

TIME – the 4th JOY OF AGING

By Donna Deos



The 4th Joy of Aging is TIME.

We all think throughout our lives of all the things we wish to do when we retire and have the time to do them. When you are older, you get to retire (hopefully!). That is when having time is such a beautiful thing.

The dilemma then becomes: what to do with that time? Many folks spend more time with family and friends. Some volunteer, some teach, some travel, some help their church more, and some do all of the above. Some even get part time jobs so they have a purpose to get to – and so they remember what day it is! Oh, to have that problem...

I remember my father going to the store every day to buy the newspaper. I didn't see the point in that and suggested we have it delivered so he wouldn't have to go get it and it would save money too. Well, what a fool was I to suggest that! His response was to the effect of: then what would he have to look forward to each day?

He liked his routine. He wanted a reason to get out of the house and

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see people. He enjoyed his chats with the clerks. This is also why he frequented the grocery store to pick up another item or two. He had his patterns and his people that he liked to interact with. Plus, they were pressureless things to do. If he didn't actually do them, he would only be disappointing himself. So, life was better for him that way and he had the time to do it.

When you have the time what will you do with it? What routines and patterns will you establish?

One recommendation I have is to spend time with your grandchildren or great grandchildren. I find some of the most amazing bonds come between grandparents and grandchildren. Why? Because we finally have the time and patience for them. Plus, we love them unconditionally, as they do us, and we can be more laid back in what we do and how we interact with them. We, as the elders, listen to them. We patiently teach them. And in doing so, they learn from us, whether they know it or not. We begin working on developing that respect of elders that we talked about last month. After all, if

they don't experience elders how can they come to learn the value of them in their lives?

Plus, seeing the world through the eyes of the child again is fascinating and fun.

I also suggest you find the time to do those things you always wanted to. Take the painting class or the trip you wanted to. Pick up that hobby you thought you'd like – or better yet, take up the one you just found out about and do that.

The key is to make the most of the time we all have. Human interactions can be some of the most rewarding places to spend time.

When my brother-in-law retired his favorite line was "every day is Saturday."

Here's hoping you have all the time in the world and that you cherish each and every moment of it to the best of your abilities! May every day be Saturday for you too!



All my best, Donna

WHITE ROCK NEWS



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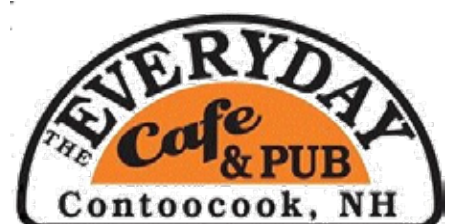
(34 House Lots and Impact on Wetlands at Issue in Planning Board pg. 1)

This neighborhood's streets (Nesbitt Drive, Smokey Road and Ogden Drive) will become collector roads for the majority of the proposed house lots and forever change the character of this quiet neighborhood, and Bow Bog Road traffic will increase as a result.

The Bow Times covered the proposed subdivision plan this past summer when it was in its conceptual stage. The formal application was filed on December 20, 2018, by G. Gardner Contracting, who does not yet own the land but has it under contract for purchase.

Since the December 20 filing date, the Planning Board has heard testimony of many abutters and other Bow residents opposing the plan. Two notable requests recommended by the Conservation Commission and raised by abutters at public hearings are the need for independent peer review confirmation of wetland boundaries and full independent study of the site's hydrology and the effects proposed construction will have on it.

The Planning Board is authorized to require these independent studies be carried out at the expense of the developer but, to date, has not done so. More details can be found in the Planning Board Minutes for January 24, 2019, and February 21, 2019.



Hours of Operation

Monday 6:03am–3:00pm

Tuesday 6:03am–9:07pm

Taco & Tequila Tuesday

Wednesday 6:03am–9:07 pm

Trivia Night Wednesday

Thursday 6:03am–9:07pm

Take-out Night Thursday

Friday 6:03am–9:07pm

Burger & Beer Night Friday

Saturday 6:03am 9:07pm

Sunday 6:03–we close at 3pm

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