



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

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*

Stay Scrapping

A dynamic, cardio class using boxing techniques. High energy and lots of fun! **Can be adapted for seated participants*

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*



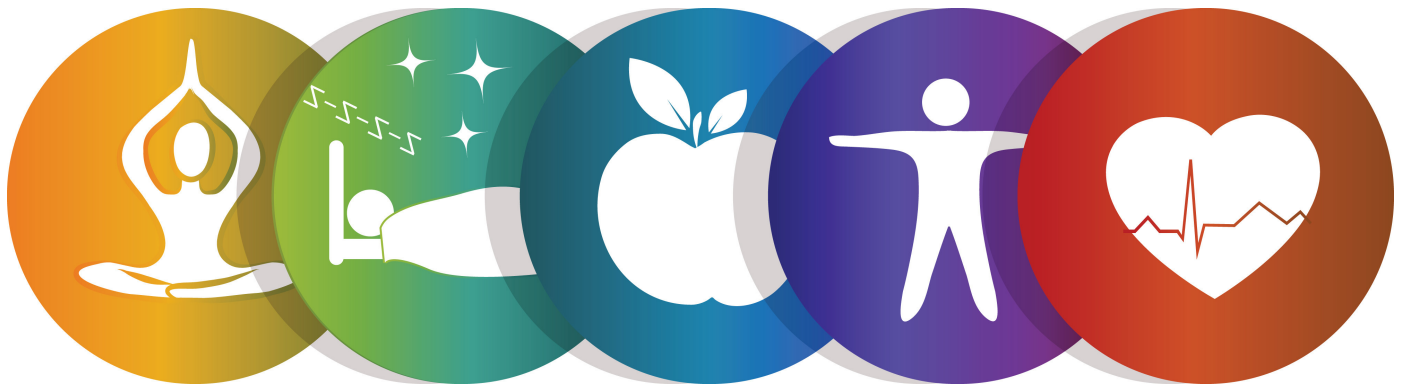
BRAIN TRAINING

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

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

Aboriginal Art and Culture

The category "Aboriginal Australia" was coined by the British after they began colonizing Australia in 1788, to refer collectively to all people they found already inhabiting the continent, and later to the descendants of any of those people. This presentation explores the lives of Indigenous Australians and Aboriginal arts and culture.

Animals of Australia A to Z

Australia has some of the weirdest, most wonderful animals in the world. Not to mention some of the most deadly. Enjoy the sites and sounds of some of Australia's most incredible creatures.

Betsy Ross and the American Flag

Elizabeth Griscom "Betsy" Ross is widely credited with making the first American flag. Hear about her relationship with George Washington, how she was chosen and see the many incarnations of the flag since the revolutionary war.

Egypt and Its Wonders

Egypt is a land of many mysteries. Come hear about the pyramids, the ancient pharaohs, spiritual practices and the possible link between the sinking of the Titanic and an Egyptian curse.

Impressionist Art

Impressionism is a 19th-century art movement characterized by relatively small, thin, yet visible brush strokes, open composition and emphasis on the accurate depiction of light. Impressionism originated with a group of Paris-based artists whose independent exhibitions brought them to prominence during the 1870s and 1880s. This presentation explores the history of impressionist art and some of its most important works of art.

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.

Religions of the World

The influence of religion can be felt in every sphere of our lives. This presentation explores the worship, practices, gods, prophets, festivals, myths and misconceptions of some of the world's leading religions.

The Gambia- The Smiling Coast of Africa

The Gambia, a small West African country, bounded by Senegal, is known for its diverse ecosystems around the central Gambia River. Abundant wildlife includes monkeys, leopards, hippos, hyenas and rare birds. Journey to this small country and hear about how one small woman made an impact.

The Midnight Ride of Paul Revere

The British are coming! This session shares the history of and lore regarding the ride of Paul Revere during the American revolution.

The Truth About St. Patrick

St. Patrick was a lucky Irishman who wore green, drove the snakes out of Ireland, and loved green beer. Except not a single word of that is true. Perfect for St. Patrick's Day or any other time of the year you want to hear how stories change over time.

