**Aging Gracefully - Ponderings**

**You shall rise before the gray headed  
and honor the presence of an old man.   
*(Leviticus 19:32)***

**Old age is like a plane flying through a storm. Once you are aboard, there is nothing you can do. *(Golda Meir)*  
The advantage age has over youth is that youth knows nothing about being old, whereas the old know all about being young. *(Bits & Pieces)*  
It’s irritating! The most aggravating thing about the younger generation is that I no longer belong to it. (*Albert Einstein)*  
The thing about getting old is the number of things you think that you can’t say aloud because it would be too shocking. *(Doris Lessing)*  
It’s an odd and rather nice thing about aging: the closer we approach a particular age the younger it seems to become. *(Anonymous)*  
As we grow old, the beauty steals inward. *(Ralph Waldo Emerson)*  
  
Aging doesn’t begin at 40, 50, or 60 years old. It begins the day you are born. (*Nicole Ericson, in Let’s Live magazine)*  
The older I get, the better I used to be. *(Bumper sticker)*  
It’s also a fact that the older we get, the more slowly we breathe.  
*(L. M. Boyd)*  
Age doesn’t always bring wisdom. Sometimes age comes alone.  
*(Rocky Mountain News)*  
As you get older, you start to acquire more character. You seem to care less about how you appear. So you just sort of let go of stuff. You can be a leading man and a character actor at the same time, in a way. *(Dennis Quaid, actor)*  
Age is not important unless you’re a cheese. *(Helen Hayes)*   
  
If you carry your childhood with you, you never become older. *(Abraham Sutzkever)*  
It is a mistake to regard age as a downhill grade toward dissolution. The reverse is true. As one grows older, one climbs with surprising strides.  
*(George Sand)*  
Count your life by smiles, not tears. Count your age by friends, not years. *(Bits & Pieces)***

**Those who love deeply never grow old; they may die of old age, but they die young. *(Sir Arthur Wing Pinero, English dramatist)***

**Every man desires to live long; yet no man desires to be old. *(Jonathan Swift)*  
The longer you both stay alive, the less any difference in your ages will matter. *(Ashleigh Brilliant, in Pot-Shots)*  
Years ago I thought old age would be dreadful, because I should not be able to do things I would want to do. Now I find there is nothing I want to do after all. *(British politician Nancy Astor)*  
In a dream you are never 80. *(Anne Sexton, American poet)*  
Only from the entirely old can the entirely new be born. *(Bela Bartok, composer)***

**Who says you can’t look as young as you feel. *(Christie Brinkley)*  
  
Feeling young gets to be such a habit that it’s hard to part with. *(Bits & Pieces)***

**It is wise to move with the flow of life into a creative experience beyond a career of work, but the important thing is, don’t think of retirement with its connotations of giving up or going backward. Think advancement, the joyous step forward to a new and equally creative period of life. Beginning with a positive advancement plan, one may engage in a continuing preparation for an eventual transition into new activity of creative and useful experience. *(Eric Butterworth, in Celebrate Yourself)*  
In aging, one becomes more foolish and more wise. *(Francois de La Rochefoucauld)*Most people say that as you get old, you have to give up things. I think you get old because you give up things. *(Senator Theodore Francis Green)*  
Regardless of my age, God always seems to think I’m too young, and keeps making me older. *(Ashleigh Brilliant, in Pot-Shots)*  
Anyone who thinks old age is golden must not have had a very exciting youth. *(Marguerite Whitely May, in The Wall Street Journal)*  
  
Age gracefully? I think not. Age ferociously instead. Seize everything valuable within reach. Extend. Question. Give. The face will follow. All the cosmetic surgeons in the world could never produce such a face*.   
(Roger Rosenblatt, in Modern Maturity)*  
My grandmother once told me that she wants to die young at a very old age. *(Nicole Ericson, in Let’s Live magazine)*  
  
I am profoundly grateful to old age, which has increased my eagerness for conversation and taken away that for food and drink. *(Cicero)***

**The great thing about getting older is that you don’t lose all the other ages you’ve been. *(Madeleine L’Engle)*  
 Most of us hope that when we find the greener pastures, we’ll still be able to climb the fence. *(Catholic Digest)***

**It you think you’re too old for growing pains -- try spading a garden.  
*(Selected Cryptograms)*Growing old is no more than a bad habit which a busy person has no time to form. *(Andre Maurois)*  
  
The whiter my hair becomes, the more ready people are to believe what I say. *(Philosopher Bernard Baruch)*  
It’s hard to believe how old I am -- but harder to believe how old I may become. *(Ashleigh Brilliant, in Pot-Shots)***

**You can’t help getting older, but you don’t have to get old. *(George Burns)*  
  
I just got old and couldn’t help it. *(Jean Louise Calment, age 117, listed by the Guinness Book of World Records as the world’s oldest person.)*  
Nobody knows the age of the human race, but all agree that it is old enough to know better. *(Quoted in Guide Word)*Don’t go fishing when you retire. Go hunting. Hunt for the chance to do what you’ve always wanted to do. Then do it! *(United Technologies Corporation, advertising message)*  
  
It wasn’t until quite late in life that I discovered how easy it is to say “I don’t know.” *(W. Somerset Maugham, English writer)*We are only young once, but we can continue to be immature indefinitely. *(Bits & Pieces)***

**When we see an older person do something really incredible, we realize it’s because of their age, not despite it. *(Dr. Gene Cohen)*Inside every older person there’s a younger person wondering what happened? *(Bits & Pieces)***

**Inside every older person is a younger person – wondering what the hell happened. *(Cora Harvey Armstrong)*  
I grow more intense as I age. *(Florida Scott-Maxwell)***

