



GREAT AGERS

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, processing speed, nimbleness and other cognitive skills, as well as group connection.
- Distribute the Great Agers cards. Allow a minute for class members to look over their cards.
- Have each class member take a turn reading their card aloud. Applaud after each card is read.
- Encourage distance learners to join in from home. Distribute Great Ager cards to them in advance of the class.

Hello! I'm glad we are all here for our Total Brain Health "Brain Play." These fast-paced workouts are an important way we can keep our thinking focused, quick, and nimble.

Today's "Brain Play" is "Great Agers," a fun warm-up that highlights how great thinking can come with age. After all, success isn't just for the young; it's for the young at heart. History and current events are full of special people who hit their stride in their prime years.

I have a stack of cards about people known as Great Agers -- those who achieved success well into their prime years. I'm going to give each of you a card. Their names and photos are on the front and a brief biography is on the back.

I want you to take a minute to get to know your Great Ager. Then we will go around and take turns reading our Great Ager cards aloud to share what we've learned. Let's be sure to applaud each Great Ager as we learn about them!

Cut along dashed lines.

TBH
BRAIN PLAYS
GREAT AGERS

GAME CARDS



TBH
BRAIN PLAYS
GREAT AGERS

GAME CARDS



TBH
BRAIN PLAYS
GREAT AGERS

GAME CARDS



TBH
BRAIN PLAYS
GREAT AGERS

GAME CARDS





**Colonel Harland David Sanders
(1890 – 1980)**

Colonel Sanders, the famous founder of the fast food chicken restaurant chain, Kentucky Fried Chicken, started his company in 1952 at 62 years old! There are now almost 19,000 outlets.



**Laura Ingalls Wilder
(1867 – 1957)**

Laura Ingalls Wilder began writing later in her life. She penned her famous book series, *Little House on the Prairie*, about a pioneer family in 1932. Wilder was 65 years old!



**Ronald Reagan
(1911 – 2004)**

Our 40th President of the United States, Ronald Reagan, began as a Hollywood actor. It wasn't until he was 55 that he was first elected to public office as Governor of California. The "Gipper" went on to be President at age 70.



**Dame Judi Dench
(b 1934)**

Dame Judi Dench, a famous British theatre performer, didn't make it big as a mainstream film actress until her big break as M in the James Bond film, *GoldenEye*, at the age of 61.

Cut along dashed lines.

TBH
BRAIN PLAYS
GREAT AGERS

GAME CARDS



TBH
BRAIN PLAYS
GREAT AGERS

GAME CARDS



TBH
BRAIN PLAYS
GREAT AGERS

GAME CARDS



TBH
BRAIN PLAYS
GREAT AGERS

GAME CARDS





**James Parkinson
(1755 –1824)**

James Parkinson was a surgeon, apothecary, paleontologist and political activist. And while that is impressive, he is most remembered for identifying Parkinson's disease in a paper he published when he was 62 years old.



**Karl Lagerfeld
(1933-2019)**

Karl Lagerfeld is a well-known fashion designer. But, what you may not know about him is that in 2001 at age 68, Lagerfeld decided he wanted to wear "skinny fashions." To do so, he lost a 90 lbs that year.



**Jack Cover
(1920 - 2009)**

You might not know Cover by name, but you'll know his invention, the Taser gun. Cover began as an aerospace scientist. Then, in 1970 at the age of 50 he founded Taser Systems to produce the weapon that incapacitates victims.



**Taikichiro Mori
(1904 –1993)**

Mori started his career as an economics professor, but left his job to become a real estate investor at 55. By the time he died, he was one of the world's richest men with a net worth of \$13 billion.

Cut along dashed lines.

TBH
BRAIN PLAYS
GREAT AGERS

GAME CARDS



TBH
BRAIN PLAYS
GREAT AGERS

GAME CARDS



TBH
BRAIN PLAYS
GREAT AGERS

GAME CARDS



TBH
BRAIN PLAYS
GREAT AGERS

GAME CARDS





Betty White
(b 1922)

Betty White had a good acting career most of her life. But, it wasn't until age 51 when White landed the role of Sue Ann Nivens on *The Mary Tyler Moore Show* that her career began to take off. Now she's a huge star.



