

## 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. 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 \$65 (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

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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.

### 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

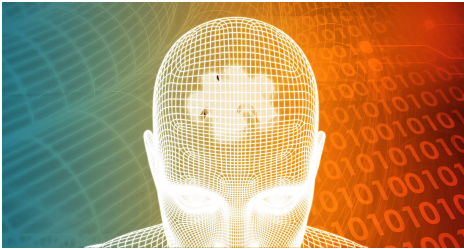
The purpose of yoga is to create strength, awareness and harmony in both the mind and body. It helps with flexibility, muscle tone, energy/vitality and reduces stress. Say OM! *\*Can be adapted for seated participants*

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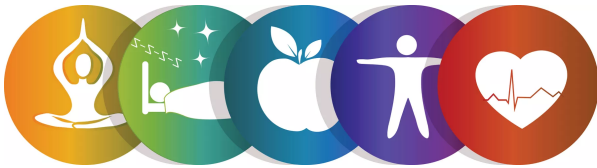
### Stay Smart- Our Most requested program!

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, SELF-IMPROVEMENT, & DISCUSSION GROUPS

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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.

### 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

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## 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.

### Will it Float?

Join us to experiment with designing a boat made out of clay that will be able to float. Use your design skills and observations from a class demonstration to become a master boat builder! Or at least an amateur clay boat builder.

### 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.

### The Boob Tube: Television Through the Decades

Arguably, the greatest and most influential invention of the 20th century, perhaps with the exception of the Internet, the television began with humble beginnings and was met with skepticism. However, since its inception, almost 75 years ago, the United States has been captivated. This session explores television and the shows that have impacted us over the years.

### Borneo

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

### 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.

### Countdown: Music Through the Decades

Throughout the years, musical styles have reflected the society of the time and have evolved with changes in the world. Not only does music change with society but it changes with technological advances as well. As technology changes it can allow new styles to emerge and new ways for people to listen. From radio to television, and records to the internet, music and the way we consume it has dramatically changed in the past seventy years.

### 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.

### 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.



### Holidays Around the World

Travel through the calendar and discover some of the most unique and beautiful holidays from around the world.

### How Your Brain Works

In this session you will learn, how each major section of the brain functions in relation to how we think and what we do. What does that mean as you grow older and how is the brain impacted with dementia?

### 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).

### Let's All Go to the Movies: Oscar Winners Through the Decades

The Academy Awards, also known as the Oscars, are a set of 24 awards for artistic and technical merit in the film industry. These awards have been given annually by the Academy of Motion Picture Arts and Sciences since 1930. Join us for a celebration of some key award winners from the 1940's to present day.

### 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.

### 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



## Aging is Cool Class Menu

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

### Robots

MODERN ROBOTS ARE not unlike toddlers: It's hilarious to watch them fall over, but deep down we know that if we laugh too hard, they might take over the world! None of humanity's creations inspires such a confusing mix of awe, admiration, and fear. Learn about the history of robots and some of their amazing uses today and into the future.

### 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.

### The Secret Lives of Amazing Authors

These authors have created amazing literacy pieces of art, taking you into worlds of fantasy and amazement. But sometimes... authors have lives that are more bizarre and weird than the stories they create.

### 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

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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.

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.