

FURTHER DOWN THE TRACK.

When I first told you about the Keen – Agers I was a newcomer inside the door,
But now I'm a fully blown regular, I've learned a hell of a lot more.
This is simply not just Table Tennis; this is about life itself,
These people refuse to sit at home, and wither on the shelf.
They come here for enjoyment, and that's exactly what they get,
As well as all the exercise, amidst the laughter and the sweat.
These very active Seniors, they never know when to stop,
Their bodies simply refuse to give in, until they've given out the lot.
It's amazing to see the energy, these older people expend,
Be it hot or be it cold, you never see their efforts bend.
Seeing is believing, and that is what it takes,
For fit and healthy people, is the end result it makes.
Health and happiness must unite, to give us the life we seek,
That also requires an effort, to bring us up to our peak.
There's no need to be a fitness freak, it's purely a case of enjoy,
And that comes down to the effort, we all are willing to employ.
If you happen to be a septic and find this hard to believe,
Then go down to your Keen – Agers Club, and observe what you perceive.

Coburg Table Tennis Club. Tel ; 9350-4723

Victorian Keen – Agers. www.keenagers.org.au