



A Salute to Senior Citizens and Their Associations

You will find them at monthly meetings in cheerful coloured dress
Armed with canes and creaking but with happy smiles never the less
These are men and women who stood tall in their youth of yesterday
Rolled up sleeves and left everlasting proud footprints on the way

Many seasons later, memories of their time remains so sweet
When they too were running and laughing on life's crowded streets.

A rich legacy of life was passed to them by those who came before
Those I speak of listened, watched, questioned but never did ignore

Now they're the keepers of life's values for all who follow to learn
Of discipline, love of country and other tenets we must not spurn

Respect, responsibility, to share with each other and care for all
One people, one nation and seek tomorrow together is their call

A fervent wish is their final gift offered to you at this stage of life
"Peace and happiness for all who follow and never terrible strife

A nation going forward with bright vision for far and beyond
Where children will still believe in fairy tales and magic wands

The wisdom to learn from the past on what was wrong or right
The courage to make dreams reality and not just flying kites"

So when you have the pleasure of meeting such women and men
Remember the deeds of their time now recorded with paper and pen

Know well that cruel fate has been no stranger in their day
Yet they kept going forward with strong purpose to this very day

Still laughing and smiling in the winter of their time
Honour them now; they are precious living history, yours and mine

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