

Septet

Silver Sneakers

Elderly
exercisers stretch
muscles with ball, rubber bands,
weights on their feet or sitting in chairs,
hear golden-oldies, bobble
to tunes, divert pain
of aging.

Closeted Artist For Norma

She's trying
hypnotism for
weight loss with classes, homework
to lift heaviness of depression.
At eighty she asks what she
has to live for. I
say—your art.

Septet: Invented by Mary Owen Lewis

1. 7 line stanzas.
2. Rhymed or unrhymed.
3. Syllable Count: 3-5-7-9-7-5-3
4. Any variations of rhyme schemes or not rhymed.
Robert Browning used a-b-a-b-b-a-a.
Thomas Traherne used a-b-b-a-b-c-c.