

# Aging

NOTABLE  
QUOTES



Aging is an extraordinary process where you become the person you always should have been.—**David Bowie**

Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul.  
—**Samuel Ullman**

Don't try to be young. Just open your mind. Stay interested in stuff. There are so many things I won't live long enough to find out about, but I'm still curious about them. You know people who are already saying, "I'm going to be 30—oh, what am I going to do?" Well, use that decade! Use them all!—**Betty White**

My face carries all my memories. Why would I erase them?  
—**Diane Von Furstenberg**

Aging is not "lost youth" but a new stage of opportunity and strength.  
—**Betty Friedan**

The longer I live, the more beautiful life becomes.—**Frank Lloyd Wright**

We don't stop playing because we grow old. We grow old because we stop playing.—**George Bernard Shaw**

Aging gracefully means being flexible, being open, allowing change, enjoying change and loving yourself.—**Wendy Whelan**

Age is just a number. Life and aging are the greatest gifts that we could possibly ever have.—**Cicely Tyson**

