

Engagement for Older Adults

Support for You



Class Catalog 2026

Serving Austin metro, DFW, Houston, San Antonio,
Las Vegas/Henderson, Phoenix and West Florida (in person)
& Everywhere else (virtual)



At Aging is Cool, we believe older adults deserve lives filled with movement, meaning, and joy—not monotony.

We create engaging, evidence-informed programs that nurture the body, challenge the mind, and spark genuine connection. With more than 150 classes spanning fitness, creativity, brain games, and lifelong learning, we bring wellness that feels fresh, fun, and full of purpose.

Our experienced, background-checked instructors bring warmth, professionalism, and energy to every session—helping participants stay active, curious, and connected. Whether on-site or online, we make it easy to bring something truly exceptional to your community.

How it works



SEARCH

Explore our wide range of classes and find the perfect programs for your residents or members.



CONNECT

Reach out to schedule your sessions—our friendly team makes it easy.



ENJOY

Sit back and watch your group laugh, learn, and feel inspired.



REPEAT

Loved it? Book more classes and keep the good times rolling!

Pricing

- **General Class Rate (1 hour):** \$100
- **Crafts:** \$200 (up to 12 participants, all supplies provided)
- **Virtual Reality:** \$150 (up to 15 participants; Central Texas only)
- **Discounts Available for booking multiple sessions**

TO BOOK A CLASS

Book@AgingisCool.com
512.790.2665
www.AgingisCool.com

Program Key

Our classes are designed for a range of abilities and interests.

IL – Independent Living: Active older adults who are independent and social

AL – Assisted Living: Participants who benefit from a little extra support

MC – Memory Care: Individuals living with memory loss or cognitive change



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.

Class Title	Description	Best For	Notes/Add-Ons
Aquafit	Water-based exercise in your community pool—gentle on joints, big on energy!	IL	Instructors will use your onsite equipment
Balance and Fall Prevention	Improve posture, coordination, and core stability through simple, safe movements.	IL/AL/MC	Ideal for regular programming. Falls are the leading cause of accidental death in older adults.
Circuit Training	Alternating strength and cardio exercises for a full-body workout.	IL	Best for active groups.
Dance	Feel good movement class with music.	IL/AL/MC	Please inquire- various styles available.
Stay Strong	A balanced workout to build strength, stability, and endurance.	IL/AL/MC	Great all-around fitness choice.

*IL: Independent Living – active, social seniors
 AL: Assisted Living – residents needing some daily support
 MC: Memory Care – residents with cognitive changes*



Class Title	Description	Best For	Notes/Add-Ons
Stretching	Gentle stretching to increase flexibility and reduce stiffness.	IL/AL/MC	Pairs well with meditation.
Tai Chi	Practice slow, controlled movement to enhance balance and mindfulness.	IL/AL/MC	May be limited by region due to instructor availability.
Yoga	Gentle poses and breath work to increase flexibility and calm the mind.	IL/AL/MC	Can be done seated or on mats.
Zumba Gold	Dance your way to fitness in this high-energy, low-impact class.	IL/AL	Fun music-based class!





Hands-on fun that sparks creativity, conversation, and connection. All craft classes include supplies for up to 12 participants, setup, facilitation, and cleanup. Projects are designed to be completed in 60–90 minutes and leave everyone with something to keep or gift.

Crafts are designed to be best for IL or AL residents but can be altered for memory care.



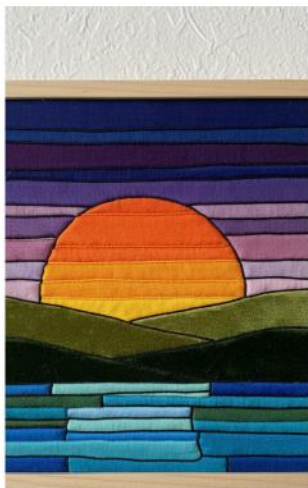
Jan- Alcohol Ink Stained Glass



Feb- Textile Wall Hanging with Beads & Bells



Mar- Bath Bombs and Lotion



April- Kinusaiga Textile Sunset



May- Wire Tree Sculpture



June- Zen Garden



Learning doesn't stop with age—it just gets more interesting. Our Lifelong Learning classes invite older adults to explore history, culture, science, travel, and the arts through fun, interactive programs that spark conversation and curiosity. Each session blends education and engagement, helping participants stay sharp, social, and inspired.

