Growing Old

Grow old with me.
The best is yet to be!

(Robert Browning)

Compiled by
Bill Petix
As for old age, embrace it and love it. The gradually declining years are among the sweetest in a man’s life. (Seneca)

Each part of life has its own pleasures. Each has its own abundant harvest, to be garnered in season. We may grow old in body, but we need never grow old in mind and spirit. (Cicero)
Many blessings do the advancing years bring with them. (Horace)

One can savor sights and sounds more deeply when one gets really old. It may be the last time you see a sunset, a tree, the snow, or know winter. The sea, a lake, all become as in childhood, magical and a great wonder: then seen for the first time, now perhaps for the last. Music, bird songs, the wind, the waves: One listens to tones with deeper delight and appreciation. (Helen Newaring)
It is magnificent to grow old, if one keeps young. (Harry Fosdick)

Growing old is inevitable, growing up is optional. (Anon)

Whom the gods love die young no matter how long they live. (Elbert Hubbard)
Though it sounds absurd, it is true to say I felt younger at sixty than I felt at twenty. (Ellen Glasgow)

To resist the frigidity of old age one must combine the body, mind and the heart. And to keep these in parallel vigor one must exercise, study and love. (Charles de Bonstetten)
When one finds company in himself and his pursuits he cannot feel old, no matter what his years may be. (Amos Bronson Alcott)

No man loves life like him that's growing old.
(Sophocles)
How old would you be if you didn’t know how old you was?
(Leroy “Satchel” Paige)

If wrinkles must be written upon our brow, let them not be written upon the heart. The spirit should not grow old.
(James A. Garfield)
As for me, except for an occasional heart attack, I feel as young as I ever did. (Robert Benchley)

The person who has lived the most is not the one with the most years but the one with the richest experiences. (Jean Jacques Rousseau)
To know how to grow old is a masterpiece of wisdom, and one of the most difficult chapters in the great art of living.
(Henri Amiel)
Father Time is not always a hard parent, and, though he tarries for none of his children, often lays his hand lightly upon those who have used him well; making them old men and women inexorably enough, but leaving their hearts and spirits young and in full vigor. With such people the grey head is but the impression of the old fellow’s hand in giving them his blessing, and every wrinkle but a notch in the quiet calendar of a well-spent life.

(Charles Dickens)
Old age can be the greatest time of your life.
(Napoleon Hill)

Old age, believe me, is a good and pleasant thing. It is true you are gently shouldered off the stage, but then you are given such a comfortable front stall as spectator. (Confucius)
The longer I live the more beautiful life becomes.
(Frank Lloyd Wright)

What counts is not the years in your life but the life in your years.
(Adlai Stevenson)
There's no pleasure on earth that's worth sacrificing for the sake of an extra five years in the geriatric ward of the Sunset Old People's Home!
(Horace Rumpole)

If you live to be one hundred, you've got it made. Very few people die past that age. (George Burns)
I used to think that eighty was a very old age, but now that I am ninety-one I don’t think so anymore. There are times I feel like a boy. As long as you are able to admire and to love, you are young. (Pablo Casals)

It is a mistake to regard age as a downhill grade toward dissolution. The reverse is true. As one grows older, one climbs with surprising strides. (George Sand)
We are not limited by our old age; we are liberated by it.
(Stu Mittleman)

Just remember, once you're over the hill you begin to pick up speed.
(Charles Schultz)
Age puzzles me. I thought it was a quiet time. My seventies were interesting and fairly serene, but my eighties are passionate.
I grow more intense as I age.
(Florida Scott-Maxwell)

Nobody grows old by merely living a number of years. People grow old by deserting their ideals. Years may wrinkle the skin, but to give up interest wrinkles the soul. You are as young as your faith, as old as your doubt; as young as your self-confidence, as old as your fear; as young as your hope, as old as your despair.
(General Douglas MacArthur)
People like you and I, though mortal of course like everyone else, do not grow old no matter how long we live. We never cease to stand like curious children before the great mystery into which we were born. (Albert Einstein)

Anyone who keeps the ability to see beauty never grows old. (Franz Kafka)

Some men are born old, and some never seem so. If we keep well and cheerful we are always young, and at last die in youth, even when years would count us old. (Tryon Edwards)
So much has been said and sung of beautiful young girls, why doesn’t somebody wake up to the beauty of old women? (Harriet Beecher Stowe)

