



# AGING IS COOL

STAY STRONG · STAY SMART · STAY SOCIAL

**Class Catalog**  
**January 2024-June 2024**

You bring the participants, we bring the *fun* !



Our passion at Aging is Cool is providing cool activities to keep older adults active & engaged as they age. We serve independent living, assisted living, memory care, senior centers and other locations where older adults live or gather.

We have over 100 different classes to choose from and we bring the fun right to you!  
Prefer a virtual class? Just ask!

## How it works



### SEARCH

Search our class list and find programs that spark your interest.



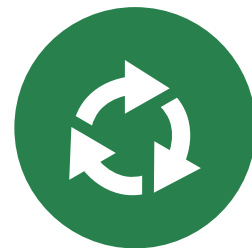
### CONNECT

Get in touch and schedule your class.



### ENJOY

Have a great time with your group at your scheduled activity.



### REPEAT

Book more classes!

## Pricing

All classes are \$110 for a one hour session or \$90 for 4 or more classes in a month excluding the following:

- Art \$195 (up to 12 participants)
- Virtual reality \$150 (up to 15 participants)

## TO BOOK A CLASS

Book@agingiscool.com  
512.790.2665  
www.AgingIsCool.com

Serving Austin, Houston, San Antonio,  
Las Vegas/Henderson and Phoenix.

# FITNESS AND MOVEMENT



## STAY STRONG

General fitness class (seated or standing).



## YOGA

A class for flexibility, breath work and balance (seated or standing)



## AQUAFIT

Water fitness class in your community pool.



## STRETCHING

Keep flexible with this gentle stretching class.



## ZUMBA

Dance your way to fitness with this high energy class.



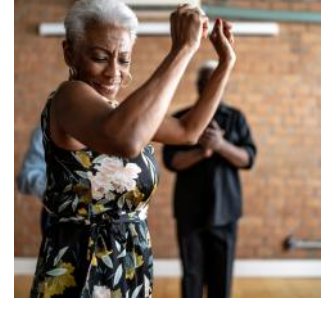
## TAI CHI

Practicing tai chi can improve balance, stability and flexibility.



## SEATED KUNG FU

A martial art from China, this class helps to develop the mind and body. \*Austin only



## DANCE (VARIOUS)

Various dance options available- please inquire. May include ballet, line dancing, tap, jazz or other styles.



## BELLY DANCE & BELLY-ROBICS

A fun way to move the body and improve core strength.



## BULGARIAN DANCE

A heart pumping group dance. \*Vegas only



## BALANCE

Improve your balance and prevent falls.



## CHAIR FIT BINGO

bingo combined with chair exercises. Win prizes, get fit.

**FITNESS CLASSES CAN BE ADAPTED FOR SEATED, STANDING OR HYBRID CLASSES**

## ANIMALS



### ANIMALS OF AUSTRALIA

A to Z the animals that make the Australian continent unique.



### WONDERFUL WORLD OF CATS

Meow! Let's take a look at some of the cuddliest and most unusual breeds.



### WHAT'S BUGGING YOU? BUGS!

Lots of legs, colors galore and beneficial to our environment.



### WONDERFUL WORLD OF DOGS

Hear about the evolution of man's best friend.. plus some pretty cute pics of dogs!

## THE ARTS, FOOD MUSIC



### BEER! A HOPPY HISTORY

History and fun facts about beer.



### BRITISH MUSEUM FIELD TRIP

Tour the prestigious museum and look at some of the world's most famous pieces.



### COUNTDOWN: MUSIC THROUGH THE DECADES

Explore the evolution of music from 1940's to modern day.



### DEEP IN THE HEART OF TEXAS MUSIC

What's not to love about Texas? Come with us and explore Texas music history.



### LET'S DANCE: THE HISTORY OF DANCE

Dance is one of the universal languages. It can tell a story, express a feeling, be part of a ritual or..... it can be just good fun!



### LET'S SING: BROADWAY MUSIC FAVORITES

Get ready to sing along with 10 of the most well known songs from top Broadway shows.



### MUSIC OF MOTOWN

Motown began as a record company and eventually became a musical movement.



