

CLASS LIST

| CLASS | TOPIC | DESCRIPTION |
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| 1 | LET'S MEET | Asks students to reflect on their personal history as they build listening skills and new connections. |
| 2 | WHO ARE YOU? | Has students explore aspects of self with a personal vision map they begin in class together. |
| 3 | NATURAL MOVES | Focuses on the role of naturalistic movement in healthy aging with a fun team-based activity. |
| 4 | SOUL FOOD | Explores the role food plays in caring for ourselves and provides a food-based meditative activity. |
| 5 | NO MISTAKES | Explores the role of self-forgiveness in personal acceptance and offers a self-forgiveness journal. |
| 6 | REFRAME THE AGE | Tackles ageism with an examination of personal biases using an engaging pair up activity. |
| 7 | SILVER LININGS | Teaches the value of positivity with a fun, team-based activity. |
| 8 | GRATITUDE ROCKS | Focuses on the importance of gratefulness to emotional health and engages with a creative activity. |
| 9 | RESILIENCE RESOUNDS | Teaches the science behind building better emotional resilience and engages with a creative activity. |
| 10 | ADVANCED PLANNING | Promotes discussion about communicating end-of-life wishes with a pair-based exploration. |
| 11 | SOCIETAL NETWORKS | Examines our social network ties with a fun mapping exercise done together as a class. |
| 12 | FIT TO FORGIVE | Considers the personal benefits of a forgiving mindset and engages with a creative poetry activity. |
| 13 | HEAR TO LISTEN | Teaches the cognitive and social value of improving listening skills with a pair-based story activity. |
| 14 | MENTOR MATCH | Explores benefits of mentoring with a high energy, team-based mentor match activity. |
| 15 | MANDALA TOGETHER | Uses a pair-based creative arts activity to teach the value of connection to reducing loneliness. |
| 16 | HAVE YOU EVER? | Builds social skills and connections with a high energy team workout around finding commonality. |
| 17 | CARING IN KIND | Highlights the value of volunteering in the third age and engages with an in-class volunteer activity. |
| 18 | PLANS TO PLAY | Teaches the science behind playfulness and engages with an instructive pair-based activity. |
| 19 | COMMUNITY BUILDERS | Offers insights to community building and engages with a brainstorming session to support a stronger sense of community. |
| 20 | SAGE BLESSINGS | Teaches the importance of sharing wisdom with a creative intellectual engagement exercise. |
| 21 | AGE-NTS OF CHANGE | Explores pathways to understanding the impact of cultural ageism with a pair-based activity. |

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| 22 | WORLD CLASS CHALLENGES | Delves into generational legacy for different global challenges with a class-based exploration. |
| 23 | LEGACY REFLECTIONS | Begins exploration of individual legacy with a creative personal legacy statement activity. |
| 24 | WHAT'S NEXT? | Conclude the series together with reflection and goal setting for continued personal growth. |