

## JUST THE WAY IT IS.

On my very first visit to the Keen –Agers, wondering how I would go,  
Not having held a bat for years,I thought that maybe it would show.  
So Brucie with his genial smile, said why don't you go have a hit,  
He teamed me up with Brian and Bert, to see if my effort would fit .  
But even though I was nervous' and maybe shaking as well,  
I decided to take up his offer, and tried hoping no one could tell.  
I did not do too badly, as the boys put their talents aside,  
For to give a newcomer a hiding, they thought would damage his pride  
It's probably a couple of years now, since that very auspicious day,  
But I have never ever regretted it, for the enjoyment it brought my way.  
I now look forward to every day, that I'm on my way for a game,  
For It's given my life new meaning, for before it was becoming quite tame.  
I've watched many people roll up since, and I hope they get the same thrill,  
For when I look at their happy faces, I can recall their joy at will  
As I see their skills improve each day, keeping them all on the move.  
And their smiling faces tell it all, they have simply gone into the groove.  
For us oldies it's a matter of fitness and fun, with enjoyment being the plan,  
You will always go home with a smile on your face, be you a woman or a man .  
When you take a look around the place, and hear the various sounds,  
You realize what life is all about, where health and happiness abounds.

Kevin F. Mc Cuskey ( 23 – 7 – 2009 )