



Senior Planet Partner Resources

Curriculum List

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Introduction

Licensed partners have access to a wide selection of lectures, workshops, program series and courses throughout their terms. This document acts as a master list of the programs that partners can choose from when making scheduling decisions. Included, you will find descriptions of each program type as well as details about specific program titles such as description, marketing teaser, Impact Area, and release date.

Please note that OATS may add or remove programs quarterly, so refer to this document prior to scheduling programs for the latest selections.

If you have any questions, please direct them to licensing@seniorplanet.org.

How to Use This Document

It is recommended that you bookmark the link to this document in your browser so you can easily access the most current version of the list. If you choose to download it, know that the information can change at any time, and you should redownload before scheduling any programs.

Page 2 of this document provides an overview of the four program types: lectures, workshops, program series, and courses. By clicking on each title in red, you can navigate to that section of the document to learn about program prerequisites, technology requirements, capacity, and recommended program pairings.

Page 3 of this document begins the Program Directory which lists all of the program titles by language. You can quickly navigate to different sections by clicking on the program type/language title in red. Then, you can scroll through the section to learn more about a specific program.

Program titles followed by a red asterisk indicate that the program is new. Check the Release Date column to see when you can begin offering that program. These programs are also highlighted in gray in the detailed program lists.



Senior Planet Program Types

Lectures

One-off lectures introduce popular tech topics and themes in a clear and concise manner. Individual lectures aim to explain the general purpose of a device or concept, its usefulness and important tips and tricks. Lectures do not offer hands-on exposure to the presented topic, but many of them can be scheduled in conjunction with a related interactive workshop that offers hands-on experience with the website or online platform discussed in the lecture. Lectures are typically 60-75 minutes and participant numbers are uncapped.

Workshops

Our series of interactive workshops are designed to give participants the chance to practice using a website or app. Although they can be scheduled on their own, many workshops cover material that has already been introduced in a lecture. Workshops are led by a trainer and offer hands-on activities. To participate in workshops, participants should be comfortable navigating the Internet. Workshops last 75-90 minutes and are capped at 8-10 participants. Workshop participants will use a classroom device that is provided by the licensed partner.

Courses

Senior Planet courses provide a deeper learning and social experience for participants. Unlike lectures and workshops, courses are multi-week commitments and participants are registering for the entire series. Class sessions involve a combination of discussion of new topics and hands-on, practical application of technology skills. OATS provides a detailed, printed course book for each participant to keep after the end of the course. Courses meet twice a week for either 5 or 10 weeks, and each session lasts 75 minutes. Courses are capped at 10-14 participants.

Program Series

Program series offers introductions and hands-on practice to a variety of topics that are thematically related. They combine our one-off lectures with hands-on workshops to give participants a chance to practice specific skills. Program series range in length from 2-10 sessions depending on the topic. Participants should register for the entire series, as they would a course, and all sessions should be scheduled for 75 minutes for continuity. Participants receive handouts for each session. Series are capped at 12-14 participants.



Program Lists

If viewing this PDF digitally, you can click on the red title for each program type/language to jump down to that section.

English Lectures

- Affordable Home Internet
- A.I. & Disinformation
- A.I. & Your Small Business
- A.I. All Around
- A.I. Image Generators
- A.I. Voice and Video Generators
- All Things Zoom
- Anti-Virus & Malware Removal Programs At a Glance
- Banking and Finance Apps at a Glance
- Cloud Storage
- Crowdfunding for Entrepreneurs
- Digital Coupon Tools
- Digital Genealogy Tools
- Digital Legacy at a Glance
- Digital Payments & Your Small Business*
- Digital Scrapbooking Tools
- Digital Tools for Brain Health
- Digital Tools to Boost your Business
- Emojis, GIFs, and more!
- Essential Tech for Running Your Small Business*
- Everyday Uses of AI
- Facebook
- Finding Money Saving Programs Online
- Fitness Apps
- Food Delivery Apps
- Gardening Tech at a Glance
- Getting Your Small Business Online
- Google Maps
- Google Workspace
- Graphic Design Tools
- Healthcare and Tech at a Glance (replaces IoT Healthcare & Telehealth)
- How to Choose a New Computer
- Instagram Basics
- Intro to A.I.
- Intro to Booking Vacation Stays Online
- Intro to Chatting with A.I.
- Intro to Digital Wallets
- Intro to Estate Planning Resources and Tools
- Intro to Gaming
- Intro to Hosting on Zoom
- Intro to Learning Apps - Languages & the Arts
- Intro to Managing your Privacy
- Intro to Photo Editing Tools
- Intro to Selling Online
- Intro to Sleep Technologies

* New Program. Check each program's "Release Date" for information about availability and scheduling.



English Lectures (cont.)

- Intro to Smartphone Photography
- Intro to Social Media
- Intro to Translation Tools
- Intro to X (formerly Twitter)
- iPhones
- Is that A.I.?
- Job Searching in the Digital Age
- Messaging Apps
- Mindfulness Apps
- Mobile Health Apps
- MyChart
- Navigating Medicare Resources Online*
- Online Communications and Your Small Business
- Online Health Resources at a Glance
- Online RX Drug Resources
- Online Shopping
- Online Tools for Contacting Lawmakers
- Outdoor Adventure Apps
- P2P Payment Apps
- Passwords, Passkeys, and More
- Podcasts at a Glance
- Protecting Your Personal Information Online
- Ridesharing Apps
- Saving Money with Tech
- Smartphone Camera Uses Beyond Photography
- Smartphones at a Glance
- Social Media for Job Searches
- Spotify
- Streaming & Smart TVs
- Tech Tips for Disaster Preparedness
- Technology for Aging in Place
- Tips for Being News Savvy Online
- Understanding Fraud and Scams*
- Understanding Internet Plans
- Using Google Docs Templates for Resumes
- Video Chat
- Virtual Museum Tours
- Virtual Reality at a Glance
- Wearables at a Glance (formerly IoT: Wearables)*
- Website Builders at a Glance
- YouTube

** New Program. Check each program's "Release Date" for information about availability and scheduling.*



English Workshops

- Change.org
- Connecting to the Internet
- Exploring and Downloading Apps Android
- Exploring and Downloading Apps iPhone
- Exploring Online Health Resources
- Exploring RX Drug Resources Online
- FEMA App
- Finding Community with SPC
- Finding Information Online
- Free Streaming with Tubi
- Getting Started with Canva
- Getting Started with Duolingo
- Getting Started with Facebook
- Getting Started with Insight Timer
- Getting Started with Instagram
- Getting Started with LinkedIn
- Getting Started with Lyft
- Getting Started with PayPal
- Getting Started with Spotify
- Getting Started with the iPhone Health App
- Getting Started with Venmo
- Getting Started with WhatsApp
- Getting Started with Zoom
- Getting to Know Your Android Phone
- Getting to Know Your iPhone
- Gmail Tips & Tricks
- Google Photos
- Hosting a Zoom Meeting
- Instagram Posts and Stories
- Instagram Privacy
- Instagram Shopping
- Listening to Podcasts
- Managing Privacy Settings on your Android
- Managing Privacy Settings on your iPhone
- Networking on LinkedIn
- Sharing Photos with an Android Smartphone
- Sharing Photos with an iPhone
- Shopping on Amazon
- Staying Safe Online
- Using Fact Checking Sites
- Using Google Assistant on Your Android*
- Using Google Calendar
- Using Google Drive
- Using GovTrack.us
- Using Job Search Engines
- Using the Airbnb App
- Using the Contacts App on an Android Smartphone*
- Using the Contacts App on an iPhone*
- Using the Google Gemini App

** New Program. Check each program's "Release Date" for information about availability and scheduling.*



English Workshops (cont'd)

- Using Siri and Voice Commands on Your iPhone*
- Using Voice Assistants
- Video Chat with Zoom
- Watching Videos on Youtube (Web Browser)

English Courses

- Android Essentials
- Beyond the Basics - App-Based
- Beyond the Basics - Browser-Based
- Chrome Basics for Older Adults
- Chrome Essentials
- Computer Basics for Older Adults
- Computer Essentials
- Free Your Photos
- iPad Basics
- iPad Essentials
- Money Matters
- Smartphone Photography
- Tech Resources for Everyday Life

English Program Series

- Creating Your LinkedIn Profile
- Exploring AI
- Fitness Technologies Lecture Series
- Getting Creative with Canva
- Hosting on Zoom
- Online Basics
- Practicing with Google Docs
- Smart Steps to Small Business Success*
- Tech Tips for Saving Money
- Using Google Sheets
- Using Google Slides
- Using your Android Smartphone
- Using your iPhone

** New Program. Check each program's "Release Date" for information about availability and scheduling.*



Spanish Lectures

- Affordable Home Internet
- A.I. and Disinformation
- A.I. All Around
- A.I. Image Generators
- A.I. Voice and Video Generators
- All Things Zoom
- Anti-Virus & Malware Removal Programs At a Glance
- Cloud Storage
- Crowdfunding for Entrepreneurs
- Digital Coupon Tools
- Digital Legacy at a Glance
- Emojis, GIFs, and more!
- Everyday Uses of A.I.
- Facebook
- Finding Money Saving Programs Online*
- Fitness Apps*
- Google Maps
- Google Workspace
- Graphic Design Tools
- Healthcare and Tech at a Glance
- How to Choose a New Computer
- Instagram Basics
- Intro to A.I.
- Intro to Booking Vacation Stays Online
- Intro to Chatting with A.I.
- Intro to Digital Wallets
- Intro to Hosting on Zoom
- Intro to Managing Your Privacy
- Intro to Photo Editing Tools
- Intro to Selling Online
- Intro to Smartphone Photography
- Intro to Social Media
- Intro to Translation Tools
- Intro to X (formerly Twitter)
- IoT: Entertainment
- iPhones
- Is that A.I.?
- Messaging Apps
- Mindfulness Apps
- Mobile Health Apps
- MyChart
- Online Health Resources
- Online RX Drug Resources
- Online Shopping
- P2P Payments
- Passcodes, Passkeys, and More*
- Podcasts at a Glance

** New Program. Check each program's "Release Date" for information about availability and scheduling.*



Spanish Lectures (cont.)

- Protecting Your Personal Information Online
- Ridesharing Apps
- Saving Money with Tech
- Smartphone Camera Use Beyond Photography
- Smartphones at a Glance
- Spotify
- Streaming and Smart TVs
- Tech Tips for Disaster Preparedness
- Technology for Aging in Place
- Tips for Being News Savvy Online
- Understanding Fraud and Scams*
- Understanding Internet Plans
- Video Chat
- Virtual Museum Tours
- Virtual Reality at a Glance
- Wearables at a Glance (formerly IoT: Wearables) *
- Youtube

Spanish Workshops

- Connecting to the Internet
- Exploring and Downloading Apps on an Android*
- Exploring and Downloading Apps on an iPhone*
- Exploring Online Health Resources
- Exploring RX Drug Resources
- Finding Information Online
- Free Streaming with Vix
- Getting Started with Canva
- Getting Started with DuoLingo
- Getting Started with Facebook
- Getting Started with Instagram
- Getting Started with PayPal
- Getting Started with WhatsApp on an Android Smartphone*
- Getting Started with WhatsApp on an iPhone*
- Getting Started with Zoom
- Getting to Know Your Android Smartphone*
- Getting to Know Your iPhone*
- Gmail Tips & Tricks
- Google Photos
- Hosting a Zoom Meeting

** New Program. Check each program's "Release Date" for information about availability and scheduling.*



Spanish Workshops (Cont'd)

- Managing Privacy Settings on an Android Smartphone*
- Managing Privacy Settings on an iPhone*
- Sharing Photos with an Android
- Sharing Photos with an iPhone
- Shopping on Amazon
- Staying Safe Online
- Using Fact Checking Sites
- Using Google Drive
- Using the Google Gemini App*
- Watching Videos on Youtube (Browser)

Spanish Courses

- Android Essentials
- Beyond the Basics - App-Based
- Beyond the Basics - Browser-Based
- Chrome Basics for Older Adults
- Chrome Essentials
- Computer Basics for Older Adults
- Computer Essentials
- iPad Basics
- iPad Essentials
- Money Matters
- Tech Resources for Everyday Life (formerly Intro to Digital Culture)*

Spanish Program Series

- Exploring AI
- Fitness Technology Lecture Series
- Getting Creative with Canva
- Hosting on Zoom
- Online Basics
- Tech Tips for Saving Money

** New Program. Check each program's "Release Date" for information about availability and scheduling.*



Chinese Lectures

- Affordable Home Internet
- A.I. Image Generators*
- All Things Zoom
- Anti-Virus & Malware Removal Programs At a Glance
- Cloud Storage
- Everyday Uses of A.I.*
- Google Maps
- Google Workspace
- How to Choose a New Computer
- Intro to A.I.
- Intro to Booking Vacation Stays Online*
- Intro to Chatting with A.I.*
- Intro to Hosting on Zoom
- Intro to Managing Your Privacy
- Intro to Photo Editing Tools*
- Intro to Sleep Technologies
- Intro to Smartphone Photography
- Intro to Translation Tools
- IoT: Entertainment
- IoT: Healthcare
- IoT: Smart Homes
- IoT: Wearables*
- iPhones
- Is that A.I.?
- Messaging Apps
- Mobile Health Apps
- Online Shopping
- P2P Payments
- Protecting Your Personal Information Online
- Smartphone Camera Uses Beyond Photography*
- Smartphones at a Glance
- Streaming and Smart TVs*
- Telemedicine
- Understanding Internet Plans*
- Video Chat
- Virtual Museum Tours
- YouTube

** New Program. Check each program's "Release Date" for information about availability and scheduling.*



Chinese Workshops

- Connecting to the Internet
- Exploring and Downloading Apps
- Finding Information Online
- Getting Started with Zoom
- Getting to Know Your Smartphone
- Google Photos
- Hosting a Zoom Meeting
- Shopping on Amazon
- Staying Safe Online
- Video Chat with Zoom

Chinese Courses

- Android Essentials
- Beyond the Basics - App-Based
- Chrome Basics for Older Adults
- Chrome Essentials
- Computer Basics for Older Adults
- Computer Essentials
- Intro to Digital Culture
- iPad Basics
- iPad Essentials

Chinese Program Series

- Hosting on Zoom*
- Online Basics

** New Program. Check each program's "Release Date" for information about availability and scheduling.*



Vietnamese Lectures *

- Affordable Home Internet
- Cloud Storage
- Emojis, GIFs, and More!
- Google Maps
- Google Workspace
- How to Choose a New Computer .
- Intro to AI
- Intro to Chatting with A.I.
- Intro to Heart Rate Monitor Apps
- Intro to Managing Your Privacy
- Intro to Sleep Technologies
- Intro to Smartphone Photography
- Intro to Translation Tools
- IoT: Healthcare
- IoT: Wearables
- Is That A.I.?
- Messaging Apps
- Mobile Health Apps
- Online Shopping
- P2P Payments
- Protecting Your Personal Information Online
- Smartphones at a Glance
- Streaming and Smart TVs
- Understanding Internet Plans

Vietnamese Workshops *

- Exploring and Downloading Apps
- Finding Information Online
- Getting Started with DuoLingo
- Getting to Know Your Smartphone
- Shopping on Amazon
- Staying Safe Online

Vietnamese Courses *

- Computer Essentials

Vietnamese Program Series *

- Online Basics

** New Program. Check each program's "Release Date" for information about availability and scheduling.*



English Lectures

One-off lectures introduce popular tech topics and themes in a clear and concise manner. Individual lectures aim to explain the general purpose of a device or concept, its usefulness and important tips and tricks. Lectures do not offer hands-on exposure to the presented topic, but many of them can be scheduled in conjunction with a related interactive workshop that offers hands-on experience with the website or online platform discussed in the lecture.

- **Program Duration:** 60-75 minutes
- **Capacity:** Based on training facility: Room capacity, Seating, COVID protocols in place
- **Participant Prerequisites:** None
- **Trainer Prerequisites:** None
- **Tech Required:** Presentation tools - Large screen TV or Projector and screen
- **Participant Tech Required:** No
- **Trainer Materials:** Trainer guide, slide presentation
- **Participant Materials:** Handout (provided by Senior Planet, printed by partner)
- **Possible Workshop Pairings:** [Click here](#)

Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Affordable Home Internet	Having home internet can help you save money, look for a job, connect with others, make everyday tasks easier, and much more! This lecture goes over basic information you need to know when signing up for home internet service, so that you can understand all your options. You'll also learn about resources for finding low-cost programs from internet service providers across the country.	Don't overpay for internet. Learn about programs offering low-cost home internet that can help save you money.	English	Lecture	Financial Security	Available Now
AI & Disinformation	Disinformation refers to false information created to mislead people, and it's nothing new. But today's AI-powered tools and social media have made it easier and faster to create and spread disinformation. In this lecture, we'll explore how AI is used to create convincing deepfakes and clone voices, making it challenging to distinguish between real and fake content. We'll also review best practices for evaluating information and explore tech tools that can help identify content created with AI.	Seeing might not mean believing anymore. Come learn how to identify deepfakes and cloned voices so you don't fall for digital deception.	English	Lecture	Foundational	Available Now
AI & Your Small Business	Curious about how artificial intelligence (AI) can help your small business thrive? In this lecture, you'll learn about the many things AI can do and how they relate to small business. We'll introduce a framework to help you explore how you can start using AI in your own day-to-day work. We'll also cover tips for choosing AI tools and best practices for using AI safely. Whether you sell products, offer services, or run a home-based business, this lecture will help you discover how to take advantage of AI in your business today. Note: This lecture is best suited for people who are already familiar with AI chatbots.	Heard the buzz about AI? Come discover how you can apply AI in your small business.	English	Lecture	Financial Security	Available Now
AI All Around	If it seems like AI is showing up everywhere, it's not just you! From searching the web to attending a Zoom meeting, AI tools are now available to help with most online tasks. In this lecture, we'll explore many of the digital platforms and websites where generative AI is now available. We'll discuss how the tools try to make tasks easier and go over privacy considerations to keep in mind when using them.	Never fear, for AI is here... to (try to) help!	English	Lecture	Foundational	Available Now
AI Image Generators	Do you envision something in your mind's eye but struggle to bring it to life? There's an AI tool for that! This lecture will explain how artificial intelligence can turn your words into stunning realistic and imaginative images in seconds. We'll demonstrate an AI image generator and the wide range of visual and artistic styles it can produce. You'll also learn tips for getting the most out of this new and exciting technology so you can get started!	Go beyond stick figures and bring your imagination to life with AI image generators!	English	Lecture	Creative Expression	Available Now
AI Voice & Video Generators	Have you heard about voice-cloning, digital avatars, or text-to-video? This lecture will explain how artificial intelligence programs can turn scripts and even just ideas/a few sentences into realistic voices and videos in a matter of minutes. We'll explore AI voice and video generators, their common features, and the wide range of content they can produce. You'll also learn tips and considerations for using these tools so you can get started!	Did AI do that? Come learn about AI voice and video tools!	English	Lecture	Creative Expression	Available Now
All Things Zoom	Curious why Zoom has become everyone's go-to video conferencing software? This lecture will go over how to use Zoom to chat with friends & family, and take virtual classes with Senior Planet! You'll learn about useful Zoom features, whether you're connecting with an iOS, Android, or Windows device. The lecture will also go over security considerations and give tips on how to look your best during a video chat.	Learn why Zoom has become the most popular video conferencing software and about some of its features.	English	Lecture	Social Engagement	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Anti-Virus & Malware Removal Programs At a Glance	Did you know that viruses are only one type of malware that can harm your computer? In this lecture, we'll go over different types of malware and how they work. We'll also introduce some anti-virus programs and malware remover software and go over how these tools can be used to prevent and get rid of malware infections. Attend this lecture to learn how to keep your device safe!	Concerned about viruses and malware? Attend this lecture to learn how to keep your device safe!	English	Lecture	Foundational	Available Now
Banking and Finance Apps at a Glance	In this lecture, we'll explore a free, mobile banking demo site where you can familiarize yourself with some of the most popular features of mobile banking, including built-in budgeting features that can help you take better control of your finances. We'll also go over the industry standards that banks employ to keep your money safe and discuss the steps you can take to avoid scams. Finally, we'll introduce some popular budgeting apps and provide a brief overview of the world of digital payments.	Discover what you can do with online and mobile banking!	English	Lecture	Financial Security	Available Now
Cloud Storage	In this lecture, you'll learn the basics of cloud storage — a technology that lets you store documents, images, and other media files remotely while giving you greater accessibility, reliability, and protection for your important data. We'll discuss what it is, why it's the future of data storage, and demonstrate a few of the most popular services currently available to consumers.	Goodbye floppy discs and USB drives! Learn about cloud storage options that save your files remotely.	English	Lecture	Foundational	Available Now
Crowdfunding for Entrepreneurs	The internet has changed the way entrepreneurs, small business owners, nonprofits, and charitable organizations raise money. This presentation will explore crowdfunding—fundraising by gathering small amounts of money from large numbers of people—online. You'll learn the fundamentals of using a crowdfunding campaign to raise money as well as how to search for and contribute to other people's campaigns. The presentation will also discuss three popular crowdfunding platforms: GoFundMe, Kickstarter, and Indiegogo.	Need a jump-start to get your business going? Come learn how crowdfunding can help!	English	Lecture	Financial Security	Available Now
Digital Coupon Tools	If you like saving money on groceries and everyday items, then this lecture is for you! We'll introduce you to the world of digital couponing and a variety of tools to help you get started. You'll learn about coupon websites, apps, and databases as well as tips for getting the best deals.	Learn how digital coupon tools can help you save money!	English	Lecture	Financial Security	Available Now
Digital Genealogy Tools	You don't have to be a genealogy expert to find out about your family's history! Numerous websites and platforms now make it possible to start learning about your ancestors from home. In this lecture, we'll discuss some of the most popular and explore their features. We'll also talk about how to access free resources, including those available from many public libraries, and explore websites offering tips and guides to creating your own digital family tree.	Curious about your family's history? Fill in the gaps using digital genealogy resources!	English	Lecture	Creative Expression	Available Now
Digital Legacy at a Glance	Have you thought about your digital legacy? Not sure what that is? In this lecture, we'll explore this relatively new concept regarding what will happen to your digital content after you're gone. We'll explain some of the legacy options provided by the biggest tech companies and show you how to find out more information in the Settings and Help Sections of popular websites and apps. You'll also learn some best practices for planning your digital legacy.	Will your digital content and social media pages live on forever? Come learn about your digital legacy options!	English	Lecture	Social Engagement	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Digital Payments & your Small Business	Expanding the types of payments your business accepts can open doors to new customers and opportunities. But how do you know which digital payment is right for your business? This lecture introduces different ways to accept digital payments, including via P2P apps, online marketplaces, and PayPal. We'll also cover payment processors and important security best practices to protect your business and customers. Whether you're just starting out or looking to modernize, this lecture offers practical insights to help you accept digital payments.	Interested in taking your cash only business into the digital age? Learn what digital payments are and how to choose among them in this lecture!	English	Lecture	Financial Security	Available Now
Digital Scrapbooking Tools	Do you like scrapbooking but want a more convenient way to organize and arrange your photos and mementos? Come learn about these digital scrapbooking tools that make it easy to digitize your memories. In this lecture, you'll get an overview of a few different tools that make it easy to create, share, and print your scrapbooks. You'll also learn about common features across the different platforms.	Say goodbye to paper cuts! Come learn about digital scrapbooking tools.	English	Lecture	Creative Expression	Available Now
Digital Tools for Brain Health	Stay sharp with technology! In this lecture, we'll explore digital tools to support habits that can help you stay sharp, including wearable devices, engaging websites, and informative podcasts. Discover practical resources to keep your mind active and enhance your cognitive well-being in today's digital world.	Stay sharp with technology! Join this lecture to learn about different ways to engage your brain.	English	Lecture	Health & Wellness	Available Now
Digital Tools to Boost your Business	Are you interested in becoming an entrepreneur? This lecture gives an overview of some important digital tools to help you get your online business up and running. Learn about e-commerce sites, how social media can help promote your business, and how you can use video chat platforms for services. We will also cover how to get paid using digital payment services.	Learn about online tools to jump-start your start-up.	English	Lecture	Financial Security	Available Now
Emojis, GIFs, and more!	In this lecture we'll review what some of the most common emojis mean, where to find them on your smartphone keyboard, and when to use them. We'll also cover how to create an avatar using Bitmoji and Memoji. GIFs and Memes are additional ways to add some color to your communications, so we'll demonstrate where to find and create those as well!	Learn how to use emojis, GIFs, and more to quickly say what you mean!	English	Lecture	Social Engagement	Available Now
Essential Tech for Running Your Small Business	In this lecture, we'll explore easy-to-use software tools that can help small business owners manage everyday tasks, stay organized, and plan ahead with confidence. This session will introduce tech options that make managing your business easier, such as file organization, bookkeeping, and scheduling. We'll also go over some tips on how to choose software that's right for you.	Tired of juggling paperwork, deadlines, and day-to-day chaos? Discover the user-friendly software tools that can bring clarity, control, and peace of mind to your business.	English	Lecture	Financial Security	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Everyday Uses of AI	Everyone is talking about AI. Come to this class to be a part of the conversation! This lecture will show you the ways AI is already present in everyday tasks and how it is used in everything from voice assistants to customer service and healthcare. We'll look at common applications of AI across multiple industries and discuss ways you too can take advantage of this influential technology.	Everyone is talking about AI! Come to this class to see how AI is part of everyday life.	English	Lecture	Foundational	Available Now
Facebook	Curious about Facebook but concerned about privacy? Interested in learning how to set up a profile or a page? Want to learn more about Facebook Live? This lecture offers an overview of Facebook's evolution, its most popular features, and tips for getting in on the action. It will also cover privacy settings as well as the role of advertising on Facebook.	Facebook can be a great way to connect with old friends, share life updates, and join social groups. Learn more about the popular platform.	English	Lecture	Social Engagement	Available Now
Finding Money-Saving Programs Online	Did you know that billions of dollars worth of benefits and reduced-cost resources go unclaimed each year? In this lecture, we'll explore 3 useful tools that can help you find benefits and other money-saving programs for yourself or others. We'll demonstrate how to search on usa.gov, benefitscheckup.org, and findhelp.org. We'll also briefly discuss potential savings from Medicare Advantage Plans, utility rebates, and internet companies.	Learn how to search for free and low-cost programs to save on food, utilities, and more.	English	Lecture	Financial Security	Available Now
Fitness Apps	Think that fitness apps are only for athletes? This lecture covers many different types of fitness apps, whatever your health and wellness goals. We'll discuss free apps that can help you track your nutrition and activity, plan your workouts, and stay motivated. You'll learn about the benefits of fitness apps and popular apps in each category.	Learn how fitness apps can help you track and conquer your goals!	English	Lecture	Health & Wellness	Available Now
Food Delivery Apps	Ordering food and other items from home is now easier than ever thanks to the internet and mobile apps. This lecture provides an overview of the most popular food delivery apps, such as DoorDash, Uber Eats and more. You'll learn about the pros and cons, special features, and best practices for using these apps.	Don't want to go out? Learn about some popular apps to get food delivered to your front door.	English	Lecture	Financial Security	Available Now
Gardening Tech At a Glance	Do you want to improve your green thumb or just make gardening easier? Technology may be the answer. Join us in this introductory lecture to learn about different types of gardening tech. We'll go over some popular apps and explain their common features that will help you with everything from designing your garden to identifying plants and caring for them. You'll also learn about outdoor smart irrigation systems and sensors, as well as indoor gardening devices.	Can tech give you a green thumb? Come to this lecture to find out!	English	Lecture	Creative Expression	Available Now
Getting Your Small Business Online	In today's digital world, your business needs more than just a great product — it needs an online presence that gets found. This lecture will walk you through the essentials of getting your business online. You'll explore SEO (Search Engine Optimization), Google Business Profiles, as well as the benefits of customer reviews and business websites. Packed with practical tips, this session will help you boost visibility, connect with customers, and grow your business with confidence.	Ready to get your business noticed online? From SEO to five-star reviews, discover practical strategies to put your business on the digital map!	English	Lecture	Financial Security	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Google Maps	Visit sites around the world from the comfort of your home, get a bird's-eye-view of your childhood neighborhood, or simply get directions to your friend's house! Google Maps is a mapping application that offers satellite imagery, street maps, and street-view perspectives. It also has a route planner for your preferred transportation method, be it foot, car, bicycle or public transportation. During this lecture, you'll get an introduction to the platform and a demonstration of how to use it.	Learn how Google Maps can help you get from point A to B with confidence!	English	Lecture	Foundational	Available Now
Google Workspace	Curious about the free tools from Google? Learn about some of Google's most popular productivity tools that are for personal use, as well as work-related ones. This lecture will introduce Docs, Sheets, Slides, Photos, and Drive. We'll explore some practical and creative uses and demonstrate how to make the most out of Google's many free templates.	Don't want to pay for software? Learn how Google's free tools have you covered.	English	Lecture	Foundational	Available Now
Graphic Design Tools	Looking for a creative outlet? Try your hand at one or more free, user-friendly, web-based graphic design tools! You can use these tools to create greeting cards, invitations, flyers, logos, and more. In this presentation, we'll explore the popular design platform, Canva, and demonstrate how you can get very creative with basic tools like Google Slides. We'll also take a look at Photoshop Express, the web-based, free version of Photoshop.	Looking for a new creative outlet? Learn about popular, free platforms to design cards, flyers, and more online.	English	Lecture	Creative Expression	Available Now
Healthcare & Tech at a Glance	Curious how recent technological advances have changed healthcare? In this lecture, we'll explore how doctors are using cutting-edge tech, like AI and smart devices, to diagnose, monitor, and treat medical conditions. We'll also discuss how patients can use technology to manage and improve their health. We'll cover how to prepare for and what to expect from telehealth appointments, common healthcare wearables, and best practices for using AI for medical information.	Technology meets healthcare. Learn about how AI and telemedicine are shaping the way we manage our health.	English	Lecture	Health & Wellness	Available Now
How to Choose a New Computer	Looking for a new computer? This informational session addresses some of the most common questions surrounding how to choose a new computer: Where to start? What's a reliable brand? How much should you budget? What technical specifications? We will also cover operating systems and compare alternatives to the traditional computer, e.g. tablets and Chromebooks.	Overwhelmed by the choices of a new computer? We'll help you simplify so you can decide!	English	Lecture	Foundational	Available Now
Instagram Basics	You've probably heard about Instagram; now come learn about this visually-oriented sharing platform and what makes it one of the most exciting of the social media apps. This lecture introduces some of Instagram's popular features and will show you what all the buzz is about.	"Instant camera" + "telegram" = Instagram. Come learn about this popular social media platform.	English	Lecture	Creative Expression	Available Now
Intro to AI	Curious about AI? Want to know more about Chat GPT? This lecture will introduce some of the basic ideas around artificial intelligence. We'll talk about how AI is being used today, what its current limitations are, and how it will shape the future!	Curious about AI? Come learn the basics, including how it works and considerations to keep in mind.	English	Lecture	Foundational	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Intro to Booking Vacation Stays Online	Do you love to travel but miss the comforts of home when you're away? Thanks to a variety of websites and apps, you can find your perfect home away from home almost anywhere in the world! This lecture introduces popular vacation rental sites, their common features, and how to find great deals. Additionally, you'll learn how to choose your vacation rental wisely and stay safe while traveling. Need to travel on a budget? We'll also discuss alternatives to rentals, such as online platforms for home exchanges and housesitting!	Need a vacation? Learn about popular websites and apps for booking vacation rentals.	English	Lecture	Foundational	Available Now
Intro to Chatting with AI	Curious about using ChatGPT or Gemini but not sure where to start? In this lecture, we'll explore tips for using generative AI chat programs so you can make them work for you. You'll learn how to write questions, or prompts, that are specific and effective at getting helpful responses. Whether you plan to use them at work, for personal projects, or just for fun, we'll show you how this tech can help you with all sorts of tasks. We'll also cover best practices for privacy and security so you can be a confident user.	Learn how to make the most out of ChatGPT and other AI software.	English	Lecture	Foundational	Available Now
Intro to Digital Wallets	What item can you not leave home without? If you said your phone, this lecture is for you! If you said your wallet, you should probably come too! The digital wallets on our smartphones allow us to go about our daily lives without ever needing to pull out our actual wallets. In this presentation, we'll review the basic features of the most popular digital wallets: Apple Wallet and Google Wallet and talk about their many uses beyond purchases. We'll also discuss features/considerations for security and privacy.	You CAN leave home without your wallet! Learn about popular digital wallets and their many uses.	English	Lecture	Financial Security	Available Now
Intro to Estate Planning Resources & Tools	Estate planning may sound intimidating or something that requires a lot of resources. Creating an estate plan just means making sure that your health, finances, and anything you own is handled according to your wishes. In this case, a simple plan is better than no plan! In this lecture, you'll get an overview of some common documents found in an estate plan. We'll also cover some free or low-cost resources and digital tools to help you get started with a simple estate plan.	A simple plan is better than no plan! Get to know a few free and low-cost resources that make it simple to plan your estate.	English	Lecture	Financial Security	Available Now
Intro to Gaming	Ready to level up? In this introduction to gaming we'll explore some of the basic concepts of video games and gaming. We'll review the benefits of gaming and take a look at some popular games and consoles, including Nintendo Switch, Xbox, and VR headsets. We'll also demonstrate where to find free games and start playing!	Game on! Come discover the world of gaming and start playing!	English	Lecture	Creative Expression	Available Now
Intro to Hosting on Zoom	Thinking about hosting your own Zoom meeting? In this introductory lecture, we'll go over what you need to start your first meeting, as well as some hosting tips to make it a success. You'll also learn about special features for hosts, including ways Zoom keeps your meetings secure. After this overview lecture, you'll be ready for our hands-on workshops "Getting Started with Zoom" and "Hosting a Zoom Meeting," which include step-by-step instructions.	Thinking about hosting a group video call? Come to this lecture for an overview of hosting Zoom meetings.	English	Lecture	Social Engagement	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Intro to Learning Apps - Languages & The Arts	Lifelong learning is fun and offers many benefits! There are hundreds of apps out there for every type of learner, and all kinds of interests. This presentation will introduce you to apps that help you learn different languages, explore the arts and art history, and even show you how to play instruments. If you want to learn it, there's an app for that!	Learning has never been so easy! We'll teach you about apps you can use to teach yourself.	English	Lecture	Creative Expression	Available Now
Intro to Managing Your Privacy	Concerned about privacy? Unsure about accepting cookies? Come learn about some essential privacy tips! In this introductory lecture, we'll review how ads target us online, how to limit tracking, where to find browser settings and extensions to better control how our information is shared. We'll also discuss some of the key features of password managers and why they're a safe and secure option.	Come learn about some essential internet privacy tips!	English	Lecture	Foundational	Available Now
Intro to Photo Editing Tools	Blurry vacation photos? Random people in the background? Come learn about photo editing tools and how they can enhance your photos! In this lecture, you'll get an overview of what photo editing tools can do as well as an introduction to easy-to-use photo editing apps. You'll be on your way to "photoshopping" with these popular free apps!	Can you photoshop that? Come learn the possibilities with photo editing tools!	English	Lecture	Creative Expression	Available Now
Intro to Selling Online	Want to make some extra money? Online marketplaces make it easy to sell almost anything- from your vintage collectibles to handmade crafts! This lecture will introduce you to different online platforms for selling all kinds of items, including furniture, clothing, household items, and more! We'll also cover some tips and best practices for safely using these platforms so you can avoid scams and sell confidently!	Make money while decluttering with online marketplaces!	English	Lecture	Financial Security	Available Now
Intro to Sleep Technologies	Sleep troubles? What if tech could help you sleep? This lecture gives an overview of different devices and wearable technologies that track sleep patterns, monitor sleep disorders, and may even improve your sleep. You'll also learn about mindfulness apps that offer guided meditations and other ways to promote healthy sleep habits.	Learn about devices and apps that can help you get more Zzz's	English	Lecture	Health & Wellness	Available Now
Intro to Smartphone Photography	Interested in learning more about your smartphone camera? In this lecture, we'll discuss common camera icons on Android and iPhone devices, simple editing tools, managing and sharing your photos, and editing date and location details on your phone. We'll also go over how to check your camera settings so that it can scan QR codes.	Say cheese! Learn more about your smartphone's camera.	English	Lecture	Creative Expression	Available Now
Intro to Social Media	Social media sites make it easy to share content and connect with other people online. In this presentation you'll get a general intro to social media and learn about some of the more popular social media sites like Facebook, X, and TikTok.	Social media is everywhere these days. We'll introduce you to the most popular platforms!	English	Lecture	Social Engagement	Available Now
Intro to Translation Tools	With the internet, the whole world is at your fingertips, but what do you do when you need to access sites or information in an unfamiliar language? There are apps for that! This lecture will introduce digital translation tools and apps, such as Google Translate. You'll learn about tools that can automatically translate the websites you visit, apps that can translate live conversations, and more. We'll also discuss the pros and cons of these tools and the situations in which they may be the most helpful.	Leave the dictionary at home and start using digital tools that can translate on the go.	English	Lecture	Creative Expression	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Intro to X (formerly Twitter)	New owner, new look, new social media platform? In this introductory lecture, we'll learn about X, the platform formerly known as Twitter. X is still a popular source for on-the-ground, breaking news coverage, as well as updates from public figures and more. Come learn the basics from searching and following to posting and hashtags.	Like to know what's happening? Come learn about X (formerly Twitter)!	English	Lecture	Civic Participation	Available Now
iPhones	If you're curious about what an iPhone can do and why it's so popular, come to this introductory lecture. You'll learn about the latest iPhone and what to consider if you're thinking of buying one. Please note this lecture will not teach you how to use your iPhone--ask about our Tech Talks if you need assistance with your iPhone.	Curious about iPhones? Come to this lecture for an overview of their features.	English	Lecture	Foundational	Available Now
Is that AI?	With the advances in artificial intelligence (AI) technology, AI programs can now create text, images, and much more. At first sight, it may be hard to tell if what you see was created or altered by AI. In this session, we'll teach you tips and tools to help you determine if an image or piece of writing was generated by AI. We'll also discuss what tech companies like Google are doing to create systems to detect the use of AI.	Can we really believe what we see? Come to this class to train your eye to recognize AI!	English	Lecture	Foundational	Available Now
Job Searching in the Digital Age	Interested in getting back into the workforce? Curious about the new "gig" economy? This lecture will provide an overview of how to use social media in your job search, demonstrate digital job searching tools like LinkedIn, and offer tips and advice to job seekers. You'll also learn about new opportunities for freelance work and how you can supplement your income in innovative ways	You can find anything on the internet, even a job! Learn the basics on online job searching in this lecture.	English	Lecture	Financial Security	Available Now
Messaging Apps	Text messaging has become one of the primary ways we communicate. But did you know that you can send texts over the internet? Learn about the most popular messaging apps that allow you to send texts for free when connected to WiFi. The lecture will go over the features of three widely-used apps: iMessages, Google Chat, and WhatsApp. You'll learn about sending texts and pictures, making voice and video calls, and how these apps keep your messages secure.	Still paying for texting? Use these free apps instead.	English	Lecture	Social Engagement	Available Now
Mindfulness Apps	Mindfulness is the ability to be fully present and aware. You can practice mindfulness through simple activities. This lecture introduces mindfulness and its physical and mental benefits, such as reducing anxiety, improving memory, and lowering blood pressure. You'll learn about popular apps that teach breathing and meditation techniques, as well as new technology like wearable breath monitors and smart yoga mats.	Plug in to these apps to help you unplug from everything else! Need to unwind? Here's some tech for the mind!	English	Lecture	Health & Wellness	Available Now
Mobile Health Apps	Did you know that your smartphone is also a powerful health tool? This lecture introduces common health apps, like the iPhone Health app and the Samsung Health app. You'll learn the main features such as activity tracking, food logging, data insights, integration with other apps, and more! We'll also discuss some considerations for using health apps including data and privacy.	Come learn how your phone can count your steps and check your heart rate!	English	Lecture	Health & Wellness	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
MyChart	Has your doctor or healthcare provider ever mentioned MyChart? Come learn about this electronic health-record portal that works both in a web browser and app. We'll go over how MyChart can help you keep all your health information in one place, communicate with your providers, and have a virtual visit. You'll also learn about the portal's privacy and security features.	Learn about this efficient digital portal that stores your health records in one place!	English	Lecture	Health & Wellness	Available Now
Navigating Medicare Resources Online	Medicare is a complex topic, but there are online resources to help! In this lecture, we'll discuss ways to find information about Medicare online. We'll explore medicare.gov and an example private insurance website to learn about the tools and resources they offer. You'll learn how to navigate these websites confidently to find what you need, including using the search bar and Chat features. We'll also introduce the State Health Insurance Assistance Program, or shiphelp.org, which is a great resource for getting trusted 1:1 guidance on Medicare. Please note that this lecture focuses on how to find reliable information on Medicare and does not provide advice on Medicare enrollment or plans.	Medicare can be daunting. Learn how to use reliable online resources to gain a better understanding.	English	Lecture	Health & Wellness	Available Now
Online Communications and Your Small Business	Unlock the power of online communications for your small business! In this lecture, we'll discuss the importance of establishing a strong online presence. Additionally, we'll look at social media and newsletters as potential avenues to reach your customers. We'll explore how to effectively engage with your online audience, introduce some AI tools for marketing, and discuss newsletter platform options. We'll also go over considerations to help you choose the right tools to boost your business.	Explore tools and get tips for boosting your small business's online communications.	English	Lecture	Financial Security	Available Now
Online Health Resources at a Glance	The internet can be an excellent source for learning more about your or a loved one's health. This presentation will introduce you to the topics and tools offered on two reputable websites, MedlinePlus and Mayo Clinic. You'll also learn how to evaluate health-related information online.	Don't just Google it! Use these reputable health info websites instead.	English	Lecture	Health & Wellness	Available Now
Online RX Drug Resources	This lecture offers an overview of useful online drug resources. You'll learn about MedlinePlus, a reputable website that provides information about the uses and side effects of prescription medications, as well as other health topics. You'll also learn about GoodRX, FamilyWize, and SingleCare, helpful tools for understanding drug costs, comparing pharmacy prices, and finding discounts and coupons.	Learn how to research, purchase, and save on prescription drugs with these online tools!	English	Lecture	Health & Wellness	Available Now
Online Shopping	Online shopping lets you buy products on the internet from your computer and have them shipped to your home or anywhere! Online stores often have larger inventories and lower prices, so you can quickly find the best deal. This lecture will provide a general introduction to shopping online using the popular website Amazon.com. You'll learn how to search for products, make comparisons, and add items to an online shopping cart.	Can't find it in the store? Learn about shopping online!	English	Lecture	Financial Security	Available Now
Online Tools for Contacting Your Lawmakers	Learn how online tools can help you stay informed and get your voice heard. We'll review several non-partisan websites that can help you identify your elected officials, find their contact information, understand how they vote on bills, and tell them what you think about important issues.	Sharing your opinions with your reps is easy with these online tools.	English	Lecture	Civic Participation	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Outdoor Adventure Apps	Did you know that your smartphone can enhance your outdoor experiences? This lecture introduces popular outdoor apps for all kinds of wilderness adventures from hiking and biking to camping and fishing. You'll learn about useful app features such as GPS navigation, nature ID, real-time updates and more. We'll also cover considerations for choosing apps and best practices regarding data and privacy.	Love the great outdoors? Come learn how smartphone apps can enhance your outdoor hobbies!	English	Lecture	Health & Wellness	Available Now
P2P Payments	Since PayPal debuted over twenty years ago, person-to-person payments have become commonplace. In this lecture, you'll learn about some of today's most popular P2P payment services, including PayPal, Venmo, and CashApp. We'll cover some of the basic functions of these services, how they compare, and tips for using them safely.	From splitting the bill at dinner to sending a friend money, learn what payment apps can do for you.	English	Lecture	Financial Security	Available Now
Passwords, Passkeys, and More	Protecting your online accounts starts with strong password practices. In this lecture, we'll review password basics before exploring options like single sign-on, passkeys, multi-factor authentication, and password managers. Learn why these password alternatives are safe ways to simplify your digital life and keep your personal information secure.	Tired of resetting your password all the time? Join this lecture to discover password alternatives and different ways to manage your passwords.	English	Lecture	Foundational	Available Now
Podcasts at a Glance	Podcasts are an increasingly popular form of entertainment and a great source of information on all kinds of topics. In this lecture, you'll learn more about these audio programs available on the internet: why people listen to them, where you can find them, and what the most popular ones are.	Learn what Podcasts are and where to find them!	English	Lecture	Creative Expression	Available Now
Protecting Your Personal Information Online	This presentation will cover the ins and outs of how to protect your personal information online. We'll cover tips for staying safe in cyberspace, like safe browsing, how to recognize online scams, and when it's OK — or not — to share your personal information online.	Learn how to stay safe while you surf the web!	English	Lecture	Foundational	Available Now
Ridesharing Apps	Apps have changed the way many people get around! This presentation will explore ride sharing apps, which are also known as e-hailing apps. Learn about the two most popular apps — Uber and Lyft — and the pros and cons of them both.	No car? No problem! Use these apps to help you get around!	English	Lecture	Foundational	Available Now
Saving Money with Tech	The internet can open a new world for saving money and managing your finances. This lecture introduces online banking and goes over how to keep your financial information safe. You'll also learn about online shopping and explore some digital resources for saving money on entertainment, prescription drugs, and everyday items.	Explore ways that tech can help you save money and manage your finances!	English	Lecture	Financial Security	Available Now
Smartphone Camera Uses Beyond Photography	Join us to learn about additional ways you can use your smartphone's camera beyond photography! We'll explore a variety of fun and useful features made possible by apps, such as scanning QR codes, translating text, measuring objects, and even using augmented reality. We'll also cover considerations for choosing apps and reviewing their privacy and data practices.	Come learn about QR codes and more!	English	Lecture	Foundational	Available Now
Smartphones at a Glance	If you're curious about what smartphones can do and why they've grown so popular, come to this introductory lecture. You'll learn about popular smartphones on the market and some of their pros and cons. We'll also compare and contrast two of the most popular operating systems: Android and Apple's iOS.	How smart are they? We'll tell you all about smartphones.	English	Lecture	Foundational	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Social Media for Job Searches	Did you know that not having any social media could be a red flag for potential employers? In this lecture, we'll discuss ways to make sure social media helps you when you're looking for work! We'll review the best platforms for professional use, as well as which platforms are best kept private and for personal use. Lastly, we'll demonstrate which privacy settings to use to keep your personal content private.	Learn how to make the most of social media for professional use. To post or not to post? Learn to discern what goes on your personal vs professional social media.	English	Lecture	Financial Security	Available Now
Spotify	Spotify is a great digital music service for enjoying millions of songs, podcasts, and videos for free! In this lecture, you'll learn about Spotify's important features, including how to search for songs and create your own playlists. You'll also learn how to follow your friends and the artists you love.	If you love music, you'll love Spotify! Be your own DJ with help from Spotify.	English	Lecture	Creative Expression	Available Now
Streaming & Smart TVs	Every day, more and more people are "cutting the cord" and canceling their cable subscriptions. Instead, they're using free or low-cost streaming services like YouTube, Netflix, and Hulu to watch their favorite shows and movies online. This presentation will introduce streaming: what it is, how to use it, and the variety of content available. You'll also learn how to watch live TV without cable and how smart TVs and streaming devices can let you watch videos from the Internet on your television.	Are you paying for TV channels you don't watch? Learn why people are "cutting the cord" and using streaming services instead!	English	Lecture	Foundational	Available Now
Tech Tips for Disaster Preparedness	Did you know that technology is an essential part of being prepared for emergencies and natural disasters? In this session, we'll explain how technology can help you prepare. We'll discuss and demonstrate useful features of the FEMA and Red Cross apps, including setting alerts. Additionally, we'll review built-in smartphone features that can come in handy in the event of an emergency and explore how to keep phones and essential devices charged during a prolonged power outage. Finally, we'll discuss how you can use social media to get emergency and other important information from local and national authorities.	Technology can play an important role in making sure you're prepared for an emergency. Come to this lecture to find out how.	English	Lecture	Foundational	Available Now
Technology for Aging in Place	In this lecture, you'll learn how home assistants, smart appliances, and wearables can save you time and money, help you manage health conditions, and even give you greater peace of mind. We'll also discuss best practices for maintaining your privacy and security when using this technology.	Come learn how smart technology can help you maintain your independence in your own home.	English	Lecture	Health & Wellness	Available Now
Tips for Being News Savvy Online	Sharing the news with others? In the digital age, anyone can publish anything on the internet, even if it's completely false. This lecture will explain the way technology has made it easier to create and spread misinformation. We'll discuss tools to evaluate news sources and review helpful fact-checking sites. You'll learn why it's important to read and check your sources before sharing!	Sharing the news? Learn to read and check sources before sharing!	English	Lecture	Civic Participation	Available Now
Understanding Fraud & Scams	The ability to spot a scam is an essential digital skill. In this lecture, we'll review some of the most common scams, offer tips for avoiding them, and go over what to do if you do get scammed. We'll look at sample emails, texts, and deepfakes to see how AI contributes to the increased spread and complexity of scams. We'll also provide helpful resources for staying informed about the latest scams.	Are you scam savvy? Come to this lecture to learn about fraud and scams and how to protect yourself against them.	English	Lecture	Foundational	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Understanding Internet Plans	In this session, we'll break down the different parts of a home internet plan so that you can choose the best option for your household. We'll go over important terminology, from hotspot to bandwidth. You'll learn about the best internet speeds for different kinds of activities, from emailing to gaming. We'll also discuss tips for talking with Internet Service Providers (ISPs) and for saving money on your bill.	Faster is not always better! Come learn about home internet options so you only pay for what you need.	English	Lecture	Foundational	Available Now
Using Google Docs Templates for Resumes	In this lecture, we'll demonstrate how to make the most of Google Docs templates for resumes. Templates are a great option for resumes because they take the guesswork out of formatting! We'll review some of the helpful features of Google Docs, like sharing, reviewing, and commenting privileges, as well as how to save and share your doc as a PDF. Finally, we'll go over some dos and don'ts for resume content.	Don't worry about formatting your resume. Let the templates do the work for you!	English	Lecture	Financial Security	Available Now
Video Chat	Video chat apps are a way to connect with family, friends, coworkers, and others, no matter where you are. They let you see the people you're chatting with on the other end of the line. In this lecture, you'll find out about some commonly-used, no or low-cost video chat apps, learn about their features, and explore video chat tips so you can present your best self when on a video chat	See who you are talking to with video chat apps!	English	Lecture	Social Engagement	Available Now
Virtual Museum Tours	Tour world famous museums from the comfort of your home! Did you know many of the world's leading museums have been making their collections and exhibits available to view virtually? In this lecture we'll explore some of these virtual galleries, as well as digital tools that help bring art, architecture, and history to life!	Tour world famous museums from the comfort of your home!	English	Lecture	Creative Expression	Available Now
Virtual Reality at a Glance	Virtual reality technology is quickly growing in popularity and expanding across multiple industries. This lecture will explain what it is, how it works, and introduce a few of the most popular VR devices. We will also cover some exciting VR games, programs and apps that can help you exercise, explore the world, connect with others, and have fun!	Join us to learn about the exciting world of virtual reality and how you can experience it!	English	Lecture	Foundational	Available Now
Wearables at a Glance	From fitness trackers to smart glasses, wearable technology is here to stay! Whether you're a tech enthusiast or a tech newbie, there's something for everyone. Come to this lecture to learn about the health, wellness, and personal safety benefits of wearable technology.	Learn about tech you can wear and what it can do for you!	English	Lecture	Health & Wellness	Available Now
Website Builders at a Glance	Want to make your own website? Come to this lecture to learn about user-friendly website builders and how they can help you create professional-looking websites even as a beginner. We'll explore how website builders work, highlight their common features, and share a few popular examples. You'll also learn practical tips for getting started, from choosing the right platform to planning your site and finding additional support.	Learn about platforms that make website building a breeze!	English	Lecture	Creative Expression	Available Now
YouTube	You may associate YouTube with silly videos of cats, but it's much more than that. Every day, people around the world watch more than 1 billion hours of video, including classic movies, how-to videos, news clips, and more. This presentation will give an overview of the free content available on YouTube and show you how to navigate the site with ease. You'll also get tips for viewing and sharing others' videos and learn about uploading your own.	Where can you find cute pets, news, how-to videos, and more? YouTube, of course! Join us for an intro to YouTube.	English	Lecture	Creative Expression	Available Now





