

Exercising My Brain

I recently read
that old brains need exercise
to fend off dotage

so, right brain's thinking
of witty, creative words
to paint this canvas

while left brain's busy
following haiku's strict rules,
counting syllables

just one more stanza
to weld a decent quintet
from junkyard word-scrap

I'll take a break now
to give neurons time to rest
—both brains need a nap



Image by AI (ImageFX)

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