

July-December 2026



Engaging Programs for Older Adults

CONNECTION. CURIOSITY. JOY.



Class Catalog 2026

Serving Arizona, Florida, Nevada and Texas (in-person) &
everywhere else (virtual)



Engaging programs that bring energy, connection and curiosity to your community.

At **Aging is Cool**, we believe older adults deserve lives filled with movement, meaning, and joy.

Our evidence-informed programs support the body, challenge the mind, and spark real connection. With more than 150 classes across fitness, creativity, arts, brain health, and lifelong learning, we deliver experiences that feel fresh, relevant, and engaging.

Our experienced instructors bring professionalism, warmth, and energy to every session, making it easy to offer consistent, high-quality programming your residents will look forward to.

Why communities choose us

- Consistent, reliable programming across all locations
- Professional, background checked instructors trained for older adult engagement
- Flexible classes that adapt to your residents' needs

Designed for ALL Levels of Care

Including memory care with thoughtful adaptations so every resident can participate, connect and feel successful.

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Fan Favorites

OUR MOST REQUESTED & TALKED-ABOUT PROGRAMS

DISCUSSION



AGING TOGETHER SERIES

A monthly conversation series exploring topics that matter as we age.

Relationships, body changes, legacy, purpose & much more.



GRATITUDE

Cultivate positivity and well-being through guided reflection and meaningful discussion.

BRAIN HEALTH



STAY SMART BRAIN GAMES

Challenge your mind with fun puzzles, games and activities custom designed by Aging is Cool.



MONTHLY TRIVIA

A fun social competition designed to spark memory, conversation, and friendly rivalry.



MEDITATION

Find calm, reduce stress and improve well-being. Learn multiple styles of meditation and mindfulness.



MEMORY LANE

A presentation on why memory isn't as reliable as we think—surprising science and practical insights you can use every day.

TECHNOLOGY



AI BASICS

An approachable introduction to Artificial Intelligence and how you can use it to make everyday life easier and more enjoyable.



VR EXPERIENCE

Step into virtual worlds and discover amazing places and experiences through immersive technology. (Central Tx only)

CREATIVITY AND MUSIC



WRITING & STORYTELLING

Share stories, memories and ideas in a welcoming space that sparks creativity and connection.



SING ALONGS

Everyone's favorite songs, good company and plenty of smiles.



DRUMMING

Feel the rhythm! Connect, move and make music together. (Availability varies by region- please inquire.)

SIGNATURE EXPERIENCES



Hands-on learning and connecting experiences designed to spark creativity, curiosity and joy.

**Tasting program pricing is dependent on number of attendees. Please inquire.*



Featured Experience

Story Studio

An elevated take on “show-and-tell”

Participants bring a meaningful object and share the story behind it. Thoughtful facilitation, curated prompts and a supportive structure ensure every voice is heard and every story matters.



Perfume Making

Blend your own signature scent while learning the art and story behind fragrance design.



Chocolate Tasting

Sample a range of chocolates and uncover the flavors, origins and craftsmanship behind each bit.



Mocktails

Shake, stir and sip! Explore three delicious non-alcoholic creations in a fun, social setting.



Near Beer

Explore the world of non-alcoholic brews and discover surprising depth and flavor.



MEMORY CARE

TIMELESS TUNES

Designed for memory care sites or individuals with memory loss.

Timeless Tunes brings the power of music to life through engaging interactive sessions that spark memories, promote connection and support overall well-being. Each class is thoughtfully designed to meet participants where they are and help them shine.

EACH SESSION INCLUDES



Sing-Alongs



Trivia



Learning



Movement



Meditation

TOPICS INCLUDE



The Beatles



Classic Country



The 1950s



Songs of Summer





Keep your residents strong, balanced, and healthy! All fitness classes are taught by certified instructors and can be adapted for seated, standing, or hybrid formats.

Need help choosing?

We can tailor any program to your residents.



FITNESS & MOVEMENT

Aquafit Water-based exercise in your community pool—gentle on joints, big on energy!

Balance & Fall Prevention Improve posture, coordination, and core stability through simple, safe movements.

Boxing A dynamic cardio class using boxing techniques. High energy and lots of fun.

ChairFit Bingo or Yoga A creative combination of bingo and fitness. Great for those who may be new to exercise.

Circuit Training Alternating strength and cardio exercises for a full-body workout.

Dance Feel good movement class with music. Various formats- line, belly, jazz, ballet ... May vary by region.

Fitness Equipment Training Have a gym but no one knows how to use the equipment? We can help!

Stay Strong A balanced workout to build strength, stability and endurance.

