders of life: Like the ocean, love has its high and low tides, controlled by some mysterious force. There is nothing like the ecstasy of the high tides of devotion,. But one must also contend with the low tides, when doubts arise. The truest love requires the patience to wade through those low tides, knowing the high tides will come again. The irony of the endgame is that the high tide is at its highest, and there is no low tide. Today my total recall feels like a curse, but I am hopeful that someday, like the tides, that feeling will recede and I will still have our memories. My most fervent wish is that at some point before my sweetheart's demise, the dark cloud will lift, her eyes will brighten and, for even one brief moment, she will smile at me and squeeze my hand in recognition.

—Warren Adler

We are not now that strength which in old days  
Moved earth and heaven, that which we are, we are;  
One equal temper of heroic hearts,  
Made weak by time and fate, but strong in will  
To strive, to seek, to find, and not to yield.

—Alfred, Lord Tennyson

What though the radiance which was once so bright  
Be now for ever taken from my sight,  
Though nothing can bring back the hour  
Of splendour in the grass, of glory in the flower;  
We will grieve not, rather find  
Strength in what remains behind.

—William Wordsworth

The aged prospers in wisdom and the young in possibility.

—Jason Versey

Youth is the most difficult time of life. For example, suicide rarely occurs amongst old people.

—Hermann Hesse

Maintaining contact with family members and long-time friends (who often feel like family!), as well as making new friends, is vital as we age.

Isolation is bad for people. In fact, it can be downright debilitating.

According to an AARP study from 2012 called A Framework for Isolation in Adults Over 50, prolonged isolation can be as bad for your health as smoking 15 cigarettes a day. In fact, people who were isolated were found to have higher rates of chronic health conditions like heart disease and even a weakened immune system. They are also more likely to suffer from depression and anxiety, to use emergency services and be admitted to nursing facilities.

Their research also showed that social engagement helps keep one's brain healthy. Therefore, the converse is also true. A lack of social engagement can lead to a higher risk of developing various forms of dementia, including Alzheimer's disease.

—Jean Murphy

Maybe you are too old a dog to learn new tricks? Maybe you have missed the bus? That's hoey. Thomas Hardy (a finer poet than he was a novelist in my view) did not start publishing verse till he was nearly sixty.

—Stephen Fry

Most teenage girls don't give old people the time of day which is sad because all old people do all the time is think about how nice it was to be a teenager so long ago.

—Aimee Bender

With age, gone are the forevers of youth. Gone is the willingness to procrastinate, delay, to play the waiting game. Now each day is a treasure beyond compare . . . because there are so few such diadems left.

—Joe L. Wheeler

People forget that old women were young once, but you'd think we old women forget? In my heart, I'm still thirty.

—Megan Chance

The secret to youth is to fill your mind with beauty!

—Linda Ballou

As I give thought to the matter, I find four causes for the apparent misery of old age; first it withdraws us from active accomplishments; second, it renders the body less powerful; third, it deprives us of almost all forms of enjoyment; fourth, it stands not far from death.

—Marcus Tullius Cicero

You always end up back where you started: hungry for the one thing everybody loses—young loving.

—Toni Morrison

Strange to be almost fifty, no? I feel like I just understood how to be young. Yes! It's like the last day in a foreign country. You finally figure out where to get coffee, and drinks, and a good steak. And then you have to leave. And you won't ever be back.

—Andrew Sean Greer

We often don't realize the passing of years until we see them in a child.

—Chris Burkmenn

A person in her twenties has been a child for most of her life, but as time goes by that portion that is childhood becomes smaller and smaller, more and more distant, more and more faded, though they say at the end of life the beginning returns with renewed vividness, as though you had sailed all the way around the world and were going back into the darkness from which you came.

—Rebecca Solnit

She couldn't see the homemade colored sprinkles, the tender yellow cake, or the pale pink frosting made with strawberry syrup enhanced with a little rosewater. Although our local strawberries weren't in season yet, I had conjured the aroma and taste of juicy berries warmed by the sun. I hoped this flavor would help the two old people return once more to their youth and the carefree feeling of a summer day.

—Judith Fertig

Old and young are opposites that secretly identify with each other; for neither fits well into the mainstream of life.

—Michael Meade

Some details in life may look insignificant but appear to be vital leitmotifs in a person's life. They may have the value of Rosebuds of Citizen Kane or Madeleine cookies of Marcel Proust or Strawberry Fields of the Beatles. People regularly walk down the memory lane of their early youth. The paper boats of their childhood are recurrently floating on the waves of their mind and bring back the mood and the spirit of the early days. They enable us to retreat from the trivial, daily worries and can generate delightful bliss and true joy in a sometimes frantic and chaotic life.

—Erik PeVERNAGIE

It is too late! Ah, nothing is too late  
Till the tired heart shall cease to palpitate.  
Cato learned Greek at eighty; Sophocles  
Wrote his grand Oedipus, and Simonides  
Bore off the prize of verse from his compeers,  
When each had numbered more than fourscore years,  
And Theophrastus, at fourscore and ten,  
Had but begun his Characters of Men.  
Chaucer, at Woodstock with the nightingales,  
At sixty wrote the Canterbury Tales;  
Goethe at Weimar, toiling to the last,  
Completed Faust when eighty years were past,  
These are indeed exceptions; but they show  
How far the gulf-stream of our youth may flow  
Into the arctic regions of our lives.  
Where little else than life itself survives.

