

What's Next!

Episode Descriptions: 0301-0308

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 Sweezey 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 despite hearing 98-straight rejections from publishers.

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.