Stretching Gentle Stretching to increase flexibility and reduce stiffness.

Tai Chi Practice slow, controlled movement to enhance balance and mindfulness.

Yoga Gentle poses and breathwork to increase flexibility and calm the mind.

Zumba Gold Dance your way to fitness in this high-energy, low impact class.



HEALTH AND WELLNESS

Lifelong learning programs designed to support physical health, mental well-being and everyday vitality.

Stress Management

Simple, effective ways to manage stress, build resilience and feel more in control.

Getting a Good Night's Sleep

Understand what impacts sleep and learn practical strategies to improve rest, energy and overall well-being.

Falls Prevention

Improve balance, confidence and safety with practical tips and strategies to reduce the risk of falls.

Creating Your Health & Wellness Plan

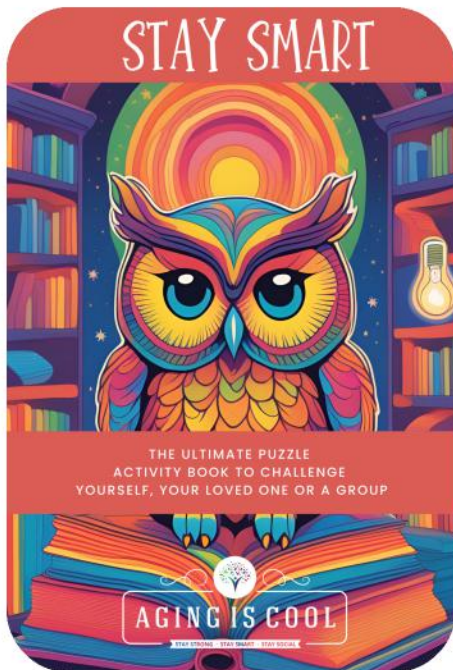
Start the year off with intention by building a personalized, realistic plan for staying active, healthy and engaged.

Today's Active Older Adult

Explore the key components of healthy aging- including fitness, brain health, social connection and purpose.



DESIGNED FOR CURIOSITY & CONNECTION



Available on Amazon

Stay Smart:

The Ultimate Puzzle Activity Book

Stay Smart is a collection of engaging puzzles and activities created to challenge the mind in fun, meaningful ways.

Use 1:1 or with a group

Perfect for in-room activities or group engagement.

Designed for connection

Encourages conversation, collaboration and shared moments of success.

Variety of puzzles

Sixty pages of word games, logic challenges, brain teasers and more.



GROUP GAMES



TRIVIA CHALLENGE

A fun social competition designed to spark memory, conversation and friendly rivalry. Changes monthly.



JEOPARDY!

Be sure to answer in the form of a question!



RED SOLO CUP GAMES

Laugh-out-loud fun challenges using the classic red solo cup.



CREATE & CONNECT CRAFTS

Our craft programs inspire creativity, spark conversation and bring people together. All craft classes include supplies for up to 12 participants, setup, facilitation and cleanup. Programs are designed to create a sense of accomplishment, teach a new technique and leave everyone with something worthy to keep or gift.



July

Seasoned Salts

Blend herbs, spices, and creativity to craft your own custom seasoning mixes.



August

Ice Dyed Tea Towels

Watch color bloom and blend as ice transforms simple fabric into vibrant, one-of-a-kind designs.



September

Abstract Art with Acrylic

Explore color and movement in a relaxed, no-rules session.



October

Halloween Wreaths

Create a festive wreath using simple materials, and seasonal flair.



November

Gratitude Cards

Design thoughtful, handmade cards that express appreciation and connection.



December

Wood Slice Ornaments

Turn natural wood into charming holiday keepsakes with paint, simple designs, and personal touches.



ANIMALS



Explore the fascinating world of animals—from backyard birds to wildlife across the globe. These engaging presentations spark curiosity, conversation, and a deeper appreciation for the natural world.

Animals of Australia From kangaroos to koalas- meet the fascinating creatures that make Australia unique.

Birds of a Feather Explore the colorful, quirky world of birds- no binoculars required.

Safari Adventure Take a virtual trip through Africa's savannas to meet the planet's most iconic wildlife.

What's Bugging You? Bugs! From butterflies to beetles, discover why insects are more helpful than harmful.

Wonderful World of Cats A celebration of our feline friends- cuddly, curious and captivating.

Wonderful World of Dogs Explore the history, loyalty and loveable chaos of man's best friend.



ARTS, FOOD & MUSIC

Art, food, and music reflect the stories, traditions, and creativity that shape our lives. These presentations explore culture through engaging experiences that invite discussion, discovery, and connection.

