

High Flying

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They say age is just a number and I find that to be true,
no matter what your age is, there is nothing you can't do!

Now say that you are forty and you want to write a book
or go fishing for a marlin and try to catch him on your hook.

Maybe you turned fifty and you want to sing or dance.

What is there to stop you? Go on and take that chance!

Do you want to play the guitar or take piano lessons too?
Just take a breath and dive right in, the choice is up to you.

And what if you were sixty and you climbed into a plane,
jumped into the atmosphere, blood pumping through your veins!

The balloon is waiting for you; the canvas calls your hand.

You could be in your seventies and find a love so grand.

Parasail at eighty? Grab a board and ride a wave?

Get married and get published, be courageous and be brave!

Mr. Lewis says we're not too old to set new goals or dreams,
supported by our loved ones, part of a winning team.

May this birthday find you chasing, chasing life for all its worth,
for age is just a number for this time we spend on earth.