

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

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For me, the pandemic emphasized life is short, and time is precious. Itâ??s not like I didnâ??t already know that; itâ??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 sheâ??s my old friend because I took lessons as a young girl, but lacked discipline, so I didnâ??t get very far. I did learn the basics, reading notes. So about 12 years ago, I bought a keyboard and resumed playing.

I didnâ??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 then 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. Iâ??m playing only rags, blues and jazz. I made it fun and Iâ??m having a blast.

I didnâ??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 â?? running a dream bookshop

Melanie, someone I know from the Older Womenâ??s League, wrote and self-published her memoirs. A friend decided to walk in different San Francisco neighborhoods with â??beginnerâ??s eyesâ?• and â??act like a touristâ?• 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. â??I started copying a page each day in cursive writing for a few weeks,â?• he said, â??and I am nearly back to my old cursive ability.â?•

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

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