



# AGING IS COOL

STAY STRONG · STAY SMART · STAY SOCIAL



**Engagement for Older Adults, Support for You**

**Class Catalog  
2025**



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 150 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 \$100 per 1 hour session (unless noted differently)

- Art \$200 (up to 15 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 (in person)  
& Everywhere else (virtual)





## Game On- Jeopardy

Enjoy a lively, brain-boosting session of Jeopardy-style trivia designed just for older adults! Participants choose categories and answer questions across topics like history, music, pop culture, and fun facts. No buzzers needed—just raise your hand and join the fun! \$100



## 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 Boarding w/supplies for 12 participants \$150
- Gratitude Journaling Class with Journals for 20 \$120
- 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.
- 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.



## Portrait Gallery

A TIK TOK hit. This painting activity can accommodate up to 12 participants. Pick a partner and paint their portrait. Watch the hilarity ensue. Gift your portrait to your partner. Great fun for social media pics and videos! \$180



## 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



## 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 flexilbity.  
\*elect locations



## DANCE (VARIOUS)

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



## BELLY DANCE & BELLY-ROBICS

A fun way to move the body and improve core strength. \*Central Tx



## 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.**

**BOOK ONLINE [WWW.AGINGISCOOL.COM](http://WWW.AGINGISCOOL.COM)**



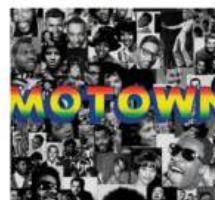
# TIMELESS TUNES- MUSIC FOR MEMORY CARE SITES



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

## CREATE AND CONNECT- CRAFTS

July

Whimsical  
Watercolor  
Birds



August

Beaded Brooch  
or Pin



September

Cyanotype on Cloth



October

Etched Drinking  
Glass



November

Pinecone Holiday  
Ornaments  
(various styles)



December

Leather Rock  
Wrapping &  
Holiday Crafts



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

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



## 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.



### DARK SIDE OF NURSERY RHYMES

Childhood verses with surprisingly dark backstories.



# LIFELONG LEARNING PRESENTATIONS



## SECRET LIVES OF AMAZING AUTHORS

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



## WASHINGTON D.C. MUSEUMS

Explore the treasures of America's most famous museums.



## WEIRD TEXAS MUSEUMS

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

## 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.



## TERRACOTTA ARMY

Meet the silent clay army built to guard China's first emperor forever.



## 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.



# LIFELONG LEARNING PRESENTATIONS

## 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 1923-2025

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.



### TREASURES OF TIME: THE JOY OF COLLECTING

The stuff we love, from bottle caps to Beanie Babies.

## 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.



### 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!



## 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.

## 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.



# LIFELONG LEARNING PRESENTATIONS



## NEW ZEALAND

A country of stunning and diverse natural beauty.



## SCOTLAND

Explore the myths, history, and tartan-clad charm of this rugged land.



## STONEHENGE

Giant stones, ancient purpose... still no idea how they got there.



## 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.



## UNUSUAL FOOD FROM AROUND THE WORLD

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

### SEASONAL & MONTHLY THEMES



## 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



# 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.



## **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



# Cool Activities for Older Adults



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