

## All I Can Do Is Sit

Being active- I wish I had never quit.

Now, all I can do is sit.

Would like to go to the Senior Games.

Meet new people, learn new names.

Now, all I can do is sit.

Would love to be one to win a plaque.

Is there a chance of turning back?

Now, all I can do is sit.

Maybe sometime later, I'll become more fit.

But for now, all I can do is sit.