

# Get Up & Go

*By Marilyn Reeves*

I used to put on some fancy get-up  
And go out to dinner  
To celebrate a special occasion  
With a husband, a friend  
or a family member.

But mostly we just wore blue jeans  
For a Saturday evening outing  
to the local diner –  
Someplace like Dora's  
off Havana and Parker.

Going out to eat  
Was part of our weekend fun.  
Never did we imagine  
Those places would be shut down!

I used to love to get up to the mountains.  
Stop for a picnic in some inviting glen.  
Sit on the grass surrounded by trees  
With a world of fresh air to breathe in.  
But now it sadly appears I may never  
get up to the mountains again.

I used to be able to get up on a ladder  
To replace the bulb in my ceiling fixture.  
Now I just pray the light will stay on  
Or I'll have to wait in the dark  
till my son Tom  
Is able to come over and fix her.

Nowadays, I mostly just sit around  
Like a couch potato  
Thinking of the things I used to do,  
Remembering all the places  
I used to go.

It seems like a lifetime of energy  
Has already been spent.  
'Cause my get-up & go  
Just got up and went.