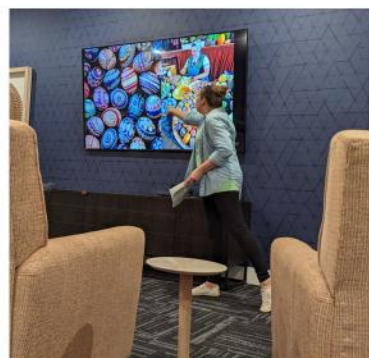
Class Title	Description	Category/ Best For
Animals of Australia	From kangaroos to koalas—meet the fascinating creatures that make Australia unique.	Animals AL/MC
Birds of a Feather	Explore the colorful, quirky world of birds—no binoculars required!	Animals AL/MC
Safari Adventure	Take a virtual trip through Africa's savannas to meet the planet's most iconic wildlife.	Animals AL/MC
What's Bugging You? Bugs!	From butterflies to beetles—discover why insects are more helpful than harmful.	Animals IL/AL/MC
Wonderful World of Cats	A celebration of our feline friends—cuddly, curious, and completely captivating.	Animals MC
Wonderful World of Dogs	Explore the history, loyalty, and lovable chaos of man's best friend.	Animals MC



Class Title	Description	Category/ Best For
Art Appreciation	From the Renaissance to today—discover how art shapes how we see the world.	Arts, Food & Music IL/AL
Beer! A Hoppy History	A fun and frothy look at beer's fascinating past and cultural impact.	Arts, Food & Music IL/AL
Broadway Music Favorites	A sing-along celebration of the best-known songs from classic Broadway shows.	Arts, Food & Music IL/AL/MC
British Museum Field Trip	Tour one of the world's most famous museums and its greatest treasures—no passport needed.	Arts, Food & Music IL/AL
Countdown: Music Through the Decades	From the 1940s to today—relive the hits, icons, and moments that defined each generation.	Arts, Food & Music IL/AL/MC
Dark Side of Nursery Rhymes	Childhood rhymes with surprisingly dark origins—fun, fascinating, and a little eerie.	Arts, Food & Music IL/AL
Deep in the Heart of Texas Music	Explore the roots and rhythms that make Texas music legendary.	Arts, Food & Music IL/AL
Let's Dance: The History of Dance	Travel through time with styles that shaped generations—from waltz to rock 'n' roll.	Arts, Food & Music IL/AL
Music of Motown	The sound that changed America—stories, songs, and stars from the Motown era.	Arts, Food & Music IL/AL/MC
New Orleans Jazz and Blues	Step into the heart of New Orleans, where jazz was born and the blues found its voice. This presentation celebrates the people, places, and passions that made the Crescent City the soul of American music.	Arts, Food & Music IL/AL
Opera	Behind the curtain of the world's greatest operas—drama, divas, and dazzling voices.	Arts, Food & Music IL/AL



Class Title	Description	Category
Saturday Evening Post	A nostalgic peek into America's most beloved magazine and its iconic art.	Arts, Food & Music IL/AL
Unusual Food from Around the World	Taste your way across the planet with a look at its strangest cuisines.	Arts, Food & Music IL/AL
1904 Olympic Marathon	America's first Olympics may have been its worst—or at least its most bizarre!	History IL/AL
Absurdities of Victorian London	Step back into the odd and fascinating customs of Victorian-era London.	History IL/AL
Alcatraz	Break the rules, go to prison... then try to break out! Explore the infamous island's stories.	History IL/AL
A Pirate's Life for Me	Ahoy, matey! Tales of legendary pirates and life on the high seas.	History IL/AL
Chauvet Caves	Visit one of the world's best-preserved cave painting sites without leaving your chair.	History IL/AL
The "Friends" of Henry VIII	Henry VIII may be remembered for his six wives, but his friends were just as interesting — and sometimes just as doomed.	History IL/AL
Greek Mythology	Meet the gods, goddesses, and monsters that shaped ancient storytelling.	History IL/AL