English Workshops

Our series of interactive workshops are designed to give participants the chance to practice using a website or app. Although they can be scheduled on their own, many workshops cover material that has already been introduced in a lecture. Workshops are led by a trainer and offer hands-on activities. To participate in workshops, participants should be comfortable navigating the Internet.

- **Program Duration:** 75-90 minutes
- **Capacity:** 8-10 max
- **Participant Prerequisites:** None; workshops related to Google, Gmail, P2P Services and Zoom may require participants to have a smartphone, email address and/or Zoom account. See workshop description for more details.
- **Trainer Prerequisites:** None
- **Tech Required:** Classroom set of your choosing or available.
- **Participant Tech Required:** All participants should use classroom set of devices provided by partner for this hands-on program. If bringing their own smartphone is required, it will be noted in the description.
- **Trainer Materials:** Trainer guide, slide presentation
- **Participant Materials:** Handout (provided by Senior Planet, printed by partner)
- **Possible Lecture Pairings:** [Click here](#)

Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Change.org	Curious about online petitions? Interested in starting one of your own? Join us to learn about the world's most popular online petition platform: change.org. Add your voice to the hundreds of thousands of petitions circulating every day to support causes that are important to you. In this workshop, we'll browse petitions, sign up for a change.org account, and learn how to start a petition of your own!		English	Workshop	Civic Participation	Available Now
Connecting to the Internet	Not always sure if your internet-enabled devices are connected to the internet? In this hands-on workshop, we'll go over how to check the WiFi connection on your PC, iPhone, or Android smartphone. We'll also cover how to use the hotspot from your smartphone and best practices for password protection and connecting to public WiFi.	Unsure how to get online? Learn how to check your WiFi connection and use a hotspot.	English	Workshop	Foundational	Available Now
Exploring and Downloading Apps on an iPhone	During this hands-on workshop, you'll learn how to search for and download apps to your iPhone. We'll explore the Apple App store and cover some helpful considerations for choosing apps. You'll also learn how to uninstall apps and how to adjust some important app settings. Pre-requisites: Participants should bring their iPhone to class. Please note that this workshop focuses on downloading apps on your smartphone and will not cover every smartphone question.	There's an app for that! Come learn how to search for and download apps to your iPhone.	English	Workshop	Foundational	Available Now
Exploring and Downloading Apps on Your Android Phone	During this hands-on workshop, you'll learn how to search for and download apps to your Android phone. We'll explore the Google Play store and cover some helpful considerations for choosing apps. You'll also learn how to uninstall apps and how to adjust some important app settings. Pre-requisites: Participants should bring their Android smartphone to class. Please note that this workshop focuses on downloading apps on your smartphone and will not cover every smartphone question.	There's an app for that! Come learn how to search for and download apps to your Android phone.	English	Workshop	Foundational	Available Now
Exploring Online Health Resources	Did you know that searching a reputable site like MedlinePlus for medical and health-related issues gives better results than Google? During this hands-on workshop, you'll learn to use medlineplus.gov. You'll search the site and explore its many sections to read about drugs, watch videos, and access tools.	Learn to use MedlinePlus and other online tools to search for reliable health information.	English	Workshop	Health & Wellness	Available Now
Exploring RX Drug Resources Online	The internet offers many prescription drug resources, if you know where to look! During this hands-on lecture, you'll learn to find reliable information about drugs on MedlinePlus. You'll also use websites for comparing prices at different pharmacies and searching for coupons.		English	Workshop	Health & Wellness	Available Now
FEMA App	The FEMA app gives you access to important resources for before, during, and after an emergency. In this hands-on workshop, you'll download the app and explore its many articles and features. You'll also learn to set alerts for the locations that are important to you.	Come learn how to use the FEMA app to prepare for hurricanes, earthquakes, floods, and more!	English	Workshop	Foundational	Available Now
Finding Community on SPC	Senior Planet is transforming social media through its new, ad-free site Senior Planet Community (SPC), a place for older adults to make friends, share their interests, and age with attitude. In this hands-on workshop, you'll sign up for SPC and learn about its key features. You'll explore the many groups where you can connect with others, learn about posting and messaging, and discuss the site's safety and privacy features.	Learn about Senior Planet's very own social media platform!	English	Workshop	Social Engagement	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Finding Information Online	The internet is an incredible resource, but finding what you're looking for can sometimes be daunting or time consuming. That's why finding what you're looking for online is such an important skill. This hands-on workshop will review helpful tips for using effective search terms, evaluating your search results, and searching within a reliable site for accurate information.	Take advantage of the power of the internet to find information, search topics, and more!	English	Workshop	Foundational	Available Now
Free Streaming with Tubi	Tubi is a popular free online streaming service and app that offers thousands of movies and TV shows. During this hands-on workshop, you'll learn how to sign up for a Tubi account. You'll also learn how to search for and save movies and TV shows.		English	Workshop	Creative Expression	Available Now
Getting Started with Canva	Curious about using Canva to create a new design project? This hands-on workshop will walk you through the sign-up process and the basic functions of this popular design platform. Explore templates for business or greeting cards, flyers and posters, or start with a blank canvas and let your creativity run wild!		English	Workshop	Creative Expression	Available Now
Getting Started with DuoLingo	DuoLingo is a fun and free way to learn a new language! In this hands-on workshop, you'll learn how DuoLingo works and explore the features of the app yourself. You'll also download the app on your phone and create a profile. You'll be able to start learning a new language by the time the workshop ends!		English	Workshop	Creative Expression	Available Now
Getting Started with Facebook	During this hands-on workshop, you will sign up for Facebook and begin building your profile. You'll also learn how to find friends and will get a brief introduction to Facebook's privacy settings. If you're ready to join Facebook, then this workshop is for you!	Ready to join Facebook? Come to this workshop to sign up!	English	Workshop	Social Engagement	Available Now
Getting Started with Insight Timer	Are you interested in meditation but not sure where to start? Or perhaps you're looking to incorporate more wellness practices into your daily routine? Insight Timer is a popular app with guided meditations that help you practice mindfulness to promote better sleep and relaxation. During this hands-on workshop, you'll sign up for an account on Insight Timer and tailor guided meditations to your mental health goals. You'll also learn about the app's meditative sleep aids and how to connect with others who have similar goals in the Insight Timer Community.		English	Workshop	Health & Wellness	Available Now
Getting Started with Instagram	Instagram stands out among other social media platforms because of its emphasis on images. Instagram users can follow friends, family, and public figures, and share pictures and video with them. In this hands-on workshop, you will set up your own account and learn about Instagram's important features.		English	Workshop	Creative Expression	Available Now
Getting Started with LinkedIn	Millions of people around the world use LinkedIn for professional networking, and the platform can be a useful tool when you're searching for a job. In this hands-on workshop, you'll get an introduction to LinkedIn and walk through the steps of signing up! After this workshop, you'll be ready to take the series, Creating Your LinkedIn Profile. Prerequisite: You must have an email address to create a LinkedIn account.		English	Workshop	Financial Security	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Getting Started with Lyft	During this hands-on workshop, you'll learn how to download and use the popular ride-sharing app, Lyft. Lyft finds available drivers near you and shows prices before you book your ride. You then pay for the ride through the app using your credit card.		English	Workshop	Foundational	Available Now
Getting Started with PayPal	During this hands-on workshop, you'll sign up for PayPal and learn how to link a credit card or bank account to your PayPal account. You'll also review the security features that PayPal uses to ensure the safety of your online payments. Prerequisites: Please note that to sign up for PayPal, the site asks you for your name, mobile phone number, email address, and home address.		English	Workshop	Financial Security	Available Now
Getting Started with Spotify	During this hands-on workshop, you'll learn how to download and use the Spotify app, a popular music service allowing users to listen to millions of songs from artists all over the world. You'll also learn how to search for songs and artists, and create playlists of all your favorites.		English	Workshop	Creative Expression	Available Now
Getting Started with the iPhone Health App	In this hands-on workshop, you'll get started using the iPhone's built-in health app. Learn to add health details to your profile, set up your medical ID, and add emergency contact info. Please bring your iPhone to this workshop.		English	Workshop	Health & Wellness	Available Now
Getting Started with Venmo	Still writing personal checks? Paying high ATM fees to withdraw cash? Venmo is a popular peer-to-peer payment system that allows you to send and receive money. During this hands-on workshop you'll sign up for Venmo and learn how to link a credit card or bank account to your Venmo account so you can instantly send and receive electronic payments. Prerequisites: To participate in this workshop, you must bring your own smartphone, along with your Apple ID and password (iPhone) or Gmail address and password (for Android phones).		English	Workshop	Financial Security	Available Now
Getting Started with WhatsApp on an iPhone	In this hands-on workshop for iPhones, you will learn how to download WhatsApp, a very popular messaging app. You'll practice sending messages and photos to your contacts. You'll also learn how to make a voice or a video call. Prerequisites: To participate in this workshop, you must bring your own iPhone.		English	Workshop	Social Engagement	Available Now
Getting Started with WhatsApp on Android	In this hands-on workshop for Android phones, you will learn how to download WhatsApp, a very popular messaging app. You'll practice sending messages and photos to your contacts. You'll also learn how to make a voice or a video call. Prerequisites: To participate in this workshop, you must bring your own Android phone.		English	Workshop	Social Engagement	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Getting Started with Zoom	Ready to start hosting your own Zoom meetings? Come to this hands-on workshop and sign up for a free, basic Zoom account. Additionally, you'll learn how to schedule a meeting and share the details with the people you want to invite. This workshop will walk through the steps using Zoom in a web browser. Prerequisite: Please note that you need an email address to create a Zoom account. Please come ready with your email username and password so that you can access your email during the workshop.		English	Workshop	Social Engagement	Available Now
Getting to Know Your Android Smartphone	During this hands-on workshop, we'll explore some of the common features of Android smartphones. You'll learn ways to interact with the touch screen, how to access important controls, and how to search for specific settings. We'll also cover some tips and best practices for securing and maintaining your device. Please bring your Android phone to class. Note that Android devices vary depending on the model. This workshop focuses on some features that most Android phones have and will not cover every Android question.	Don't let your smartphone's settings stump you! Learn the basics in this workshop.	English	Workshop	Foundational	Available Now
Getting to Know Your iPhone	During this hands-on workshop, we'll explore some of the common features of iPhones. You'll learn ways to interact with the touch screen, how to access important controls, and how to search for specific settings. We'll also cover some tips and best practices for securing and maintaining your device. Please bring your own iPhone to class. Note that this workshop focuses on some specific iPhone features and will not cover every iPhone question.	Don't let your iPhone's settings stump you! Learn the basics in this workshop.	English	Workshop	Foundational	Available Now
Gmail Tips & Tricks	Go beyond sending and receiving with this hands-on workshop about Gmail features! This workshop will cover important features like spellcheck, formatting emails, searching your inbox, adding a signature, and attaching files. The session will combine demonstration and hands-on practice, so that you'll have plenty of opportunities to ask questions and try out these features. Please note that this session will not go over how to sign up for a Gmail address. Prerequisites: You must have a Gmail address and should be comfortable sending and receiving emails. Bring your Gmail username and password and be ready to sign in during the workshop.		English	Workshop	Foundational	Available Now
Google Photos	Google Photos is one of the most popular photo sharing and cloud storage platforms. This hands-on workshop explores some of the basic features of the Google Photos app and will walk you through the steps of backing up your photos on your smartphone or mobile device to Google Photos. You'll also learn how to create an album and share it. Prerequisites: You must have a Gmail address. Bring your Gmail username and password and be ready to sign in during the workshop.	Learn to use Google Photos, the popular photo sharing and cloud storage platform, to back-up your photos and create albums.	English	Workshop	Creative Expression	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Hosting a Zoom Meeting	Curious about Zoom meeting features? In this hands-on workshop, we'll cover the most commonly used Zoom meeting controls. We'll review how to mute and unmute participants, request that participants turn on their video, rename participants, transfer files, and share screens. Whether you've hosted Zoom meetings, or you're brand new to it, come practice and build your confidence and skills! Prerequisite: You must already have a Zoom account. Please bring your Zoom username and password to sign in to the account.		English	Workshop	Social Engagement	Available Now
Instagram Posts & Stories	Instagram offers many options for creating and editing photos and short videos. In this hands-on workshop, we'll briefly cover the differences between Facebook and Instagram. Then, we'll explore how to create, edit, and share Instagram posts and stories. We'll also go over how to manage your audience and who can see specific posts and stories. Prerequisites: Please note, you must already have a Instagram account for this workshop. Please bring your mobile device with the Instagram app already downloaded.	Move over Facebook – we're creating posts and stories on Instagram!	English	Workshop	Creative Expression	Available Now
Instagram Privacy	Instagram accounts are public by default, but you can change this in Settings. In this hands-on workshop, you'll learn how to do that and more! We'll explore the app's privacy options for both public and private accounts, discuss best practices concerning linking Instagram with other websites or apps, and learn to manage the data that Instagram uses to show you ads. Prerequisites: Please note, you must already have a Instagram account for this workshop. Please bring your mobile device with the Instagram app already downloaded.		English	Workshop	Social Engagement	Not Released
Instagram Shopping	Come to this hand-on workshop to explore virtual storefronts and learn all about shopping on this popular social media platform. We'll teach you how to navigate Instagram's shopping features, from browsing products and saving items for later, to adding items to your cart and completing your purchase. You'll also learn about tips and best practices so you can safely take advantage of Instagram's shopping features! Prerequisites: Please note, you must already have a Instagram account for this workshop. Please bring your mobile device with the Instagram app already downloaded.	From browsing to buying, learn how to shop on Instagram!	English	Workshop	Financial Security	Available Now
Listening to Podcasts	It's estimated that over 70 million people in the US listen to podcasts monthly. This hands-on workshop provides a general introduction to this popular form of entertainment. You'll learn how to search for podcasts, listen, and share popular audio shows using the Podbean app.		English	Workshop	Creative Expression	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Managing Privacy Settings on an iPhone	With so much to explore online, it's important to keep in mind some basic precautions that everyone can take to safeguard the privacy of their online activities. In this workshop, we'll learn about the built-in privacy features of the Safari app, as well as the iPhone's other privacy settings. We'll explore Safari's Private mode and look at how to manage app permissions and tracking on an iPhone. Pre-requisites: Participants should bring their iPhone to class. Please note that this workshop focuses on specific privacy features will not cover every smartphone question.	Keep your browsing your business! Learn how to manage Safari's private mode and adjust app permissions on your iPhone.	English	Workshop	Foundational	Available Now
Managing Privacy Settings on Your Android	With so much to explore online, it's important to keep in mind some basic precautions that everyone can take to safeguard the privacy of their online activities. In this workshop, we'll learn to manage privacy settings in the Chrome browser app and on your Android smartphone or tablet. We'll explore Chrome's Incognito mode and look at how to manage app permissions and tracking on an Android device. Pre-requisites: Participants should bring their Android smartphone or tablet to class. Please note that this workshop focuses on specific privacy features will not cover every smartphone question.	Keep your browsing your business! Learn how to manage Chrome's Incognito mode and adjust app permissions on your Android device.	English	Workshop	Foundational	Available Now
Networking on LinkedIn	You've built your LinkedIn profile now, what next? In this hands-on workshop, we'll explore ways to optimize your LinkedIn profile for networking. We'll also cover how to make connections safely and join InGroups. We'll go over tips for messaging new connections as well as sharing content in your groups and profile. Prerequisites: You must already be signed up for LinkedIn and have a complete profile in order to take this workshop. You can learn how to sign up in the Getting Started with LinkedIn workshop and how to build a complete profile in the Creating Your LinkedIn Profile series. This workshop is best suited for participants who are comfortable performing internet searches and filling out forms online.		English	Workshop	Financial Security	Available Now
Sharing Photos with an Android Smartphone	In this hands-on workshop you will practice several ways to share photos with an Android smartphone. Learn how to share photos via text messages and email directly from your phone. The workshop will also go over how to share photos on social media apps like Facebook and X. Prerequisites: To participate in this workshop, you must bring your own Android smartphone. Workshop materials will include step-by-step instructions.		English	Workshop	Creative Expression	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Sharing Photos with an iPhone	In this hands-on workshop you will practice several ways to share photos with an iPhone. Learn how to share photos via text messages and email directly from your phone. The workshop will also go over how to share photos on social media apps like Facebook and X. Prerequisites: To participate in this workshop, you must bring your own iPhone. Workshop materials will include step-by-step instructions.		English	Workshop	Creative Expression	Available Now
Shopping on Amazon	This hands-on workshop will provide a general introduction to shopping on the popular website Amazon.com. You'll learn how to search for products, compare prices, and evaluate product reviews. You'll also learn about Amazon's shipping options, as well as its app for your smartphone and/or tablet.	Learn how to shop on Amazon with confidence!	English	Workshop	Financial Security	Available Now
Staying Safe Online	This hands-on workshop reviews important tips for keeping your personal information safe while enjoying the benefits of the internet. Learn how to recognize suspicious emails, tips for safe browsing and best practices for shopping online.	Learn how to protect your personal information online while doing research, using email, and more.	English	Workshop	Foundational	Available Now
Using Fact-Checking Sites	This interactive workshop will review the ways you can identify misinformation online. You'll get hands-on practice using fact-checking sites to evaluate and debunk false news.	Concerned about fake news? Learn how to use fact-checking sites to evaluate misinformation.	English	Workshop	Civic Participation	Available Now
Using Google Assistant on Your Android	In this hands-on workshop, we'll go over some of the basic ways you can use Google Assistant and other voice command features on your Android phone. We'll explore the settings to make the most of Google Assistant and practice using it on your own device. We'll also review some the ways you can use Google Assistant beyond your phone.		English	Workshop	Foundational	Available Now
Using Google Calendar	Still using an appointment book? Come learn about the benefits of a using an online calendar. Google calendar is a free, web-based calendar that is part of the suite of Google Workspace tools. You can access Google Calendar from any device and you can even sync it with other calendars you may use. In this session, you'll learn how to create an event, share events with others, set reminders, import events from across the web, and more!	Still using an appointment book? Come learn about the benefits of a using an online calendar.	English	Workshop	Foundational	Available Now
Using Google Drive	If you have a Gmail address, you have access to free cloud storage through Google Drive! With this cloud storage service, you can store many types of files and access them from any device with an internet connection. In this hands-on workshop, you'll create and upload folders to Drive and organize your files within folders. We'll also go over sharing folders with others. Prerequisites: You must have a Gmail address and be somewhat comfortable navigating the internet. Bring your Gmail username and password and be ready to sign in during the workshop.		English	Workshop	Foundational	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Using GovTrack.us	Wondering what Congress has been up to? GovTrack.us simplifies the lawmaking process and helps you understand what your lawmakers are doing. In this hands-on workshop, we'll explore GovTrack.us and its main features: identifying your reps, seeing how they vote, and learning about bills. We'll also walk through the sign-up process for a free account so you can set up email alerts on legislative activity you care about. Learn to use GovTrack.us and hold your lawmakers accountable!	Whether you're completely new to politics or a seasoned expert, there's valuable information on GovTrack.us for everyone.	English	Workshop	Civic Participation	Available Now
Using Job Search Engines	Did you know that it's better to apply for a job through the employer's website rather than on a general job search site? In this hands-on workshop, you'll learn how to use job search engines like Indeed to research and evaluate employment opportunities rather than for the applications themselves. We'll go over tips for understanding job listings and for staying organized during your search. Lastly, we'll share job search resources focused on the 50+.		English	Workshop	Financial Security	Available Now
Using Siri and Voice Commands on Your iPhone	In this hands-on workshop, we'll go over some of the basic ways you can use Siri and other voice command features on your iPhone. We'll explore the settings to make the most of Siri and practice using it on your own device. We'll also review some the ways you can use Siri beyond your iPhone.		English	Workshop	Foundational	Available Now
Using the Airbnb App	Find your home away from home! Vacation stays like Airbnb offer a great alternative to hotels. In this workshop, you'll learn the basics of how to use the Airbnb app. We'll walk through the whole process of booking a stay, from searching to paying, and managing your reservations. We'll also review best practices to eliminate surprises when you arrive at your destination.	Find your home away from home!	English	Workshop	Financial Security	Available Now
Using the Contacts App on an Android Smartphone	In this hands-on session, you'll learn how to make the most of the Contacts app on your Android phone. You'll never lose a phone number, address, or email again, even if you get a new phone! You'll learn to add, edit, and merge contacts. We'll also go over some helpful tips for managing your contacts and keeping them organized. Pre-requisites: You should be comfortable using your phone's touch screen and opening apps on your phone. Please bring your own Android smartphone to this workshop.	Tired of guessing which number is which? Come learn how to clean up and manage your contacts list on your Android.	English	Workshop	Foundational	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Using the Contacts App on an iPhone	In this hands-on session, you'll learn how to make the most of the Contacts app on your iPhone. You'll never lose a phone number, address, or email again, even if you get a new phone! You'll learn to add, edit, and merge contacts. We'll also go over some helpful tips for managing your contacts and keeping them organized. Pre-requisites: You should be comfortable using your phone's touch screen and opening apps on your phone. Please bring your own iPhone to this workshop.	Tired of guessing which number is which? Come learn how to clean up and manage your contacts list on your iPhone.	English	Workshop	Foundational	Available Now
Using the Google Gemini App	In this hands-on workshop, we'll practice chatting with Google Gemini using the mobile app. We'll go over tips for writing effective questions, or prompts, as well as different use cases, from drafting emails to travel planning. We'll also practice using the app's voice features, including Gemini Live. Finally, we'll explore the privacy settings and discuss best practices to ensure you can use the app safely and confidently.		English	Workshop	Foundational	Available Now
Using Voice Assistants (Look for Using Siri and Voice Commands on Your iPhone or Using Google Assistant on Android)	In this hands-on workshop, we'll go beyond Alexa and Google Nest and demonstrate how to use the voice assistant features embedded into most smartphones and available in the Chrome web browser. You'll learn about Apple's Siri and Google Assistant and practice using them on your own device. We'll also review some of the most popular uses for voice-activated home assistants.		English	Workshop	Foundational	Available Now
Video Chat with Zoom	Zoom is a video chat platform that is becoming increasingly popular for attending conferences, talks, and events virtually. It's free and easy to use in a web browser or as an app on your smartphone. This workshop goes over the basics of joining a Zoom meeting as a participant. Come learn how to connect and attend events anywhere, anytime, virtually!	Learn to join a Zoom meeting and navigate the platform to connect with family, friends, and coworkers.	English	Workshop	Social Engagement	Available Now
Watching Videos on YouTube (Web Browser)	During this hands-on workshop, we'll explore YouTube, the popular video-sharing site. You'll learn how to search for videos that you like, use the video controls, subscribe to channels, and more! We will also cover some important account settings.		English	Workshop	Creative Expression	Available Now





