



## COOL ACTIVITIES FOR OLDER ADULTS

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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 offers 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 and experiences bring residents together to discuss, reminisce and socialize.

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.

\*Classes \$60/ Experiences \$100- discounts available for booking 4 or more classes in a month

\*Class availability may vary by region

\*Book early to get the classes that you want- priority given to existing customers



## 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 graceful form of exercise involving a series of movements performed in a slow, focused manner.

### ☐ 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)*

### ☐ 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.

### ☐ Stay Scrapping

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

### ☐ Belly Dancing

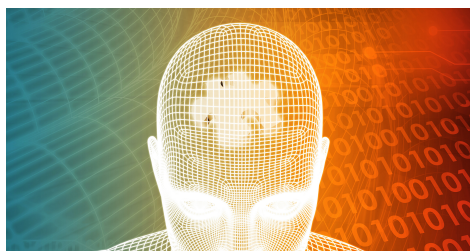
Tones your core, improves your balance, aids with weight loss and rejuvenates the soul!

### ☐ 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*

### ☐ Zumba Gold

For older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. Can be done seated.



## BRAIN TRAINING

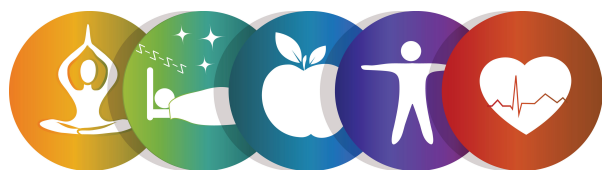
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### ☐ Stay Smart- Our Most requested program!

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 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.



## EXPERIENCES

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### ☐ Tea for Two (or Twenty)

Tea. It's the national drink of England, and the second most widely consumed beverage in the world next to water. In this special participative program we taste different varietals of tea and score them on tasting sheets. We sip from beautiful vintage china tea cups and saucers and enjoy tea that's been brewed in teapots from the presenter's own collection. We play rounds of trivia and discover unusual facts about the history and social aspects of tea.

### ☐ Let's Camp

Relive your childhood without the mosquitos. We bring camp to you- s'mores, sing-a-longs, camp activities and lots of fun. All in 1 hour!



## COOL PRESENTATIONS

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### ☐ Aboriginal Art and Culture

The category "Aboriginal Australia" was coined by the British after they began colonising 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.

### ☐ 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.

### ☐ 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.

### ☐ French for Travelers and 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.

### ☐ From Mata Hari to Julia Child: Female Spies of the 20th Century

There is a long history of female involvement in warfare. Espionage knows no gender and in fact being female could provide less suspicion and a better cover.

We look at some of the most fascinating characters from the first and second world wars, including American heroine Virginia Hall, singer Josephine Baker, German born Marlene Dietrich and Julia Child (yes, the gourmet chef!).

### ☐ 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.

### ☐ 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?

### ☐ 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.

### ☐ 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.

### ☐ 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.

### ☐ Mathemagic

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

### ☐ 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.

### ☐ A Mother's Love

A celebration of Motherhood. The history of Mother's Day, mother's day trivia and music, and reminiscence.

### ☐ Physics Phun

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

### ☐ 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.

### ☐ 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!

### ☐ 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.

### ☐ Walt Disney World- One Man's Vision

Go behind the scenes of one of the world's most famous theme parks. Learn about Walt's vision for this 27,000-acre site, turning it from swampland into a magical kingdom. What does EPCOT stand for and why was it so important to Walt? Includes amazing photos and videos of the construction of the parks, and music from the attractions and Disney movies.

### ☐ 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.



## ENGAGING ENGLAND SERIES

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Presented by Maggie Gallant

### ☐ An Album of British Royal Weddings

With the excitement surrounding the wedding of Prince Harry and Meghan Markle, we'll look back at some of the highlights of royal weddings over the past 70 years. Starting with the marriage of Princess Elizabeth to Prince Philip in 1947, we'll also watch the first televised coverage of her sister Princess Margaret's wedding, the young Lady Diana Spencer, and most recently her sons Prince William and Prince Harry. Wedding traditions, music, fascinating stories, and beautiful photography and footage from the ceremonies are covered in this uplifting presentation.

