

**Lyrics by:** Rose DeShaw

**Gaggle:** Kingston

**Tune:** I'm A Rambler and a Gambler

**Date written or updated:**

## **Good News About Aging**

Start With Chorus: Call me Senior, Call me Oldster  
Call me Nanna or Gran  
Call me Elderly Person - that's not ALL I am  
Inside I am young - maybe younger than you!  
Becoming somebody, (still finding out WHO)

v2) Yes, I'm over 50 and older I grow  
I never stop learning - there's lots more to know  
I've got time to listen, if you need to tell  
Somebody, sometime, when you're going through hell

v3) So 'Sonny,' or 'Honey,' you have here today  
Some white heads, some bent heads & some turning grey  
But the spirit inside is still raring to go!  
It's the secret of aging, I want you to know!  
Chorus again