

# WHEN I'M AN OLD WOMAN



by Erna da Burger Fex



Wait a minute, “when?” I’m there now! Being 75+ is the verification of that! So, I’m old– I don’t care! In fact, I feel lucky. Some of my former friends, even siblings are no longer with us.

Recently I came across a bible for old women like me, entitled, “When I’m an Old Woman I shall Wear Purple”, edited by Sandra Martz. This book is just full of ideas how to enjoy life as an old woman – some I had never considered. What a treasure! I learn about outrageous things I could consider doing. Being old gives me the liberty to do what I want never mind what anyone else says. Fantastic to realize that!

Reading to my heart’s content, all day if I want to, is so rewarding. It has been my passion all my life and now I have all the time in the world. Housework is not. I’ve noticed that dust keeps returning so for the most part I’ll let it win. However, if company is coming, I scoot around and arrange things so my husband won’t be embarrassed. Really, is it that important?

There is no longer any need to be an example for anyone. If I decide to throw my crusts away there’s no one to scold me. Eating in front of the TV allows me the “guilty pleasure” of watching “The Young and the Restless” soap. I was a tea drinker for most of my life but several years ago began to enjoy a cup of coffee. You should have heard the comments, the surprise! Some of my loved ones were even shocked! It’s true!

If someone is bothered about my coffee, I know what I’ll do, I’ll switch to drinking wine with my meals, even breakfast. Why not? If the wine makes me sleepy, I’ll surrender to sweet sleep. I just thought of something else. I can spend my pension money on buying chocolates! So, what if I gain a little weight? There’s no need to pull in my stomach no matter who walks into the room. My body has made friends with my fat so it’s difficult to lose those extra pounds.

Time to stop dieting and enjoy all the delicious food! Bring on the cheesecake, blueberry pie, and especially the delectable crème brûlée. I love to dance! Last week in the shopping mall I heard really good music so I danced and danced some more, flinging my bags around my body, oblivious that people were staring. Why don't they dance? I love dancing in the rain so I do that too. Thinking about pole dancing makes me feel a bit doubtful. Should I try it? My children would laugh that it even entered my mind. But hey, I don't tell them what to do or plan.

I like being an old woman so please don't call me "young woman" – that is insulting to all the vagaries of life I have experienced. It has taken me many years to get to this age. I understand that I am in the autumn of my life so enjoying myself every day doing whatever I want, is vital. I'll just grab each adventurous day and make the most of it. Old is good.

I don't know about tomorrow and that's not important! At my age I must live in the moment. The future will take care of itself.

