

Granny Does Karate

by Judi Billcliff

The lady at the retirement home
Clapped her hands and said,
"It's time to get you moving
Instead of lying on your bed."

Week one was 'chair' gymnastics,
Miss Duggan tried a flip.
She rolled on top of poor old Bill
Who sadly broke his hip.

Week two it was karate,
Granny was really keen,
She was the first one to arrive
Along with her friend, Jean.

"Time to warm up everyone,
Stretch up on your toes.
Hold onto something Mabel
Or you'll go down like dominoes!"

Mabel knocked over Gertie,
Gertie knocked over Vi,
Granny got a shove in the back
And discovered she could fly.

Granny was still in disbelief
As she landed on the couch,
Giving Mr Duff such a shock
His false teeth shot right out.

*Do you want to know what happened next?
If you do, email me at rainbowpoetry@gmail.com and ask me for the rest of the poem.*