



AGING IS COOL

STAY STRONG · STAY SMART · STAY SOCIAL



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

Class Catalog
July 2024-Dec 2024



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.

Our instructors are background checked and have experience working with older adults. 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.



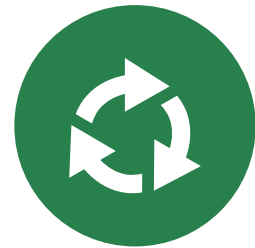
CONNECT

Get in touch and schedule your class.



ENJOY

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



REPEAT

Book more classes!

Pricing

Classes are generally \$110 per 1 hour session (unless noted differently)

A \$10 per class discount is provided for booking more than 4 classes in a month.

- Art \$195 (up to 12 participants)- all supplies provided
- Virtual reality \$150 (up to 15 participants)- Central TX only

TO BOOK A CLASS

Book@AgingisCool.com

512.790.2665

www.AgingIsCool.com

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

**Pages 3 & 4 highlight new classes we will be offering in 2025.
Get ahead of the rush and book your January sessions today!**



Game On

Join us for a fun and engaging monthly program where we bring popular TV game shows to life! Each month, we'll feature a different game show, such as Jeopardy!, Wheel of Fortune, Family Feud, and more. Prizes Provided! \$150

Program Objectives:

- Provide cognitive stimulation and mental exercise through engaging game show formats
- Foster socialization and community building among participants
- Offer stress relief and entertainment in a relaxed, supportive environment
- Encourage teamwork and collaboration through team-based competitions



Discussion Groups/Self Improvement

Choose from a selection of sessions designed to stimulate conversation and support older adults in their journey of self-improvement and personal growth.

- Vision Board for 2025 w/supplies for 12 \$150
- Gratitude Journaling Class with Journals for 20 \$110
- Wild About Personality \$110 (personality test provided)
 - Join our interactive session to discover your LOGB personality type. Through engaging discussions, you'll learn how your Lion, Otter, Golden Retriever, or Bear traits influence your interactions and relationships. Share your insights, listen to others, and foster deeper connections within our community.
- Death Over Dinner \$175 (90 minutes) Resident potluck
 - How we want to die – represents the most important and costly conversation America isn't having. Join us for this uplifting interactive adventure that transforms this seemingly difficult conversation into one of deep engagement, insight and empowerment.
- Organize Your Life- Create a personalized system to organize your life! In this class, learn how to set up a Life Binder that streamlines your important documents, information, and goals. A great way to get organized and collect all documents that family may need in the future into one place. \$150



Coffee/Tea Tastings

- Herbal Tea Blending-Learn the basics about types of teas, how they are grown, cultivated and brewed. Then try your hand at creating your own herbal tea blend from variety of teas and herbs. (20 participants) \$200
- Coffee Tasting- Learn the basics about types of coffee, how it is grown, cultivated and brewed. Then try a variety of coffees from all over the world. Make tasting notes and find your favorites. (20 participants) \$200



Portrait Gallery

A TIK TOK hit. This painting activity can accommodate up to 16 participants. Pick and partner and paint their portrait. Watch the hilarity ensue. Gift your portrait to your partner. Great fun for social media pics and videos! \$200



Picture This! Cell Phone Scavenger Hunt

Join us for a fun and interactive cell phone scavenger hunt! Using your smartphone, explore your community, capture memories, and complete challenges. Prizes included! \$150



TIK TOK Dance

Get together and learn some of the fun dance crazes going around social media. Create a video to share with your friends and family! \$125



Poetry Studio: Writing & Reading

No poetry experience needed - just a love of words! Our class covers the basics and beyond, with readings from renowned poets and writing exercises to spark your creativity. Think of it as poetry 101, minus the homework. \$125

FITNESS AND MOVEMENT



STAY STRONG

General fitness class (seated or standing).



YOGA

A class for flexibility, breath work and balance .



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.



