Fun. Spirit. Style: How Aging But Dangerous empowers women

The movement inspires women over 50 to be their most authentic selves

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It can be difficult to accept the changes that naturally occur with age. It may become physically challenging to do certain activities that one once enjoyed in their younger years, sometimes leading to lower self-confidence or insecurity.

Women, especially, are oftentimes put under a societal "microscope", where they are critiqued for the natural ways in which their bodies change with time.

Aging But Dangerous is a Minnesota-based movement for women that began nearly 20 years ago by owner and co-founder Jean Ketcham. The former Minnetonka resident was 69 years old when she and her co-founder became inspired to start a movement that encourages women to reshape the way they feel about aging.

Prior to COVID-19, Aging But Dangerous hosted several eccentric events over the years, most notably its Martini Jump Skydive, which more than 100 women over the age of 50 attended annually. In addition, the group hosted shooting range events, colonoscopy parties and even sex education courses led by doctors for people over 50.

While the movement is now primarily online, 85-year-old Ketcham still works to provide a safe platform where women can encourage each other and learn new things about themselves as they grow older.

"The important thing to me is [our] motto, Fun. Spirit. Style," Ketcham says. "You've got to have fun as you're aging."

The group recently released its new 2026



(SUBMITTED PHOTOS)

LEFT: Jean Ketcham, owner and co-founder of Aging But Dangerous. **RIGHT:** Flory Sommers, breast cancer survivor and Aging but Dangerous supporter.

tastefully nude calendar, "Fierce & Fabulous", photographed by Annie Marie Photography. The 1950s-themed calendar aims to celebrate women who redefine beauty and grace at any age. The women photographed are also Aging But Dangerous members who applied to participate in the project.

Flory Sommers is one of the women featured in the calendar. A breast cancer survivor, retired teacher and two-time marathon runner who always strives to live outside of her comfort zone. She believes it was important to participate in the calendar to show other women and herself the power of loving one's body regardless of their age, body type or confidence level.

Sommers first heard about Aging But Dangerous after reading an article about the launch of the group's Martini Jump Skydive event years ago. At the time, she was struggling with her phobia of driving on the highway and asked her husband if jumping out of an airplane would cure her fear. Her husband didn't understand the connection between the two, but Sommers did it anyway.

Sommers, who was 53 years old at the time of the skydiving experience, was inspired by the 60- to 80-year-old event participants jumping out of an airplane for the first time.

"I want them to be like guideposts into aging. I want to meet these women," Sommers says. "So that's what I did. I was terrified, but it was the best for many reasons. It was one of the best things I ever did in my life."

The now 68-year-old never did get back on the highway, but it positively affected her life in many other ways.

Aside from skydiving and marathon running, Sommers has competed in three triathlons, joined a paddling team made up of breast cancer survivors, enrolled in a sword fighting class and is working on publishing her first book.

Ketcham has also published a book titled "Aging But Dangerous" and regularly uses her social media platforms to connect with women from around the world on all things aging and fun.

"My favorite quote is, 'Look behind you and help her too because it wasn't very long ago when she was you,'" Ketcham says. "I just hope that Aging But Dangerous can carry through on that."

Visit agingbutdangerous.com to learn more about Aging But Dangerous, to donate to the group's Women Helping Women fund and to purchase the 2026 calendar.

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