

## **Aging Gracefully in the Twenty First Century**

By: David Walker

I think that aging gracefully in the 21 century can be much more enjoyable and more fun than it was, let's say twenty years ago. There are more effective medicines and more advanced medical techniques than there were at that time. We live longer and through modern technology, live in greater comfort with more accessories and more conveniences to make our lives easier than twenty years ago.

The hardest thing for me to admit was that I was old enough to be a senior. I believe that we have to accept the fact that we are aging and there is not one darn thing we can do about it. So I say let's get on with our lives and enjoy them and not think about how many years we have before we depart this earth.

This century will greatly impact our lives through population growth. And advanced technology in almost every field that you can imagine. I think that the hardest thing for us as seniors is to learn, and keep up with this fast pace and developing technology of this century. There seems to be a greater awareness for seniors in this century or in the last few years than there has been. For one reason is there are a lot more of us now than there were twenty to thirty years ago. There are a lot of new facilities for seniors with multiple activities for us to participate in.

I myself think that growing old gracefully would be exceedingly boring. I like being active and doing things that I never had time to do before. I am currently taking voice lessons, something I always wanted to do. I am in a drama class being a clown, not that I am not one anyway but this way I can really dress up and actually look and act like a clown. I work two to three days at a state operated shooting range as a range safety officer. I enjoy shooting and being able to meet the people that come out there to shoot. I have met people from basically all walks of life and from a lot of different countries. I am also currently involved with the Boy Scouts, being on the district advancement committee and helping in several activities during the year. I enjoy being able to still have contact with the youth. I am also involved in learning to line dance and have really enjoyed that as I used to square dance in years gone by and it is comforting to that my feet still seem to work fairly well. I also sing in a Choir, go to Operas, and to the Theatre. I like to travel. My idea of graceful is a Ballet Dancer, an Olympic Ice Skater or a ballroom Dance Competition. So you see I do not know about gracefully, but I do want to grow old with dignity, being myself, kind of full of mischief, always kidding around and joking. I can also be very serious if I need to be. I do not want old age creeping up on me. He will have to walk real fast or run to catch me. I intend to make it as difficult as possible for him to find me. Aging can be fun and graceful or not. So, welcome to the twenty first century.