

# Ode to age

My next-door neighbour's name is Marion and she's in her mid-90s. Very often, we talk about what it's like to grow old. I'm in my late 60s. This song sprang out of our conversations. And I'll leave it to you to work out which words of wisdom are hers and which are mine.

## Verse 1

*Woke up this morning, feeling sore and stiff.  
Hallelujah  
Who could believe it'd come to this?  
Hallelujah,  
My mind's pretty good, but my body ain't flash.  
Hallelujah,  
Hope it don't mean I've done my dash  
Hallelujah*

## Chorus

*So, Raise a toast to growing old,  
Hallelujah,  
Wrecks the body but not the soul,  
Hallelujah,  
My body is stuffed, but my heart is free.  
Hallelujah  
Old Age can't kill what's really me  
Hallelujah,*

### **Or, alternate second line of the chorus:**

*Some say **OLD** age is no way to live,  
**Don't** let 'em fool ya!  
Better than the alternative!  
Hallelujah!*

## Verse 2

*Can that face in the mirror be me?  
Hallelujah.  
I can't believe in what I see.  
Hallelujah,  
I just feel like I'm 33  
Hallelujah,  
That's an old lady lookin back at me  
Hallelujah,*

### **Verse 3**

*My teeth fell out, and my hair went grey,  
Hallelujah.  
To make me who I am today,  
Hallelujah.  
There's no getting out of this life alive  
Hallelujah,  
So Kick up your heels and plan to thrive  
Hallelujah,*

### **Chorus**

### **Verse 4**

*Old age old ain't for the faint of heart.  
Hallelujah,  
Live with courage and then depart.  
Hallelujah,  
The task (or [Meet the challenge](#) ) is to grow old gracefully.  
Hallelujah.  
Believe me that takes bravery!  
Hallelujah,*

### **Verse 5**

*So have fun each and every day  
Hallelujah,  
Make the most **of** what comes your way  
Hallelujah,  
There's no getting out of this life alive  
Hallelujah,  
So kick up your heels and plan to thrive  
Hallelujah,*

