

## *One Giant Step on Behalf of the Elderly*

Celia de Fréine

At last you step over the threshold  
crossing from the safety of home  
into the great outdoors

You head for the park  
during the designated time  
and are surprised to see  
that everyone has become younger –  
their skin is smooth, their limbs supple

You imagine that you too  
have returned to your childhood  
watch as your Oxford brogues  
change to stilleto heels  
platform shoes, Greek sandals  
gutties, all the way back

to the days of those whitewashed boots  
your mother would leave  
on the windowsill to dry  
before she would allow you out to play