

The Follow Up ( The Keen – Agers Social Club )

It's now a couple of months down the track, since going through the door,

And I've really had a wonderful time, and looking forward to more.

The people are all so friendly, the table tennis standard quite high,

When you see the age of the players, you may perhaps wonder why.

To me the key is enthusiasm, to get fit and have a good time,

There's also a lot of stirring, but you won't hear a single whine.

We have all been around quite long enough, to know what matters in life,

So if you have a happy mind, you won't end up in strife.

I think the young could learn from us, just how the game is played,

Age is really not a barrier, it's the outcome that is displayed,

Just let me say this candidly, twice a week I'm having a ball,

And if I asked this question around the room, I'd get agreement from you all.

Who cares if you win or lose a game, or have to run a mile

Simply carry on the way you are, and go out the door with a smile.

P.S. Congratulations to you all, you're doing a fantastic job

Your Resident Poet ( Kevin.)