



The New Year



*As the old year fades away,
Another comes fresh and new;
We wonder what it will hold,
But it really is up to you.*



*You can be active all your life,
Don't let your body rot,
You'll be surprised and happy,
If you use the strength you've got.*



*Do you welcome it with open arms,
Full of exciting vim and vigour;
You're the one at the helm,
Being ready to pull the trigger.*



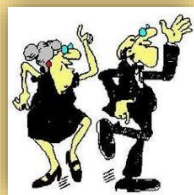
*In later years use a cane,
To dance with it makes sense;
It is there to give you support,
And you'll gain confidence.*



*Or do you sit down and moan,
To shiver in the winter cold;
Stop feeling sorry for yourself,
Just get up and dance - be bold.*

**"Feeling sorry for yourself, and your present condition, is not only a waste of energy but the worst habit you could possibly have."
Dale Carnegie**

*Go and make your resolutions now,
This will make your moments sweet;
Making sure this will be the year,
That will keep you on your feet.*



By Eila Webster