

What's Next!

Episode Descriptions: 0401-0416

(Updated 12-09-24)

EPISODE 0401 "The First Steps Towards a Bolder Life"

08-31-24

It is never too late, or too early, to take the first steps towards a bolder life. Longevity expert and author Maddy Dychtwald shares lifestyle changes that can improve your health span , plus former Olympic athlete and coach Lily Yip shows how table tennis can change your life in your later years.

EPISODE 0402 "How to Create a Good Life

09-07-24

What are the ingredients of a good life? An artist in his 90s shares why he's still passionate about creating, Dr. Cody Sipe explains how movement helps our brains and our bodies, and death doula and New York Times best-selling author Alua Arthur reveals how contemplating our mortality can lead to a more meaningful life.

EPISODE 0403 "Embrace a Bolder Community"

09-14-24

The company you keep plays a profound role in your attitude and lifestyle. Embrace a bolder community. Whether it is following positive role models on social media like 90-year-old water skiers and 100-year-old runners, or just joining a local sports team or dance club, social wellness can change your life.

EPISODE 0404 "The Importance of Reinvention"

09-21-24

One of the keys to happy and healthy longevity is the ability to continue growing, adapting and reinventing. In his 32 years at the TODAY show, Mike Leonard pioneered a new broadcast journalism model. Today he's creating again, on Substack. Meet the woman behind Wild Horse Rescue and learn how Josh Mora and Dennis Williams are navigating

“The Back 9” of life.

EPISODE 0405 “Healthier, Fitter, Stronger”

09-28-24

Meet a team of 50+ athletes from Barbados, who encourage other adults to join the National Senior Games with their motto, “healthier, fitter, stronger.” Embrace the power of prehabilitation, and make positive lifestyle changes today that will benefit you for years to come.

EPISODE 0406 “Let’s Talk About It”

10-05-24

The most natural thing in life is aging. It’s a privilege to be alive! But fears can creep in about what growing older will be like. Brain health, physical health, social connections. Let’s talk about what we can do right now to enjoy each and every year as we age.

EPISODE 0407 “A Chance for New Goals”

10-12-24

Don’t listen to an ageist culture that believes goal setting is only for the young. Everyone of every age and ability can set new goals and reach new heights. Listen to the trials and tales of Olympians who have achieved their dreams, and learn to set new goals of your own, even ones you think are unreachable.

EPISODE 0408 “Creating Your Next Chapter”

10-19-24

What does your next chapter look like? Master motivator, speaker and author Lisa Nichols shares the questions to ask yourself to move forward with passion and purpose. Meet Martha Jo Mohoney, whose bold, abstract paintings show her gratitude for a new lease on life.

EPISODE 0409 “Ageless Adventures”

12-21-24

As we age, life becomes more about experiences and less about things. Meet a woman in her 50s who renovated a sprinter van to travel and paint scenes across the United States, and a triathlete in his 80s who shares a special bond with the ocean.

GBWN 0410 – The New 65+

12-28-24

What happens when we let passion and purpose power our lives? 4Roots CEO John Rivers is tackling food insecurity for Florida seniors by creating a healthy, thriving, sustainable, food system. And, we visit the Grand Ole Opry to celebrate *The New 65+*, including 99-year-old WWII veteran Bill Allen.

EPISODE 0411 “Selfies Smashing Stereotypes”

01-04-25

Discover the power of passion with *The New 65+* selfie contest. Through the photos and examples of real people living exciting, active lives in their later years, we can all find inspiration for our own “What’s Next,” no matter our age or abilities.

GBWN 0412 – How Do You Measure a Life?

01-11-25

How do you measure a life? Best-selling author Nikki Erlick explores that question in *The Measure*, while WWII veteran and Rock Star of Aging Irving Locker shows us the answer, celebrating 100 bold and inspiring years.

EPISODE 0413 “Embrace Your Purpose”

01-18-25

Purpose is not what you do when you get out of bed. It is *why* you get out of bed. Discover your purpose in life like renowned painter Mira Lehr, who used her art to try to save the planet. Plus, accomplished masters sprinter Andrea Collier shares how helping others helps ourselves.

GBWN 0414 The Power of Community

01-25-25

In good times and bad, we’re stronger together. The Orlando Gay Chorus isn’t just about singing—together, its members find family and a sense of home. Secily Wilson’s community helps her conquer the TEDx stage, and positive aging expert Barbara Hannah Grufferman on the changing culture of aging.

EPISODE 0415 “Invest in Your Future”

02-01-25

What are you doing to invest in your future? Musician, actor, playwright, artist and teacher Lawrence Holofcener constantly reinvented himself throughout his life by asking himself two key words: “Why Not?” Plus, author John Leland explains how happiness is a choice that we can all make.

EPISODE 0326 R “Step Out of Your Comfort Zone”

02-08-25

Our ageist culture may tell you that old dogs don't learn new tricks, but research and the examples of the people we meet every week at Growing Bolder say otherwise. The DC Water Wizards have a spot for you, even if you don't know how to swim. Plus, the gift of intergenerational connections.