To me, fair friend, you never can be old, for as you were when first your eye I eyed, such seems your beauty still. (William Shakespeare)

A fine horse or a beautiful woman, I cannot look at them unmoved, even now when seventy winters have chilled my blood. (Sir Arthur Conan Doyle)
When grace is joined with wrinkles, it is adorable.
There is an unspeakable dawn in happy old age.
(Victor Hugo)

Nothing is more beautiful than cheerfulness
in an old face.
(Jean Paul Friedrich Richter)
To keep the heart unwrinkled, to be hopeful, kindly, cheerful, reverent that is to triumph over old age. (Amos Bronson Alcott)

As we grow old, the beauty steals inward.
(Amos Bronson Alcott)
Among all my patients in the second half of life there has not been one whose problem in the last resort was not that of finding a religious outlook on life.

(Carl Jung)

There is no finer or more fitting way to spend time during the evening years of life than turning the mind toward reflection and then stilling it in the Silence.

(Paul Brunton)
Nothing is inherently and invincible young except spirit. And spirit can enter a human being perhaps better in the quiet of old age and dwell there more undisturbed than in the turmoil of adventure. (George Santayana)

We should so provide for old age that it may have no urgent wants of this world to absorb it from meditation on the next. (Pearl S. Buck)
Young souls look for happiness, older ones for peace, calm, and equilibrium. 
(Paul Brunton)

The spiritual eyesight improves as the physical eyesight declines. 
(Plato)
We have aspects of ourselves hidden deep within, waiting to blossom in our later years. (Ken Dychtwald)

With age comes the inner, the higher life. Who would be forever young, to dwell always in externals?
(Elizabeth Cady Stanton)
The great secret that all old people share is that you really haven't changed in 70 or 80 years. Your body changes, but you don't change at all.
(Doris Lessing)

Old age is not a disease - it is strength and survivorship, triumph over all kinds of vicissitudes and disappointments, trials and illnesses.
(Maggie Kuhn)
Don’t be ashamed of your grey hair! Wear it proudly, like a flag. You are fortunate, in a world of vicissitudes, to have lived long enough to wear it. Grow old eagerly, triumphantly. (William Phelps)

At twenty we worry about what others think of us; at forty we don't care about what others think of us; at sixty we discover they haven't been thinking about us at all. (author unknown)
One is never so dangerous when one has no shame, than when one has grown too old to blush. (Marquis de Sade)

Perhaps one has to be very old before one learns to be amused rather than shocked. (Pearl S. Buck)
The best part of the art of living is to know how to grow old gracefully.
(Eric Hoffer)

The young have aspirations that never come to pass; the old have reminiscences of what never happened.
(Saki)
Neurosis is always linked with an inability to evolve. The adult who cannot accept growing old, or the old person who cannot accept his old age, or accepts it grudgingly, “because he’s got to,” is in the same difficulty, blocked in his evolution against the stream of life.

(Paul Tournier)

Is it not strange that desire should so many years outlive performance.

(William Shakespeare)
You know when you’re growing old when almost everything hurts, and what doesn’t hurt doesn’t work. (Hy Gardner)

What most persons consider as virtue after the age of 40 is simply a loss of energy. (Voltaire)
He who is of calm and happy nature will hardly feel the pressure of age, but to him who is of an opposite disposition youth and age are equally a burden. (Plato)

If you have peace of mind, contentment, old age is no unbearable burden. Without that, both youth and age are painful. (Sophocles)
In spite of illness, in spite even of the archenemy sorrow, one can remain alive long past the usual date of disintegration if one is unafraid of change, insatiable in intellectual curiosity, interested in big things, and happy in small ways. (Edith Wharton)

Some people never seem to grow old. Always active in thought, always ready to adopt new ideas, they are never chargeable to fogeyish. Satisfied, yet ever dissatisfied, settled, yet ever unsettled, they always enjoy the best of what is, and are the first to find the best of what will be.

