



Aging is Cool Workshop

COOL ACTIVITIES FOR OLDER ADULTS



We know that recreation directors are balancing a lot when they are putting together their monthly calendars. Aging is Cool offers you engaging and flexible program options that work with your schedule and your budget.

We provide activities that focus on 3 key pillars of healthy aging:

- **Stay Strong**- Classes focused on physical health to help residents stay strong, flexible and improve their balance.
- **Stay Smart**-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.
- **Stay Social**- In all of our classes, we encourage participants to interact and get to know each other. Socialization is key to healthy aging!

Many classes can be adapted for individuals with dementia or those who need to remain seated. 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 (some experiences are more and are noted). Discounts available for booking 4 or more 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



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.

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!

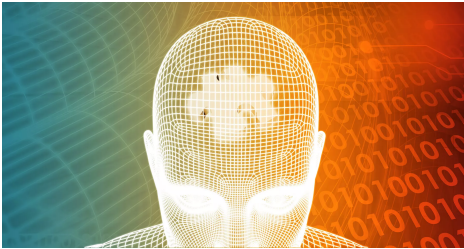
Yoga

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

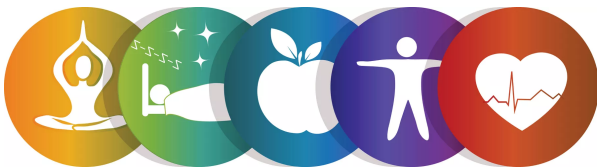


Stay Smart- Our Most requested program!

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, SELF-IMPROVEMENT, & DISCUSSION GROUPS



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.

Living Daily with Gratitude

This class is a conversation about how you can improve your life and possibly touch others by practicing gratitude. It is such an easy thing to do, but one we get too busy to remember. The truth is that it is impossible to feel both the positive emotion of being grateful and a negative emotion such as anger or fear at the same time. Make a difference in your life with a daily gratitude focus.

TED Talks Discussion Series

TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED talks cover almost all topics — from science to business to global issues. Choose from the topics below. We will view the talk together as a group and then an Aging is Cool facilitator will lead conversation on these important topics. Great way for your residents to continue to learn, grow and stay current.

- My Stroke of Insight- a brain scientists journey after having a major stroke
- Grit: The Power of Passion and Perseverance
- The Power of Vulnerability
- What Makes a Good Life
- Looks Aren't Everything
- The Puzzle of Motivation
- How to Make Stress Your Friend

EXPERIENCES & PRESENTATIONS





Aging is Cool Class Menu

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! \$100

Party Games of the Past

A playful hour of organized old fashioned childhood games. Group games to include pass the parcel, memory tray, mystery touch and smell, group adaptive charades, Simon says and others.

Yoga Nidra

Yoga Nidra is often referred to as deep relaxation with inner awareness. It can aid in developing the memory, increase knowledge and creativity, or transform one's nature.



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.

American Heroes

Not all heroes wear capes. In this class, we share a collection of stories on the heroes of America- some you have heard of and some you haven't. Learn how their deeds or inventions impacted history.

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.

Borneo

Learn about the creatures and the tribes that inhabit this mysterious island in the extreme southwestern part of the Pacific Ocean.

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.

China

China, an ancient, mysterious and beautiful land, is always appealing to adventurous foreign visitors. It is the world's most populous country, with a population of around 1.404 billion. China is one of the four earliest civilizations nations in the world.

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.

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.

Gravity: It's Heavy

What is gravity? How does it impact us and aren't you glad we don't just float away? Join us for this fun session on gravity and how it impacts our life.

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.

Italy

Italy is a country in Southern Europe. Together with Greece, it is acknowledged as the birthplace of Western culture. High art and monuments are to be found everywhere around the country. It is also famous worldwide for its delicious cuisine, its trendy fashion industry, luxury sports cars and motorcycles, diverse regional cultures and dialects, as well as for its beautiful coast, alpine lakes and mountain ranges (the Alps and Apennines). No wonder it is often nicknamed the *Bel Paese* (the Beautiful Country).

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 Houdini caused (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!

A Mother's Love

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

Moon Landing

One small step for man, one giant leap for mankind. Learn about the science behind how the rockets got to the moon and conspiracy theories about our first walk.

NASA

From the 1950's till today, NASA journeys and experiments have changed our world in interesting ways. Come learn about the space race, history of NASA, its contributions to science and where it is headed in the future.

New Zealand

New Zealand is a country of stunning and diverse natural beauty: jagged mountains, rolling pasture land, steep fiords, pristine trout-filled lakes, raging rivers, scenic beaches, and active volcanic zones. These islands are one of Earth's most



Aging is Cool Class Menu

peculiar bioregions, inhabited by flightless birds seen nowhere else such as a nocturnal, burrowing parrot called the kakapo and kiwi.

Physics Phun

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

Safari Adventure

Travel with us on a jeep safari right from the comfort of your own chair. Learn about the unique animals you will see, interesting highlights like Mount Kilimanjaro and see photos of exotic resorts.

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.

Weird and Wonderful World of Work

What did you do for a living? Was it dangerous? Odd? Did you know that some folks live to work and some work to live? This session looks at work around the world and some unusual jobs you never knew existed.

ARTS, MUSIC, WRITING



Art Works!

Bringing the magical experience of creating art to any person, skilled or unskilled. \$75 (supplies included)

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.

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.

Zen Doodle

Anyone can draw and create. Learn specific simple doodles and shapes that when repeated and added with shading and color can be beautiful works of art. Can be offered as a stand-alone class or as a 4 part series to create a larger work of art.