

Eight-O by Betty Harris

Now you have reached

The tender age

Of 79+1

Don't look to the past

With any regrets

For there will be

Lots more fun

You are only beginning

Your second childhood days

So look to yourself

And make sure you are fit

In so very, many ways

Which is why I've made

These stress balls

To keep your fingers supple

Use them daily,

I'm sure you will find

They're a very useful couple

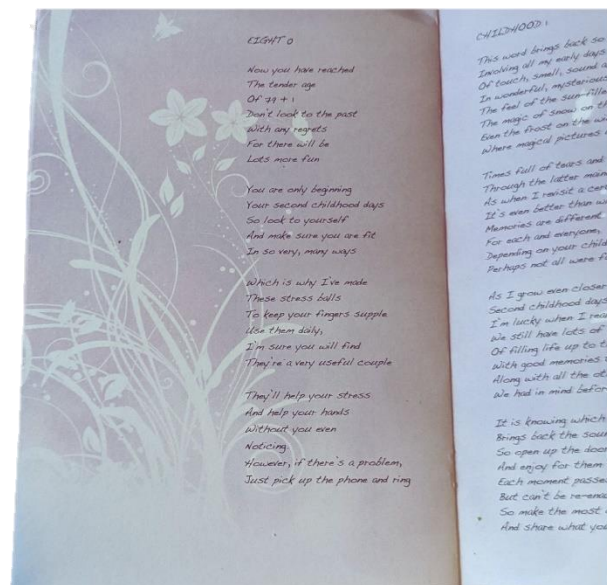
They'll help your stress

And help your hands

Without you even noticing

However, if there's a problem,

Just pick up the phone and ring



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