

Peninsula View Presents

# “What’s Your Legacy”

A new television series...



Queen Ann Cannon  
Producer Host

“The best is  
yet to come...”  
Robert Browning

This program, Aging with Vim and Vigor, will explore avenues for creating a vibrant life after sixty. Guests will include women that have succeeded in establishing distinguished projects in their later years.

## Aging with Vim & Vigor-Your Future Is In Your Hands

Presented by  
Queen Ann Cannon  
Life Coach

“Aging is not lost on youth, but a new stage of opportunity and strength.” Betty Friedan

Many things increase in value as they age. Cheese, wine, whiskey and antiques are in that category. Now let’s consider some individual attributes that gain worth as the years pass. Self-confidence, experience, judgment, empathy, endurance and wisdom are some characteristics that grow stronger as time passes.

Women are living longer in today’s world. Aging is no longer a negative concept. According to Twyla Tharp, a renowned dancer and choreographer, “age is not the enemy. Stagnation is the enemy. Complacency is the enemy.” Ms. Tharp, who is seventy-eight, continues to dance every day.



Sheila Stevens

*“Embrace your magnificence”*

If you want to experience your advanced years with passion, purpose and power we support you in:

Discarding stereotypes, myths, limiting beliefs and false narratives about aging that keep you from living with expectancy, enthusiasm and confidence.

Enjoying the opportunities you have now for self discovery, self reflection, adventure, learning and discovery, enriched relationships and more

Appreciating your “wisdom of years” and creating living and future legacy for family and community.

*Wholistic  
Health  
UC Santa  
Cruz  
Certified  
Master  
Kairos  
Therapy  
Instructor/  
Mentor/  
Practitioner*



Stephanie Bisceglia

I have a very strong belief that age is only a number. Western society has created havoc in relation to elders. Elders have life experiences that younger generations have not, nor will ever have.

We elders need to respect ourselves, knowing that we have a lot to offer the world.

I am committed to supporting the emotional/mental/spiritual healing of all beings on the planet, as well as Mother Earth.

We can only be aware of Earth’s pain & need for healing through awareness of our own pain & need for healing on all levels.



*“Delighted  
to finally  
be who I  
always was.”*

Tina Jones Williams

In this the third act of my life’s play, I fully embrace the notion that every woman should have six words to live by.

I have two sets of six words; ‘Tina Jones Williams, a Reasonable Woman’ and ‘Discovered just in time, I’m awesome’.

The first set of words defines how I approach life, and the second set reminds me of the many gifts I have been given.

Combining all of the words at this point in my life gives me permission to trust my experiences; allowing me to be an author, storyteller, and folklorist.

Each speaker for their contribution; Judy Wessler and Barbara Otom for their technical support and advice; Robert for his spiritual support needed to continue to move forward; Swilley Graphics & Design for continually designing outside the box of what I think I need.

And all the team of the Wisdom course and people encouraging me. My heartfelt thanks.