(William Shakespeare)
My idea of Hell is to be young again. (Marge Piercy)

No wise man ever wished to be younger. (Jonathan Swift)
Enjoy the seasons of life. Each season of life is wonderful if you have learned the lessons of the season before. It is only when you go on with lessons unlearned that you wish for a return. (Peace Pilgrim)

I'm very pleased with each advancing year. It stems back to when I was forty. I was a bit upset about reaching that milestone, but an older friend consoled me. “Don't complain about growing old - many, many people do not have that privilege.” (Earl Warren)
It is nonsense for you to talk of old age so long as you outrun young men in the race for service and in the midst of anxious times fill rooms with your laughter and inspire youth with hope when they are on the brink of despair. (Mohandas Gandhi)

One of the most important phases of maturing is that of growth from self-centering to an understanding relationship to others. A person is not mature until he has both an ability and a willingness to see himself as one among others and to do unto those others as he would have them do to him. (Harry A. Overstreet)
It is not by muscle, speed or physical dexterity that great things are achieved, but by reflection, force of character, and judgment; in these qualities old age is usually not only not poorer, but is even richer. (Cicero)

Age is opportunity no less than youth itself, though in another dress, and as the evening twilight fades away the sky is filled with stars, invisible by day. (Henry Wadsworth Longfellow)
Old age is far more than white hair, wrinkles, the feeling that it is too late and the game finished, that the stage belongs to the rising generations. The true evil is not the weakening of the body, but the indifference of the soul. (Andre Maurois)

My wife said "Watcha doin' today?"
I said "Nothing."
She said "You did that yesterday."
I said "I wasn't finished."

We grow old more through indolence than through age. (Christina of Sweden)
None are so old as those who have outlived enthusiasm.
(Henry David Thoreau)

As I give thought to the matter, I find four causes for the apparent misery of old age: first, it withdraws us from active accomplishments; second, it renders the body less powerful; third, it deprives us of almost all forms of enjoyment; fourth, it stands not far from death. (Cicero)
You're getting old when you don't care where your spouse goes, just as long as you don't have to go along. (author unknown)

It cuts one sadly to see the grief of old people; they've no way of working it off; and the new spring brings no new shoots out on the withered tree.

(George Eliot)
Regret for the things we did can be tempered by time; it is regret for the things we did not do that is inconsolable. (Sydney Harris)

Futility, pessimism, frustration, living in the past, are not only characteristic of old age; they contribute to it. (Maxwell Maltz)
We age, not by years, but by events and our emotional reactions to them.
(Arnold Hutschnecker)

A man is not old until regrets take the place of dreams.
(John Barrymore)
What is the worst of woes that wait on age?  What stamps the wrinkle deeper on the brow?  To view each loved one blotted from life's page, and be alone on earth, as I am now. (Lord Byron)

When you're 50 you start thinking about things you haven't thought about before. I used to think getting old was about vanity - but actually it's about losing people you love.

Getting wrinkles is trivial.

( Joyce Carol Oates)
The older we get the more we seem to think that everything was better in the past.
(Junichiro Tanizaki)

James had passed through the fire, but he had passed also through the river of years which washes out the fire; he had experienced the saddest experience of all--forgetfulness of what it was like to be in love.
(John Galsworthy)
Growing old is like being increasingly penalized for a crime you haven’t committed (Teilhard de Chardin)

In youth the days are short and the years are long. In old age the years are short and day's long. (Pope Paul VI)
If there is one single secret to long life, that secret is moderation.

(George Gallup)

Like a morning dream, life becomes more and more bright the longer we live, and the reason of everything appears more clear.

(Jean Paul Richter)
The character of a country can be seen simply in how it treats its old people.
(The Bratzlaver)

Our society must make it right and possible for old people not to fear the young or be deserted by them, for the test of a civilization is the way that it cares for its helpless members.
(Pearl S. Buck)
We treat old people like we treat animals. Just put them in a cage somewhere until they die. (Lyndon B. Johnson)

Youth is a blunder; Manhood a struggle; Old Age a regret. (Benjamin Disraeli)
Life's tragedy is that we get old too soon and wise too late.
(Benjamin Franklin)

You end up as you deserve. In old age you must put up with the face, the friends, the health, and the children you have earned.
(Judith Viorst)
For the ignorant, old age is winter; for the learned, old age is the harvest.
(Yiddish saying)

Old age takes away from us what we have inherited and gives us what we have earned. (Gerald Brenan)
Preparation for old age should begin not later than one's teens. A life which is empty of purpose until 65 will not suddenly become filled on retirement. (Arthur E. Morgan)

He who would pass his reclining years with honor and comfort, should, when young, consider that he may one day become old, and remember when he is old that he has once been young. (Joseph Addison)
Habits formed in early life and early education press upon us as we grow older.  
(U. S. Grant)

The ignorant think less clearly as they age, the wise more clearly as they grow older.  
(The Talmud)
Knowledge is a comfortable and necessary retreat and shelter for us in advanced age, and if we do not plant it while young, it will give us no shade when we grow old.

