

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 \$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



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*

Balance

Falls are the leading cause of accidental death in older adults. This class works to prevent falls by improving balance and coordination. Exercises are geared to strengthen your core as well as your knees, ankles, legs and improve coordination and response.

Belly Dancing

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

Stay Scrapping

A dynamic, cardio class using boxing techniques. High energy and lots of fun! **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.

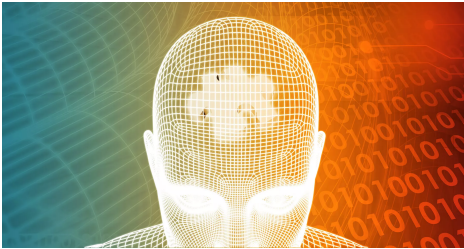
Yoga

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

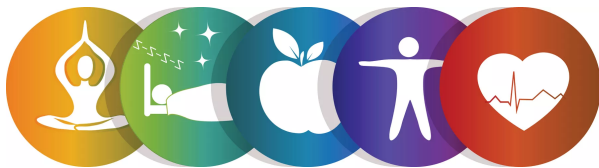


Stay Smart- Our Most requested program!

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 help participants to identify their values, set goals and enjoy aging more. Topics include: thriving & gratitude, coping with change, 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

Hypnosis for Pain Management

If you could learn how to control or eliminate physical pain and speed healing you would, wouldn't you? Many people don't know that hypnosis was approved by the American Medical Association 1958 as a safe and effective method of treatment. Scientists and medical doctors continue to study hypnosis and its uses today. Come have some fun in this interactive class led by Candace Avila, Clinical Hypnotist, owner of NamasteHypnosis.com. Learn what hypnosis is, how it works, and how you can use self-hypnosis to manage; even eliminate; your pain and other uncomfortable conditions.

Hypnosis is Cool!

Learn how to improve your health and mental wellbeing with hypnosis. Your mind has the power and ability to allow you to feel more happiness, greater confidence, peace and relaxation. You can easily change those negative, worrisome thoughts in your head into positive, good feeling, thinking. In this class you will learn the differences between meditation and hypnosis, the benefits of practicing self-hypnosis, and how to hypnotize yourself. Come have some fun in this interactive class led by Candace Avila, Clinical Hypnotist, owner of NamasteHypnosis.com.

EXPERIENCES

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

Making Sense of Scents- Aromatherapy

Come explore the world of aroma! Whether it is outside, in your living area, or while we are cooking, we associate memories with and connect with scents. Some we love and others we are okay to do without! In this session, we will smell some common aromas and discuss how they make you feel and how you can use them to change your mood. We will also use journaling to process the thoughts and feelings that arise.

***Scents will not be put on the skin and will be in a bag on a cotton-ball or in a jar. Anyone with a sensitive nose or allergies should use caution.

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.

PRESENTATIONS



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.

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.

Intro to Astronomy

An interactive tour of our sun, the moon, our solar system, and the stars. The teacher, Lynn Barton, will use music, movement, visual aids, and talking to help us find our place in the universe.

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).

I Watched It All On My Radio

Do you remember the days before television?

Do you remember what your family radio looked like and where it was in your home? If you were really lucky, do you remember your own little radio that you kept in your bedroom? Do you remember your favorite programs? Well we are going to take a little trip back in time and talk about some of those shows. Oh, and keep an ear out for the name of some of the sponsors which I am sure will be familiar.

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

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.

Paris, the City of Light

Spend a day sightseeing in Paris--monuments, museums, and much more--without leaving home. The City of Light reveals its well-known sites and lesser-known places in this "armchair traveler" presentation about one of most beautiful cities in the world. You might even learn a bit of French, too!

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 Saturday Evening Post

The Saturday Evening Post was one of the most widely circulated American weekly magazines of its day. Who doesn't remember having one lying on their coffee table at home? Come hear about the magazine's history and have a look at many of the amazing Norman Rockwell magazine covers that depicted all parts of our American life.

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.

Walt Disney Animated

Join us on a discovery of the most popular animated films that Disney has produced since Snow White.

Walt Disney Live Action

Disney films starring real people (and sometimes dogs and cats!) From Ol' Yeller and Treasure Island to Mary Poppins.

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.

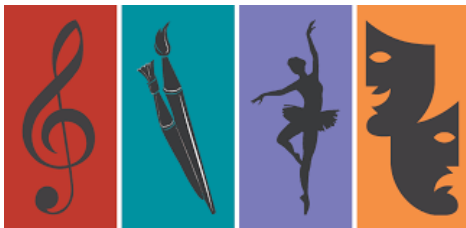
Wonderful World of Dogs

Come hear about the evolution of man's best friend, learn about some of the different breeds and famous dogs and their owners. Plus...some pretty cute photos of those dogs....and puppies! Who doesn't like puppies?

WWII Code Breaking and Keeping Secrets

Under cover and in secret during World War II, Allied spies and secret agents worked behind the scenes to send messages, take pictures, and find out about the enemy's plans. These spies broke codes and stopped weapons programs. Eventually, their work helped the Allies win the war. These brave men and women risked their lives to fight back against the Axis powers who invaded their homes and interrupted their lives..a famous singer, a major-league baseball player, and a well-known writer among others helped change the course of history.

ARTS, MUSIC, WRITING



Art Works!

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

Painting and Drawing

The possibilities for artistic creation are endless. Painting and drawing are calming activities for anyone, and allow for self-expression. No experience is necessary.

All aspects of an older adult's life can be positively influenced through the process of producing artwork: emotional, spiritual, physical and mental.

Options include watercolor, acrylic, oil, charcoal, colored pencil.

Brought to you by Cafe Monet Older Adult Art Program

Working with Clay

Releases stress, shifts focus, and allows for a deeper connection through a quieting of the mind and body. It has been shown to have positive effects for every age group, every disability and every mental dysfunction as there are no rights and wrongs in art.

It is simply a creative expression.

As a medium, clay is distinct from other forms of art because the medium works with you, rather than against you.

Clay materials can be soft on the hands and create a soothing feeling, which may be ideal for someone who experiences pain in the hands.

Options include handbuilding, coil method and pinch pot method.

Brought to you by Cafe Monet Older Adult Art Program

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.