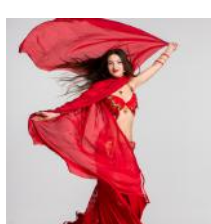
### OPERA

A review of some of the most popular operas, their storylines and their famous music.



### NOVELTY SONGS

Sing along and giggle at some of the most ridiculous novelty songs ever written.



### THE OLDEST DANCE

Learn about the history of Belly Dancing and enjoy a live demo.  
\*Austin only



### SECRET LIVES OF AMAZING AUTHORS

Sometimes, authors have lives that are more bizarre than their stories.



### WEIRD TEXAS MUSEUMS

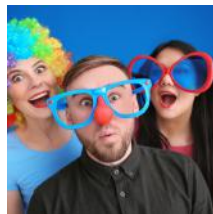
The small, the weird, the strange, the unusual little museums that are scattered around the Lone Star State.

## COMEDY



### LAUGHTER IS THE BEST MEDICINE

A celebration of some of the most hilarious comedians.



### JOKES AND PRANKS

Let's have a laugh together. Learn about the history of April Fools Day and some of the oldest pranks on record.

## HISTORY



### 1904 OLYMPIC MARATHON

America's first Olympics may have been its worst, or at least its most bizarre.



### ABSURDITIES OF VICTORIAN LONDON

Go back in time to Victorian London, the world's largest city.



### ALCATRAZ

If you break the rules, you go to prison.. but break the prison rules and you go to Alcatraz!



### CHAUVET CAVES

A cave that contains some of the best-preserved cave paintings in the world.



### GREEK MYTHOLOGY

The Gods, Goddesses, Heroes, and Monsters from Greek mythology.



### NATIVE AMERICANS

Explore the past and present of the Navajo, Cherokee, Sioux, Chippewa and Commanche tribes.



### A PIRATE'S LIFE FOR ME

Ahoy matey! Stories of famous pirates on the high seas.



### SATURDAY EVENING POST

The most widely circulated weekly magazine of it's day.



### SEASON OF LOVE: THE 1960'S

Bellbottoms, flower children and Woodstock. Take a trip down memory lane.



### TITANIC

Grab your ticket for this ill-fated cruise.



### TOWER OF LONDON

Hear about the building and the scandals of the royalty that lived there.



### UNSUNG HEROES OF BLACK HISTORY

Hear the untold stories of Black Americans who changed history.



### WILD WEST

The outlaws and lawmen of the Wild West. Sometimes the bad guys were more admired than the good ones!

## MOVIES, RADIO & TELEVISION



### WWII CODE BREAKERS AND SPIES

These brave men and women risked their lives to fight back against the Axis powers.



### THE GOLDEN AGE OF TELEVISION

The history of television and the shows that impacted our lives.



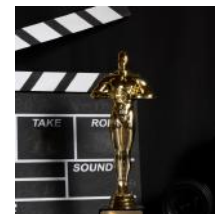
### DISNEY ANIMATED FILMS

A discovery of the most popular Disney Animated films.



### DISNEY LIVE ACTION FILMS

Disney films starring real people. From Ol' Yeller and Treasure Island to Mary Poppins.



### OSCAR AWARD WINNERS 1923-2023

A celebration of key Academy Award winners.

## NOSTALGIA



### WATCHED IT ALL ON MY RADIO

Take a little trip back in time and talk about radio and the shows we loved.



### WIZARD OF OZ

Remembering one of our favorite films and learning some secrets you probably never knew!



### JUST PLAYING AROUND: TOYS

A nostalgic look at the toys that entertained us in childhood.



### CIRCUS & CARNIVAL SIDESHOW ACTS

Explore some of the most interesting and bizarre sideshow acts of the past.

## PATRIOTIC



### AMERICAN HEROES

Not all heroes wear capes. A collection of stories on the heroes of America—some you have heard of and some you haven't.

## SCIENCE AND NATURE



### SALUTE TO OUR MEN AND WOMEN IN UNIFORM

The history, music, symbols and stories from our armed forces.



### ALIENS

Aliens? Are they real? Or are they just a figment of our overactive imaginations?



### HOW TO PREDICT THE FUTURE

The most well known prophecies and how people have tried to predict the future.



### MOON LANDING

One small step for man, one giant leap for mankind.



### NASA

The space race, history of NASA, its contributions to science and where it is headed in the future.