(Philip Stanhope)

In your old age you will complete for the glory of God the tower of your soul that you began to build in the golden days of your youth.

(Mother Teresa)
An intemperate, disorderly youth will bring to old age, a feeble and worn-out body. (Cicero)

Old people are fond of giving good advice; it consoles them for no longer being capable of setting a bad example. (Francois La Rochefoucauld)
All would live long, but none would be old.
(Benjamin Franklin)

The objective is to live a full life, not just a long one.
Survival into old age requires only good luck,
whereas living enough demands character.
(Seneca)
How pleasant is the day when we give up striving to be young -- or slender.
(William James)

Richard Gere

Of all the self-fulfilling prophecies in our culture, the assumption that aging means decline and poor health is probably the deadliest.
(Marilyn Ferguson)
Growing old should be a rich summation of experience, not a decay.
(Constance Warren)

Arnold Schwarzenegger

The mind that is wise mourns less for what age takes away;
than what it leaves behind. (William Wordsworth)
Old men are dangerous; it doesn’t matter to them what is going to happen to the world. (George Bernard Shaw)

Send old men to the front to fight. Ask them to give up their life. Patriotism and bravado, will and desire, wouldn't last the night. Old men don't rush to death. War is not possible if old men are sent to fight. (Mac McGovern)
The older I grow, the more I distrust the familiar doctrine that age brings wisdom. (H. L. Menken)

True terror is to wake up one morning and discover that your high school class is running the country. (Kurt Vonnegut)
Age mellows some people; others it makes rotten.  
(author unknown)

Be wise with speed; A fool at forty is a fool indeed.  
(Edward Young)
Those who love deeply never grow old; they may die of old age, but they die young. (Sir Arthur Pinero)
Love, the last defense against old age - the last, and for those whose good fortune it is to have some one person to care for, or who have learned the infinitely difficult art of loving all their neighbors, the best.

(Aldous Huxley)
The old couple had come round to that tragic imitation of the dawn of life when husband and wife, having lost or scattered all those who were their intimates, find themselves face to face and alone once more, their work done, and the end nearing fast. Those who have reached that stage in sweetness and love, who can change their winter into a gentle, Indian summer, have come as victors through the ordeal of life.

(Sir Arthur Conan Doyle)
Valdaro, Italy; 5,000 - 6,000 yrs. Ago

Safely in each other's arms,
to bid the rest of time.
Finding Eternal Love
so many seek to find.
(Tracey Shierling)
Old age, calm, expanded, broad with the haughty breadth of the universe; old age flowing free with the delicious near-by freedom of death. (Edith Wharton)
This world is swept away by aging, by illness, by death. For one swept on by aging no shelters exist. Keeping sight of this danger in death, do meritorious deeds that bring bliss. Make merit while alive.

(Buddha)

The worm is in the root of the body’s tree; travelers, it is late! Life’s sun is going to set. During these brief days that you have strength, be quick and spare no effort of your wings.

(Rumi)
How confusing the beams from memory’s lamp are; one day a bachelor, the next a grampa.
   What is the secret of the trick?
   How did I get so old so quick?
   (Ogden Nash)

I am old enough to see how little I have done in so much time, and how much I have to do in so little.
   (Kaye-Smith)
Death is a favor to us, but our scales have lost their balance. The impermanence of the body should give us great clarity, deepening the wonder in our senses and eyes of this mysterious existence we share and are surely just traveling through.

(Hafiz)
If we live recklessly when our hair is black, at least when it turns to white we should give some thought to how we are living, and what it will avail us. (Sant Kirpal Singh)
Honor age; even an old, blind man may lead you to a rainbow.
(American Indian saying)

It gives me great pleasure to converse with the aged. They have been over the road that all of us travel and know where it is rough and difficult and where it is level and easy.
(Plato)
Lord, remind me how brief my time on earth will be. Remind me that my days are numbered, and that my life is fleeing away.  
(Psalms 39:4)