Art Appreciation From the Renaissance to today, discover how art shapes how we see the world.

Beer: A Hoppy History A fun and frothy look at beer's fascinating past and cultural impact.

Broadway Music Favorites A sing-along celebration of the best-known songs from classic Broadway shows.

Countdown: Music Through the Decades From the 1940's to today. Relive the hits, icons and moments that defined each generation.

Dark Side of Nursery Rhymes Childhood rhymes with surprisingly dark origins.

Deep in the Heart of Texas Music Explore the roots and rhythms that make Texas music legendary.

Let's Dance: The History of Dance Travel through time with styles that shaped generations.

Music of Motown Stories, songs and stars from the Motown era.

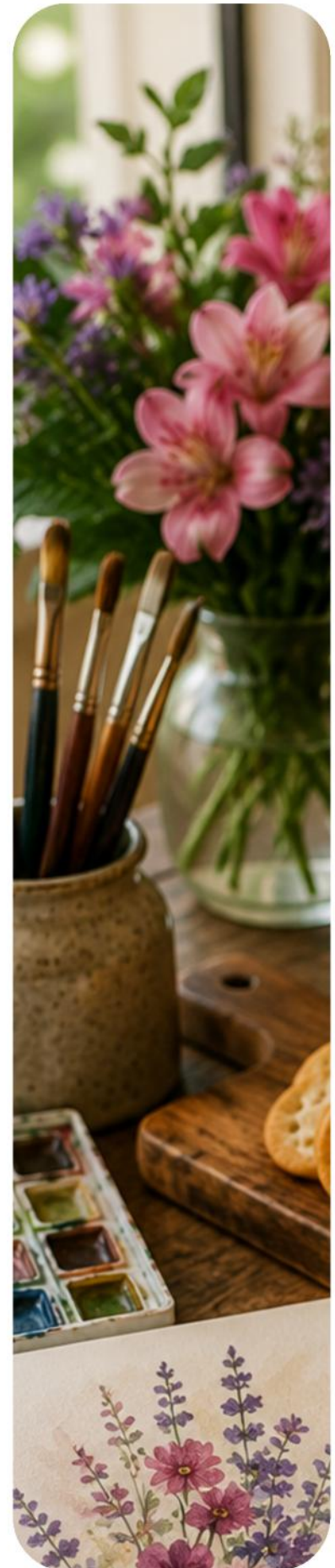
New Orleans Jazz and Blues Celebrate the people and places that made the Crescent City the soul of American music.

Opera Drama, divas and dazzling voices.

Saturday Evening Post A nostalgic peek into America's most beloved magazine and art.

Secret Lives of Amazing Authors A look at well-known authors and their secrets.

Unusual Food from Around the World Travel across the planet and learn about the world's strangest cuisines.





HISTORY

History shapes our world and informs our future. These presentations bring the past to life through engaging stories, fascinating people, and pivotal moments that continue to influence us today.

1904 Olympic Marathon America's first Olympics may have been its most bizarre!

Absurdities of Victorian London Step back into the odd and fascinating customs of this time.

Alcatraz Break the rules, go to prison.. then try to break out!

A Pirate's Life for Me Tales of legendary pirates on the high seas.

Chauvet Caves Visit one of the world's best-preserved cave painting sites ever discovered.

"Friends" of Henry VIII He may be remembered for his wives but his friends were just as interesting.

Greek Mythology Meet the gods, goddesses and monsters that shaped ancient storytelling.

Native Americans Explore the Navajo, Cherokee, Sioux, Chippewa and Comanche tribes.

Season of Love: The 1960s Bell Bottoms, flower power and Woodstock- relive the decade that defined a generation.



Terracotta Army Meet the silent clay army eternally guarding China's first emperor.

The 1980s From MTV to the fall of the Berlin Wall.

The Fabulous 50s Explore the events that shaped the world after WWII.

Titanic Grab your ticket for this ill-fated voyage.

Tower of London Scandals, royalty and ghosts- tour one of England's most storied landmarks.

Unsung Heroes of Black History Discover the often-overlooked figures who shaped America's story.

Washington D. C. Museums Explore America's treasures.

Weird Texas Museums The strange, small and wonderfully odd Texas museums worth a visit.

Wild West Tales of outlaws, lawmen and the legends of the frontier.

WWII Code Breakers & Spies Meet the men and women who cracked the codes and changed the course of the war.

HUMOR

Lighthearted sessions to bring laughter, connection and joy.

Jokes and Pranks The funniest moments in history—from classic pranks to the art of a good laugh.