## SPORTS



### ROBOTS

The history of robots and some of their amazing uses today and into the future.



### SECRET WORLD OF PLANTS

Beautiful colors, amazing shapes and various sizes.



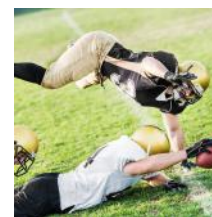
### THE BAD BOYS AND GIRLS OF SPORTS

The controversial men and women of sports and what caused their downfall.



### PLAY BALL- THE HISTORY OF BASEBALL

Let's go out to the ballgame!



### TOUCHDOWN! FOOTBALL HISTORY & FUN

Celebrate football in all its forms including the half time show!

## TRAVEL



### ABORIGINES OF AUSTRALIA

Australia's first people have lived on the continent for over 50,000 years.



### ALASKA

History and breathtaking photos of what this state has to offer.



### AMAZING ARCHITECTURE

Explore some of the world's most amazing buildings.



### AMERICA'S BEAUTIFUL NATIONAL PARKS

A trip to 5 of our most well known parks plus a quick view of several less well known.



### CHINA

An ancient, mysterious and beautiful land. One of the four earliest civilizations in the world.



### EGYPT AND ITS WONDERS

The ancient pharaohs, spiritual practices and the possible link between the sinking of the Titanic and an Egyptian curse.



### FRANCE

A journey through the beauty of France.



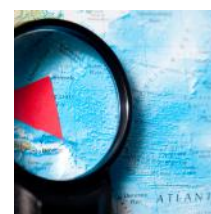
### ITALY

Together with Greece, Italy is acknowledged as the birthplace of Western culture.



### MEXICO

The history, culture, geography, and the people.



### MYSTERIES OF THE WORLD

Discover some of the secrets of the world and the theories that surround these unusual spaces and objects.

## TRAVEL CONT.



### NEW ZEALAND

A country of stunning and diverse natural beauty.



### SAFARI ADVENTURE

Unique animals, interesting nature and exotic resorts.



### STONEHENGE

The theories and conspiracies of this historic monument.



### TRAVELING ROUTE 66

Historic sites and stories of a mobile nation on the road.



### UNESCO WORLD HERITAGE SITES

Travel around the world and see these amazing protected sites.

## HOLIDAY THEMES



### UNUSUAL FOOD FROM AROUND THE WORLD

Delve into all the weird foods our species like to chow down on.



### THE WEIRD AND AMAZING USA

Some of the strangest sites from around the country.



### BLACK HISTORY MONTH: UNSUNG HEROES OF BLACK HISTORY OR FISK JUBILEE SINGERS



### VALENTINE'S DAY: EVERYBODY LOVES LOVE

Explore Love in all its various forms and how each is represented.



### ST. PATRICK'S DAY: THE TRUTH ABOUT ST. PATRICK

Most of what you know about this icon isn't true!



### MOTHER'S DAY: A MOTHER'S LOVE

A celebration of motherhood.



### FATHER'S DAY: WHO'S YOUR DADDY?

A celebration of fatherhood.



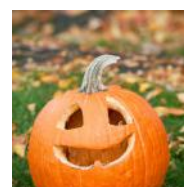
### JULY 4TH: PARADES PICNICS AND FIREWORKS

Reminisce on all the ways we celebrate Independence Day.



### LABOR DAY: THE WEIRD WORLD OF WORK

A look at work around the world at some unusual jobs you never knew existed.



### HALLOWEEN: TRICK OR TREAT

Halloween and how it has changed through the ages.



### OCTOBERFEST: BEER- THE HOPPY HISTORY

The history of and fun facts about beer.



# LIFELONG LEARNING AND BRAIN HEALTH

## HOLIDAY THEMES CONT.



### THANKSGIVING TRIVIA



### CHRISTMAS: CHRISTMAS SONG QUIZ OR HOLIDAY SING ALONG



### CHRISTMAS: DECK THE HALLS HOLIDAY DECOR

A visual journey of the beautiful things that enhance our holiday season.



### DECEMBER HOLIDAYS ALL (CHRISTMAS, HANUKKAH, KWANZAA): HOLIDAY PUB QUIZ



### DECEMBER HOLIDAYS ALL: HOLIDAYS AROUND THE WORLD

Jan- Dec- holidays from all over.

