

Lunch Bunch News

We reopen on Thursday 23rd August

The Lunch Bunch is open
every Thursday
from
11.30am until 1.30pm
in
Polmont Old Parish Church Hall
Main Street, Polmont

Why not join us for
a bowl of lentil soup
a cheese toastie
or
a tuna roll



Follow up with
a piece of Victoria sponge
a meringue
or
an empire biscuit



Meet up with friends and have a chat.

If you are a regular at the lunch bunch,
thank you for your support

If you have not already visited us on
Thursdays, come along and join us

Jim Wilson
Tel: 714181

I'm fine, thank you!

There is nothing the matter with me,
I'm as healthy as I can be
I have arthritis in both my knees
And when I talk, I talk with a wheeze

My pulse is weak, and my blood is thin
But I'm awfully well for the shape I'm in.
Arch supports I have for my feet
Or I wouldn't be able to be on the street.

Sleep is denied me night after night,
But every morning I find I'm all right.
My memory is failing, my head's in a spin
But I'm awfully well for the shape I'm in.

The moral is this, as my tale I unfold,
That for you and me who are growing old,
It's better to say "I'm fine" with a grin
Than to let folks know the shape we are in.

How do I know that my youth is all spent?
Well, my "get and go" just got up and went.
But I really don't mind when I think with a grin
Of all the grand places my "get up" has been.

Old age is golden, I've heard it said;
But sometimes I wonder as I get into bed
With my ears in the drawer my teeth in a cup,
My eyes on the table until I wake up.

Ere sleep overtakes me, I say to myself,
"Is there anything else I could lay on the shelf?"
When I was young my slippers were red,
I could kick my heels over my head.

When I was older my slippers were blue
But I still could dance the whole night through.
Now I am old, my slippers are black,
I walk to the store and puff my way back.

I get up each morning and dust off my wits
And pick up the paper and read the obits.
If my name is still missing, I know I'm not dead
So I fix me some breakfast and go back to bed.

Contributed by Richard Hotchkiss