



## Activity support for you & your residents

We know that recreation directors are balancing a lot when they are putting together their monthly calendars. When you are considering the various needs of your valued residents and the core values of your organization, Aging is Cool would like to be there to support you by offering engaging and flexible program options that work with your schedule and your budget.

Aging is Cool provides activities that focus on 3 key pillars of healthy aging:

- **Body-** Classes focused on physical health to help residents stay strong, flexible and improve their balance.
- **Mind-**Classes and learning opportunities where residents can expect to flex their mental muscles! Bring in an engaging speaker or try out our Stay Smart brain training program.
- **Soul-** Our “Aging Together” conversation series brings residents together to discuss how to stay positive, find meaning and continue to improve as they age. Topics include: thriving, gratitude, making a difference and much more.

Programs are brought to you by trained instructors who are criminal background checked, CPR certified (fitness only) and insured by Aging is Cool.

Looking for something special? Just ask. Aging is Cool works with a variety of instructors and can help you locate and bring in special programming as needed.

All classes are \$60 but there is a discount if you book 4 or more in a month!

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## FITNESS CLASSES

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### Stay Strong

An all-over workout focused on developing stronger muscles and a strong heart. A fun workout with music and lots of laughter. *\*Can be adapted for seated participants*

### 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!

### Chair chi

A gentle exercise program developed to help people receive the benefits of traditional Tai Chi Chuan in the comfort and safety of their chair. Those benefits include balance, flexibility, range of motion, strength, energy, pain relief, tranquility, stress reduction, and peace of mind.

### 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! *\*Can be adapted for seated participants*



## BRAIN TRAINING

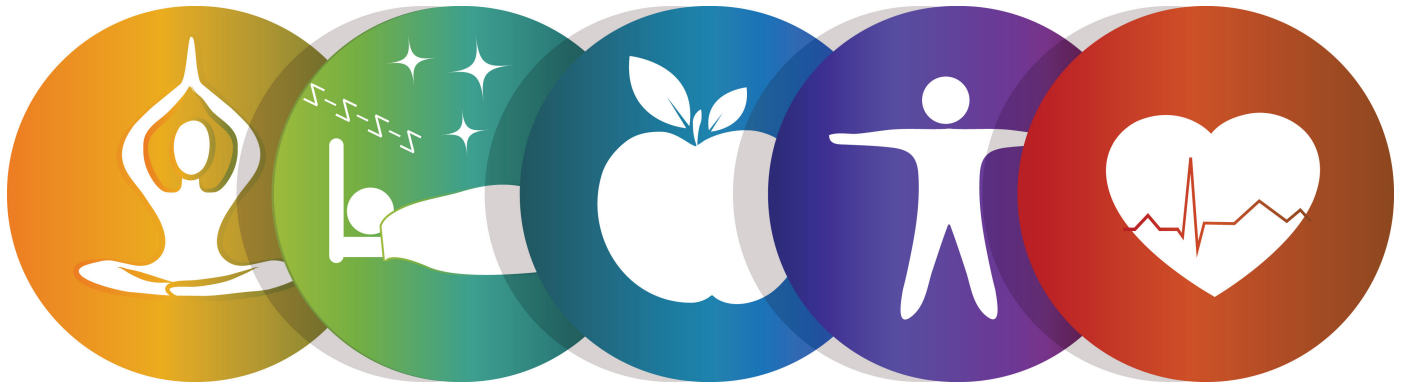
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### Stay Smart

Created by Damien Temperley, Owner of Aging is Cool.

If you don't use it, you lose it! This series of brain training and memory techniques helps 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.



## HEALTH AND SELF-IMPROVEMENT

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### Aging Together- Being the Best We Can Be

These 4 interactive group sessions, developed by life-coach Amy Temperley and students from the UT School of Social Work, help participants to identify their values, improve their health, and enjoy aging more. Topics include: thriving & gratitude, exercise and nutrition, sleep and stress management, and giving back. Classes can be offered individually or as a series.





## COOL PRESENTATIONS

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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.

### Chemistry Party

All the reactions will be “ooohs” and “aaahs” to these fun chemistry experiments and demonstrations. Participants will construct and observe their own ink chromatography experiments to discover how blank ink isn’t all it seems to be. We will also explore the effects of magnetism by making magnetic slime and observing the iron that is in food. The fun culminates in two exciting demonstrations of a combustion reaction (egg in a bottle) and an exothermic reaction (elephant toothpaste). All experiments and demonstrations are safe for participants to observe or engage in and do not require safety glasses.

### Mathemagic

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

### Physics Phun

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

### Science of the Invisible

Have you ever seen carbon dioxide gas in the air around you? Or watched sound waves traveling around us? Some characteristics of our environment are difficult to see, but we can be creative about observing them! Participants will set up their own scientific experiment in which they inflate a balloon with pure carbon dioxide without blowing into it (yeast in a bottle) and observe how much gas they can capture. While the experiment is developing, participants will also engage in demonstrations and discussions about waves which will end in a brief violin performance – song requests encouraged!



## ARTS, MUSIC, WRITING

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Colorful Creations

Bringing comfort and sharing memories through the use of art.

Drum Circle for Life

This session explores building community through the creation of a drum circle. Participants will come together as a community and sing, play, listen and dance together.

Picture Portals

This program uses photographs for reminiscing therapy and creating writing.





## MEMORY LOSS AND DEMENTIA SPECIFIC PROGRAMS

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### Dance Gero

Dance instructor, Cassandra Stewart takes her clients on a journey through various dance genres and uses innovative props to enhance flexibility, balance creativity, strength, memory and stamina.