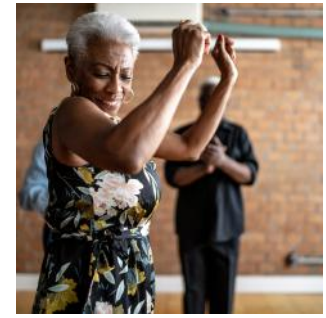
TAI CHI

Practicing tai chi can improve balance, stability and flexibility. *select locations



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 , Bulgarian or other styles.



BELLY DANCE & BELLY-ROBICS

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



BALANCE & FALL PREVENTION

Strengthen, stabilize and stay safe.



CHAIR FIT BINGO

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



CIRCUIT TRAINING

Interval training consisting of cardio and strength exercises.

FITNESS CLASSES ARE TAUGHT BY CERTIFIED INSTRUCTORS AND CAN BE ADAPTED FOR SEATED, STANDING OR HYBRID.

ANIMALS



ANIMALS OF AUSTRALIA

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



BIRDS OF A FEATHER

Birdwatching from the comfort of your own chair. Explore the world of avian life.



SAFARI ADVENTURE

Unique animals, interesting nature and exotic resorts.



WHAT'S BUGGING YOU? BUGS!

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



WONDERFUL WORLD OF CATS

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



WONDERFUL WORLD OF DOGS

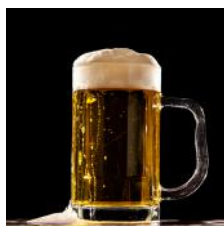
Hear about the evolution of man's best friend, plus some pretty cute pics of dogs!

THE ARTS , FOOD & MUSIC



ART APPRECIATION

Iconic artists from the Renaissance to Contemporary.



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

A dynamic journey through the history of motion and expression.



BROADWAY MUSIC FAVORITES

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.



SATURDAY EVENING POST

The most widely circulated weekly magazine of its day.



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.

LIFELONG LEARNING PRESENTATIONS

HUMOR



LAUGHTER IS THE BEST MEDICINE

A celebration of some of the most hilarious comedians.



JOKES AND PRANKS

The history of April Fools Day and some of the oldest pranks on record.



NOVELTY SONGS

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

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, and explore its odd culture.



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.



THE FABULOUS FIFTIES

Exploring the significant events, trends, and figures that shaped America and the world.



SEASON OF LOVE: THE 1960'S

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



THE 1980'S

From the rise of MTV and the Brat Pack to the fall of the Berlin Wall.



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!



WWII CODE BREAKERS AND SPIES

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

MOVIES, RADIO & TELEVISION



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 1923-2024

A celebration of key Academy Award winners.



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!

NOSTALGIA



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 history.



SALUTE TO OUR MEN & WOMEN IN UNIFORM

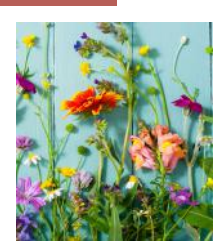
The history, music, symbols and stories from our armed forces.

SCIENCE AND NATURE



ALIENS

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



FLOWER POWER

An exploration of the beauty of flowers.



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.



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, but some of them are deadly!

SPORTS



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.



CHINA

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



EGYPT AND ITS WONDERS

The ancient pharaohs, religion, & the link between the sinking of the Titanic and an Egyptian curse.



FRANCE

A journey through the beauty of France.



GREECE

Delve into the rich history, culture, and heritage of Greece.



ITALY

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



JAPAN

Explore the Land of the Rising Sun.



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.



NEW ZEALAND

A country of stunning and diverse natural beauty.



STONEHENGE

The theories and conspiracies of this historic monument.



TRAVELING ROUTE 66

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

SEASONAL & MONTHLY THEMES



UNESCO WORLD HERITAGE SITES

Travel around the world and see these amazing protected sites.



UNUSUAL FOOD FROM AROUND THE WORLD

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



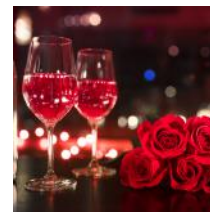
THE WEIRD & AMAZING USA

Some of the strangest sites from around the country.