**The hop, ship, and jump, the buoyancy and joy of youth, should be cultivated and continued more enthusiastically as the years advance. The idea that man grows feeble with years is a foolish fallacy. The longer one lives the better one should know how to live. *(Charles & Myrtle Fillmore)*You can judge your age by the amount of pain you feel when you come in contact with a new idea. *(Sydney J. Harris)***

**I am not young enough to know everything. *(Oscar Wilde)*  
How old would you be, if you didn’t know how old you was? *(Satchel Paige)***

**It is never too late to be what you might have been. *(George Eliot)*  
How come the older we get the later old age starts? *(Approved Crossword Puzzles)*   
  
If you don’t learn to laugh at trouble, you won’t have anything to laugh at when you grow old. *(Edgar Howe)*  
Those who love deeply never grow old; they may die of old age, but they die young. *(Arthur Wing Pinero, dramatist)***

**May you live as long as you want to. May you want to as long as you live. *(Celtic toast)***

**No matter how old some people get, they never seem to lose their attractiveness. They merely move it from their faces to their hearts.   
*(Bits & Pieces)*  
  
My Favorite Saying: “The sweetest music comes from an old violin.” *(Charles Ragland, in Reminisce magazine)*  
To me old age is always fifteen years older than I am. *(Bernard Baruch)*  
When I was twenty-one, I expected to be dead by the time I was thirty; I thought poets were supposed to die young. I wonder if I was older at twenty-one than I am now. *(James Dillet Freeman)*  
If you believe the population is getting older, you’ve never been to a shopping mall on a weekend. *(Doug Larson, United Feature Syndicate)*  
It’s only natural that a person becomes quieter as he grows older -- he has more to keep quiet about! *(Farmers’ Almanac, 1988)***

**A man is not old until regrets take the place of dreams. *(John Barrymore, actor)*  
You’re getting up in years if you can remember when a “redemption center” was a house of worship*. (Reminisce Extra magazine)*  
Happy, productive older people don’t necessarily refuse to retire from their jobs.  But they do refuse to retire from life. *(Bits & Pieces)*  
It’s fun to be ninety-one because you’re elevated to sainthood, though you’re still ornery as ever. Everyone rushes to seat you and you’re served first. Honorary membership is easier than active membership. And wrinkles are okay. *(Faye Field)*The most important thing to save for old age is yourself. *(Clifton Burke)***

**I’ve always believed in the adage that the secret of eternal youth is arrested development. *(Alice Roosevelt Longworth)***

**Anyone who keeps the ability to see beauty never grows old. *(Franz Kafka)***

**I fairly sizzle with zeal and enthusiasm and spring forth with a mighty faith to do the things that ought to be done by me. *(Charles Fillmore, in his 94th year)*Youth is not a time of life, it is a state of mind. People grow old only by deserting their ideals and by outgrowing the consciousness of youth.  Years wrinkle the skin, but to give up enthusiasm wrinkles the soul.  You are as old as your doubts, your fears and your despair. The way to keep young is to keep your faith young, your self-confidence young, and your hope young. *(Dr. L. F. Phelan)*  
The Truth is, we do not growold; when we stop growing, we are old.  
*(Eric Butterworth, in Spiritual Economics, p. 141)***

**There is an old Italian saying, “At the table one never grows old.” Isn’t that reason enough to come home at the end of the day, roll up one’s sleeves, fire up the stove and start smashing up the garlic? *(Judith Jones, in The Tenth Muse: My Life in Food)***

**It takes a long time to become young. *(Pablo Picasso)*We are growing old together, and as we go down through the years we are sharing everything in sight--the laughter and the tears. Now as we sit across the breakfast table, our two hands intertwined, will you lean a little closer, dear, and tell me which pills are mine? *(Evelyn H. Ziehler, in The Saturday Evening Post)*  
The trick is growing up without growing old. *(Casey Stengel)*  
If you don’t learn to laugh at trouble, you won’t have anything to laugh at when you grow old. *(Edgar Howe)*  
I don’t want to be younger, I just want to look it. *(Christie Brinkley)*Aging seems to be the only available way to live a long life. *(Daniel Francois Esprit Auber)***

**More than half our nation’s wealth, it’s reported, belongs to people over age 54. *(L. M. Boyd)***

**Hmm. Monday already. The weekend went by so fast. Gulp! You know you’re getting old when you check the day of the week by looking at your pill dispenser! *(Lynn Johnston, in For Better or For Worse comic strip)***

**Why aren’t I consoled by knowing that everything is getting older just as fast as I am? *(Ashleigh Brilliant, in Pot-Shots)***

**Old age occurs the moment you realize there isn’t something wonderful about to happen just around the corner. In some people this occurs very soon; in others, not at all. *(D. E. Short, in Reader’s Digest)***

**You are as young as your faith, as old as your doubt; as young as your self-confidence, as old as your fear; as young as your hope, as old as your despair. *(General Douglas MacArthur)***

**Youth is so sure the rules have changed. Age is sure they haven’t. Youth feels it knows how far it can go. Age is deeply aware of the danger. Youth feels it can always apply the brakes in time to save itself. Age knows it isn’t always so. *(Richard L. Evans)***

**Youth is not a time of life – it is a state of mind. It is not a matter of healthy cheeks and supple knees: it is a temper of the will, a quality of the imagination, a vigor of the emotions. It is a freshness of the deep springs of life. Youth means a temperamental predominance of courage over timidity, of the appetite for adventure over the love of ease. This often exists in a person of fifty more than in a person of twenty. Nobody grows old by merely living a number of years; we grow old only by deserting our ideals. (*Celestial Seasonings Tea box inscription)*  
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