English Courses

Senior Planet courses provide a deeper learning and social experience for participants. Unlike lectures and workshops, courses are multi-week commitments and participants are registering for the entire series. Class sessions involve a combination of discussion of new topics and hands-on, practical application of technology skills. OATS provides a detailed, printed course book for each participant to keep after the end of the course.

- **Program Duration:** Courses meet twice a week for either 5 or 10 weeks; each session lasts 75 minutes.
- **Capacity:** 10-12 max for tablet-based courses; 14 max for all others
- **Participant Prerequisites:** Some courses require an email address, comfort navigating the internet and/or completion of a Senior Planet Basics or Essentials course. See course description for more details.
- **Trainer Prerequisites:** None; Beyond the Basics and Money Matters require that the trainer has taken the Senior Planet U training and has taught at least one other course.
- **Tech Required:** See course description; If not specified, courses can be held on Windows PCs, Chromebooks, iPads, or Android Tablets.
- **Participant Tech Required:** All participants should use classroom set of devices provided by partner for this hands-on program.
- **Trainer Materials:** Syllabus, coursebook (PDF and printed)
- **Participant Materials:** Coursebook (printed and shipped to partner by Senior Planet)

Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Android Essentials	This 5-week course covers the essentials of how to use an Android tablet, including how to navigate the internet, take photos, download and use apps, and send and receive email. By the end of the course, you'll be able to make the most out of your tablet! This course is designed for people who have never used a tablet or have very little experience and want a solid introduction. Prerequisites: A Gmail address. This course is best suited for people who have had some experience using the internet on any device. If you need help setting up a Gmail address, please call the Senior Planet hotline: 888-713-3495.	Get the most out of your Android tablet. Learn how to get online, take photos, connect with others, use apps and more!	English	5-week Course	Foundational	Available Now
Beyond the Basics - App-Based	This 10-week, app-based course expands on the concepts and skills taught in Basics and Essentials courses and explores the internet and applications as everyday resources. You'll learn how these tools can help you accomplish everyday tasks, stay organized, find entertainment, and be creative. You'll improve your research skills; explore more Gmail app features; use Google Drive and Docs; make playlists on YouTube; and more! This course is a good opportunity to expand your internet savvy and make the most out of tech. Prerequisites: You must have an email address that you use and be comfortable downloading apps and navigating the internet. To get the most out of this course, you should also be willing to open a Gmail account if you don't already have one.	Do more with your tablet or iPad. Expand your email skills and learn to use free Google apps and other useful online tools!	English	10-week Course	Foundational	Available Now
Beyond the Basics - Browser-Based	This 10-week, PC-based course expands on the concepts and skills taught in Computer Basics and explores the internet as an everyday resource. You'll improve your research skills; explore more email features; use Google Drive, Photos, and Docs; and go over how to stay safe online. You'll also learn how the internet can be a great source for entertainment, health information, and more! This course is a good opportunity to expand your ability to use computers to improve and enrich your daily life. Prerequisites: You must have an email address that you use and be comfortable downloading apps and navigating the internet. To get the most out of this course, you should also be willing to open a Gmail account if you don't already have one.	Do more with email, free Google tools, and other useful online tools for entertainment, health, and creativity!	English	10-week Course	Foundational	Available Now
Chrome Basics for Older Adults	In this 10-week course, you'll learn the basics of how to use a Chromebook, which is a type of laptop that is great for beginners who just want to use the internet. Chromebooks are fast, secure and cost-effective computers that run the Google Chrome operating system. By the end of this course, you'll know how to navigate the internet in ways that can enrich your life. You'll learn how to use email, search the internet for information, access sources of entertainment, and connect to people, organizations and interests that matter to you. Prerequisites: None. This course is designed for people who have never used a Chromebook or have very little experience and want a solid introduction.	Learn to use your Chromebook to connect with the world at your fingertips! From surfing the web, to email and streaming your favorite shows, learn how to navigate the digital landscape with ease! Learn to use a Chromebook for email, web research, and more. You will also learn other useful tools and apps, including Google Maps and online health resources!	English	10-week Course	Foundational	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Chrome Essentials	This 5-week course will cover the essentials of how to use a Chromebook, which is a type of laptop that is great for beginners who just want to use the internet. Chromebooks are fast, secure and cost-effective computers that run the Google Chrome operating system. By the end of the course, you'll have a foundation for using the device to navigate the internet. You'll also learn to send and receive email. We highly recommend that you follow Chrome Essentials with Introduction to Digital Culture for Chromebooks, which will offer additional practice. Prerequisites: A Gmail address. This course is best suited for people who have had some experience using the internet on any device. If you need help setting up a Gmail address, please call the Senior Planet hotline: 888-713-3495.	Learn to use a Chromebook for email, web research, and more so you can stay connected online!	English	5-week Course	Foundational	Available Now
Computer Basics for Older Adults	In this 10-week, PC-based course, you'll learn the basics of how to operate a computer and navigate the internet in ways that can enrich your life. During the course, you'll learn how to use email, search the internet for information, access sources of entertainment, and connect to people, organizations and interests that matter to you. Prerequisites: None. This course is designed for people who have never used a computer or have very little experience and want a solid introduction.	Unlock the power of your PC and explore the world of the internet in this course! Learn how to use email, search online, access entertainment and other useful resources!	English	10-week Course	Foundational	Available Now
Computer Essentials	This 5-week course covers the essentials of how to use the basic functions of a personal computer, how to navigate the internet, and how to send and receive email. By the end of the course, you'll have a foundation for using a computer and the internet to enrich your life. We highly recommend that you follow Computer Essentials with Tech Resources for Everyday Life, which will offer additional practice. Prerequisites: A Gmail address. This course is best suited for people who have had some experience using the internet on any device. If you need help setting up a Gmail address, please call the Senior Planet hotline: 888-713-3495.	Learn to use a PC for email, web research, and more so you can stay connected online!	English	5-week Course	Foundational	Available Now
Free Your Photos	Come to this 5-week course with the digital photos you want to back-up, share, and print! You'll learn to use Google Photos, a Cloud-based platform that allows you to organize and access your pictures across devices. You'll also explore websites for printing and making the most of your pictures by turning them into scrapbooks, calendars, and more! This course is ideal for anyone who has already taken Smartphone Photography. Prerequisites: A Gmail address. If you need help setting up a Gmail address, please call the Senior Planet hotline: 888-713-3495. You should also be somewhat comfortable using a computer.	Are your photos stuck on a device? Learn to use Google Photos to back up, share, and print your favorite shots! Love taking pictures? Learn how to use Google Photos to organize and enjoy your memories!	English	5-week Course	Creative Expression	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
iPad Basics	In this 10-week course, you'll learn the basics of how to operate the Apple iPad and navigate the internet in ways that can enrich your life. During the course, you'll learn how to take pictures, use email, search the internet for information, download apps, and connect to people, organizations and interests that matter to you. Prerequisites: None. This course is designed for people who have never used an iPad or have very little experience and want a solid introduction.	Learn to use an iPad to navigate the internet with ease, use email to stay connected, take photos, download apps and more!	English	10-week Course	Foundational	Available Now
iPad Essentials	This 5-week course will cover the essentials of how to use the Apple iPad, how to navigate the internet, and how to send and receive email. By the end of the course, you'll have a foundation for using an iPad and the internet to enrich your life. We highly recommend that you follow iPad Essentials with Introduction to Digital Culture for iPads, which will offer additional practice. Prerequisites: A Gmail address. This course is best suited for people who have had some experience using the internet on any device. If you need help setting up a Gmail address, please call the Senior Planet hotline: 888-713-3495.	Learn to use an iPad for email and web research, and how to download apps to your device so you can stay connected online!	English	5-week Course	Foundational	Available Now
Money Matters	In this 10-week course, you'll learn about smart financial habits, use online resources to find benefits, and save money online. This course is much more than budgeting! By the end of this course, you will also know how to shop online to find the best deals, search for flights and hotels on the internet, access movies and music, and earn extra income. Prerequisites: You must have an email address that you use. You should also be comfortable navigating websites and searching for information on the internet.	Learn how you can save money on groceries, entertainment, prescriptions and more!	English	10-week Course	Financial Security	Available Now
Smartphone Photography	This 5-week course explores the basics of using your smartphone's digital camera. You'll learn how to take pictures, where they're stored on your device, and how to delete them. You'll also go over tips for taking selfies, recording videos, and sharing your photos! This course also introduces some fundamental photography principles about composition and lighting. Please note: this course will focus only on the smartphone's camera and will not cover other uses for your smartphone. Prerequisites: In order to use Senior Planet U, you must have an email address. In order to participate in the class, you must use a smartphone running iOS 10 or later (for iPhones) or OS 6 or later (for Androids).	Learn the essentials of smartphone photography including tips for organizing and sharing your photos.	English	5-week Course	Creative Expression	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Tech Resources for Everyday Life	Digital tools and technologies have become very important and even necessary to our everyday lives. By the end of this 5-week course, you'll be able to use a variety of resources to make your life easier, from managing everyday tasks to communicating with others. You'll use the internet to explore your interests and passions, connect with others, and even contact your lawmakers. You'll also learn best practices for staying safe in the digital world and managing your privacy and security settings in the Chrome browser. This course is a great opportunity to meaningfully practice skills that you learned in a Basics or Essentials course. Prerequisites: You should have taken a Basics or Essentials course for your device, or be familiar enough with your device to use it independently in class. You must also have an email address		English	5-week Course	Foundational	Available Now





English Program Series

Program series offers introductions and hands-on practice to a variety of topics that are thematically related. They combine our one-off lectures with hands-on workshops to give participants a chance to practice specific skills. Program series range in length from 2-10 sessions depending on the topic. Participants should register for the entire series, as they would a course, and all sessions should be scheduled for 75 minutes for continuity. Participants receive handouts for each session. Series are capped at 12-14 participants.

- **Program Duration:** 75 minutes
- **Capacity:** 12-14 max
- **Participant Prerequisites:** None; some workshops may require participants to have a smartphone, email address and/or an account with related social media or communication platforms. See program series descriptions for more details.
- **Trainer Prerequisites:** None
- **Tech Required:** Presentation tools - Large screen TV or Projector and screen
- **Participant Tech Required:** Classroom set of your choosing or available.
- **Trainer Materials:** Trainer guide, slide presentation
- **Participant Materials:** Handouts

Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Creating Your LinkedIn Profile **Program Series Description**	In this 2-session series, you'll create a LinkedIn profile that will help you get noticed! LinkedIn allows you to display your accomplishments and professional experience while also connecting with professionals in your field, potential employers, and more. We'll go over tips for writing your summary and completing your profile, as well as how to take a professional photo. You'll also learn to upload a photo to your account, connect with others on the platform, create job alerts, and search for information on employment opportunities. Prerequisites: You must already be signed up for LinkedIn in order to take this series. You can learn how to sign up in the Getting Started with LinkedIn workshop. This series is best suited for participants who are comfortable performing internet searches and filling out forms online.	Have you signed up for LinkedIn but are unsure what to do next? We'll show you how to fill out your profile and more!	English	Program Series	Financial Security	Available Now
Exploring AI Series **Program Series Description**	There's no doubt artificial intelligence (AI) is a hot topic, and for good reason! AI technology is rapidly developing and increasingly impacting our lives. This multi-week series will explain the AI tools that have been part of everyday life for a while and also explore cutting edge applications of the technology. We'll look at ways we can use AI tools to help with a variety of tasks from writing emails to creating artistic images. You'll also learn tips for identifying AI-generated content, best practices for using AI, and how to stay safe.	Come learn about artificial intelligence and ways you can take advantage of this new exciting tech!	English	Program Series	Foundational	Available Now
Fitness Technologies Lecture Series **Program Series Description**	Curious about how tech can jumpstart or improve your fitness routine? This lecture series will show you how apps and devices can help get your wellness routine on track, or take it to the next level! Join us for 5 weekly sessions, where we'll explore different apps and online tools each week. Choose 5 from: Mobile Health Apps, Fitness Apps, Wearables at Glance, Online Health Resources, Healthcare & Tech at a Glance, Mindfulness Apps, Intro to Sleep Technologies		English	Program Series	Health & Wellness	Available Now
Getting Creative with Canva **Program Series Description**	This multi-week, interactive series will introduce you to Canva, a popular design platform. We'll first take a look at the many graphic design platforms available. Then, we'll cover the basics of Canva and learn about the platform's popular features that allow you to design almost anything -- from greeting cards to flyers. With the help of your trainer and classmates, you'll use those features to create a project with Canva! The series entails: - Graphic Design Tools (lecture) - Getting Started with Canva (workshop) - 2 additional hands-on sessions in which participants can help each other bring their designs to life, with trainers offering additional support Prerequisites: This series is best suited for participants who are comfortable performing internet searches and filling out forms online.		English	Program Series	Creative Expression	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Hosting on Zoom **Program Series Description**	This four-session series will help you become a host on Zoom. After an introductory lecture, you'll sign up for a Zoom account, schedule your first meeting, and learn the most commonly used meeting controls during two hands-on sessions. The final session of this series is devoted to extra practice and questions, so you can start hosting with confidence. The workshops in this series walk through the steps using Zoom in your web browser. Series entails: - Introduction to Hosting on Zoom (lecture) - Getting Started with Zoom (workshop) - Hosting a Zoom Meeting (workshop) - Additional session for extra practice and questions Prerequisites: An email address. To sign up for Zoom, you must have an email address that you use. For help signing up for Gmail, call the Senior Planet Tech Hotline: 888-713-3495. This series is best suited for people who have attended Zoom meetings as participants and are comfortable using the internet to perform basic searches.	Always a Zoom participant, never a host? Take the Hosting on Zoom series to change that!	English	Program Series	Social Engagement	Available Now
Online Basics **Program Series Description**	New to the virtual world? We've got you covered! This multi-session lecture-workshop series will provide information and the basic requirements you'll need to get up and running virtually. This series will review the fundamentals to help you confidently navigate life online. We'll cover what device to choose and how to make sure it's connected to the internet, tips for protecting your personal information, and more! This series meets twice per week for five consecutive weeks. Prerequisites: This series is best suited for people who have had some experience using the internet on any device.		English	Program Series	Foundational	Available Now
Practicing with Google Docs **Program Series Description**	Whatever your word processing needs, Google Docs can help! This 2-session series will give you plenty of hands-on practice using Google Docs, a free alternative to Microsoft Word. You'll learn to use grammar and spellcheck, download your documents in Word and PDF format, use Docs to collaborate with others, and more! Prerequisites: You must have a Gmail address to take this series. For help signing up for Gmail, call the Senior Planet Tech Hotline: 888-713-3495. This series is best suited for participants who are comfortable performing internet searches and filling out forms online.		English	Program Series	Foundational	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Smart Steps to Small Business Success	Ready to feel more in control of your small business? This 5-session program series for older adult small business owners will introduce useful tech tools and concepts to help modernize your small business. We'll introduce apps and websites to help organize your small business, such as managing appointments, storing digital copies of important business documents, and accepting digital and online payments. We'll review the importance of having an online presence, using social media, and communicating with customers through online platforms. Finally, we'll explore AI tools for small businesses, how to choose the right AI tools, and how to incorporate them safely into your small business.	Ready to feel more in control of your small business?	English	Program Series	Financial Security	Available Now
Tech Tips for Saving Money **Program Series Description**	Curious about how tech can save you money? Sign up for this series that meets twice per week over five weeks. You will explore money saving tips for everyday purchases, entertainment, prescription medication, and more. Lectures and hands-on workshops will also cover important tips for shopping online and keeping your personal information secure. Prerequisites: Participants should be comfortable navigating the internet and have an email address that they use.		English	Program Series	Financial Security	Available Now
Using Google Sheets **Program Series Description**	From budgeting to event planning to keeping track of job applications, Google Sheets can help you get organized! Sheets is available for free to anyone with a Gmail account! In this 2-session workshop series, you'll learn the basics of creating, sharing, and downloading spreadsheets with Google Sheets. Prerequisites: You must have a Gmail address to take this series. For help signing up for Gmail, call the Senior Planet Tech Hotline: 888-713-3495. This series is best suited for participants who are comfortable performing internet searches and filling out forms online.		English	Program Series	Foundational	Available Now
Using Google Slides **Program Series Description**	Slides is Google's presentation software that's available for free to anyone with a Gmail account! With Slides you can create presentations that can be downloaded as PDFs and in Microsoft PowerPoint format. In this 2-session workshop series, you'll learn the basics of using templates, adding images and text, and sharing your presentations with Google Sheets. Prerequisites: You must have a Gmail address to take this series. For help signing up for Gmail, call the Senior Planet Tech Hotline: 888-713-3495. This series is best suited for participants who are comfortable performing internet searches and filling out forms online.		English	Program Series	Foundational	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Using your Android Smartphone *Program Series Description*	In this multi-week series, you'll learn to navigate your Android smartphone more comfortably and confidently. We'll practice using basic features, downloading apps, and adjusting device and privacy settings. You'll also learn to use free messaging apps for voice and video calls and explore tech like wearables, AI, and more! Pre-requisite: Participants should bring their own Android phone to each session of the series.		English	Program Series	Foundational	Available Now
Using your iPhone *Program Series Description*	In this multi-week series, you'll learn to navigate your iPhone more comfortably and confidently. We'll practice using basic features, downloading apps, and adjusting device and privacy settings. You'll also learn to use free messaging apps for voice and video calls and explore tech like wearables, AI, and more! Pre-requisite: Participants should bring their own iPhone to each session of the series.		English	Program Series	Foundational	Available Now





Spanish Lectures

One-off lectures introduce popular tech topics and themes in a clear and concise manner. Individual lectures aim to explain the general purpose of a device or concept, its usefulness and important tips and tricks. Lectures do not offer hands-on exposure to the presented topic, but many of them can be scheduled in conjunction with a related interactive workshop that offers hands-on experience with the website or online platform discussed in the lecture.