Henry Wadsworth  
Longfellow

The fountain of youth resides in our memory. You will never outlive your shadow.

—Lorin Morgan-Richards

We place such crazy importance on physical appearance in our image-obsessed culture, on youth and beauty to define our sense of self-worth, that aging, by default, becomes a kind of defect, something secret and corrosive and shameful.

—Ruth Ozeki

An old person knows what it's like to be young, but a young person doesn't know what it's like to be old. There's no substitute for life experience.

—Eleanor Brown

Those who improve with age embrace the power of personal growth and personal achievement and begin to replace youth with wisdom, innocence with understanding, and lack of purpose with self-actualization.

—Bo Bennett

Squandering time is a luxury of profligate youth, when the years are to us as dollars are to billionaires. Doing the same thing in middle age just makes you nervous, not with vague puritan guilt but the more urgent worry that you're running out of time, a deadline you can feel in your cells.

—Tim Kreider

Aging offers certain rewards that youth cannot. It represents the culmination of our efforts in building self-knowledge, families, friendships, careers, and the sense of self that comes from facing whatever adversity we may have encountered. Aging is to be honored. Youth certainly has its own set of rewards, but to dwell on them to the exclusion of those that come later in life causes a stagnation of the self. It keeps us from experiencing an appreciation of living an entire life, not just the beginning. When we're really old we will likely measure our lives by how well we loved, how well we were loved, and by what we created, whether that be family, work, art, or friendships. Even if we have chosen to have them, we will probably not measure our lives collagen injection by collagen injection.

—Joyce T. McFadden

The thing about the old is that we never change so much as the young. We slip in degrees, adding rings like trees—a new wrinkle here, a shade less color there, but the young transform like caterpillars into butterflies. They become whole new people as if overnight.

—Michael J. Sullivan

'Things aren't what they used to be' is the rallying cry of small minds. When men say things used to be better, they invariably mean they were better for them, because they were young, and had all their hopes intact. The world is bound to look a darker place as you slide into the grave.

—Joe Abercrombie

We pay when old for the excesses of youth.

—J. B. Priestley

Aging is not 'lost youth' but a new stage of opportunity and strength.

--Betty Friedan

Youth is the gift of nature, but age is a work of art.

--Garson Kanin

The complete life, the perfect pattern, includes old age as well as youth and maturity. The beauty of the morning and the radiance of noon are good, but it would be a very silly person who drew the curtains and turned on the light in order to shut out the tranquillity of the evening. Old age has its pleasures, which, though different, are not less than the pleasures of youth.

--W. Somerset Maugham

When I was young I was amazed at Plutarch's statement that the elder Cato began at the age of eighty to learn Greek. I am amazed no longer. Old age is ready to undertake tasks that youth shirked because they would take too long.

--W. Somerset Maugham

A comfortable old age is the reward of a well-spent youth. Instead of its bringing sad and melancholy prospects of decay, it would give us hopes of eternal youth in a better world.

--Lydia Maria Child

He who is of a calm and happy nature will hardly feel the pressure of age, but to him who is of an opposite disposition youth and age are equally a burden.

--Plato

Old age is a tyrant, who forbids, under pain of death, the pleasures of youth.

—Francois de la  
Rochefoucauld

Though I look old, yet I am strong and lusty; for in my youth I never did apply hot and rebellious liquors in my blood; and did not, with unbashful forehead, woo the means of weakness and debility: therefore my age is as a lusty winter, frosty but kindly.

--William Shakespeare

Childhood sometimes does pay a second visit to man; youth never.

--Anna Jameson

When I am 100 years old...

When I turn 100 years old I will be tired of everything & everyone. So I will tell everyone I'm going to Canada but actually go to the Bahamas. I'll live in a tiny hut with my tiny dog. I will order fish tacos when I'm hungry, & live my best life with no crap.

—Emma Knight

Life gets mighty precious when there's less of it to waste.

—Bonnie Raitt

Check in on family members every week or so. The most precious gift you can give to others is time, and it doesn't cost a thing.

—Jeanne Phillips

Sometimes you have to accept the fact that certain things will never go back to how they used to be. Life goes on.

—<https://www.facebook.com/selflovers.net/>

Pick up a musical instrument. Using MRIs, Gottfried Schlaug, associate professor of neurology at Harvard Medical School, found an ‘age-decelerating’ effect in the brains of people who consistently made music. Just listening to music may not be enough: ‘Actively engaging with music or music-making activities, such as singing, with others or alone, is where the real benefit comes from,’ Schlaug says.