Class Title	Description	Category/ Best for
Native Americans	Explore the past and present of Navajo, Cherokee, Sioux, Chippewa, and Comanche tribes.	History IL/AL
Season of Love: The 1960s	Bell bottoms, flower power, and Woodstock—relive the decade that defined a generation.	History IL/AL/MC
Secret Lives of Amazing Authors	Behind every great book is an even better story—some stranger than fiction!	History IL/AL
Terracotta Army	Meet the silent clay army guarding China's first emperor for eternity.	History IL/AL
The 1980's	From MTV to the fall of the Berlin Wall—an unforgettable decade of pop culture and politics.	History IL/AL/MC
The Fabulous Fifties	Explore the events, trends, and people that shaped the world after WWII.	History IL/AL/MC
Titanic	Grab your ticket for this ill-fated voyage and the stories that still fascinate us today.	History IL/AL
Tower of London	Scandals, royalty, and ghosts—tour one of England's most storied landmarks.	History IL/AL
Unsung Heroes of Black History	Discover the often-overlooked figures who shaped America's story.	History IL/AL



Class Title	Description	Category/ Best for
Washington D.C. Museums	Explore the treasures and must-see exhibits of America's most famous museums.	History IL/AL
Weird Texas Museums	The strange, the small, and the wonderfully weird—unique Texas museums worth a visit.	History IL/AL
Wild West	Ride into the tales of outlaws, lawmen, and the legends that defined the frontier.	History IL/AL
WWII Code Breakers and Spies	Meet the brave men and women who cracked the codes and changed the course of WWII.	History IL/AL
Jokes and Pranks	The funniest moments in history — from classic pranks to the art of a good laugh.	Humor IL/AL
Laughter is the Best Medicine	A joyful look at comedy's power to lift spirits and heal and some of your favorite comedians from the past.	Humor IL/AL
Novelty Songs	Sing and laugh along to the most ridiculous songs ever written.	Humor IL/AL/MC
Disney Animated Films	A joyful look at the most beloved Disney animated classics—from Snow White to The Little Mermaid.	Movies, Radio & TV IL/AL/MC
Disney Live Action Films	From Mary Poppins to Treasure Island, explore the magic of Disney's live-action adventures.	Movies, Radio & TV IL/AL/MC
Oscar Award Winners 1923–2025	Celebrate 100 years of Academy Award moments and the films that made history.	Movies, Radio & TV IL/AL
The Golden Age of Television	Revisit TV's earliest hits and the shows that shaped American culture.	Movies, Radio & TV IL/AL
Watched It All on My Radio	Step back in time to when families gathered around the radio for news, music, and stories.	Movies, Radio & TV IL/AL
Wizard of Oz	Take a behind-the-scenes trip down the yellow brick road	Movies, Radio & TV IL/AL/MC



Class Title	Description	Category
Circus & Carnival Sideshow Acts	Step right up for a look at the strangest and most spectacular sideshow acts in history.	Nostalgia IL/AL
Just Playing Around: Toys	A nostalgic look at the toys and games that entertained us through the decades.	Nostalgia IL/AL/MC
Treasures of Time: The Joy of Collecting	From bottle caps to Beanie Babies—why collecting brings joy and connection across generations.	Nostalgia IL/AL/MC
American Heroes	Not all heroes wear capes—meet the men and women whose courage shaped our country.	Patriotic IL/AL
Salute to Our Men & Women in Uniform	Celebrate service and sacrifice through stories, symbols, and songs of honor.	Patriotic IL/AL/MC
Aliens & Extraterrestrials	Are they real—or just a figment of our overactive imaginations?	Science & Nature IL/AL
Flower Power	Explore the beauty, color, and wonder of the plant world.	Science & Nature AL/MC
How to Predict the Future	Discover famous prophecies and the science behind human prediction.	Science & Nature IL/AL



Class Title	Description	Category
Moon Landing	One small step for man, one giant leap for mankind.	Science & Nature IL/AL
NASA	Explore the history, heroes, and discoveries of America's space program.	Science & Nature IL/AL
Robots	Learn how robots have evolved and the amazing things they can do today.	Science & Nature IL/AL
Secret World of Plants	A closer look at the strange, beautiful, and sometimes deadly world of plants.	Science & Nature IL/AL
The Bad Boys and Girls of Sports	The controversial men and women of sports and what caused their downfall.	Sports IL/AL
Play Ball! The History of Baseball	Let's go out to the ballpark.	Sports IL/AL
Touchdown! Football History and Fun	Celebrate football in all its forms including the halftime show!	Sports IL/AL





Travel

Explore the world without leaving your community. Our virtual trips cover history, culture, and architecture from every corner of the globe.



