

Getting Real About Aging



Jan 13 – Feb 24, 2026

Aging is such a loaded word in our culture... a stage of life charged with poignant questions. Am I a gracefully mature wisdom keeper and mentor? Or a senescent old lady, well past her prime?

Is this a time of completion and fulfillment or a slow decline into debility and melancholy? What is inevitable, and over what can I exert control?

Am I still me?

While anti-aging, pro-aging, and conscious aging messages have a great deal of merit, they can whitewash the hidden grief and worry that many of us also experience as we age. At a time marked by so many changes, we may find ourselves riding a roller coaster of both palpable sorrows and joyous blessings.

Getting Real About Aging is a 7-week online community for like-hearted people to share our questions and personal experiences... the good, the bad and the hilarious... about the delights and tribulations of being in our elderhood.