- **Program Duration:** 60-75 minutes
- **Capacity:** Based on training facility: Room capacity, Seating, COVID protocols in place
- **Participant Prerequisites:** None
- **Trainer Prerequisites:** None
- **Tech Required:** Presentation tools - Large screen TV or Projector and screen
- **Participant Tech Required:** No
- **Trainer Materials:** Trainer guide, slide presentation
- **Participant Materials:** Handout (provided by Senior Planet, printed by partner)
- **Possible Workshop Pairings:** [Click here](#)

Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Affordable Home Internet Internet residencial económico	Tener internet en casa puede ayudarle a ahorrar dinero, buscar trabajo, conectarse con otros, facilitar las tareas cotidianas y ¡mucho más! Esta presentación repasa la información básica que necesita saber al suscribirse para servicio de internet residencial para que pueda comprender todas sus opciones. También aprenderá sobre recursos para encontrar programas de bajo costo de proveedores de servicios de internet en todo el país.	Aprenda cómo conseguir su propio servicio de internet en casa para poder buscar información en línea, conectarse con otros, tomar clases virtuales, y más.	Spanish	Lecture	Financial Security	Available Now
AI & Disinformation IA y la desinformación	La desinformación se refiere a información falsa creada para engañar a las personas, y no es nada nuevo. Pero ahora las herramientas impulsadas por IA y las redes sociales han hecho que sea más fácil y rápido crear y difundir desinformación. En esta presentación, exploraremos cómo se utiliza la IA para crear deepfakes convincentes y voces clonadas, lo que dificulta distinguir entre contenido real y falso. También revisaremos las mejores prácticas para evaluar la información y exploraremos herramientas tecnológicas que pueden ayudar a identificar contenido creado con IA.	Puede que ver ya no signifique creer. Venga a aprender a identificar ultrafalsos (deepfakes) y voces clonadas para no caer en el engaño digital.	Spanish	Lecture	Foundational	Available Now
AI All Around IA en todas partes	Si le parece que la IA está apareciendo en todas partes, ¡usted no es el único! Desde buscar en la web hasta asistir a una reunión de Zoom, las herramientas de IA ahora están disponibles para ayudar con la mayoría de las tareas en línea. En esta presentación, exploraremos muchas de las plataformas y sitios web digitales donde ahora está disponible la IA generativa. Analizaremos cómo las herramientas intentan facilitar las tareas y repasaremos las consideraciones de privacidad que se deben tener en cuenta al usarlas.	¡No tenga miedo, porque la IA está aquí... ¡para (intentar a) ayudar!	Spanish	Lecture	Foundational	Available Now
AI Image Generators Generadores de imágenes de IA	¿Imagina algo en su mente pero le cuesta darle vida? ¿Existe una herramienta de inteligencia artificial para eso! Esta presentación explicará cómo la inteligencia artificial puede convertir sus palabras en impresionantes imágenes realistas e imaginativas en segundos. Demostraremos un generador de imágenes de IA y la amplia gama de estilos visuales y artísticos que puede producir. ¡También aprenderá consejos para aprovechar al máximo esta nueva y emocionante tecnología para que pueda comenzar!	¡Consiga hacer algo más que figuras de palitos y haga que su imaginación cobre vida con generadores de imágenes de IA!	Spanish	Lecture	Creative Expression	Available Now
AI Voice & Video Generators Generadores de voz y video de IA	¿Ha escuchado de la clonación de voz, los avatares digitales o la conversión de texto a video? Esta presentación explicará cómo los programas de inteligencia artificial pueden convertir guiones e incluso ideas o algunas oraciones en voces y videos realistas en cuestión de minutos. Exploraremos los generadores de voz y video de IA, sus características comunes y la amplia gama de contenido que pueden producir. También aprenderá consejos y consideraciones para usar estas herramientas para que pueda comenzar.	¿La IA hizo eso? ¡Venga a aprender sobre las herramientas de voz y video de IA!	Spanish	Lecture	Creative Expression	Not Released
All Things Zoom Todo sobre Zoom	¿Le interesa saber por qué Zoom se ha convertido en el programa de videoconferencia preferido de todos? ¡Esta presentación le explicará cómo usar Zoom para chatear con amistades y familiares, y tomar clases virtuales con Senior Planet! Aprenderá acerca de las funciones útiles de Zoom, ya sea que se conecte con un dispositivo (que usa sistema de) iOS, Android o Windows. La presentación también repasará las consideraciones de seguridad y brindará consejos sobre cómo lucir lo mejor posible durante un chat de video.	¿Quiere una introducción de Zoom? Venga a aprender más en esta presentación.	Spanish	Lecture	Social Engagement	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Anti-Virus & Malware Removal Programs At a Glance Programas de antivirus y eliminación de malware de un vistazo	¿Sabía que los virus son solo un tipo de malware que puede dañar su computadora? En esta presentación, repasaremos los diferentes tipos de malware y cómo funcionan. También presentaremos algunos programas antivirus y software de eliminación de malware y veremos cómo se pueden usar estas herramientas para prevenir y eliminar infecciones de malware. ¡Asista a esta conferencia para aprender cómo mantener su dispositivo seguro!	¿Le preocupan los virus y el malware? ¡Asista a esta presentación para aprender cómo mantener su dispositivo seguro!	Spanish	Lecture	Foundational	Available Now
Cloud Storage Almacenamiento en la nube	En esta presentación, aprenderá los básicos del almacenamiento en la nube - una tecnología para guardar documentos, imágenes, y otros archivos desde cualquier lugar mientras dándole más acceso, fiabilidad y protección para su información importante. Vamos a discutir lo que es, porqué es el futuro del almacenamiento de información, y demostrar algunos de los servicios más populares actualmente disponibles a consumidores.	Aprenda por qué va a querer empezar a usar servicios del almacenamiento en la nube en su vida diaria con sus archivos, imágenes, y documentos.	Spanish	Lecture	Foundational	Available Now
Crowdfunding for Entrepreneurs Financiación colectiva para emprendedores	El internet ha cambiado como los empresarios, dueños de pequeñas empresas, organizaciones sin ánimo de lucro, y organizaciones caritativas recaudar fondos. Esta presentación explora financiación colectiva (crowdfunding en inglés), o la recaudación de fondos mediante la recopilación de pequeñas cantidades de dinero de grandes grupos de personas, en línea. Aprenderá los fundamentales de campañas de crowdfunding para no solamente recaudar fondos, pero también para buscar y contribuir a campañas de otras personas. Esta presentación también discutirá tres plataformas de crowdfunding: GoFundMe, Kickstarter, y Indiegogo	Aprenda cómo financiación colectiva (crowdfunding en inglés) puede ayudarle a recaudar fondos para su negocio.	Spanish	Lecture	Financial Security	Available Now
Digital Coupon Tools Herramientas de cupones digitales	Si le gusta ahorrar dinero en alimentos y artículos de uso diario, ¡esta presentación es para usted! Le presentaremos el mundo de los cupones digitales y una variedad de herramientas para ayudarlo a comenzar. Aprenderá sobre sitios web, aplicaciones y bases de datos de cupones, así como consejos para obtener las mejores ofertas.	¡Descubra cómo las herramientas de cupones digitales pueden ayudarle a ahorrar dinero!	Spanish	Lecture	Financial Security	Available Now
Digital Legacy at Glance El legado digital a un vistazo	¿Ha pensado en su legado digital? ¿No está seguro a qué se refiere? En esta clase, exploraremos este concepto relativamente nuevo sobre lo que sucederá con su contenido digital una vez que usted ya no esté. Explicaremos algunas de las opciones de legado que ofrecen las empresas de tecnología más importantes y le mostraremos cómo encontrar más información en las secciones de Configuración y Ayuda de los sitios web y aplicaciones más populares. También aprenderá algunas prácticas recomendadas para planificar su legado digital.	¿Su contenido digital y sus páginas de redes sociales vivirán para siempre? ¡Venga a conocer sus opciones de legado digital!	Spanish	Lecture	Social Engagement	Available Now
Emojis, GIFs, and more! ¡Emojis, GIFs, y mucho más!	En esta presentación, revisaremos el significado de algunos de los emojis más comunes, dónde encontrarlos en el teclado de su teléfono inteligente y cuándo usarlos. También abarcaremos cómo crear un avatar usando Bitmoji y Memoji. Los GIF y los memes son formas adicionales de agregar algo de vida a sus comunicaciones, ¡así que también le mostraremos dónde encontrarlos y crearlos!	¡Aprenda a usar emojis, GIF y más para expresar rápidamente lo que quiere decir!	Spanish	Lecture	Social Engagement	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Everyday Uses of AI Usos cotidianos de la IA	Todo el mundo habla de IA. ¡Asista a esta clase para ser parte de la conversación! Esta presentación le mostrará las formas en que la IA ya está presente en las tareas cotidianas y cómo se utiliza en todo, desde asistentes de voz hasta servicio al cliente y atención médica. Analizaremos las aplicaciones comunes de la IA en múltiples sectores y abordaremos formas en que usted también puede aprovechar esta influyente tecnología.	¡Todo el mundo habla de IA! Asista a esta clase para ver cómo la IA es parte de la vida cotidiana.	Spanish	Lecture	Foundational	Available Now
Facebook	¿Curioso sobre cómo funciona Facebook pero preocupado por su privacidad? ¿Interesado en cómo establecer un perfil o cómo crear una página? ¿Quiere aprender más sobre Facebook Live? Esta presentación le ofrece un resumen sobre la evolución de Facebook, sus funciones más populares, y consejos de cómo empezar a usarlo.	¿Ha escuchado sobre Facebook? Si no, venga a escuchar esta presentación sobre esta red social muy popular. ¡Únase a nosotros!	Spanish	Lecture	Social Engagement	Available Now
Finding Money-Saving Programs Online Cómo encontrar programas en línea para ahorrar dinero	¿Sabía que cada año miles de millones de dólares en beneficios y recursos de costo reducido no se reclaman? En esta presentación, exploraremos tres herramientas útiles que pueden ayudarle a encontrar beneficios y otros programas para ahorrar dinero para usted o para otras personas. Demostraremos cómo realizar búsquedas en usa.gov, benefitscheckup.org y findhelp.org. También analizaremos brevemente los posibles ahorros que ofrecen los planes Medicare Advantage, los descuentos en los servicios públicos y las empresas de internet.	Aprenda a buscar programas gratuitos y de bajo costo para ahorrar en alimentos, servicios públicos y más.	Spanish	Lecture	Financial Security	Available Now
Fitness Apps Aplicaciones de fitness	¿Cree que las aplicaciones de fitness son solo para deportistas? Esta presentación cubre muchos tipos diferentes de aplicaciones de fitness, cualesquiera que sean sus objetivos de salud y bienestar. Analizaremos aplicaciones que pueden ayudarle a realizar un seguimiento de su nutrición y actividad, planificar sus entrenamientos, mantenerse motivado e incluso dormir mejor. Aprenderá sobre los beneficios de las aplicaciones de fitness y las aplicaciones populares en cada categoría.	¡Descubra cómo las aplicaciones de fitness pueden ayudarle a realizar un seguimiento y alcanzar sus objetivos!	Spanish	Lecture	Health & Wellness	Available Now
Google Maps Mapas de Google	Visite sitios de todo el mundo desde la comodidad de su hogar, obtenga una vista panorámica del vecindario de su infancia o simplemente obtenga indicaciones para llegar a la casa de su amigo. Google Maps es una aplicación de mapas que ofrece imágenes de satélite, mapas de calles y perspectivas de vista de la calle. También tiene un planificador de rutas para su método de transporte preferido, ya sea a pie, en automóvil, en bicicleta o en transporte público. Durante esta presentación, obtendrá una introducción a la plataforma y una demostración de cómo usarla.	Aprenda cómo puede ver mapas y navegar a lugares nuevos con una aplicación y el internet en esta presentación de Google Maps.	Spanish	Lecture	Foundational	Available Now
Google Workspace Espacio de trabajo de Google	¿Le interesa saber sobre las herramientas gratuitas de Google? Aprenda sobre algunas de las herramientas más populares para la productividad de Google para uso personal y para el trabajo. Esta presentación le introducirá a Documentos, Presentaciones, Fotos y Drive. Exploraremos usos prácticos y creativos y le demostraremos cómo aprovechar de muchas de las plantillas gratuitas de Google al máximo.	Su cuenta de Google es mucho más que solamente su correo electrónico. Le contaremos qué más puede hacer con su cuenta Google.	Spanish	Lecture	Foundational	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Graphic Design Tools Herramientas de diseño gráfico	¿Buscando una avenida para su creatividad? Pruebe su mano en una o más de las herramientas de diseño gráfico gratuito, amigable al usuario y basado en la red. En esta presentación, vamos a explorar la aplicación popular de diseño Canva, y demostrarle cómo ser muy creativo con herramientas gratuitas como Presentaciones de Google. También vamos a explorar Photoshop Express, la versión gratuita y basada en la red de Photoshop.	Aproveche de muchas de las herramientas gratuitas de diseño en línea para su próximo proyecto creativo.	Spanish	Lecture	Creative Expression	Available Now
Healthcare & Tech at a Glance Salud y tecnología de un vistazo	¿Tiene curiosidad por saber cómo los avances tecnológicos recientes han cambiado la atención médica? En esta presentación, exploraremos cómo los médicos están utilizando tecnología de vanguardia, como la IA y los dispositivos inteligentes, para diagnosticar, monitorear y tratar afecciones médicas. También analizaremos cómo los pacientes pueden usar la tecnología para administrar y mejorar su salud. Cubriremos cómo prepararse y qué esperar de las citas de telesalud, los dispositivos portátiles de atención médica comunes y las prácticas recomendadas para usar la IA con el fin de obtener información médica.	La tecnología se encuentra con la atención médica. Conozca cómo la IA y la telemedicina están dando forma a la manera en que gestionamos nuestra salud.	Spanish	Lecture	Health & Wellness	Available Now
How to Choose a New Computer Cómo elegir una computadora nueva	¿Buscando una nueva computadora? Esta sesión abordará unas preguntas más comunes sobre cómo elegir una computadora nueva: ¿Dónde empezar? ¿Qué marca es fiable? ¿Cuánto debería de presupuestar para la computadora? ¿Cuáles especificaciones técnicas? También vamos a cubrir sistemas operativos y comparar alternativas a la computadora tradicional, como por ejemplo, tabletas y Chromebooks.	Le enseñaremos diferentes modelos de computadoras que puede considerar al comprar una computadora nueva.	Spanish	Lecture	Foundational	Available Now
Instagram Basics Lo básico de Instagram	Usted ha escuchado sobre Instagram; ahora, venga a aprender sobre esta plataforma de red social visualmente-orientada, uno de los sitios de redes sociales más divertidos. Esta presentación ofrece un resumen de algunas de las características más populares de Instagram, y le dará una idea del uso de la aplicación.	Si quiere conectarse con sus amistades y familiares y compartir imágenes o videos con ellos, ¡Instagram es para usted!	Spanish	Lecture	Creative Expression	Available Now
Intro to AI Introducción a la IA	¿Siente curiosidad por la IA? ¿Quiere aprender más sobre Chat GPT? Esta presentación explicará algunas de las ideas básicas sobre la inteligencia artificial. ¡Hablaremos sobre cómo se usa la IA hoy en día, cuáles son sus limitaciones actuales y cómo dará forma al futuro!	¡Venga a chatear con ChatGPT y aprenda sobre IA!	Spanish	Lecture	Foundational	Available Now
Intro to Booking Vacation Stays Online Reservas vacacionales en línea	¿Le encanta viajar pero extraña las comodidades del hogar cuando está fuera? Gracias a una variedad de sitios web y aplicaciones, puede encontrar su hogar perfecto lejos del hogar en casi cualquier parte del mundo. Presentaremos los sitios populares de alquiler vacacional, sus características comunes y cómo encontrar grandes ofertas. Además, aprenderá cómo elegir sabiamente su alquiler vacacional y mantenerse seguro mientras viaja. ¿Necesita viajar con un presupuesto? ¡También discutiremos alternativas al alquiler, como plataformas en línea para intercambios de casas y cuidados de casas!	¿Necesita vacaciones? Obtenga información sobre sitios web y aplicaciones populares para reservar alquileres vacacionales.	Spanish	Lecture	Foundational	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Intro to Chatting with AI Introducción a chatear con IA	¿Tiene curiosidad por usar ChatGPT o Gemini pero no está seguro de por dónde empezar? En esta presentación, exploraremos consejos para usar programas de chat de IA generativa para que pueda hacer que trabajen por usted. Aprenderá a escribir preguntas o indicaciones que sean específicas y efectivas para obtener respuestas útiles. Tanto si planea usarlos en el trabajo, para proyectos personales o simplemente por diversión, le mostraremos cómo esta tecnología puede ayudarlo con todo tipo de tareas. También cubriremos las prácticas recomendadas de privacidad y seguridad para que pueda ser un usuario con confianza.	Aprenda cómo aprovechar al máximo ChatGPT y otros software de IA.	Spanish	Lecture	Foundational	Available Now
Intro to Digital Wallets Introducción a las billeteras digitales	¿Qué artículo es imprescindible al salir de casa? Si dijo su teléfono, ¡esta conferencia es para usted! Si dijo su billetera, ¡probablemente debería asistir también! Las billeteras digitales en nuestros teléfonos inteligentes nos permiten realizar nuestra vida cotidiana sin tener que sacar nuestras billeteras reales. En esta presentación, revisaremos las características básicas de las billeteras digitales más populares: Apple Wallet y Google Wallet y hablaremos sobre sus muchos usos más allá de las compras. También veremos las características y consideraciones de seguridad y privacidad.	¡Puede salir de casa sin su billetera! Conozca las billeteras digitales populares y su variedad de uso.	Spanish	Lecture	Financial Security	Available Now
Intro to Hosting on Zoom Introducción a cómo ser un anfitrión en Zoom	¿Usted quiere ser anfitrión de su propia reunión en Zoom? En esta presentación introductoria, revisaremos lo que usted necesitará para comenzar su primera reunión, incluso algunos consejos de cómo ser un anfitrión notable. Usted también aprenderá sobre las funciones especiales para anfitriones, incluyendo cómo Zoom mantiene seguras sus reuniones. Después de esta presentación general, usted estará listo para nuestros talleres "Cómo empezar con Zoom" y "Cómo ser un anfitrión de una reunión de Zoom," ambos incluyen instrucciones de paso a paso.	Esta presentación le dará consideraciones de cómo preparar para su primera reunión de Zoom cómo anfitrión.	Spanish	Lecture	Social Engagement	Available Now
Intro to Managing Your Privacy Introducción a la gestión de su privacidad	¿Preocupado por la privacidad? ¿No está seguro de aceptar cookies? ¡Venga a conocer algunos consejos esenciales de privacidad! En esta presentación introductoria, revisaremos cómo los anuncios se dirigen a nosotros en línea, cómo limitar el seguimiento, dónde encontrar configuraciones y extensiones del navegador para controlar mejor cómo se comparte nuestra información. También discutiremos algunas de las características clave de los administradores de contraseñas y por qué son una opción segura.	¡Venga a conocer algunos consejos esenciales de privacidad en internet!	Spanish	Lecture	Foundational	Available Now
Intro to Photo Editing Tools Introducción a las herramientas para editar fotos	¿Tiene fotos de vacaciones borrosas? ¿Gente al azar en el fondo? ¡Venga a aprender sobre las herramientas para editar fotos y cómo pueden mejorar sus fotografías! En esta presentación, obtendrá una descripción general de lo que pueden hacer las herramientas, así como una introducción a las aplicaciones de edición fáciles de usar. ¡Tendrá todo lo que necesita para retocar fotos con estas populares aplicaciones gratuitas!	¿Puede retocar eso? ¡Venga a conocer las posibilidades con las herramientas para editar fotos!	Spanish	Lecture	Creative Expression	



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Intro to Selling Online Introducción a la venta en línea	¿Quiere ganar algo de dinero extra? Los marketplaces en línea facilitan la venta de casi cualquier cosa, ¡desde sus coleccionables vintage hasta artesanías hechas a mano! ¡Esta presentación le ofrecerá diferentes plataformas en línea para vender todo tipo de cosas, incluidos muebles, ropa, artículos para el hogar y mucho más! ¡También abordaremos algunos consejos y prácticas recomendadas para usar estas plataformas de manera segura con el fin de que pueda evitar estafas y vender con confianza!	¡Gane dinero mientras organiza el desorden con marketplaces en línea!	Spanish	Lecture	Financial Security	Available Now
Intro to Smartphone Photography Introducción a la fotografía con teléfonos inteligentes	¿Está interesado en obtener más información sobre la cámara de su teléfono inteligente? ¡Venga a esta presentación para explorar la cámara de su teléfono inteligente! Analizaremos los iconos de cámara comunes en dispositivos Android y iPhone, herramientas de edición simples, cómo administrar y compartir sus fotos y editar detalles de fecha y ubicación en su teléfono. También veremos cómo verificar la configuración de su cámara para que pueda escanear códigos QR.	¿Nuevo en tomar fotos con su teléfono inteligente? ¡Venga a aprender las posibilidades!	Spanish	Lecture	Creative Expression	Available Now
Intro to Social Media Introducción a las redes sociales	Los sitios de redes sociales hacen que compartir contenido y conectarse con otras personas en línea sea más fácil. En esta presentación, le daremos una introducción general a las redes sociales y usted aprenderá sobre algunos de los sitios de redes sociales como Facebook, X, y TikTok.	Si aún no sabe de Facebook, X y TikTok, ¡venga a esta presentación para aprender por qué son tan importantes!	Spanish	Lecture	Social Engagement	Available Now
Intro to Translation Tools Introducción a las herramientas de traducción	Con el internet, todo el mundo está al alcance de su mano, pero ¿qué hace cuando necesita acceder a sitios o información en un idioma desconocido? ¡Hay aplicaciones para eso! Esta presentación explicará herramientas y aplicaciones de traducción digital, como Google Translate. Aprenderá sobre herramientas que pueden traducir automáticamente los sitios web que visita, aplicaciones que pueden traducir conversaciones en vivo y más. También discutiremos los pros y los contras de estas herramientas y las situaciones en las que pueden ser más útiles.	Deje el diccionario en casa ahora que hay herramientas digitales que pueden traducir sobre la marcha.	Spanish	Lecture		Available Now
Intro to X (formerly Twitter) Introducción a X, (anteriormente Twitter)	¿Nuevo propietario, nueva apariencia, nueva plataforma de redes sociales? En esta presentación introductoria, aprenderemos sobre X, la plataforma anteriormente conocida como Twitter. X sigue siendo una fuente popular de cobertura de noticias de última hora, así como actualizaciones de figuras públicas y más. Venga a aprender los conceptos básicos, desde buscar y seguir hasta publicaciones y hashtags.	¿Ha escuchado de X? Le damos la bienvenida a esta sesión de resumen sobre la plataforma X.	Spanish	Lecture	Civic Participation	Available Now
IoT: Entertainment Internet de las cosas: estilo de vida y entretenimiento	El Internet de las cosas (IoT) ha cambiado la forma en que compramos, miramos televisión, jugamos videojuegos e incluso miramos deportes. Esta presentación explorará las muchas formas en que interactuamos con IoT en la vida diaria y analizará cómo está revolucionando industrias enteras.	¡Descubra cómo el Internet de las cosas está cambiando la industria del entretenimiento!	Spanish	Lecture	Creative Expression	Available Now
iPhones Teléfonos inteligentes de Apple	Si tiene curiosidad sobre lo que puede hacer un iPhone y por qué es tan popular, venga a esta presentación. Aprenderá sobre el último iPhone, sus funciones y lo que debe considerar si está pensando en comprar uno. Tenga en cuenta que esta clase no le enseñará cómo usar su iPhone; pregunte acerca de nuestras charlas técnicas si necesita ayuda con su iPhone.	Le daremos una introducción al teléfono inteligente de la compañía de Apple en esta presentación.	Spanish	Lecture	Foundational	Available Now



