

# My Time Is Now

## 2021 Conference For Global Transformation Poster Session

Presenters: Candace Shivers, Liz Dietz, Maureen Charles, and Marcus Bell

*What if older age is not the end of creativity and accomplishment but a springboard for it?*

*Join in a musical celebration of aging's possibilities.*

### My Time Is Now

Music and Lyrics by Marcus Bell

*I'm ready to soar  
Be all I've wanted  
My heart is like an open door*

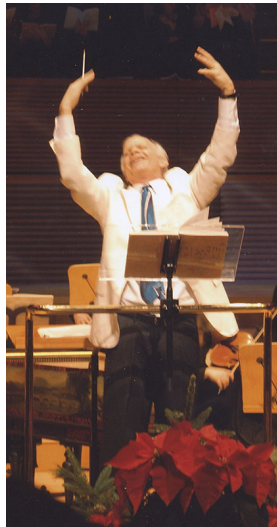
*Head for new places  
There's nothing holding me  
My life is how I want it to be*

*My time is now...*

*Nothing to prove  
I've paid my dues  
These moments are my dreams renewed*

*I own my power  
I've caught my rhythm  
I embrace my inner wisdom*

*My time is now...*



### Inquiry Questions:

In our video, older adults express their love of aging in myriad ways. What did you discover out of their sharing? What do you love about being the age you are? What do you now love about aging?

### Resources for altering the narrative for aging:

[“Aging - Don't Go There Alone”](#) by Lily Starr

[“4 Reversible Symptoms of the Dreaded ‘Old Person’s Disease’”](#) by Candace Shivers

[“So You’ve Walked on the Moon, What’s Next?”](#) by Gale Barnum (LeGassick)

[“Twenty Years to Go: Try Flipping Your Aging Paradigm”](#) by Gordon Starr

More articles and resources available at [www.loveofaging.com](http://www.loveofaging.com)

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