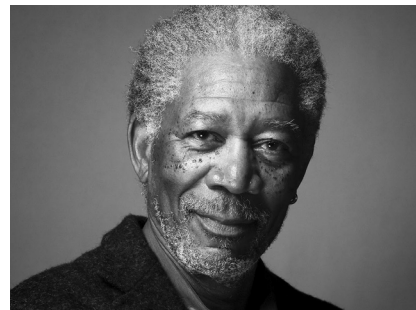
Christoph Waltz
(b 1956)

Christoph Waltz, a German actor, became a household name when he was cast in Quentin Tarantino's film, *Inglourious Basterds*, for which he won his first Academy Award at the age of 53.



Julia Carolyn Child
(1912 - 2004)

Child, a famous chef and author, was largely recognized for bringing French cooking to America. She began her career in her 40s and premiered her television series, *The French Chef*, in 1963 when she was 50 years old.



Morgan Freeman
(b 1937)

Freeman played a variety of supporting roles in his early career. But, his first big role was as the chauffeur in *Driving Miss Daisy* in 1989. He was 52 years old. Since then he's become a super star.

Cut along dashed lines.

TBH
BRAIN PLAYS
GREAT AGERS

GAME CARDS



TBH
BRAIN PLAYS
GREAT AGERS

GAME CARDS



TBH
BRAIN PLAYS
GREAT AGERS

GAME CARDS



TBH
BRAIN PLAYS
GREAT AGERS

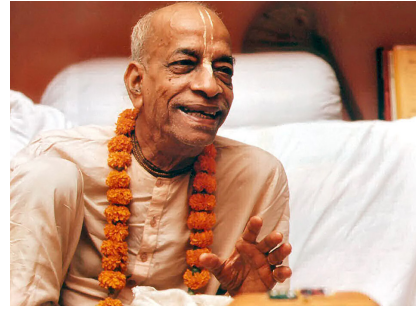
GAME CARDS





**Regis Philbin
(1931-2020)**

Philbin is an extremely hard-working, popular media personality. In fact, he holds the Guinness World Record for most time in front of a camera. But he didn't land *Live! with Regis and Kathie Lee*, until he was 57 years old.



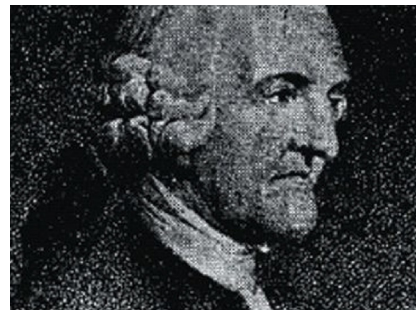
**A.C. Bhaktivedanta
Swami Prabhupada
(1896 - 1977)**

Imagine being the founder of a popular religion? Now imagine doing that at the age of 69. That is the age that Prabhupada started what is popularly known as the Hare Krishna Movement.



**Grandma Moses
(1860 - 1961)**

Anna Mary Robertson Moses is one of the biggest names in the art world. Known as Grandma Moses, she first picked up a paint brush when she was 78 years old. Today her works sell for up to a million dollars.



**Edmond Hoyle
(1672 - 1769)**

Maybe you've heard the phrase "according to Hoyle" when referring to card game rules. That's because Englishman, Edmond Hoyle, wrote a definitive guide to card game rules in 1741. He was 70 years old!

Cut along dashed lines.

TBH
BRAIN PLAYS
GREAT AGERS

GAME CARDS



TBH
BRAIN PLAYS
GREAT AGERS

GAME CARDS



TBH
BRAIN PLAYS
GREAT AGERS

GAME CARDS



TBH
BRAIN PLAYS
GREAT AGERS

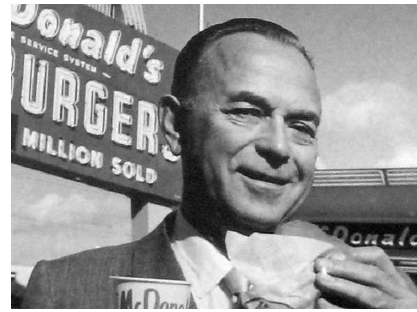
GAME CARDS





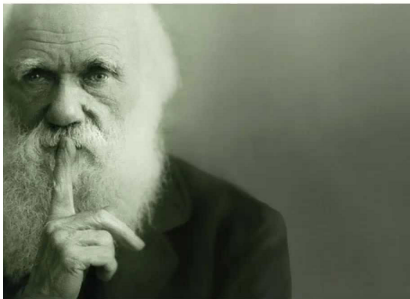
Duncan Hines
(1880 - 1959)

Hines was a traveling salesman who wrote restaurant ratings. However, he's best known for licensing the right to use his name to the company that developed Dunkin Hines cake mixes. He was 73 at the time.