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Is that AI? ¿Es eso IA?	Con los avances en la tecnología de inteligencia artificial, los programas de IA ahora pueden crear imágenes y videos ultrarrealistas. A primera vista, puede resultar difícil saber si lo que ve fue creado o alterado por la IA. En esta sesión, le enseñaremos consejos y herramientas que le ayudarán a determinar si una imagen fue generada por IA. Le mostraremos cómo realizar una búsqueda inversa de imágenes para conocer el historial de internet de cualquier imagen que encuentre en línea. Si bien no podemos decir con certeza si una imagen es IA, estas herramientas le convertirán en un usuario de internet experto en tecnología.	¿Podemos realmente creer lo que vemos? ¡Venga a esta clase para acostumbrarse a reconocer la IA!	Spanish	Lecture	Foundational	Available Now
Messaging Apps Aplicaciones de mensajería	Los mensajes de texto se han convertido en una de las principales maneras en que nos comunicamos. ¿Sabe usted que se puede mandar textos a través del internet? Aprenda sobre las aplicaciones de texto más populares que le darán la oportunidad de mandar mensajes sin costo mientras tenga acceso a WiFi. Esta presentación repasará las características de las aplicaciones más populares: iMessages, Google Chat, y WhatsApp. Aprenderá cómo mandar mensajes y fotos, hacer llamadas de voz y video, y también, cómo estas aplicaciones mantienen seguros sus mensajes.	¿Sabe que puede mandar mensajes de texto sin costo adicional? Le daremos más información en esta presentación.	Spanish	Lecture	Social Engagement	Available Now
Mindfulness Apps Aplicaciones para la atención plena	La atención plena es la habilidad de estar plenamente presente y consciente. Puede practicar la atención plena a través de actividades sencillas. Esta presentación introduce la atención plena y sus beneficios físicos y mentales, por ejemplo, cómo reducir la ansiedad, mejorar la memoria y bajar la presión arterial. Aprenderá sobre aplicaciones populares que enseñan técnicas de respiración y meditación, también sobre nueva tecnología como los monitores de respiración portátiles y las colchonetas inteligentes para yoga.	¿Se siente agobiado con pensamientos del pasado o futuro? Use recursos digitales gratuitos para ayudarlo a estar más conectado al presente.	Spanish	Lecture	Health & Wellness	Available Now
Mobile Health Apps Aplicaciones móviles de salud	¿Sabía que su teléfono inteligente también es una poderosa herramienta de salud? Esta clase presenta aplicaciones de salud comunes, como la app integrada del iPhone y la app Samsung Health. Aprenderá las funciones principales, como el seguimiento de la actividad, el registro de alimentos, la integración con otras apps y mucho más. También analizaremos algunas consideraciones para el uso de esas apps, incluidos los datos y la privacidad.	¡Venga a aprender cómo su teléfono puede contar sus pasos y medir su frecuencia cardíaca!	Spanish	Lecture	Health & Wellness	Available Now
MyChart	¿Alguna vez su médico o proveedor de atención médica mencionó MyChart? Venga a conocer este portal de historia clínica electrónica que funciona tanto en un navegador web como en una aplicación. Repasaremos cómo MyChart puede ayudarlo a mantener toda su información de salud en un único lugar, comunicarse con sus proveedores y realizar una visita virtual. También aprenderá sobre las funciones de privacidad y seguridad del portal.	¡Conozca este eficiente portal digital que almacena su historial clínico en un único lugar!	Spanish	Lecture	Health & Wellness	Available Now



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Online Health Resources at a glance Recursos de salud en línea de un vistazo	El internet puede ser un recurso excelente para aprender más sobre su propia salud o la salud de un ser querido. Esta presentación le enseñará sobre los temas y herramientas ofrecidos por dos sitios: MedlinePlus y Mayo Clinic. También aprenderá cómo evaluar información en internet relacionada con la salud.	¿Sabe de un recurso confiable en línea para aprender más sobre la salud? ¡Venga a aprender más sobre estos recursos en línea y comparte los suyos!	Spanish	Lecture	Health & Wellness	Available Now
Online RX Drug Resources Recursos en línea para medicamentos recetados	Esta presentación le ofrecerá un resumen de los recursos útiles en línea sobre medicamentos. Aprenderá de MedlinePlus, un sitio de web reputado que le proveerá información sobre los usos y efectos secundarios de medicamentos de prescripción, incluyendo otros temas de salud. También aprenderá sobre SingleCare, Rx Outreach y GoodRX, herramientas útiles para entender precios de medicamentos, cómo comparar precios de farmacias, y encontrar descuentos y cupones.	¿Sabe cómo encontrar información confiable sobre sus medicamentos de prescripción? Empiece con esta presentación.	Spanish	Lecture	Health & Wellness	Available Now
Online Shopping Compras en línea	Comprar productos en internet le permite hacer compras desde su computadora y recibirlos en su casa o en cualquier lugar. Las tiendas en línea frecuentemente tienen un inventario más grande y precios más bajos, lo cual le permite encontrar mejores ofertas. Esta presentación le dará una introducción general de las compras en línea usando un sitio popular, Amazon.com. Aprenderá cómo buscar productos, hacer comparaciones y añadir artículos a la canasta de compras.	¿Ha comprado algo en Amazon? ¿Quiere saber si el producto que ve en la tienda es más barato en línea? ¡Venga a aprender más sobre compras en línea!	Spanish	Lecture	Financial Security	Available Now
P2P Payments Pagos en pares	Desde el debut de PayPal hace más de veinte años, pagos en pares se han vuelto muy comunes. Usted aprenderá sobre algunos de los servicios de pago más populares, incluyendo PayPal, Venmo, y Cash App. Vamos a cubrir algunas de las funciones básicas de estos servicios, cómo se comparan, y consejos para usarlos en una manera segura.	Aprenda lo que puede hacer con PayPal, Venmo y Cash App.	Spanish	Lecture	Financial Security	Available Now
Passwords, Passkeys, and More Contraseñas, claves de acceso, y más	La protección de sus cuentas en línea comienza con prácticas de uso de contraseñas seguras. En esta presentación, revisaremos los fundamentos de las contraseñas antes de explorar opciones como el inicio de sesión único, las claves de acceso, la autenticación multifactor y los administradores de contraseñas. Descubra por qué estas alternativas de contraseñas son formas seguras de simplificar su vida digital y mantener segura su información personal.	¿Está cansado de restablecer su contraseña todo el tiempo? Únase a esta presentación para descubrir alternativas de contraseñas y diferentes formas de administrirlas.	Spanish	Lecture	Foundational	Available Now
Podcasts at a Glance Podcasts de un vistazo	Los podcasts son una forma cada vez más popular de entretenimiento y una gran fuente de información sobre todo tipo de temas. En esta presentación, aprenderá más sobre estos programas de audio disponibles en internet: por qué la gente los escucha, dónde puede encontrarlos y cuáles son los más populares.	¿Quiere adquirir información en una forma auditoria? Le mostraremos la manera de hacerlo con los podcasts.	Spanish	Lecture	Creative Expression	Available Now
Protecting Your Personal Information Online Cómo proteger su información personal en línea	En esta presentación, aprenderá los pormenores de cómo proteger su información personal en línea. Exploraremos tácticas para mantenernos seguros en el ciberespacio, cómo navegar sitios de web de una manera segura, cómo reconocer estafas del internet, y entender cuándo es apropiado-o no- compartir su información personal en línea.	Aumente su confianza en la protección de su información personal en línea con los consejos que le daremos en esta presentación.	Spanish	Lecture	Foundational	Available Now



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Ridesharing Apps Aplicaciones de viajes compartidos	¡Las aplicaciones han cambiado la forma en que muchas personas se desplazan! En esta presentación, exploraremos las aplicaciones de viajes compartidos ("ride-sharing"), también conocidas como aplicaciones de "e-hailing". Aprenderá sobre las dos aplicaciones más populares - Uber y Lyft - y las ventajas y desventajas de las dos.	Si todavía no ha usado o escuchado de cómo funciona Uber y Lyft, ¡debe venir a escuchar esta presentación!	Spanish	Lecture	Foundational	Available Now
Saving Money with Tech Ahorrar dinero con tecnología	El internet puede abrir un nuevo mundo para ahorrar dinero y manejar sus finanzas. Esta presentación le dará una introducción a la banca en línea y repasará cómo mantener su información segura en línea. Usted también aprenderá cómo hacer compras en línea y exploraremos algunos de los recursos digitales para ahorrar dinero en entretenimiento, medicamentos de prescripción, y artículos cotidianos.	¡Venga a aprender cómo ahorrar dinero en varias maneras diferentes con la ayuda del internet!	Spanish	Lecture	Financial Security	Available Now
Smartphone Camera Uses Beyond Photography Usos alternativos de la cámara del teléfono	¡Acompáñenos para conocer formas adicionales en las que puede usar la cámara de su teléfono inteligente más allá de la fotografía! Exploraremos una variedad de funciones divertidas y útiles que las aplicaciones hacen posible, como escanear códigos QR, traducir texto, medir objetos e incluso usar la realidad aumentada. También abarcaremos las consideraciones para elegir aplicaciones y revisar sus prácticas de privacidad y datos.	¡Venga a conocer los códigos QR y mucho más!	Spanish	Lecture	Foundational	Available Now
Smartphones at a Glance Introducción a teléfonos inteligentes	Si le da curiosidad saber cómo funcionan los teléfonos inteligentes y por qué son tan populares, venga a esta presentación. Aprenderá sobre los teléfonos inteligentes más populares en el mercado, y algunas de sus ventajas y desventajas. También vamos a comparar y contrastar el Android con el iOS de Apple, los dos sistemas de operación más populares.	Hay tantos tipos de teléfonos inteligentes, ¿usted sabe la diferencia entre las diferentes marcas de teléfonos? ¡Aprenda con nosotros!	Spanish	Lecture	Foundational	Available Now
Spotify	Spotify es un excelente servicio de música digital para disfrutar de millones de canciones, podcasts, y videos gratis. En esta presentación, aprenderá sobre las funciones importantes de Spotify, incluyendo cómo buscar canciones y crear sus propias listas de reproducción. También aprenderá cómo seguir a sus amigos y a los artistas que ama.	¡Si ama la música, le encantará Spotify! Sea su propio DJ con la ayuda de Spotify	Spanish	Lecture	Creative Expression	Available Now
Streaming & Smart TVs Transmisiones en vivo y televisores inteligentes	Cada día, más y más personas están "cortando los cables" y cancelando sus suscripciones de cable. En su lugar, más personas están usando servicios de "streaming" gratuitos o de bajo costo, como Youtube, Netflix, y Hulu, para ver sus programas y películas favoritas en línea. Aprenderá información general sobre "streaming": qué es, cómo usarlo, y la variedad de contenido disponible. También aprenderá cómo ver programas en vivo sin cable, y cómo los televisores inteligentes y dispositivos que usan la transmisión en vivo o "streaming" pueden permitirle ver videos del internet en su televisor.	A veces no podemos ir al cine, pero todavía podemos tener experiencias cinemáticas en casa con productos tecnológicos conectados a la transmisión en vivo.	Spanish	Lecture	Foundational	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Tech Tips for Disaster Preparedness Consejos técnicos para la preparación ante catástrofes	¿Sabía que la tecnología es una parte esencial para estar preparado ante emergencias y desastres naturales? En esta sesión, explicaremos cómo la tecnología puede ayudarle a prepararse. Demostraremos funciones útiles de las aplicaciones de FEMA y de la Cruz Roja, incluida la configuración de alertas. Además, revisaremos las funciones integradas de los teléfonos inteligentes que pueden resultar útiles en caso de una emergencia y exploraremos cómo mantener cargados los teléfonos y dispositivos esenciales durante un corte de energía prolongado. Finalmente, discutiremos cómo puede utilizar las redes sociales para obtener información de emergencia y otra información importante de las autoridades locales y nacionales.	La tecnología puede desempeñar un papel importante a la hora de garantizar que esté preparado para una emergencia. Venga a esta presentación para descubrir cómo.	Spanish	Lecture	Foundational	Available Now
Technology for Aging in Place Tecnología para el envejecimiento en el hogar	En esta presentación, aprenderá cómo los asistentes domésticos, los electrodomésticos inteligentes y los dispositivos portátiles pueden ahorrarle tiempo y dinero, ayudarle a controlar sus condiciones de salud e incluso brindarle una mayor tranquilidad. También analizaremos las prácticas recomendadas para mantener su privacidad y seguridad al utilizar esta tecnología.	Venga a aprender cómo la tecnología inteligente puede ayudarle a mantener su independencia en su propio hogar.	Spanish	Lecture	Health & Wellness	Available Now
Tips for Being News Savvy Online Consejos para evaluar las noticias en línea	¿Usted comparte las noticias con otros? En la era digital, cualquiera puede publicar cualquier cosa en internet, incluso si es completamente falso. Esta presentación le explicará la forma en que la tecnología ha facilitado la creación y difusión de información errónea. Hablaremos sobre herramientas para evaluar fuentes de noticias y revisaremos sitios útiles de verificación de hechos. ¡Aprenderá por qué es importante leer y verificar sus fuentes antes de compartir!	¿Va a compartir las noticias? ¡Aprenda a leer y verificar las fuentes antes de compartir!	Spanish	Lecture	Civic Participation	Available Now
Understanding Fraud & Scams Entender el fraude y las estafas	La capacidad de detectar una estafa es una habilidad digital esencial. En esta sesión, revisaremos algunas de las estafas más comunes, ofreceremos consejos para evitarlas y explicaremos qué hacer si lo estafan. Analizaremos ejemplos de correos electrónicos, mensajes de texto y deepfakes para ver cómo la IA puede aumentar la propagación y la complejidad de las estafas. También proporcionaremos recursos útiles para mantenerse informado sobre las estafas más recientes.	¿Sabe lo suficiente sobre las estafas? Venga a esta sesión para aprender sobre el fraude y las estafas y cómo protegerse contra ellos.	Spanish	Lecture	Foundational	Available Now
Understanding Internet Plans Comprender los planes de internet	En esta sesión, analizaremos las diferentes partes de un plan de internet residencial para que pueda elegir la mejor opción para su hogar. Repasaremos terminología importante, desde punto de acceso hasta ancho de banda. Aprenderá sobre las mejores velocidades de internet para diferentes tipos de actividades, desde enviar correos electrónicos hasta jugar videojuegos. También analizaremos consejos para hablar con proveedores de servicios de internet y ahorrar dinero en su factura.	¡Más rápido no siempre es mejor! Venga y conozca las opciones de internet residencial para que pague solo por lo que necesita.	Spanish	Lecture	Foundational	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Video Chat Video chat	Las aplicaciones de chat de video son una forma de conectarse con familia y amigos, a nivel local o internacional, e incluso cuando viaje. Le permiten ver a las personas con las que está chateando en el otro extremo de la línea. En esta presentación, aprenderá sobre algunas aplicaciones de chat de video de uso común, sin o de bajo costo, sus características y consejos para que pueda presentar el mejor de sí cuando esté en un chat de video.	Cuando quiere ver las caras de sus seres queridos que no estén a su lado, puede usar aplicaciones de video chat. Le enseñaremos más en esta presentación.	Spanish	Lecture	Social Engagement	Available Now
Virtual Museum Tours Visitas virtuales al museo	¡Recorra museos mundialmente famosos desde la comodidad de su hogar! ¿Sabía que muchos de los principales museos del mundo han puesto a disposición sus colecciones y exhibiciones para verlas virtualmente? En esta presentación, exploraremos algunas de estas galerías virtuales, así como herramientas digitales que ayudan a dar vida al arte, la arquitectura y la historia.	¡Recorra museos famosos desde la comodidad de su hogar!	Spanish	Lecture	Creative Expression	Available Now
Virtual Reality at a Glance La realidad virtual de un vistazo	La tecnología de realidad virtual está creciendo rápidamente en popularidad y se está expandiendo en múltiples sectores. Esta presentación explicará qué es, cómo funciona y presentará algunos de los dispositivos de realidad virtual más populares. ¡También abarcaremos algunos emocionantes juegos, programas y aplicaciones de realidad virtual que pueden ayudarle a hacer ejercicio, explorar el mundo, conectarse con otros y divertirse!	¡Acompáñenos para aprender sobre el emocionante mundo de la realidad virtual y cómo puede experimentarlo!	Spanish	Lecture	Foundational	Available Now
Wearables at a Glance Dispositivos portátiles de un vistazo	Desde rastreadores de actividad física hasta gafas inteligentes, ¡la tecnología portátil llegó para quedarse! Si usted es un entusiasta de la tecnología o un novato en tecnología, hay algo para todos. Venga a esta presentación para conocer los beneficios para la salud, el bienestar y la seguridad personal de la tecnología portátil.	¡Aprenda sobre la tecnología que puede llevar en su cuerpo y lo que puede hacer por usted!	Spanish	Lecture	Health & Wellness	Available Now
YouTube	Puede ser que usted asocie Youtube con videos graciosos de gatos, pero es mucho más que eso. Cada día personas alrededor del mundo ven más de 1 billón de horas de videos, incluyendo películas clásicas, videos de cómo hacer cosas, clips de noticias y más. Esta presentación le dará un resumen de todo el contenido gratis disponible en YouTube y le enseñará cómo navegar el sitio con facilidad. Usted también obtendrá consejos para ver y compartir videos de otras personas y aprender a descargar su propio video.	YouTube le permite ver y compartir videos gratuitos de diferentes temas. Le mostraremos cómo empezar la búsqueda para disfrutar de ellos.	Spanish	Lecture	Creative Expression	Available Now





Spanish Workshops

Our series of interactive workshops are designed to give participants the chance to practice using a website or app. Although they can be scheduled on their own, many workshops cover material that has already been introduced in a lecture. Workshops are led by a trainer and offer hands-on activities. To participate in workshops, participants should be comfortable navigating the Internet.

- **Program Duration:** 75-90 minutes
- **Capacity:** 8-10 max
- **Participant Prerequisites:** None; workshops related to Google, Gmail, P2P Services and Zoom may require participants to have a smartphone, email address and/or Zoom account. See workshop description for more details.
- **Trainer Prerequisites:** None
- **Tech Required:** Classroom set of your choosing or available.
- **Participant Tech Required:** All participants should use classroom set of devices provided by partner for this hands-on program. If bringing their own smartphone is required, it will be noted in the description.
- **Trainer Materials:** Trainer guide, slide presentation
- **Participant Materials:** Handout (provided by Senior Planet, printed by partner)
- **Possible Lecture Pairings:** [Click here](#)

Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Connecting to the Internet Cómo conectarse al internet	¿No esté siempre seguro de si sus dispositivos activados por internet están conectados a internet? En este taller práctico, vamos a revisar cómo verificar la conexión de WiFi en su PC, o en su teléfono inteligente de iPhone o Android. También vamos a cubrir cómo usar un punto de acceso (hotspot en inglés) desde su teléfono inteligente y las mejores prácticas para proteger su contraseña y conectarse a WiFi público.	Con este taller, le demostraremos el proceso de conectarse al internet y cómo verificar que ya esté conectado.	Spanish	Workshop	Foundational	Available Now
Exploring and Downloading Apps on an iPhone Explorar y descargar aplicaciones en un iPhone	Durante este taller, aprenderá cómo buscar y descargar aplicaciones (apps) en su iPhone. Exploraremos la App Store de Apple y cubriremos algunas consideraciones útiles para elegir apps. También aprenderá cómo desinstalar apps y cómo ajustar algunas configuraciones importantes de ellas. Requisitos previos: Los participantes deberán traer su iPhone a clase. Tenga en cuenta que este taller se centra en la descarga de apps en su iPhone y no cubrirá todas las cuestiones sobre iPhones.	¡Hay una aplicación para eso! Venga y aprenda cómo buscar y descargar apps en su iPhone.	Spanish	Workshop	Foundational	Available Now
Exploring and Downloading Apps on Your Android Phone	Durante este taller, aprenderá cómo buscar y descargar aplicaciones (apps) en su teléfono inteligente Android. Exploraremos la Play Store de Google y cubriremos algunas consideraciones útiles para elegir apps. También aprenderá cómo desinstalar apps y cómo ajustar algunas configuraciones importantes de ellas. Requisitos previos: Los participantes deberán traer su smartphone Android a clase. Tenga en cuenta que este taller se centra en la descarga de apps en su teléfono y no cubrirá todas las cuestiones sobre los Android.	¡Hay una aplicación para eso! Venga y aprenda cómo buscar y descargar apps en su teléfono Android.	Spanish	Workshop	Foundational	Available Now
Exploring Online Health Resources Explorando recursos de salud en línea	¿Sabía que buscar en un sitio de confianza como MedlinePlus sobre temas médicos y relacionados con la salud da mejores resultados que usar Google? Durante este taller práctico, aprenderá a usar medlineplus.gov. Buscará en el sitio y explorará sus muchas secciones para leer sobre medicamentos, ver videos y acceder a herramientas.	Explore los recursos en línea para aprender más sobre la salud.	Spanish	Workshop	Health & Wellness	Available Now
Exploring RX Drug Resources Online Explorando recursos en línea para medicamentos recetados	¡El internet ofrece muchos recursos de medicamentos recetados, si sabe dónde buscar! Durante este taller práctico, aprenderá a encontrar información confiable sobre medicamentos en MedlinePlus. También utilizará sitios web para comparar precios en diferentes farmacias y buscar cupones con descuentos.	Explore los recursos en línea para aprender más sobre los medicamentos recetados	Spanish	Workshop	Health & Wellness	Available Now
Finding Information Online Buscar información en línea	El internet es un recurso increíble, pero para encontrar lo que quiere buscar puede ser desalentador o tomar demasiado tiempo. Es por eso que encontrar lo que quiere buscar en línea es una habilidad tan importante. Vamos a repasar los consejos importantes en este taller práctico de cómo usar términos de búsqueda efectivos, cómo evaluar los resultados de búsqueda, y cómo encontrar información precisa en un sitio confiable.		Spanish	Workshop	Foundational	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Free Streaming with Vix Transmisión en vivo con Vix	Vix es una aplicación popular y servicio gratuito de transmisión en línea que ofrece películas, programas de televisión, deportes y noticias, todo en español. Durante este taller práctico, aprenderá cómo explorar todos los programas que Vix ofrece. También aprenderá cómo registrarse para obtener una cuenta gratuita.	¡Aprenda cómo transmitir sus películas, telenovelas, y programas favoritos!	Spanish	Workshop	Creative Expression	Available Now
Getting Started with Canva Cómo empezar con Canva	¿Le interesa saber cómo usar Canva para crear proyectos nuevos de diseño gráfico? Este taller práctico le guiará por el proceso de registro y le enseñará las funciones básicas de esta plataforma popular de diseño. ¡Explore plantillas para negocios o tarjetas de saludo, volantes y carteles, o comience con un lienzo en blanca y deje que corra libremente su creatividad!	Si quiere aprender a usar una herramienta de diseño gráfico gratuita y muy fácil de usar, ¡venga a esta sesión!	Spanish	Workshop	Creative Expression	Available Now
Getting Started with DuoLingo Cómo empezar con DuoLingo	DuoLingo es una forma divertida y gratuita de aprender un nuevo idioma. En este taller práctico, aprenderá cómo funciona DuoLingo y explorará las funciones de la aplicación por sí mismo. También descargará la aplicación en su teléfono y creará un perfil. ¡Podrá comenzar a aprender un nuevo idioma cuando finalice el taller!		Spanish	Workshop	Creative Expression	Available Now
Getting Started with Facebook Cómo empezar con Facebook	Durante este taller práctico, se registrará en Facebook y comenzará a crear su perfil. También aprenderá cómo encontrar amigos y recibirá una breve introducción a las configuraciones de privacidad de Facebook. Si está listo para unirse a Facebook, ¡entonces este taller es para usted!"	¿Listo para unirse a Facebook? ¡Venga a este taller para registrarse!	Spanish	Workshop	Social Engagement	Available Now
Getting Started with Instagram Cómo empezar con Instagram	Instagram se destaca entre las otras plataformas de redes sociales por su énfasis en imágenes. Los usuarios de Instagram pueden seguir amistades, familiares, y figuras públicas, y compartir fotos y videos con ellos. En este taller práctico, usted va a establecer su propia cuenta y aprender sobre las funciones importantes de Instagram.	¡Cree una cuenta de Instagram con nosotros! Le daremos instrucciones de paso a paso.	Spanish	Workshop	Creative Expression	Available Now
Getting Started with PayPal Cómo empezar con Paypal	En este taller práctico, usted registrará para una cuenta de PayPal y aprenderá a vincular su tarjeta de crédito o cuenta bancaria a su cuenta de PayPal. También haremos un repaso de las medidas de seguridad que PayPal usa para proteger sus pagos en línea. Por favor tómese en cuenta que para poder crear una cuenta con PayPal, el sitio web (de PayPal) le preguntará por su nombre, número de teléfono móvil, dirección de su correo electrónico, y dirección de su domicilio.	Aprenda cómo usar Paypal de paso a paso.	Spanish	Workshop	Financial Security	Available Now
Getting Started with WhatsApp on an iPhone Cómo empezar con WhatsApp en un iPhone	En este taller práctico, aprenderá a descargar WhatsApp, una aplicación de mensajería muy popular. Practicará el envío de mensajes y fotos a sus contactos. También aprenderá a realizar una llamada de voz o una videollamada. Por favor para participar en este taller, traiga su propio iPhone.		Spanish	Workshop	Social Engagement	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Getting Started with WhatsApp on Android Cómo empezar con WhatsApp en un Android	En este taller práctico, aprenderá a descargar WhatsApp, una aplicación de mensajería muy popular. Practicará el envío de mensajes y fotos a sus contactos. También aprenderá a realizar una llamada de voz o una videollamada. Por favor para participar en este taller, traiga su propio teléfono Android.		Spanish	Workshop	Social Engagement	Available Now
Getting Started with Zoom Cómo empezar con Zoom	¿Listo para ser anfitrión de sus propias reuniones de Zoom? Venga a este taller práctico para registrarse para una cuenta gratuita básica de Zoom. Usted también aprenderá cómo programar una reunión y compartir los detalles con personas que quiere invitar. Este taller le enseñará los pasos de cómo usar Zoom en un navegador web. Tenga en cuenta que necesita una dirección de correo electrónico para crear una cuenta en Zoom.	Si quiere un ensayo de cómo comenzar su primera reunión de Zoom como anfitrión, este taller es para usted.	Spanish	Workshop	Social Engagement	Available Now
Getting to Know Your Android Smartphone Familiarizarse con su teléfono inteligente Android	En este taller, exploraremos algunas de las funciones comunes de los teléfonos inteligentes Android. Aprenderá a interactuar con la pantalla táctil, a acceder a controles importantes y a buscar ajustes específicos. También compartiremos algunos consejos y prácticas recomendadas para la seguridad y el mantenimiento de su dispositivo. Por favor, traiga su propio teléfono Android a clase. Tenga en cuenta que los dispositivos Android varían según el modelo. Este taller se centra en algunas características que la mayoría de los teléfonos Android tienen y no cubrirá todas las preguntas sobre Android.	¡No deje que la configuración de su teléfono Android le confunda! Aprenda lo básico en este taller.	Spanish	Workshop	Foundational	Available Now
Getting to Know Your iPhone Familiarizarse con su iPhone	En este taller, exploraremos algunas de las funciones comunes de los iPhones. Aprenderá a interactuar con la pantalla táctil, a acceder a controles importantes y a buscar ajustes específicos. También compartiremos algunos consejos y prácticas recomendadas para la seguridad y el mantenimiento de su iPhone. Por favor, traiga su propio iPhone a clase. Tenga en cuenta que este taller se centra en algunas funciones específicas del iPhone y no cubrirá todas las preguntas sobre el mismo.	¡No deje que la configuración de su iPhone le confunda! Aprenda lo básico en este taller.	Spanish	Workshop	Foundational	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Gmail Tips & Tricks Consejos y trucos de Gmail	¡Consiga hacer algo más que enviar y recibir con este taller práctico sobre las funciones de Gmail! Este taller cubrirá funciones importantes como la corrección ortográfica, el formato de correos electrónicos, la búsqueda en la bandeja de entrada, añadir una firma y adjuntar archivos. La sesión combinará demostración y práctica, por lo que tendrá muchas oportunidades de formular preguntas y probar estas funciones. Tenga en cuenta que esta sesión no abordará cómo registrarse para obtener una dirección de Gmail. Requisitos previos: Debe tener una dirección de Gmail y sentirse cómodo enviando y recibiendo correos electrónicos. Recuerde su nombre de usuario y contraseña de Gmail y prepárese para iniciar sesión durante el taller.		Spanish	Workshop	Foundational	Available Now
Google Photos Google Fotos	Google Fotos es una de las plataformas más populares para compartir fotos y para almacenamiento en la nube. Usted explorará algunas de las funciones básicas de la aplicación de Google Fotos en este taller práctico. También le ayudaremos a seguir los pasos de cómo hacer un respaldo de sus fotos en su teléfono inteligente o dispositivo móvil usando Google Fotos, y cómo crear un álbum y compartirlo.	Si su dispositivo ya no tiene más espacio para guardar fotos o quiere cambiar su dispositivo y tener una manera de respaldar sus fotos para abrirlas en su nuevo dispositivo, únase a nosotros en este taller!	Spanish	Workshop	Creative Expression	Available Now
Hosting a Zoom Meeting Cómo ser un anfitrión de una reunión de Zoom	¿Le interesa saber más sobre las funciones de una reunión de Zoom? En este taller práctico, discutiremos los controles más usados en Zoom. Repasaremos cómo activar y desactivar el micrófono de participantes, cómo pedir a los participantes que enciendan sus videos, cómo renombrar participantes, cómo transferir archivos, y cómo compartir su pantalla. Ya sea que haya sido anfitrión de reuniones de Zoom antes o sea totalmente nuevo en eso, ¡venga a practicar para desarrollar confianza y habilidades!	Tal vez ya sabe cómo empezar su propia reunión de Zoom; ¿pero ya conoce de todas las funciones que pueda usar cómo anfitrión? Le daremos más práctica aquí en este taller.	Spanish	Workshop	Social Engagement	Available Now
Managing Privacy Settings on an iPhone Gestionar la configuración de privacidad en un iPhone	Con tanto por explorar en línea, es importante tener en cuenta algunas precauciones básicas para proteger la privacidad de sus actividades en línea. En este taller, aprenderemos sobre las funciones de privacidad integradas en la aplicación Safari, así como otras configuraciones de privacidad del iPhone. Exploraremos el modo privado de Safari y veremos cómo administrar los permisos y el seguimiento de las aplicaciones en un iPhone. Los participantes deben traer su iPhone a clase. Tenga en cuenta que este taller se centra en funciones de privacidad específicas y no cubrirá todas las preguntas sobre iPhones.	¡Navegue con tranquilidad! Aprenda a usar el modo privado de Safari y ajustar los permisos de las apps en su iPhone.	Spanish	Workshop	Foundational	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Managing Privacy Settings on Your Android Gestionar los ajustes de privacidad en un Android	Con tanto por explorar en línea, es importante tener en cuenta algunas precauciones básicas para proteger la privacidad de sus actividades en línea. En este taller, aprenderemos sobre las funciones de privacidad integradas en la aplicación Chrome, así como otras configuraciones de privacidad del teléfono Android. Exploraremos el modo incógnito y veremos cómo administrar los permisos y el seguimiento de las aplicaciones en un Android. Los participantes deben traer su dispositivo Android a clase. Tenga en cuenta que este taller se centra en funciones de privacidad específicas y no cubrirá todas las preguntas sobre los Android.	¡Navegue con tranquilidad! Aprenda a usar el modo incógnito de Chrome y ajustar los permisos de las apps en su Android.	Spanish	Workshop	Foundational	Available Now
Sharing Photos with an Android Smartphone Compartir fotos con un teléfono inteligente Android	En este taller práctico, practicarás varias maneras de compartir fotos con un teléfono inteligente Android. Aprenda a compartir fotos por SMS y correo electrónico directamente desde su teléfono. También le explicaremos cómo compartir fotos en redes sociales como Facebook y X. Requisitos: Para participar en este taller, debe traer su propio teléfono Android. El material del taller incluye instrucciones paso a paso.		Spanish	Workshop	Creative Expression	Available Now
Sharing Photos with an iPhone Compartir fotos con un iPhone	En este taller práctico, practicará varias maneras de compartir fotos con un iPhone. Aprenda a compartir fotos por mensajes de texto y correo electrónico directamente desde su teléfono. También se explicará cómo compartir fotos en redes sociales como Facebook y X. Requisitos: Para participar en este taller, debe traer su propio iPhone. El material del taller incluye instrucciones paso a paso.		Spanish	Workshop	Creative Expression	Available Now
Sharing Photos with an iPhone Compartir fotos con un iPhone	En este taller práctico, practicará varias maneras de compartir fotos con un iPhone. Aprenda a compartir fotos por mensajes de texto y correo electrónico directamente desde su teléfono. También se explicará cómo compartir fotos en redes sociales como Facebook y X. Requisitos: Para participar en este taller, debe traer su propio iPhone. El material del taller incluye instrucciones paso a paso.		Spanish	Workshop	Creative Expression	Available Now
Shopping on Amazon Hacer compras en Amazon	Este taller práctico le proveerá una introducción general de cómo hacer compras en el sitio de web popular Amazon.com. Usted también aprenderá cómo encontrar productos, comparar precios, y evaluar reseñas de productos. Usted también aprenderá sobre las opciones de envío de Amazon, y también sobre la aplicación para su teléfono inteligente y/o tableta.	Aprenda a comprar en Amazon con confianza.	Spanish	Workshop	Financial Security	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Staying Safe Online Cómo mantenerse segura en línea	Este taller práctico repasa consejos importantes para mantener segura su información personal mientras disfruta de los beneficios del Internet. Aprenda a reconocer correos electrónicos sospechosos y qué hacer cuando se enfrenta a las estafas en línea.	Aprenda cómo navegar el internet con seguridad en este taller práctico.	Spanish	Workshop	Foundational	Available Now
Using Fact-Checking Sites Cómo usar sitios de verificación de hechos	Este taller interactivo revisará maneras de identificar desinformación en línea. Usted obtendrá práctica usando sitios de verificación de hechos para evaluar y desacreditar noticias falsas.	¿Le preocupan las noticias falsas? Aprenda cómo detectarlas y parar su proliferación.	Spanish	Workshop	Civic Participation	Available Now
Using Google Drive Cómo usar Google Drive	Si tiene una dirección de Gmail, ¡tiene acceso al almacenamiento gratuito en la nube a través de Google Drive! Con este servicio de almacenamiento en la nube, podrá almacenar muchos tipos de archivos y acceder a ellos desde cualquier dispositivo con conexión a internet. En este taller práctico, creará y subirá carpetas en Drive y organizará sus archivos dentro de carpetas. También repasaremos cómo compartir carpetas con otras personas. Requisitos previos: Debe tener una dirección de Gmail y sentirse cómodo navegando por internet. Recuerde su nombre de usuario y contraseña de Gmail y prepárese para iniciar sesión durante el taller.		Spanish	Workshop	Foundational	Available Now
Using the Google Gemini App Cómo usar la app Gemini de Google	En este taller, practicaremos con Google Gemini usando la app móvil. Repasaremos consejos para escribir preguntas o indicaciones eficaces, así como diferentes casos prácticos, desde la redacción de correos electrónicos hasta la planificación de viajes. También practicaremos el uso de las funciones de voz de la app, incluyendo Gemini Live. Finalmente, exploraremos la configuración de privacidad y hablaremos de las mejores prácticas para garantizar que pueda usar la app de manera segura.		Spanish	Workshop	Foundational	Available Now
Watching Videos on YouTube (Web Browser) Cómo ver videos en YouTube (navegador)	Durante este taller práctico, exploraremos YouTube, el popular sitio para compartir videos. ¡Aprenderá cómo buscar videos que le gustan, usar los controles de video, suscribirse a canales y más! También cubriremos algunas configuraciones importantes de su cuenta.	Aprenda cómo usar YouTube.	Spanish	Workshop	Creative Expression	Available Now





Spanish Courses

Senior Planet courses provide a deeper learning and social experience for participants. Unlike lectures and workshops, courses are multi-week commitments and participants are registering for the entire series. Class sessions involve a combination of discussion of new topics and hands-on, practical application of technology skills. OATS provides a detailed, printed course book for each participant to keep after the end of the course.

- **Program Duration:** Courses meet twice a week for either 5 or 10 weeks; each session lasts 75 minutes.
- **Capacity:** 10-12 max for tablet-based courses; 14 max for all others
- **Participant Prerequisites:** Some courses require an email address, comfort navigating the internet and/or completion of a Senior Planet Basics or Essentials course. See course description for more details.
- **Trainer Prerequisites:** None; Beyond the Basics and Money Matters require that the trainer has taken the Senior Planet U training and has taught at least one other course.
- **Tech Required:** See course description; If not specified, courses can be held on Windows PCs, Chromebooks, iPads, or Android Tablets.
- **Participant Tech Required:** All participants should use classroom set of devices provided by partner for this hands-on program.
- **Trainer Materials:** Syllabus, coursebook (PDF and printed)
- **Participant Materials:** Coursebook (printed and shipped to partner by Senior Planet)

Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Android Essentials Conceptos esenciales de Android	Este curso de 5 semanas repasará los conceptos esenciales de cómo usar una tableta Android, cómo navegar por Internet y cómo enviar y recibir correos electrónicos. Al final del curso, tendrá una base para usar una tableta Android e internet para enriquecer su vida. Le recomendamos que después de Android Essentials, tome el curso Recursos digitales para la vida diaria porque le ofrecerá práctica adicional. Requisitos previos: una dirección de Gmail. Para obtener ayuda para registrarse en Gmail, llame a la línea directa de Senior Planet: 888-713-3495. Este curso es más adecuado para personas que han tenido alguna experiencia usando internet en cualquier dispositivo.		Spanish	5-week Course	Foundational	Available Now
Beyond the Basics - App-Based Conceptos avanzados (aplicaciones)	Este curso de 10 semanas basado en aplicaciones amplía los conceptos y las habilidades que se enseñan en los cursos de fundamentos y esenciales y explora el internet y las aplicaciones como recursos cotidianos. Aprenderá cómo estas herramientas pueden ayudarlo a realizar tareas cotidianas, mantenerse organizado, encontrar entretenimiento y ser creativo. Mejorará sus habilidades de investigación; explorará más funciones de la aplicación Gmail; usará Google Drive y Documentos; hará listas de reproducción en YouTube; ¡y más! Este curso es una buena oportunidad para expandir su conocimiento del internet y aprovechar al máximo la tecnología. Requisitos previos: tener una dirección de correo electrónico que use y sentirse cómodo descargando aplicaciones y navegando por internet. Para aprovechar al máximo este curso, también debe estar dispuesto a abrir una cuenta de Gmail si aún no tiene una.		Spanish	10-week Course	Foundational	Available Now
Beyond the Basics - Browser-Based Conceptos avanzados	Este curso de 10 semanas está basado en PC y le ayudará a ampliar los conceptos y las habilidades que se enseñaron en Fundamentos de la computadora y explorará el internet como un recurso cotidiano. Mejorará sus habilidades de investigación; explorará más funciones de correo electrónico; usará Google Drive, Fotos y Docs; y verá cómo mantenerse seguro en el internet. ¡También aprenderá cómo el internet puede ser una gran fuente de entretenimiento, información de salud y mucho más! Este curso es una buena oportunidad para ampliar su capacidad de usar computadoras para mejorar y enriquecer su vida diaria. Prerrequisitos: Tener una dirección de correo electrónico que utilice y sentirse cómodo navegando el internet. Para aprovecharse al máximo, también debe estar dispuesto a abrir una cuenta de Gmail si aún no tiene una en el curso.		Spanish	10-week Course	Foundational	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Chrome Basics for Older Adults Fundamentos de Chrome	Durante este curso de 10 semanas, aprenderá los básicos de cómo utilizar un Chromebook, una computadora portátil excelente para principiantes que solamente quieren usar el internet sin muchas complicaciones. Los Chromebooks son rápidos, seguros, económicos y usan el sistema de operación de Google Chrome. Cuando termine el curso, entenderá cómo navegar el internet en maneras que enriquecerán su vida. Sabrá cómo usar correo electrónico, buscar información en internet, acceder fuentes de entretenimiento, y crear conexiones con personas, organizaciones, e intereses importantes para usted. Prerrequisitos: Ninguno. Este curso está diseñado para personas que nunca han utilizado una computadora o tienen poca experiencia y quieren una introducción sólida.		Spanish	10-week Course	Foundational	Available Now
Chrome Essentials Conceptos esenciales de Chrome	Este curso de 5 semanas repasará los conceptos esenciales de cómo usar un Chromebook, que es un tipo de computadora portátil ideal para principiantes quienes solo quieren usar el internet. Las computadoras portátiles Chromebook son computadoras rápidas, seguras y bajos en costos que ejecutan el sistema operativo de Google Chrome. Al final del curso, tendrá una base para usar el dispositivo para navegar el internet. También aprenderá a enviar y recibir correos electrónicos. Le recomendamos que después de Conceptos esenciales de Chrome, tome el curso Recursos digitales para la vida diaria porque le ofrecerá práctica adicional. Requisitos previos: una dirección de Gmail. Para obtener ayuda para registrarse en Gmail, llame a la línea directa de Senior Planet: 888-713-3495. Este curso es más adecuado para personas que han tenido alguna experiencia usando internet en cualquier dispositivo.	Aprenda como usar un Chromebook para correo electrónico, búsqueda en el web, y más para que pueda mantenerse conectado en línea.	Spanish	5-week Course	Foundational	Available Now
Computer Basics for Older Adults Fundamentos de las computadoras para adultos mayores	Durante este curso de 10 semanas basado en computadoras personales de PC, aprenderá los básicos de cómo operar una computadora y navegar el internet en maneras que podrán enriquecer su vida. Durante el curso, aprenderá cómo usar correo electrónico, buscar información por el internet, acceder fuentes de entretenimiento, y crear conexiones con personas, organizaciones, e intereses que son importantes para usted. Prerrequisitos: Ninguno. Este curso está diseñado para personas que nunca han utilizado una computadora o tienen poca experiencia y quieren una introducción sólida.		Spanish	10-week Course	Foundational	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Computer Essentials Conceptos esenciales de la computadora	Este curso de 5 semanas repasará los conceptos esenciales de cómo usar una computadora personal, cómo navegar el internet y cómo usar el correo electrónico. Al final del curso, tendrá una base para usar la computadora y el internet para enriquecer su vida. Recomendamos que después de este curso, se inscriba al curso Recursos digitales para la vida diaria, que le brindará más práctica. Requisitos previos: una dirección de Gmail. Para obtener ayuda para registrarse en Gmail, llame a la línea directa de Senior Planet: 888-713-3495. Este curso es más adecuado para personas que han tenido alguna experiencia usando internet en cualquier dispositivo.	Aprenda como usar un PC para correo electrónico, búsqueda en el web, y más para que pueda mantenerse conectado en línea.	Spanish	5-week Course	Foundational	Available Now
iPad Basics Fundamentos del iPad para adultos mayores	En este curso de 10 semanas, aprenderá los conceptos básicos sobre cómo operar el iPad de Apple y navegar por internet de maneras que pueden enriquecer su vida. Durante el curso, aprenderá a tomar fotos, usar el correo electrónico, buscar información en internet, descargar aplicaciones y conectarse con otras personas, organizaciones y temas que le interesan. Requisitos previos: ninguno. Este curso está diseñado para personas que nunca han usado un iPad o tienen muy poca experiencia y quieren una introducción sólida.		Spanish	10-week Course	Foundational	Available Now
iPad Essentials Conceptos esenciales de iPad	Este curso de 5 semanas repasará los conceptos esenciales de cómo usar un iPad, cómo navegar el internet y cómo usar el correo electrónico. Al final del curso, tendrá una base para usar un iPad y el internet para enriquecer su vida. Recomendamos que después de este curso, se inscriba al curso Recursos digitales para la vida diaria, que le brindará más práctica. Requisitos previos: una dirección de Gmail. Para obtener ayuda para registrarse en Gmail, llame a la línea directa de Senior Planet: 888-713-3495. Este curso es más adecuado para personas que han tenido alguna experiencia usando internet en cualquier dispositivo.	Aprenda cómo usar un iPad para correo electrónico, búsqueda en el web, y para descargar aplicaciones a su dispositivo para que pueda mantenerse conectado en línea.	Spanish	5-week Course	Foundational	Available Now
Money Matters El dinero importa	En este curso de 10 semanas, aprenderá sobre hábitos financieros inteligentes, recursos en línea para encontrar beneficios y maneras de ahorrar dinero en línea. ¡Este curso es mucho más que hacer un presupuesto! Al finalizar este curso, también sabrá cómo comprar en línea para encontrar las mejores ofertas, buscar vuelos y hoteles en internet, acceder a películas y música y obtener ingresos adicionales. Requisitos previos: Debe tener una dirección de correo electrónico que use. También debe sentirse cómodo navegando por sitios web y buscando información en internet.		Spanish	10-week Course	Financial Security	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Tech Resources for Everyday Life Recursos digitales para la vida diaria	Las herramientas digitales se han vuelto muy importantes, e incluso necesarias, en nuestra vida diaria. Al finalizar este curso de 5 semanas, podrá usar diversos recursos para simplificarle la vida, desde gestionar las tareas cotidianas hasta comunicarse con los demás. Usará el internet para explorar sus intereses y conectar con otros. También aprenderá las mejores prácticas para mantenerse seguro en el mundo digital y administrar su configuración de privacidad y seguridad en el navegador Chrome. Requisitos: Debe haber tomado un curso básico o esencial para su dispositivo o estar lo suficientemente familiarizado con él como para usarlo de forma independiente en clase. También debe tener una dirección de correo electrónico.		Spanish	5-week Course	Foundational	Available Now





Spanish Program Series

Program series offers introductions and hands-on practice to a variety of topics that are thematically related. They combine our one-off lectures with hands-on workshops to give participants a chance to practice specific skills. Program series range in length from 2-10 sessions depending on the topic. Participants should register for the entire series, as they would a course, and all sessions should be scheduled for 75 minutes for continuity. Participants receive handouts for each session. Series are capped at 12-14 participants.