- Aborigines of Australia
- Alaska
- Amazing Architecture
- America's Beautiful National Parks
- Costa Rica
- Egypt and Its Wonders
- France
- Greece
- Hawaii: Stories Carved in Stone & Fire
- Italy
- Japan
- Mexico
- Mysteries of the World
- New Zealand
- Scotland
- Stonehenge
- Traveling Route 66
- UNESCO World Heritage Sites

LIFELONG LEARNING-SEASONAL AND HOLIDAY

Month/Holiday	Class Title & Description	Best for
Black History Month (February)	Celebrate inspiring stories with “Unsung Heroes of Black History” OR “The Fisk Jubilee Singers.”	IL/AL
Valentine’s Day (February)	“Everybody Loves Love” - Explore love in all its forms	AL/MC
St. Patrick’s Day (March)	“The Truth About St. Patrick”- Uncover the myths and surprising truths behind Ireland’s most famous saint.	IL/AL
International Women’s Day (March)	“Women Who Changed the World”- A look at women who impacted history.	IL/AL
Mother’s Day (May)	“A Mother’s Love” -A warm celebration of motherhood and the women who shaped us.	AL/MC
Father’s Day (June)	“Who’s Your Daddy?”- A lighthearted celebration of fatherhood through the ages.	AL/MC
Independence Day (July)	“Parades, Picnic & Fireworks”-Celebrate Independence Day with its sparkling traditions	IL/AL/MC
Labor Day (September)	“The Weird World of Work” -A quirky look at strange and surprising jobs throughout history.	IL/AL
Octoberfest (October)	“Beer- A Hoppy History”- Raise a glass to the history and fun behind the world’s favorite brew.	IL/AL
Halloween (October)	“Trick or Treat & Scary Tales” OR “Cursed Objects”	IL/AL/MC please inquire
Thanksgiving (November)	"Talking Turkey" - The truth about Thanksgiving and some of our traditions.	IL/AL
Christmas/Hannukah (December)	“Deck the Halls:”-Explore the festive ways we decorate for the holidays. “Always A Wonderful Life” - A look at Holiday movies through time. “Yesteryears of Christmas Cheer”- Explore how Christmas traditions, feasts, and merriment have evolved through the centuries.	IL/AL/MC



Flex your brain, lift your spirit, and find your calm. Our evidence-informed wellness classes bring joy, curiosity, and balance to everyday life.

Class Title	Description	Best For	Notes / Add-Ons
Stay Smart- Brain Games	Fun games and puzzles to keep minds active and sharp.	IL/AL/MC	Available in-person or virtual.
Conversation Groups	Guided discussions on a variety of meaningful topics.	IL/AL	Topics vary; please inquire
Drumming	Good for the brain, body, and spirit—feel the rhythm and the energy.	IL/AL/MC	May be limited by region due to instructor availability.
Gratitude	Reflect and share the power of positivity through mindful conversation.	IL/AL	Ideal for smaller, conversational groups.
Meditation	Gentle techniques to calm the mind, focus attention, and relax the body.	IL/AL/MC	Works well as a recurring class.
Monthly Trivia	Test your memory and have fun with themed trivia sessions.	IL/AL	Monthly themes rotate
Sing-Alongs or Choir	Lift your spirits with music—various genres and formats available.	IL/AL/MC	Custom playlists and seasonal themes available.
Virtual Reality	Step into immersive new worlds and experiences.	IL/AL/MC	Central TX only. Equipment provided.
Writing and Storytelling	Explore creative self-expression through guided writing and story sharing.	IL/AL/MC	Various formats available; inquire for details.

PURCHASE ON AMAZON

- Clever, laughter-filled puzzles
- Boosts memory and focus
- Perfect for solo or group fun

Stay Smart Puzzle Book



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