

Shelf life

Another perk of old age along with the aches and pains is that we become our memories. The youthful energy of our dreams somehow subsides. Everything is yesterday.

How long will I live? What is my shelf life in this grocery store? There are more things I can't do that I want to do than things this tired old body will let me do. Then there's the mind. That's still in good form but the body can't keep up with it.