Core Curriculum

Navigating Longer Lives: The Basics of Aging Mastery – Introduction to the program and its philosophy with a special emphasis on the new realities of aging, making the most of the gift of longevity, and taking small steps to improve health, financial well-being, social connectedness, and overall quality of life.

Exercise and You – Discussion of the importance of exercising both the mind and the body with a focus on strategies for incorporating meditation, aerobics, strengthening, flexibility, and balance into daily routines.

Sleep – Overview of how sleep patterns change as we age, the importance of monitoring the sleep cycle, and simple strategies to improve sleep.

Healthy Eating and Hydration – Review of nutrition as it relates to aging with a focus on strategies for incorporating healthy eating and hydration into daily routines.

Financial Fitness – Introduction to strategies for remaining economically secure in an era of longevity with an emphasis on setting financial goals and setting financial boundaries with friends and families.

Advance Planning – Guidance around key steps needed to manage health care, financial, and housing/care decisions with a focus on considering the role of personal values and beliefs in these decisions.

Healthy Relationships – Exploration of the benefits of being socially active, as well as the risks of isolation with a focus on practical strategies for continuing to build and strengthen friendships and family connections as we age.

Medication Management – Best practices on how to take medications as directed, how to store medications safely, and how to keep track of multiple medications.

Community Engagement – Introduction to the value of continuing contribution and small acts of kindness with a focus on identifying personal aptitudes for meaningful volunteer and civic opportunities.

Falls Prevention – Overview of the importance of falls prevention among older adults along with strategies to prevent falling.