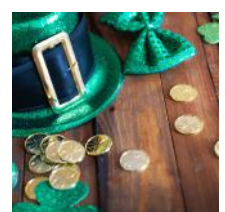
BLACK HISTORY MONTH TOPICS:

“Unsung Heroes of Black History” or “The 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: 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 and 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.



CHRISTMAS: DECK THE HALLS HOLIDAY DECOR

All the beautiful ways we decorate at the holidays.



CHRISTMAS PROGRAMS:

Christmas Song Quiz or Holiday Sing Along



MONTHLY TRIVIA

A new trivia session each month with monthly themes.

MIND, BODY AND SPIRIT



BRAIN GAMES: STAY SMART

Fun games and puzzles to keep your brain active.



WRITING AND STORYTELLING

Various formats- please inquire.



VIRTUAL REALITY

Experience other worlds in VR.
*Central TX only



SING ALONGS OR CHOIR

Inquire for genres and availability.



TED TALKS

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



GRATITUDE

Conversations 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.



DRUMMING

Good for the brain, body and spirit.
*Locations may be limited



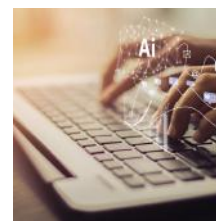
SOUND HEALING

Immerse yourself in the transformative power of sound and vibration.



CHAKRAS

Explore the seven major energy centers in the body, and their impact on our well-being.



TECHNOLOGY CLASSES AND SUPPORT

Classes on using your phone, apps, social media or computer.

*Office Hours can be booked for residents to ask questions.

*In person locations may be limited ; virtual options available.

Presentations \$150

Office Hours \$100/hour (reduced to \$75 if paired with a class)

*Central Tx only

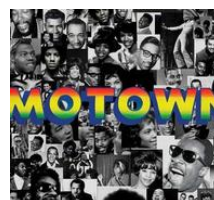
TIMELESS TUNES- MUSIC FOR MEMORY CARE SITES



Timeless Tunes is specially designed for individuals with memory challenges. Each 45 minute session includes: music, movement, reminiscence, brain games and meditation.



THE BEATLES



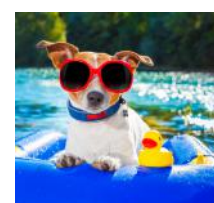
MOTOWN



THE 1950'S



PATRIOTIC SONGS



SONGS OF SUMMER



WOODSTOCK AND THE SUMMER OF LOVE

ARTS & CRAFTS



**JULY:
DRAGONFLY WHISKS**



**AUGUST:
BEADED WINDOW HANGERS**



**SEPTEMBER:
COFFEE FILTER FLOWERS**



**OCTOBER:
ORIGAMI EARRINGS**



**NOVEMBER:
STAMPED CLAY ORNAMENTS**



**DECEMBER:
CHALKBOARD DOOR HANGERS**

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

Classes last between 1-1.5 hours depending on the project.

REGION SPECIFIC PROGRAMMING

*** CAN BE DONE VIRTUALLY FOR OTHER REGIONS ***

Austin Central TX

- Latest Lifestyle Trends- fashion, lifestyle, technology
- Playing with Mixed Media
- What the heck is AI?

Dallas/Ft. Worth

- Creative Writing
- Whole Health and Goal Setting
- Nutrition classes- various (Weight management, diabetes, cardiac, brain, hydration, nutrition labels...)
- Herbs and Impact on Inflammation
- Blue Zone Living and Lifestyle
- Energy Healing Through Reiki
- Goal Setting for Self-improvement

Phoenix

- **Cardio Fun**

Vegas/Henderson

- Adult Ballet
- Diva Dance



Cool Activities for Older Adults



AGING IS COOL



STAY STRONG · STAY SMART · STAY SOCIAL
P.O. Box 2212
Kyle, Texas 78640

www.AgingisCool.com
512.790.2665