

AGING GRACEFULLY IN THE TWENTY-FIRST CENTURY

By: Constance Adams

Look in the mirror, what do you see? A person as young as you want to be... Aging is a matter of the mind. Be active mentally and physically. You do this and you don't have time to worry about getting old.

There are numerous organizations that you can join. Activities galore such as, Trips to Wendover, canyon trips to view the beautiful foliage in the fall. A bus trip around the Christmas holidays to see the beautiful light decorations in Utah County.

Trips may not be of interest to you. Take a writing course, or computer class, maybe you are interested in arts and crafts. Maybe you would like to help make a quilt. What about line dancing, or trying your hand at golf.

If none of the things previously mentioned entice you. Then join with a group of ladies to play cards, join a bowling league or a book club.

And above all never forget your family, as they should come first, enjoy them while you can. Have a game night, a potluck dinner, an outing to the movie, get together for birthdays. As your family grows in size so do the numerous things that you can do with them.

Don't ignore your friends, spend one on one time with them, personal time keeps us aware of what is happening in their lives and sometimes we need a shoulder to lean on, or a sympathetic ear to hear what ails you.

Now, don't let us forget one of the utmost adventures, now we have time to travel. My son, daughter, and I are in a contest to see which will be the first to see all fifty states. My children are well ahead of me, however I have done my level best to give them a run for their money, I covered the West coast, which took several years, however the East coast was another story. I went to visit my daughter in New Jersey and the tour began. We seen all the surrounding states, then I helped her move to Texas and we toured the states all down the coast to Texas... The upper East coast I missed at this time was covered in another trip a few years later to see my granddaughter married.

A cruise to the Bahamas was delightful when six women decided to venture out on their own, at this time we received a bonus, a trip to Orlando, to the Epcot Center at a price we couldn't resist.

My son has set up a goal for me, which I am striving to fulfill. That is to live long enough to see my great grandson married and have children. He is six years old and I just had a great time enjoying his company, while he was in town staying with his grandma and grandpa. We had swimming dates, and game time, and a picnic with playground adventures.

To age gracefully keep mentally and physically active.