



WHAT'S NEW WITH YOU? I resurrected a relationship with an old friend: the piano.

Description

For me, the pandemic emphasized life is short, and time is precious. It's not like I didn't already know that; it's just that the pandemic brought my feelings into sharp focus.



I began thinking what I could do within my control at this late stage of my life that could bring me pleasure and satisfaction? I thought of my old friend, the piano.

I say she's my old friend because I took lessons as a young girl, but lacked discipline, so I didn't get very far. I did learn the basics, reading notes. So about 12 years ago, I bought a keyboard and resumed playing.

I didn't know how to approach playing without a teacher, but I thought I should get at that discipline I lacked as a girl. What better way to do that than to limber my fingers playing scales? I did that conscientiously â?? day in, day out. I played scales before I allowed myself to play my fun rags, blues and jazz. But, by the time I got to the fun stuff, I was played out.

Aha, I thought as I decided to go back to the piano during the pandemic. I'm playing only rags, blues and jazz. I made it fun and I'm having a blast.

I didn't try a new thing, but I tried an old thing with a new attitude, and it worked. I found others who did similar things.

The [Guardian](#) wrote about a woman who quit her administrative job at 65 to follow her dream of running a dream bookshop

Melanie, someone I know from the Older Women's League, wrote and self-published her memoirs. A friend decided to walk in different San Francisco neighborhoods with a beginner's eyes and act like a tourist to enjoy the city anew.

Another friend, Duff, realized his handwriting had gotten sloppy and wanted to regain the beautiful Palmer method writing that his schoolteacher mother had taught him as a boy. I started copying a page each day in cursive writing for a few weeks, he said, and I am nearly back to my old cursive ability.

So, big thing, little thing, new attitude, what have you been doing now to enrich your life?

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Date Created

30/07/2021

Author

jrobbins