## BRAIN HEALTH & SPECIAL PROGRAMS



### BRAIN GAMES: STAY SMART

Fun games and puzzles to keep your brain active.



### CHOIR

Harmonize and sing along with your friends.

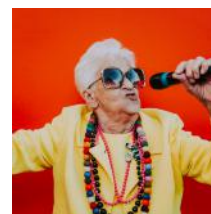
\*Austin only



### VIRTUAL REALITY

Experience other worlds in VR.

\*Austin only



### SING ALONG: THE SOUNDTRACK OF OUR LIVES

Songs from the 40's - 60's.



### TED TALKS

Watch a TED talk and engage in a facilitated conversation on the topic.



### GRATITUDE

A conversation focused on positivity.



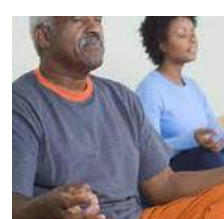
### CONVERSATION GROUPS

Various topics- please inquire.



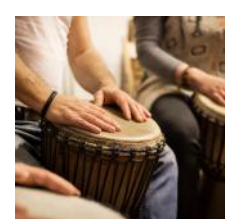
### MONTHLY TRIVIA

Test your brain power with our monthly themed trivia.



### MEDITATION

Meditation involves training your mind to focus, relax and redirect your thoughts.



### DRUM CIRCLES

Good for the brain, body and spirit.  
\*Austin only

# HEALTH MATTERS- HEALTH & WELLNESS CLASSES

Health classes include an educational slide show presentation as well as an opportunity to create a wellness plan or discuss solutions.

All health classes use up to date, nationally recognized health sources.



**JANUARY:  
MAKING YOUR  
2024 WELLNESS  
PLAN**



**FEBRUARY:  
HEART HEALTH**



**MARCH:  
NUTRITION**



**APRIL:  
ARTHRITIS**



**MAY: VISION AND  
HEARING**



**JUNE: BRAIN  
HEALTH**

## ARTS & CRAFTS



**JANUARY:  
SEA  
GLASS BIRDS**



**FEBRUARY:  
DECOUPAGE  
OYSTER SHELLS**



**MARCH:  
MACRAME FEATHERS**



**APRIL:  
BUTTON TREE**



**MAY:  
WATERCOLOR  
JOURNAL & CARDS**



**JUNE:  
ACRYLIC ABSTRACT**

Includes supplies for up to 12 participants, set up, facilitation and clean up.

Classes last between 1-1/2 hours depending on the project.



# Writing & Storytelling Workshops

\*Central Tx only

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## Write your life!

This session will help you explore a topic of great personal significance – you! We'll explore some well-known memoirs and begin writing some of our own. We'll talk about the whys of writing your life story & the how-tos. You will leave with a story that can be shared with others and tools to keep exploring and writing.

## Collecting Family Stories

Are you the storyteller in your family? Are you the collector of genealogy, heirlooms, or artifacts? What are the stories that go with the things and the names? How can we collect and share family stories to pass them on to future generations? In this session, we'll discuss the benefits and resources for capturing the stories of our loved ones.

## Reminiscence, Life Review, and Autobiography in the 21st Century

Learn about the history of life story work & current methods & approaches for doing this important work, including individual and group reminiscence, structured life review, oral history, guided autobiography, legacy letters, and storytelling.

## Tell me a Story!

Let's get talking about the stories of life. Let's reminisce together & share in the stories of our lives. You'll be prompted along by a guide to remember & share a story about your life, and we'll listen to others share the stories of life. Sharing is optional – just come and listen to some great storytellers you know!

## Do You Remember? Exploring the Science of Reminiscence

Memories are some of the most essential things we collect in life. In this session, participants will explore the science of reminiscence – how memories are made and why we retrieve them. We'll also explore how to use this information to enrich our lives.

Brought to you by Aging is Cool and Whitney Myers of Sacred Stories  
#Central Texas locations only





## What we are known for



Focusing on the positive parts of aging.



Believing you are never too old to learn.



Taking a stance against ageism.



Giving back to the community through our nonprofit fund.

[www.AgingisCool.com](http://www.AgingisCool.com)  
512.790.2665

