

Pushing 70, grandma thinks nothing of dancing in Orchard Rd

THE report, “Active Ageing Festival starts with vroom and dance” (ST, Nov 19), is a great morale booster for those senior citizens who think that old age means the end, and life has to come to a standstill.

Age is not a disease, but a very normal progression, from one stage in life to another, and it is this understanding, together with a very positive attitude, that makes all the difference.

Life is a huge gift and it is the joy of living every moment with passion, energy, enthusiasm and excitement that is the biggest motivator, and can make this phase of life very fulfilling and thoroughly enjoyable.

In fact, old age brings freedom that is not possible in younger days, when innumerable responsibilities and commitments constantly demand time, attention and focus, and many personal dreams have to be put on hold.

A very senior citizen myself – my 70th birthday is around the corner – I plan to go hot-air ballooning, with my grandchildren taking photographs. To

me, age is just a number. For me, life is a beautiful journey which I embellish, by constantly learning, imbibing, upgrading and improving, and always trying to reach the next rung of the ladder towards excellence, in whatever I take up.

Don't count the years but make the years count, and why give up, when giving in is easy, and possible?

On Sunday, when the lights came on in Orchard Road, transforming it into a fairyland, the place was teeming with people of all ages, enjoying the sight. But many stopped in their tracks to watch an Indian grandmother dancing with her little granddaughter and merrily singing Christmas carols, adding a different flavour to the festivity. I was that grandmother, giving in to my feelings of living life to the hilt. The smiles all around brought me a lot of joy.

So, to my fellow compatriots, I say, just go for it because it is not how we die, but how we live, that is important.

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