

Too Old for South Beach

I will occasionally see something on television and think, "That looks like fun. I'd like to try that." Then I remember, unlike when I was younger, now it really hurts when I fall. It also really hurts when I stand and when I walk and occasionally, when I sit. At age 48 I find myself struggling with the things that I can and cannot do and the things that I should and should not do. I find myself too old for some things and not old enough for others. Here are a few examples:

Too old for South Beach,
Too young for Century Village.

Too old for flip flops,
Too young for house shoes.

Too old to play football,
Too young to play with puzzles.

Too old for grillz (teeth bling),
Too young for false teeth.

Too old for the "Iron Man" competition,
Too young for a knee replacement.

Too old for sports jerseys,
Too young for high-waisted slacks.

Too old for large sunglasses,
Too young for extra large eyeglasses.

Too old to stay up late,
Too young to for the early bird specials.

Too old for salsa dancing,
Too young for the Waltz.

Too old for P90X workouts,
Too young for mall walking.

Too old for the pediatrician,
Too young for the urologist.

Too old for jet skis,
Too young for paddle boats.

Too old for roller coasters,
Too young for electric scooters.

Too old for speed boats,
Too young for steamboats.

Too old for mountain bikes,
Too young for exercise bikes.

Too old for X-box,
Too young for Bingo.

Too old for the PTA,
Too young for AARP.

Too old to drive fast,
Too young to drive with turn signal on.

Too old for power naps,
Too young for scheduled naps.

Too old for no belt,
Too young for suspenders.

Too old for steroids,
Too young for Metamucil.

Too old to bikini watch at the beach,
Too young for fall foliage tours.

It is a pretty long list. It gets to be pretty depressing if we only focus the things that we cannot do. We need to focus on the things that we can and should do and enjoy ourselves while we are doing them. I remember listening to my grandmother one Sunday complaining that she did not feel good. She hurt, she could not see very well, she could not hear very well, she was not doing well at all. My dad, with the abundant compassion that we Hinsons are blessed with, told her "of course you do not feel good, you are old. I am not as old as you and I hurt and I don't see as well and don't hear as well as I once did but I am doing pretty well. I just deal with it." He is the ultimate optimist, another Hinson trait. Yes, I am a lot like my dad, tactful.

My dad is more like a son to my grandmother than a son-in-law, so she laughed and she dealt with it. She still complained but she dealt with it.

Let's not let our "can't do" stop our "can do." We may be getting older and hurt in places that we forgot that we had but let's deal with it. Remember the prophetess, Anna:

Luke 2:36-38 *There was also a prophetess, Anna, the daughter of Phanuel, of the tribe of Asher. She was very old; she had lived with her husband seven years after her marriage,³⁷ and then was a widow until she was eighty-four. She never left the temple but worshiped night and day, fasting and praying.³⁸ Coming up to them (Joseph and Mary) at that very moment, she gave thanks to God and spoke about the child (Jesus) to all who were looking forward to the redemption of Jerusalem.*

She worshiped night and day. She fasted and prayed. She gave thanks to God and spoke about Jesus to all who were looking for redemption. "That looks like fun. I'd like to try that." I don't think that it will hurt if I fall. If it does, I'll just deal with it.

Jeff