### ☐ 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. This unique presentation tells the story from both the perspective of the men on the beach and those who risked their lives crossing the English Channel. We will learn more about Churchill's high-risk strategy and listen to his famous 'We Shall Fight on the Beaches' speech.

### ☐ 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. In this presentation we'll explore some of the most famous and beautiful castles around Britain and look at what daily domestic life was really like for the inhabitants.

### ☐ 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. It also includes insights into the secret signals Queen Elizabeth II uses to communicate to her staff.

### ☐ 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.

This presentation explores how men and women found new ways to dress when rationing took hold. Photos of original clothes from the era reveal what life was really like on the home front.



### ☐ Over to Top: Reflections of the First World War

Marking the 100th anniversary of WWI, we reflect on its profound significance. From the devastating losses suffered during the Battles of the Somme and Passchendaele to the stunning work of the war poets, we take a personal look at why this called 'the war to end all wars'. This presentation also looks at the special commemorative events held in England, France and Belgium to mark the centenary.

### ☐ Remembering Princess Diana

20 years ago the world was shocked by the sudden and untimely death of Princess Diana. The week that followed was one of the most extraordinary in British history. The outpouring of grief had never before been seen and some say that it changed the character of both the English nation and the royal family. We look at the life of Princess Diana, from the early days of Lady Diana Spencer to her last hours in Paris, to a funeral we will never forget.

### ☐ Royal Scandals and Romances

Prince Albert was the great love of Queen Victoria. After his death the Queen entered an intense period of grief and mourning. Only a close friendship with her highlander servant John Brown seemed to ease her pain, but the true nature of their relationship is still questioned. In this presentation we discuss some of the most prominent stories of love and loss within the British royal family. This includes Princess Margaret's doomed affair with Group Captain Peter Townsend, and King Edward VIII who gave up the throne for American divorcee Wallis Simpson. We also remember Princess Diana whose desire for a fairytale marriage with her Prince Charming ended in tragedy.

### ☐ Secrets of London

Jump onboard this insider's tour of London and explore the places and stories that the tourist guides never mention. Discover the dragons of the City of London, what it takes to become a black cabbie and see the smallest statue in the world. You'll also learn where Londoners go for their fish and chips and the best place to enjoy the great English fry-up!

### ☐ Sights and Sounds of London

Take a tour of England's capital city and explore some of the most famous landmarks as well as lesser-traveled sights that only the locals know. Hear about the famous London dragons, learn what it takes to become a London 'cabbie' and discover the smallest statue in the world.

### ☐ The Tower of London

Ever since William the Conqueror built the White Tower in 1078, the Tower of London has played a prominent role in English history. 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. This presentation uncovers the secrets and the history of the Tower of London, including the famous Beefeaters and the ravens who can never leave.

### ☐ Upstairs Downstairs: Life in an English Country House

Edwardian England was the heyday of the country house. For the aristocracy it was a life of extravagance and luxury. But for those who kept these grand estates running, it was a very different world. Life below stairs meant 17-hour days, endless drudgery, and always knowing your place. This presentation lets the audience experience what it was really like to work '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.



## ARTS, MUSIC, WRITING

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### ☐ Colorful Creations

Bringing comfort and sharing memories through the use of art.

### ☐ Drumming

Use music to get your heart- rate up and have some fun.

### ☐ Life Stories- A Storytelling workshop

You have lived a lifetime! You have so many stories to tell they can fill a book! Which stories do I tell first? How do I tell them? How long should stories be? Come and explore telling stories for 90 minutes with storyteller Mahani Zubedy. Mahani believes every senior has so many stories to tell they can fill a book, and that stories connect us to our inner selves and to each other. She started StorySistas.com, women 50+ connect and conspire through stories.

### ☐ Picture Portals

This program uses photographs for reminiscing therapy and creating writing.

### ☐ Strumming Along with Stringed Instruments

The violin and viola are close cousins in orchestra, but what exactly is the difference between these instruments? What about fiddles and violins; how can you tell them apart? If you've ever wondered about stringed instruments, this is the class for you. The differences between violins, violas, cellos and basses will be discussed and demonstrated. The instructor will also play samples of several types of music genres including classical, bluegrass, and popular music.



## 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.

### Time Slips

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.