

What's Next!

Episode Descriptions: 0301-0324

EPISODE 0301 "Purpose Keeps Us Going"

09-02-23

Studies have proven that a sense of purpose is key to longevity. Grady Kimsey is a provocative 96-year-old painter who continues to "break the rules" of modern art. Plus, award-winning journalist Amy Sweezy shares how she found a new sense of purpose in the second stage of her career that we all can learn from.

EPISODE 0302 "The Power of Connection"

09-09-23

Journalist Mark Potter's sunrise photographs help him navigate his wife's cancer battle and death, plus NYT best-selling author Gretchen Rubin on the benefits of connecting with our five senses.

EPISODE 0303 "Seize Your Second Chance"

09-16-23

It is never too late to seize your second chance in life. Go inside a Florida prison where female inmates are giving back to the community by training service dogs for veterans with PTSD. Plus, hear how Bonnie Garmus wrote a best-selling novel after hearing 98-straight rejections from publishers for her first book.

EPISODE 0304 "Do What You Love & Love What You Do"

09-23-23

As the leader of The Byrds, Roger McGuinn created the folk-rock genre. Now 80, he shares the joy he still finds in performing. Seeing his customers' smiles helped Allan Ganz set a Guinness World Record for the longest career in ice cream.

EPISODE 0305 "Bridging Champions Through The Ages"

09-30-23

Growing Bolder takes you inside the 2023 National Senior Games with the most inspirational, motivational and aspirational stories of masters athletes! Witness stories of comeback and defiance from athletes from age 50 to 100, including 95-year-old Jack Eckenrode, a record-setting cyclist who believes family and fitness is the key to a happy life.

EPISODE 0306 “It’s Never Too Late”

10-07-23

Damien Leake hadn’t raced since junior high when he returned to the track in his 60s. Now he’s the fastest man in the world over 70. Orthopedic surgeon Dr. Vonda Wright explains how to enjoy vital, active, joyful and long lives.

EPISODE 0307 “Passion Has No Age”

10-14-23

Lean into life and pursue your passions no matter your age. Now in his 80’s, famous musician Little Anthony is still creating music in what he calls the “best time of his life.” Be inspired by Quin Bommelje, who never danced a step until her 60’s, and in her 70’s made it to the semifinals of “America’s Got Talent!”

EPISODE 0308 “The Importance of Rebounding”

10-21-23

After a near-fatal car crash, Paula Franetti helps others on their road to recovery, plus the resilience of Commodores founder and lead guitarist Thomas McClary.

EPISODE 0309 “Seize the Opportunity Ahead”

12/23/23

Witness the first ever “Growing Bolder Day,” an exciting intergenerational celebration of aging that smashes the stereotype of typical senior expos. Plus, singer-songwriter Tommy Roe reflects on a career that crossed paths with The Beatles, and where his new music is taking him in his 80s.

EPISODE 0310 “The Power of Intergenerational Connections”

12-30-23

Learn how Beacon College students are interacting with residents from The Villages, FL, and how a simple walk with someone of a different generation can add so much to your life. Plus, exciting new research from Dr. Ken Dychtwald that will excite all generations about what’s possible as we age.

EPISODE 0311 “The Places You’ll Go”

01-06-24

You never know where life will take you, no matter how old you are today. Former NASA scientist Larry DeLucas shares how lessons learned in space are helping him here on earth. Brian Hyland, the man behind the hit single "Itsy Bitsy Teenie Weenie Yellow Polka Dot Bikini," had never even sung in a band until his life was thrust towards stardom.

EPISODE 0312 "The New 65"

01-13-24

What if 65 is not the new 45? What if there's just a new way of life now for individuals 65 and older? The New 65 is a photography exhibit showcasing ordinary people in their 60s, 70s, 80s and beyond, living lives of passion and purpose. Plus, here what's ahead for masters athletes from new NSGA CEO Sue Hlavacek.

EPISODE 0313 "Jump into Adventure"

01-20-24

Don't listen to an ageist culture that says older adults are done with adventures. It is never too late to jump into the unknown, like masters track and field legend Kay Glynn demonstrates every day. Dale Sanders has set multiple records in his late-80s for hiking, climbing and kayaking, and he says you can start a life of adventure today too!

EPISODE 0314 "Thank You for Your Service"

01-27-24

Join 66 veterans on an Honor Flight from The Villages, FL to Washington, D.C.. Plus, Dr. Annie Fenn shares how we can help our brains age well by what we eat.

EPISODE 0315 "A Growing Passion"

02-03-24

Growing Bolder takes you inside the Villages Grown, one of the world's most advanced hydroponic farms that is creating nutrient-rich, fresh produce for Central Florida citizens. The longevity revolution is upon us, bringing the U.S. into "The Super Age," a demographic shift that will impact society.

EPISODE 0316 "Rock Stars of Aging"

02-10-24

What are your expectations as you age? Meet a 99-year-old artist and a track star in her 70s who just might change your belief about what's possible. Plus, primary healthcare, specializing in patients 65 and older.

EPISODE 0317 "Embrace Your Inner Warrior"

04/13/24

Ginny MacColl is a 72-year-old grandmother. She's also the oldest person to complete a challenge on the hit show "American Ninja Warrior." Learn from her late-life journey into fitness and discover your own "What's Next!"

EPISODE 0318 "Get Outside!"

04/20/24

Rancher Jimmy Chapman shares the rewards of ranch life, plus author Caroline Paul and photographer Clyde Butcher on the benefits of exploring the great outdoors.

EPISODE 0319 "Make More of Your Time"

04/27/24

Do you ever feel like your life is moving too fast? Learn to make more of your time and appreciate the beauty of everyday moments with home movies, photography and more. Plus, three-time Olympic gold medalist Rowdy Gaines shares his keys to a happy and healthy life as he turns 65.

EPISODE 0320 "What Future are You Choosing Today?"

05/04/24

The choices we make today will determine the options we'll have in the future. Dementia caregiving expert Teepa Snow shares how to respond instead of react, and how we can help our brains stay healthy. Plus, 3-time cancer survivor Susan Helmrich on how swimming helped her reclaim her life.

EPISODE 0321 "Love Your Age"

05/11/24

Don't listen to an ageist culture that tells you to look or act younger than you are. Learn to love your age with a 90-year-old record-setting swimmer. Plus, learn how playing games every day can lead to a longer, healthier life.

EPISODE 0322 "Let Go of Labels"

05/18/24

Accidental Icon and author Lyn Slater on how to be old on your own terms. Plus, how not to let even a deadly diagnosis define you.

EPISODE 0323 "Helping Others Helps Ourselves"

05/25/24

Helping others can bring a sense of purpose and passion to your life. World War II veteran Irving Locker is nearly 100 years old, but he is still impacting his community by educating others about the war. Watch how mentoring young students can create meaningful intergenerational connections that can enrich your life.

EPISODE 0324 "Passion Makes it Possible"

06/01/24

Petrina Amsden was bullied as a child. Now the entertainer's nonprofit rewards kids who stand up to bullies. Meet the Godmother of BMX, Kittie Weston-Knauer, who's still racing in her 70s. A passion for art gave Ed Feldman the confidence to be himself and love the world around him.