

WHAT'S NEXT!

EPISODE DESCRIPTIONS: 0101-0116

EPISODE 0101 "Reinvent Yourself"

It's never too late to reinvent yourself. The "What's Next!" team discovers an international oasis teaching people of all ages how to reshape their life in middleage. Discover a new appreciation for all that life has to offer with the "slow movement" changing our fast-paced society.

EPISODE 0102 "Playbook for Life"

Legendary football coaches Bobby Bowden, Steve Spurrier and Jimmy Johnson reflect on what they've learned about success off the football field. They'll help you create your own "Playbook for Life," with tips on how to be bold, take risks and live a life with passion and purpose.

EPISODE 0103 "Living More"

Be inspired to live more in every moment. A cancer survivor uses her incredible artwork to continue overcoming obstacles in her 60s and 70s. Plus, a world-renowned musician shows how the power of positivity she discovered in her time with Alzheimer's can help us all change the way we live.

EPISODE 0104 "Follow Your Passion"

How do you find your "What's Next!" in life? A legendary musician shares why he keeps on rocking, an artist relates how she returned to her creativity, and a Rock Star of Aging remains involved in her profession after more than eight decades.

EPISODE 0105 "Go for Gold"

Discover the world of Masters Sports and the National Senior Games. "What's Next!" takes you inside the ropes to meet athletes who are smashing stereotypes in their 50s all the way up to their 100s! Be inspired to stay active and find your tribe across the sports world.

EPISODE 0106 "Move Forward, Give Back"

How do you give back? Restaurateur John Rivers' "barbeque ministry" supports communities and aspiring chefs. Homeless for 14 years, David Williams gives a hand-up as a homeless ambassador for the City of Orlando. After over 30 years of leading Homeboy Industries, founder Father Greg Boyle shares his wisdom on how to give without burning out.

EPISODE 0107 "Reaching New Heights"

There is no limit to the things we can achieve. Reach new heights by getting inside a plane with a true woman of adventure, Myrt Rose, who made a life jumping from aircrafts and even walking on their wings! Plus, meet iconic soccer coach John Ellis who is still showing us how to score goals on and off the field.

EPISODE 0108 “Let the Adventure Begin”

12-17-21

The pandemic kept us all in place, and a bit stir crazy. As the world returns to travel, travel host and producer Samantha Brown shares her expertise from visiting over 60 countries around the world. Learn to fear less with underwater explorer and cave diver Jill Heinreth.

EPISODE 0109 “Combating Ageism”

12-24-21

Do you believe that a day of life at 70 isn't as valuable as a day of a life at 40? That's ageism.

The world's #1 influencer for the cultural, social and business opportunities of aging, Dr. Ken Dychtwald, joins the panel to discuss Ageism in America.

EPISODE 0110 "The Power of You"

12-31-21

Who we are is our greatest strength. It's something Sonia Pressman Fuentes learned at a young age and embraces today as a 93-year-old activist. The pandemic helped performer Banks Helfrich let go of the need for validation, and stylist Tracy Gold helps clients shine by embracing who they are.

EPISODE 0111 “Learn to Listen”

01-07-22

The opportunities of life usually walk hand in hand with the many challenges of life. The last two years have included social, economic, political upheaval -- all in the midst of a pandemic. Author Timothy Shriver, facilitator Dr. Dietra Hawkins and the Dalai Lama's personal physician, Dr. Barry Kerzin, all weigh in on how we can lean into unity, navigate difficult conversations, and balance our egos with compassion.

EPISODE 0112 “The Power of Purpose”

01-14-22

Chris Ross, Virginia Jacko, Virginia Oliver and Marlon Hoffman are all ordinary people living extraordinary lives because they chose to do so. Because they were able to somehow believe that more is possible, even when faced with seemingly insurmountable obstacles.

EPISODE 0113 "Family & Food"

01-21-22

How's your health? Health-related behaviors and habits, both positive and negative, are shared by families and social groups. To a large extent our overall health is strongly influenced by the company we keep. Actor John Stamos, chef Collette Haw & Dr. William Li share insights on making our lifestyle choices count for ourselves and our families.

EPISODE 0114 "Don't Give Up on Your Dreams"

01-28-22

There is no question about it -- we all have the opportunity for a What's Next in our lives, but we have to show up for them. Lucille O'Neal raised one of the most iconic basketball players of all time. It took her 30 years to earn her college degree, but she did it by never giving up on her dream.

EPISODE 0115 "Rethinking What's Possible"

02-04-22

What are your plans when you're 105? What about 84? Competing in a track and field event or jumping out of a plane to raise money for a charity? Julia Hawkins and Norm Bumgard are Rocks Stars of Aging that will help you rethink what's possible at any age.

EPISODE 0116 "How Passion Fuels Us"

02-11-22

"What's Next!" is the show that reminds you there is always more -- more to experience, more to learn, and more to share. Enjoy three great stories of passion: passion for discovery, for place, and for experience. Passions discovered early that have blossomed into interesting and rewarding lives.