Ray Kroc
(1902 - 1984)

Businessman Raymond Albert Kroc purchased McDonald's restaurants in 1961 at the age of 59. Today McDonald's is a worldwide conglomerate and gave him the money to purchase the San Diego Padres in 1974 at the age of 72.



Charles Darwin
(1809 - 1882)

Darwin was a naturalist and biologist. He was 55 years old when he published *On the Origin of the Species* in 1859, the book that put forth the evolution theory for which he is best known today.



Wally Blume
(b 1940)

Wally Blume made his flagship ice cream flavor, Moose Tracks, famous at age 57 when he started Denali Flavors Ice Cream. Today his company grosses over \$50 million in annual revenues.

Cut along dashed lines.

TBH
BRAIN PLAYS
GREAT AGERS

GAME CARDS



TBH
BRAIN PLAYS
GREAT AGERS

GAME CARDS



TBH
BRAIN PLAYS
GREAT AGERS

GAME CARDS



TBH
BRAIN PLAYS
GREAT AGERS

GAME CARDS





**Sir Winston Churchill
(1874 - 1965)**

Sir Winston Churchill was a career statesman who became a beloved Prime Minister of Great Britain in 1940 at age 64. His speeches and broadcasts inspired resistance, showing that with age comes wisdom.



**Clara McBride Hale
(1905 -1992)**

At age 64, Clara McBride Hale founded the Hale House Center, a home for children born addicted to drugs. She gained public funding and also received money from John Lennon for her cause.



**Lillian Gordy Carter
(1898 - 1983)**

Mother of former President of the United States, Jimmy Carter, Lillian Carter was also a humanitarian. In 1966, she joined the Peace Corps and spent the next 2 years working as a nurse in India. She was 68 years old.



**Nola Ochs
(1911 - 2016)**

Nola Ochs, a native of Kansas, is a Guinness World Record holder as the world's oldest college graduate. She received her degree at the age of 95. She went on to receive her Masters 3 years later at age 98, proving it's never too late for our brains to rise to the challenge of lifelong learning.

Cut along dashed lines.

TBH
BRAIN PLAYS
GREAT AGERS

GAME CARDS



TBH
BRAIN PLAYS
GREAT AGERS

GAME CARDS



TBH
BRAIN PLAYS
GREAT AGERS

GAME CARDS



TBH
BRAIN PLAYS
GREAT AGERS

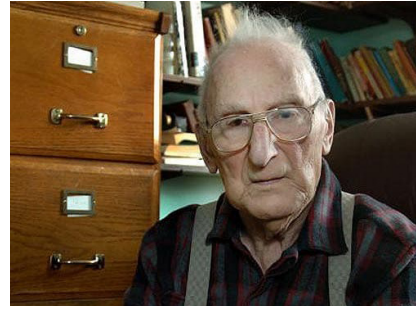
GAME CARDS





Leo Goodwin Sr.
(1886 - 1971)

Leo Goodwin Sr. founded GEICO, the Government Employees Insurance Co. in 1936. He was 50 years old. In 1948 GEICO went public and today has assets of nearly \$7.3 billion.



Harry Bernstein
(1910 -2011)

Harry Louis Bernstein was a British-born American writer recognized most for his first published book, *The Invisible Wall: A Love Story That Broke Barriers*, about the Jewish Christian divide. He was 96.



Carol Gardner
(b 1949)

Facing divorce at 52, Gardner purchased a bulldog named Zelda. Before long she won a greeting card contest with a picture of Zelda and a funny caption. Today Zelda Wisdom Card Co. is valued at \$50 million.



Kathryn Bigelow
(b 1951)

Kathryn Bigelow had been a film director of small projects. Her real fame came at age 57 with *The Hurt Locker* which won the Academy Award for Best Picture and she won Best Director.

