



These 10 Humanitarians Are Our Heroes — And They're All Over 50

By: Melissa Walker

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What will you do in this decade?

These phenomenal women are at #theperfectage to level the playing fields for everyone with experience, wisdom and heart – watch them work.



The Dancing Director

Nasha Thomas, 55, former ballet dancer and National Director of AileyCamp, an Alvin Ailey summer camp based in dance for underserved youth.

"At 55, I have patience, gratitude, and the ability to let things go. This year's program theme is 'joy,' so I've been thinking about everyday things that can connect the kids with joy. I like bacon, being in the sun, and not wearing shoes. Being able to tap into those simple joys with the kids is why I love mentoring even more than performing."

Wardrobe: Systematic Organic Tank, EILEEN FISHER, \$68; Jacket and Pants, WILFRED AT ARTIZIA; Addaz Sandals, ALIAS MAE, \$190