—Christy Ullrich Barcus

As we age, our reflexes may not be as quick, our bodies not as flexible, and our vision and distance perception not as keen—all making driving more challenging. As long as you’re still a safe driver, though, you needn’t give up the car keys. But consider a few options: Drive less at night, in heavy traffic or in bad weather. Slow down a bit. Check your medications. If any warn, ‘Do not operate heavy machinery while taking this drug,’ know that a car is heavy machinery! And finally, take a driver safety course...which can help you hone your safety skills and be more aware of your limitations.

—Carol Levine

At what age is being naked not beautiful anymore? Is there a sell-by date on us?

—Cindy Crawford

Summer. The season when we old folks like to remind you young ’uns what you’ll look like in 50 years!

—[facebook.com/grumpyoldgits](https://facebook.com/grumpyoldgits)

People over forty can seldom be permanently convinced of anything. At eighteen our convictions are hills from which we look; at forty-five they are caves in which we hide.

—F. Scott Fitzgerald

Modernity and beauty simply don’t mix. Pragmatism and an industrial-sized busyness denigrate everything that can’t squeeze out of a calculator. And the first thing to die under such circumstances is a passion for beauty. For those trying desperately to jump over moving hurdles, pursuing beauty is just foolishness....We just don’t have the time for poetry; beauty isn’t useful, we say, until we’re in our eighties, when many finally reflect and realize that beauty was truly essential to a good life that has now slipped by.

--Douglas Jones

Daily she grew more oppressed by the suffocating sense of her body aging in time....and now she sat trapped for sixty years inside her decaying body, feeling her dead brain fold up like a gray, paralyzed bat in the dark cavern of her living skull.

—Sylvia Plath

### **WAS IT THE GIRL OR THE TIME?**

We once had youth, beauty, passion, joy.  
She was my world, my cherished love.  
Shapely, dainty, playful, fair—  
My barefoot flower child.  
Ours was the perfect world—  
worry-free for her and me.

A life gone by, she still appears,  
A vision now—yesteryear's amour.  
Her surreal visage charms me still.  
Do I hold dear the girl or just the dream?  
The time's long gone,  
And, sadly, so is she.

—Dan L. Miller

### **FOREVER SEVENTEEN**

Soft, cherub cheeks so eager for my touch.  
Your childlike play so sweet.  
With midnight eyes  
And flowing hair  
I'd often grasp to pull you close.

Our time was short, our passion free.  
My first love left an imprint on my heart  
I carry to this day.

So now at sixty-three—  
Alive or not.  
You are to me—  
Forever Seventeen.

—Dan L. Miller

## BROKEN GIANT

1925

A giant fortress crowns the hill,  
A bouldered, stone facade.  
The yawning doors sit  
High atop the broad, steep stair,  
As students amble up and in  
To dedicate the virgin beast.

1970

I scale the massive stair,  
Begin my walk of life.  
I worked; I taught.  
The Giant nurtured my success.  
My work bore challenge, passion, joy.  
Passion turned to romance,  
And romance bred a wife.

2025

Homecoming.  
The wrecking ball looms large.  
The Giant's massive stairway  
Offers me a challenge now.  
My classroom's changed,  
My hangouts hard to find.  
Flaking paint and warping floors.  
The Giant needs to rest.

My mood grows dark.  
The life, the joy, the spirit's died.  
The Giant now must sleep,  
And so, in fact, must I.

—Dan L. Miller

## **MORE BUTTS THAN BRAINS**

Sittin'.  
People sit.  
Just sit.  
Really?  
When life's so short?  
Sittin'  
Wastes one's precious time,  
Such vital bits of life.  
Life is not a waiting room.  
Your action breeds delight.  
Sit with  
A pole, a book, a phone.  
Catch a fish, communicate,  
Converse, consort.  
Revel in life while you can.

—Dan L. Miller

## **GRANDPA'S SLOW DEMISE**

In the dreary cellar my grandpa,  
Pale and frail, stares forlorn  
From a straight-back chair.  
In the tomb before the tomb.  
Clammy, cold, dank, dark cave.  
Coughing, wheezing, fading  
Toward a final sleep.  
Meeting his vacant gaze,  
I near his shrouded, speechless form,  
Harvesting sputum-filled pads—  
Bits of life purged trash bag by trash bag.  
It wasn't long and  
At the end,  
A part of me passed with him.

—Dan L. Miller

## MOURNFUL LONGING

Innocent child at play with friends.  
Nevermore.

Youthful athlete praised by all.  
Nevermore.

Beautiful woman and handsome guy.  
Nevermore.

Romance and passion.  
Nevermore.

Adoration and success.  
Nevermore.

'cause now—  
Timeworn, wizened, wrinkled, weak,

It's very much beyond my reach.

—Dan L. Miller

Google Home and Amazon's Alexa are digital assistants already installed millions of homes and designed for daily conversation: They answer queries and offer advice that, especially to children, may seem intelligent, even wise. And they can become a solution to the abiding loneliness of the elderly, many of whom interact with these devices as friends.

—Henry A. Kissinger,  
Eric Schmidt, and  
Daniel  
Huttenlocher

My kids laugh because they think I'm crazy. I laugh because they don't know it's hereditary.

—Internet Meme