



Menu of Services

**** INDICATES CLASS CAN BE ADAPTED FOR THOSE WHO NEED TO REMAIN SEATED**

BODY (FITNESS AND NUTRITION)

ALL CLASSES \$60 FOR 60 MINUTE SESSION UNLESS OTHERWISE NOTED

STAY STURDY

Through a combination of movement, strength and flexibility building exercises, Stay Sturdy helps you to develop a stable foundation. This class works to strengthen your waist and below including hips, thighs, knees, ankles, and feet.

STAY STRONG**

An all-over workout focused on developing stronger muscles and a strong heart. A fun workout with music and lots of laughter.

STAY SCRAPPING**

A dynamic, cardio class using boxing techniques. High energy and lots of fun!

SHENG ZHEN

A restorative medical qigong that blends an ancient tradition with gentle, meditative movements performed seated on a chair. Sheng Zhen Healing Gong is an integration of healing traditions, using the power of Nature to heal oneself. *(South locations only)*

YOGA**

The purpose of yoga is to create strength, awareness and harmony in both the mind and body. It helps with flexibility, muscle tone, energy/vitality and reduces stress. Say OM!

TAI CHI

Tai Chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Great for stress reduction!

BELLY DANCING

Tones your core, improves your balance, aids with weight loss and rejuvenates the soul!

LINE DANCING

We will get your group moving, dancing and having a great time. Line dancing is a great low impact activity that promotes weight loss, improves balance and just makes you smile! *(South locations only)*



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MIND (BRAIN GAMES, LEARNING, CULTURE, LANGUAGE)

All classes \$60 unless otherwise noted

STAY SMART

If you don't use it, you lose it! A series of brain training and memory techniques to help maintain mental functioning. Activities combine games, physical movements (integrating research on the benefits of cross body work), coordination, observational skills, mental agility, processing skills and techniques to improve memory.

THE BIG QUIZ

An interactive game show- everyone gets to participate. Think of the Price is Right, the Pepsi Challenge, and a pub quiz all rolled into one. A new quiz every time you book!

THE HISTORY OF ANCIENT MAGIC ILLUSIONS

Magic through the ages. Travel back to ancient Egypt and learn about the mysterious accounts shared by temple worshippers. Were the gods responsible for the talking and moving stone statues? What about the statues that continuously poured liquids or the huge temple doors that would open of their own accord? Or was it a miracle or genius mechanics and inventions that created these magical experiences?

MAGICIANS THROUGH THE AGES

Learn about the individual magicians that caused amazement and wonder, from producing simple card tricks to making the statue of liberty disappear! Hear about the damage that did Houdini did (and can still be seen) to the Paramount theater when he came to Austin. See magic tricks that were created or influenced by these great minds.

WHAT HAPPENS IN VEGAS...!

Las Vegas is renowned for gambling, mega resorts, big name entertainers and drive thru weddings. But how did this little city in the Mojave desert become the metropolis it is today? We'll start from the building of the Hoover Dam and a three-mile dusty road nicknamed the 'Strip'. And hear stories about Bugsy Siegel, Howard Hughes, the Rat Pack and much more.

ALL ABOUT ENGLAND

- **Remembering Princess Diana**

20 years ago the world was shocked by the sudden and untimely death of Diana, Princess of Wales. The week that followed was one of the most extraordinary in British history. We look at the life of Princess Diana, from her early days as Lady Diana Spencer to her last hours in Paris, to a funeral we will never forget



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ALL ABOUT ENGLAND (CONTINUED)