Laughter is the Best Medicine A joyful look at some of your favorite comedians from the past.

Novelty Songs Sing and laugh along to the most ridiculous songs ever written.



MOVIES/RADIO/TV

From classic films to the golden age of radio, revisit the moments that shaped entertainment.

Disney Animated Films A joyful look at the most beloved Disney animated classics.

Disney Live Action From Mary Poppins to Treasure Island, explore the magic.

Oscar Award Winners (1923-present) Celebrate over 100 years of Academy Award Winners.

The Golden Age of Television Revisit TV's earliest hits.

I Watched It All on My Radio Step back in time to when families gathered around the radio.

Wizard of Oz Take a behind-the-scenes trip down the yellow brick road.

NOSTALGIA

Rediscover objects and memories that shaped our lives.

Circus and Carnival Sideshow Acts Step right up for a look at the strangest sideshows in history.

Just Playing Around: Toys! A nostalgic look at the toys and games that entertained us through the years.

Treasures of Time: The Joy of Collecting From bottle caps to beanie babies. Why collecting brings joy and connection.



SCIENCE & NATURE

These sessions help you discover the wonders of our world and beyond.

Aliens and Extraterrestrials Are they real or just a figment of our imaginations?

Flower Power Explore the beauty, color and wonder of nature's gifts.

How to Predict the Future Discover famous prophecies and the science behind human prediction.

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

NASA Explore the history, heroes and discoveries of America's space program.

The Nose Knows How scent connects to memory, emotion, and identity—explored through science, history, and storytelling.

Robots Learn about how robots have evolved and the amazing things they can do today.

Secret World of Plants A look at the strange, beautiful and sometimes deadly world of plants.

Seeing is Believing See how your brain shapes what you see through visual illusions, surprising science, and engaging demonstrations.



PATRIOTIC

Explore the people, traditions, and moments that have shaped our nation's history and identity.

American Heroes Not all heroes wear capes. Meet the men and women whose courage shaped our country.

Salute to Men and Women in Uniform Learn about the songs, traditions and history of our branches of the military.



SPORTS

From legendary moments to behind-the-scenes stories, take a closer look at the games that bring people together.

Behaving Badly in the World 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 and Fun Celebrate football in all its forms including the halftime show.



TRAVEL

Travel the world without leaving your seat- from iconic destinations to hidden gems across the globe.

- Aborigines of Australia
- Alaska
- Amazing Architecture
- America's Beautiful National Parks
- China
- Costa Rica
- Egypt
- France
- Greece
- Hawaii
- Italy
- Japan
- Mexico
- Mysteries of the World
- New Zealand
- Scotland
- Stonehenge
- Travel Route 66
- UNESCO World Heritage Sites





SEASONAL AND HOLIDAY

Celebrate every season and special occasion and bring joy all year long.

Black History Month

- Unsung Heroes of Black History
- The Fisk Jubilee Singers

Valentine's Day

- Everybody Loves Love

St. Patrick's Day

- The Truth About St. Patrick

International Women's Day

- Women Who Changed the World

Cinco De Mayo

- Mexico

Mother's Day

- A Mother's Love

Father's Day

- Who's Your Daddy?

Independence Day

- Parades, Picnics & Fireworks
- American Heroes
- Salute to Our Men and Women in Uniform

Labor Day

- The Weird World of Work

Talk Like a Pirate Day

- Pirates

Octoberfest

- Beer: A Hoppy History

Halloween

- Trick or Treat & Scary Tales
- Cursed Objects

Thanksgiving

- Talking Turkey

Christmas/Hanukkah

- Deck the Halls: Holiday Decor
- Always a Wonderful Life: Holiday Movies
- Yesteryears of Christmas Cheer: Christmas Traditions



Let's Bring Your Community Calendar *to Life.*

From fitness and brain health to creative experiences and memory care. **Aging is Cool** makes it easy to offer consistent, high-quality programming your residents will love.



How It Works



CONNECT WITH US

We learn about your community, residents and goals.



BUILD YOUR CALENDAR

Choose from our catalog and create a mix that fits your community.



WE DELIVER THE PROGRAMS

Consistent, professional instructors your residents look forward to week after week.

Let's Connect

Book@AgingIsCool.com | 512.790.2665 | AgingIsCool.com

We can't wait to work with you!



PRICING

- **General class rate:** \$100
- **Crafts:** \$200 (includes supplies for 12)
- **Virtual Reality:** \$150 (Central Tx only)
- **Signature Programs** start at \$250
- **Discounts available for multiple bookings**

Custom packages available to fit the unique needs of your community.

Let's build a program your residents will love!



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