- **Upstairs, Downstairs: Life in an English Country House**
This presentation includes stories of working 'in service' on country estates, including Highclere Castle, the setting for period drama 'Downton Abbey'. It also draws from the pages of the classic 'Mrs Beeton's Book of Household Management', first published in 1861.
- **An Englishman's Home Is His Castle**
Built to serve as both royal residences and medieval fortresses, England's castles are steeped in history. Stories of romance, treachery, opulence and ruin live inside their walls.
- **Fashioning a Reign**
Marking the 90th Birthday of Her Majesty The Queen, a stunning display of dresses at Buckingham Palace span the period from The Queen's childhood in the 1930s to the present day. This presentation walks you through the collection and the remarkable life of the world's longest currently reigning monarch.
- **Over the Top - Reflections on WW I**
Marking the 100th anniversary of WWI, we reflect on its profound significance. From the devastating losses suffered during the Battle of the Somme in 1917 to the stunning work of the war poets, we take a personal look at why this called 'the war to end all wars'.
- **Fashion on the Ration**
From 'onesies' that could be worn in the air raid shelter to jewelry created from aircraft parts, Fashion on the Ration looks at how fashion survived and even flourished under the strict rules of rationing in 1940s Britain, often in new and unexpected ways.
- **The Dunkirk Spirit**
The phrase refers to the spirit of the British public pulling together to overcome times of adversity. But its origins lie in the 'little ships of Dunkirk' that helped rescue over 338,000 allied troops who were stranded on the beaches of France in May 1940.
- **The Tower of London**
It is home to a thousand years of bloody history and is one of Britain's most iconic landmarks. Locked within its 15-foot thick, solid stone walls are medieval murals, evidence of wild and exotic creatures, skeletal remains and secret messages left by prisoners.

FRENCH FOR TRAVELERS & THOSE WHO LOVE THE LANGUAGE

French can be intimidating for English speakers, but learning some of the fundamental words and phrases will boost your confidence. Not traveling right now? No worries....this class is perfect for those who wish to connect with their love of the French and the French language.



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INTRODUCTION TO THE AUSTIN NIGHT SKY

This session begins with a discussion about a general night sky viewing including stars, planets, constellations, and satellites. The group then moves outdoors to look at what is seasonably viewable, guided by a high-power green laser to point out objects in the sky. This session is best in the fall or winter starting just before dusk.

PHYSICS PHUN

This session explores various physics concepts with demonstrations in thermodynamics, sound, and motion. Attendees may participate as assistants in some demonstrations.

MATHEMAGIC

Participate in a number of “magical” math games involving arithmetic and probability to arrive at surprising answers. No rigorous math skills are required!

AMERICAN SIGN LANGUAGE BASICS - \$220 FOR 4-WEEK PROGRAM

Did you know you can learn the basics of ASL in just 4 weeks? Let's have fun by learning some basic conversation, perfecting facial expression, and so much more. Facts on deaf culture will be shared each class.



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SOUL

GONG FU CHA- THE ART OF CHINESE TEA SERVICE - * \$75

Gong Fu Cha 功夫茶 is the Chinese art of serving tea. This amounts to a specialized set of tools, techniques, and philosophy that allows the practitioner to fully express the natural character of the tea being steeped while imparting their own unique signature. The result is a beautiful and elegant practice using finely crafted instruments and graceful, soothing gestures leading up to the tasting of the tea itself and enjoying its distinctive flavors, fragrances, and qi, or energy. The engrossing process, as well as the fragrant and stimulating tea itself, forms an ideal backdrop for deep conversation and fluent exchange of ideas. Part ritual, part meditation, and part social gathering, Gong Fu Cha emphasizes the joy of the process as well as savoring the final product.

BE YOUR BEST SELF

These group sessions provided by a life-coach help participants to identify their values, get rid of the mental clutter in their life and embrace their passion.

OUR LIFE'S LEGACY

Lesson's from dying and near-death experiences. Experiences with caring for the dying as well as personal Near Death Experiences. Multiple opportunities to question and discuss end of life issues.

DEMENTIA SPECIFIC PROGRAMS

- **Time Slips (Storytelling program for persons with dementia)**

TimeSlips is evidence-based, award-winning, joyful and person-centered. TimeSlips opens storytelling to everyone by replacing the pressure to remember with the freedom to imagine. Let us bring in this amazing program facilitated by our certified Time Slips instructor, Maggie Gallant.