- **Program Duration:** 75 minutes
- **Capacity:** 12-14 max
- **Participant Prerequisites:** None; some workshops may require participants to have a smartphone, email address and/or an account with related social media or communication platforms. See program series descriptions for more details.
- **Trainer Prerequisites:** None
- **Tech Required:** Presentation tools - Large screen TV or Projector and screen
- **Participant Tech Required:** Classroom set of your choosing or available.
- **Trainer Materials:** Trainer guide, slide presentation
- **Participant Materials:** Handouts

Program Title	Description	Teaser	Program Type	Impact Area	Language	Release Date
Exploring AI Series Explorando la IA **Program Series Description**	No hay duda de que la inteligencia artificial (IA) es un tema popular, ¡y con razón! La tecnología de IA se está desarrollando rápidamente y tiene un impacto cada vez mayor en nuestras vidas. Esta serie explicará las herramientas de IA que han sido parte de la vida cotidiana durante un tiempo y también explorará aplicaciones nuevas de la tecnología. Veremos formas en que podemos utilizar herramientas de IA para ayudar con una variedad de tareas, desde escribir correos electrónicos hasta crear imágenes artísticas. También aprenderá consejos para identificar contenido generado por IA, mejores prácticas para usar la IA y cómo mantenerse seguro.	¡Venga a aprender sobre la inteligencia artificial y las formas en que puede aprovechar esta nueva y emocionante tecnología!	Program Series	Foundational	Spanish	Available Now
Fitness Technologies Lecture Series **Program Series Description** Tecnologías de fitness	¿Tiene curiosidad por saber cómo la tecnología puede impulsar o mejorar su rutina de ejercicios? Esta serie de presentaciones le mostrará cómo las aplicaciones y los dispositivos pueden ayudarlo a encaminar su rutina de bienestar o llevarla al siguiente nivel. Unase a nosotros en 5 sesiones semanales, donde exploraremos diferentes aplicaciones y herramientas en línea cada semana. Elija cinco presentaciones: Aplicaciones móviles de salud, Aplicaciones de fitness, Dispositivos portátiles, Recursos en línea para la salud, Salud y tecnología de un vistazo, Aplicaciones para la atención plena		Program Series	Health & Wellness	Spanish	Available Now
Getting Creative with Canva Sea creativa con Canva **Program Series Description**	Esta serie interactiva de semanas múltiples le introducirá a Canva, una plataforma popular de diseño. Primero, veremos las varias plataformas de diseño disponibles. Luego, cubriremos los básicos de Canva y aprenderemos sobre las funciones populares de Canva que le permite diseñar casi todo- desde tarjetas de saludo hasta volantes. Con la ayuda de su entrenador y compañeros, ¡usted usará estas funciones para crear un proyecto con Canva! La serie incluye: - Herramientas de diseño gráfico (presentación) - Cómo empezar con Canva (taller) - 2 sesiones de práctica adicional donde participantes pueden ayudarse en sí para traer vida a sus diseños, con entrenadores ofreciendo ayuda adicional		Program Series	Creative Expression	Spanish	Available Now



Program Title	Description	Teaser	Program Type	Impact Area	Language	Release Date
Hosting on Zoom Cómo ser anfitrión en Zoom **Program Series Description**	¿Siempre un participante de Zoom, pero nunca un anfitrión? ¡Regístrese para esta serie de cuatro sesiones para cambiar eso! Después de una presentación de introducción, usted registrará para una cuenta de Zoom, establecerá su primera reunión, y aprenderá sobre los controles más usados durante dos sesiones de práctica. La sesión final de esta serie es dedicada a práctica adicional y preguntas, para que pueda empezar a ser anfitrión de Zoom con confianza. Los talleres en esta serie le guiarán en los pasos de cómo usar Zoom en su navegador de web. La serie incluye: - Introducción a ser anfitrión en Zoom (presentación) - Cómo empezar con Zoom (taller) - Cómo ser anfitrión de una reunión de Zoom (taller) - Sesión adicional para más práctica y preguntas Requisitos previos: una dirección de correo electrónico. Para registrarse en Zoom, debe tener un correo electrónico que use. Para obtener ayuda para crear una dirección de correo electrónico, llame a la línea directa de Senior Planet: 888-713-3495. Esta serie es más adecuada para personas que han asistido a reuniones en Zoom como participantes y que se sienten cómodas usando internet para realizar búsquedas básicas.	En esta serie de presentaciones y talleres, le enseñaremos cómo comenzar a usar Zoom cómo anfitrión. No importa si quiere usar Zoom como videollamada, para enseñar una clase, organizar un evento, o solamente para hacer una prueba técnica de la conexión de su micrófono y parlante, estas sesiones serán muy beneficiosas para usted.	Program Series	Social Engagement	Spanish	Available Now
Online Basics Lo básico de estar en línea	¿Nuevo al mundo virtual? ¡Usted puede contar con nosotros! Esta serie de presentaciones y talleres de semanas múltiples le proveerá información y los requisitos básicos que necesitará para empezar virtualmente. Cubriremos qué dispositivo debe escoger y cómo asegurarse que esté conectado al internet, consejos para proteger su información personal, ¡y mucho más! Esta serie se reúne dos veces a la semana por cinco semanas consecutivas. Requisitos previos: Esta serie es más adecuada para personas que han tenido alguna experiencia usando internet en cualquier dispositivo.	En esta serie de presentaciones y talleres, veremos las consideraciones básicas de estar en línea, desde la compra de un dispositivo a cómo conectar al internet en su casa. Repasaremos los recursos que podemos usar en línea, como hacer compras y buscar información.	Program Series	Foundational	Spanish	Available Now
Tech Tips for Saving Money Cómo ahorrar dinero con la tecnología	¿Tiene curiosidad acerca de cómo la tecnología puede ahorrarle dinero? Regístrese para esta serie que se reúne dos veces por semana durante cinco semanas. Explorará consejos para ahorrar dinero en compras diarias, entretenimiento, medicamentos recetados y más. Las presentaciones y talleres prácticos también cubrirán consejos importantes para comprar en línea y mantener segura su información personal. Requisitos previos: los participantes deben sentirse cómodos navegando por internet y tener una dirección de correo electrónico que utilicen.		Program Series	Financial Security	Spanish	Available Now







Chinese Lectures

One-off lectures introduce popular tech topics and themes in a clear and concise manner. Individual lectures aim to explain the general purpose of a device or concept, its usefulness and important tips and tricks. Lectures do not offer hands-on exposure to the presented topic, but many of them can be scheduled in conjunction with a related interactive workshop that offers hands-on experience with the website or online platform discussed in the lecture.

- **Program Duration:** 60-75 minutes
- **Capacity:** Based on training facility: Room capacity, Seating, COVID protocols in place
- **Participant Prerequisites:** None
- **Trainer Prerequisites:** None
- **Tech Required:** Presentation tools - Large screen TV or Projector and screen
- **Participant Tech Required:** No
- **Trainer Materials:** Trainer guide, slide presentation
- **Participant Materials:** Handout (provided by Senior Planet, printed by partner)
- **Possible Workshop Pairings:** [Click here](#)

Program Title	Description	Teaser	Program Type	Language	Impact Area	Release Date
Affordable Home Internet 實惠家用網路	擁有家用互聯網可以幫助您省錢、找工作、與他人聯繫、簡化日常任務等等！本講座將介紹註冊家用互聯網服務時需要了解的基本信息。您也會知道何謂平價連線計劃 (ACP), 這是一項永久性的政府計劃，幫助符合條件的低收入家庭支付互聯網服務和連接設備的費用。在某些情況下，根據您的互聯網計劃，ACP 折扣甚至可能會幫助您獲得免費家用網路服務！	了解負擔得起的家用網路的選擇	Lecture	Chinese	Financial Security	Available Now
AI Image Generators AI 影像創作器	您是否曾在腦中想像出畫面，卻始終無法把腦中所想的東西畫出來？有一種 AI 工具能幫上忙！這次的課程會解釋人工智慧將如何在數秒內把您的文字轉化成寫實或奇幻風格的驚人影像。我們會使用 AI 影像創作器示範，並展示工具能產生的各種視覺與藝術風格。您也將瞭解要如何徹底發揮這種厲害新科技的潛力，接著就能開始使用了！	別再畫火柴人了，快用 AI 影像創作器，把您的想像化作現實圖片！	Lecture	Chinese	Creative Expression	Available Now
All Things Zoom 關於 Zoom 的一切	想知道為什麼 Zoom 近期已成為大家必用的視訊會議軟體嗎？在這堂講座裡，我們會複習如何使用 Zoom 與家人朋友聊天以及參加 Senior Planet 線上學習！您也會學到 Zoom 的主要特點，不論是用在蘋果、安卓或微軟視窗平台。我們也會提及視訊的安全措施以及如何在視訊時展現最好的樣貌。	了解如何使用 Zoom 與家人朋友聊天以及參與 Senior Planet 線上學習！	Lecture	Chinese	Social Engagement	Available Now
Anti-Virus & Malware Removal Programs At a Glance 防毒和惡意軟體移除程式概覽	您是否知道病毒只是其中一種會危害您電腦的惡意軟體？在這門講座中，我們將介紹不同類型的惡意軟體及其運作原理。我們還將介紹一些防毒軟體與惡意軟體移除程式，並介紹如何使用這些工具來預防及移除惡意軟體感染。參加這門講座，了解如何保護您的裝置安全！	擔心病毒和惡意軟體嗎？參加這門講座，了解如何保護您的裝置安全！	Lecture	Chinese	Foundational	Available Now
Cloud Storage 雲端儲存空間	在這堂講座裡，您會學到雲端儲存空間的基礎概要。它是一種以遠程方式存取檔案、圖片和其他多媒體資訊的電腦科技，讓您以更方便、更可靠和更安全的方式收藏重要資料。我們會一起討論雲端儲存空間是什麼、它為什麼是檔案收藏的未來趨勢、以及展示一些近期最普及的付費式雲端儲存空間服務。	來聆聽為什麼您會想要開始使用雲端儲存空間。	Lecture	Chinese	Foundational	Available Now
Everyday Uses of AI AI 的日常用途	大家都在談論 AI。參加本課程，加入我們的討論吧！本講座將告訴您已經出現在我們日常事務中的 AI 運用，以及 AI 如何被用到諸如語音助理、客戶服務和醫療保健等事項。我們會檢視 AI 在各業界領域的常見應用，並討論您能如何運用這種充滿影響力的科技。	大家都在談論 AI！參加本課程，看看 AI 在日常生活中扮演什麼角色。	Lecture	Chinese	Foundational	Available Now
Google Maps Google 地圖	在舒適的家中探索全球的景點、由俯瞰的觀點看到您小時候的鄰區或是指引您到朋友家的路徑！Google 地圖是專門顯示地圖的應用程式，讓您得到衛星影像、路況地圖和街景的360度全景。它也有規劃路線的功能，讓您選擇使用的交通工具如步行、開車或是搭乘大眾運輸。在這堂講座裡，您可以看到關於這個平台的簡介以及使用方法的示範教學。	來學習 Google 地圖如何融入您的日常生活。	Lecture	Chinese	Foundational	Available Now
Google Workspace 谷歌工作區	對 Google 的免費工具感到好奇嗎？來了解一些供個人使用以及與工作相關的 Google 最受歡迎的生產力工具。本講座將介紹文檔 (Docs)、試算表 (Sheets)、幻燈片 (Slides)、照片 (Photos) 和雲端硬碟 (Drive)。我們將探索一些實用和創造性的用途，並演示如何充分利用 Google 的許多免費模板。	不想為了軟體花錢嗎？來看看 Google 的免費工具有什麼功能吧。	Lecture	Chinese	Foundational	N/A
How to Choose a New Computer 如何選取一台新電腦	您在挑選一台新的電腦嗎？在這個諮詢演講我們會回答一些塞選新電腦的最常見問題：該從哪裡開始？那個品牌是有可靠性？您的預算該是多少？該有那些技術條件？我們也會包涵操作系統以及比對非傳統電腦（像是平板型電腦和 Chromebook）與傳統電腦迴。	對於新電腦的種種選擇感到困惑嗎？我們將協助您簡化，讓您能夠做出決策！	Lecture	Chinese	Foundational	Available Now
Intro to AI AI 人工智能簡介	對人工智慧感到好奇嗎？想進一步了解 ChatGPT 嗎？這門講座將介紹人工智慧的一些基本概念。我們將討論現今 A.I. 的運用方式、目前的侷限性，以及 A.I. 將如何塑造未來！	快來和 ChatGPT 聊天，了解 A.I.！	Lecture	Chinese	Foundational	Available Now

Program Title	Description	Teaser	Program Type	Language	Impact Area	Release Date
Intro to Booking Vacation Stays Online 線上預訂假期住宿介紹	您喜歡旅行，但在地時卻想念家的舒適嗎？借助各種度假租賃網站和應用程式，您幾乎可以在世界任何一個地方找到您理想的度假屋！此講座將為您介紹流行的度假租賃網站、它們的共同特點，以及如何找到優惠。此外，您將學到如何明智地選擇度假租屋，並在旅行期間保持安全。需要節省開支嗎？我們並討論租屋的替代方案，譬如在線上平台進行居家交換和守房等！	需要度假嗎？讓我們和您分享有關熱門的度假租賃網站和應用程式，以便預訂度假租屋。	Lecture	Chinese		Available Now
Intro to Chatting with AI 與 AI 聊天的介紹	很好奇要怎麼使用 ChatGPT 或 Gemini，但又不知從何開始嗎？在本次講座中，我們會探索使用生成式 AI 聊天程式的訣竅，讓您能指揮 AI 為您工作。您將學習如何給予具體、有效的問題或提示，以此獲得有用的回覆。不管您預計將 AI 用於工作、個人專案或純粹好玩，我們都會向您展示如何讓這項科技協助您完成各式各樣的任務。我們也會提及確保隱私和安全性的最佳作法，讓您能成為充滿自信的使用者。	學習如何完全發揮 ChatGPT 和其他 AI 軟體的功能。	Lecture	Chinese	Foundational	Available Now
Intro to Hosting on Zoom 介紹：擔任 Zoom 視訊會議主持人	考慮舉辦自己的 Zoom 會議？在這個介紹性的講座中，我們將討論如何準備第一次會議所需，以及一些成功舉辦會議的技巧。您還將了解主持人可用的特殊功能，包括 Zoom 確保會議安全的方式。	我們將討論如何準備首次會議，以及成功舉辦會議的技巧。	Lecture	Chinese	Social Engagement	Available Now
Intro to Managing Your Privacy 管理個人隱私簡介	您是否擔心自己的隱私遭到洩露？不確定是不是要接受網站的cookies？一起來學習隱私維護的小貼士吧！在這個入門講座中，我們將知道廣告是如何在網上將我們定位目標的，以及如何限制各種網站和應用程式的追蹤活動，如何通過在瀏覽器中進行設定和添加瀏覽器的插件來幫助我們更好的設置我們的個人信息的分享情況。我們還會討論密碼管理員的一些關鍵功能以及為什麼他們會是更好和更安全的選擇。	一起來學習互聯網隱私維護的小貼士吧！	Lecture	Chinese	Foundational	Available Now
Intro to Photo Editing Tools 圖工具介紹	度假照片太模糊了？有陌生人出現在照片背景中？快來深入瞭解修圖工具，並學習如何強化調整您的照片！您會在本講座中大致瞭解修圖工具的功用，還能知道一些易於上手的修圖應用程式。講座結束後，您就能用這些熱門的免費應用程式在「照片編輯界」出師了！	您會修圖嗎？快來發掘修圖工具的無限可能！	Lecture	Chinese	Creative Expression	Not Released
Intro to Sleep Technologies 助眠科技介紹	有睡眠的困擾嗎？如果科技可以助眠的話...？本講座將概述各種裝置和可穿戴技術，能幫您追蹤睡眠模式、監控失眠問題，甚至協助改善睡眠品質。您也會藉此瞭解到一些正念應用程式，帶您以冥想與其他方式培養健康的睡眠習慣。	學習有關能幫您睡得更安穩的裝置和應用程式。	Lecture	Chinese	Health & Wellness	
Intro to Smartphone Photography 智能手機攝影簡介	有興趣了解更多有關您的智能手機相機的信息嗎？參加本講座，探索您智能的相機以及一些功能，例如錄製影片、為圖片添加濾鏡以及使用相機的計時器！我們還將介紹一些基本的自拍技巧、選擇背景和使用最佳照明。本講座將涵蓋 Android (安卓手機) 和 iPhone(蘋果手機) 的資訊。	在手機上也可以照下專頁的圖片！如果您對您手機上的這個功能還不清楚的話，您可別錯過這堂講座喔！	Lecture	Chinese	Creative Expression	Available Now
Intro to Translation Tools 翻譯工具簡介	有了互聯網，全世界彷彿在您的指尖上。然而，當您探訪的網站內容是您不熟悉的語言時，該怎麼辦呢？答案是使用應用程式！本次講座將介紹幾種數位翻譯工具和應用程式，例如 Google 翻譯。您將了解可自動翻譯訪問的網站的工具、可即時翻譯對話的應用程式等等。我們還將討論這些工具的優缺點以及最適合用在何種情況。	借助數位翻譯工具，讓全世界觸手可及	Lecture	Chinese	Creative Expression	Available Now
IoT: Entertainment 物聯網：生活方式和娛樂	物聯網 (IoT) 改變了我們購物、看電視、玩電子遊戲甚至觀看體育賽事的方式！本講座將探討我們日常與物聯網交互的多種方式，並了解它如何徹底改變整個行業。		Lecture	Chinese	Creative Expression	Not Released



Program Title	Description	Teaser	Program Type	Language	Impact Area	Release Date
IoT: Healthcare 物聯網：醫療保健	對遠程醫療感興趣？快來了解醫療行業如何利用物聯網 (IoT) 技術遠程治療患者。我們將探索從智能助聽器到可攝取傳感器的尖端設備，以及流行的遠程醫療應用程序！		Lecture	Chinese	Health & Wellness	Available Now
IoT: Smart Homes 物聯網：智能家居	快來了解物聯網 (IoT) 技術如何改變世界各地的家庭！輕按智能手機即可控制燈光、溫度甚至家用電器。這些智能設備不僅僅是小工具，它們可以幫助您節省時間和金錢，甚至讓您更加安心。		Lecture	Chinese	Foundational	Available Now
IoT: Wearables 物聯網：可穿戴式設備	從健身追蹤器到智能眼鏡，可穿戴技術將繼續存在！無論您是技術愛好者還是技術新手，總有一款適合您。參加本次講座，了解可穿戴技術對健康、保健和人身安全的好處。		Lecture	Chinese	Health & Wellness	Available Now
iPhones iPhone (Apple 智能手機)	您如果好奇 iPhone 能做些什麼，以及它如此普及的原因，歡迎來聆聽這堂講座。您會學到最新款 iPhone 的特點，還有若是想買一台 iPhone 的話，該考慮哪些事項。請注意，這堂講座的目的是不是要教您如何使用 iPhone，如果您有那一方面的疑惑，可以請教我們的一對一的電腦科技的協助團隊。	來看看 iPhone 為什麼那麼受大家的歡迎。	Lecture	Chinese	Foundational	Available Now
Is that AI? 那是 AI 做的嗎？	隨著人工智慧科技不斷進步，AI 軟體如今能創作出無比真實的圖片及影片。一眼望去，可能會很難看出自己眼前的影像，是否由 AI 產生或編輯過。在本段的課程內容中，我們會介紹一些訣竅和工具，它們能協助您辨別影像是否由 AI 產生。我們會示範如何反向搜尋影像，讓您看見的網路影像在網路上流傳的蹤跡無所遁形。我們畢竟無法完全確定影像是否由 AI 產生，這時就需要這些工具幫您成為善用科技力量的網路使用者。	我們真的能「眼見為憑」嗎？來這堂課鍛鍊出能辨別 AI 影像的火眼金睛！	Lecture	Chinese	Foundational	Available Now
Messaging Apps 訊息應用程式	文字訊息已經成為我們最主要的溝通方式。不過，您知道可以透過網路連線傳送訊息嗎？歡迎您來學習近期最熱門而且免費的、以無線網路 WiFi 傳送訊息的應用程式。這次的講座會談到三款普遍的應用程式：iMessages、Google Chat 和 微信 WeChat。您會學到如何傳送訊息、圖片、使用音訊和視訊通話，以及瞭解這些應用程式如何確保您的訊息安全。		Lecture	Chinese	Social Engagement	Available Now
Mobile Health Apps 行動健康應用程式	您知道智慧型手機也是一種能幫您評量健康狀況的工具嗎？這堂講座提供一些通用的健康應用程式的簡介，像是 iPhone 的預設應用程式和 Google 健康的應用程式。您會認識如何使用這些應用程式的計步器，而且整合其它熱門的健康和健身應用程式上記錄的資料。您也會學到把資料存在醫療卡上的好處。	來聽聽看市面上一些受歡迎的健康應用程式的簡介。	Lecture	Chinese	Health & Wellness	Available Now
Online Shopping 線上購物	網上購物讓您可以使用電腦在互聯網上購買產品，並讓它們運送到您家中或任何地方！網路商店通常有更大的庫存和更低的價格，因此您可以快速找到最優惠的方案。本講座將提供有關使用流行網站 Amazon.com 在線購買從洗碗精到日用雜貨等所有商品的一般介紹。您將學習如何搜索產品、進行比較以及將商品添加到在線購物車中。您還將了解其他流行的在線網站，例如淘寶。		Lecture	Chinese	Financial Security	Available Now
P2P Payments 點對點付款	自從 PayPal 在二十多年前首次亮相以來，點對點(P2P) 的支付方式已經普遍化。在本講座中，您將了解當今一些最流行的點對點支付服務，包括 PayPal、Venmo 和微信支付。我們將介紹這些服務的一些基本功能、比較它們的差異以及安全使用的技巧。	如果您還不太了解點對點付款，快來聽聽這堂講座！	Lecture	Chinese	Financial Security	Available Now

Program Title	Description	Teaser	Program Type	Language	Impact Area	Release Date
Protecting Your Personal Information Online 在網路上確保個人資訊安全	本次講座將詳細說明如何在網路上保護個人信息。我們將介紹在電子世界中保持安全的技巧，例如添加高強度密碼、處理垃圾訊息、識別網路詐騙以及何時可以（或不可以）在線上分享您的個人資訊。	如果您對於使用網路有安全上的疑慮，不妨來聽聽這堂講座。	Lecture	Chinese	Foundational	Available Now
Smartphone Camera Uses Beyond Photography 智能手機的相機不只用來拍照	加入我們，看看智能手機的相機除了用於拍照，還能用來幹什麼！我們會一起探索應用程式中各種有趣又實用的功能，像是掃描 QR code、翻譯文字、測量物體，甚至還能用於擴增實境 (AR)。我們也會介紹如何選用應用程式，並教您查看程式中的隱私設定與資料使用方式。	快來瞭解 QR code 的功能與其他更多有趣內容！	Lecture	Chinese		Available Now
Smartphones at a Glance 智能手機	如果您想了解智能手機的功能和普及性，快來聆聽這堂講座！您會學到市面上知名的智能手機和它們的優缺點。我們也會比較兩個最有名的操作系統：安卓和蘋果(Android 和 Apple 的 iOS)。	您在考慮買哪一款智能手機嗎？這堂講座可以教您買手機前該注意的事項。	Lecture	Chinese	Foundational	Available Now
Streaming & Smart TVs 串流及智慧電視	每天都有越來越多的人“剪線”並取消他們的有線電視的訂閱。相反地，他們正在使用免費或低成本的串流媒體服務，例如YouTube、Netflix和Hulu，在線觀看他們喜愛的節目和電影。此演講將為您介紹什麼是串流媒體、如何使用串流媒體以及可觀看的各種內容。您還將了解如何在缺乏有線電視的情況下觀看直播電視並認識智能電視和串流媒體的設備以及如何能讓您在電視上觀看來自互聯網的視頻。	您是否支付了不看的電視頻道？您想了解為什麼人們正在“剪線”並改用串流媒體服務！	Lecture	Chinese	Foundational	Not Released
Telemedicine 遠距醫療	您會想與您的醫生在線上看診嗎？或者想知道目前有哪些類型的遠距醫療嗎？這個講座簡介遠距醫療的選項，然後專注探索如何即時與您的醫生會診。我們會說明線上看病的例子，以及線上看診時該注意的事項。這次的講座也會建議線上看診之前的準備，從問醫生哪些問題到網路連線的穩定度，以及線上看診的隱私和使用上的安全考量等等。	這堂講座會說明並簡介遠距醫療的選項。	Lecture	Chinese	Health & Wellness	Available Now
Understanding Internet Plans 認識網路方案	在本次課程中，我們會分析家用網路方案的不同內容，讓您可以依照自己的家庭需求，選擇最適合的方案。我們會談到重要的科技，內容從網路熱點到頻寬，應有盡有。您會瞭解到，不同類型的網路活動所需要的最適合網速，從寄送電子郵件到玩遊戲，我們都會提到。我們也會提及與網路服務供應商 (ISP) 的對話建議，幫您省錢。	網速更快不代表更好！來瞭解家用網路的選項，讓您只需要依照自己的使用需求付錢。	Lecture	Chinese	Foundational	
Video Chat 視訊交談	視訊交談的應用程式是一種在國內、國外、還有在旅行時跟家人朋友的聯繫方式。您可以看到與您在線上交談的人。在這堂講座裡，您會學到一些常用的、免費或低價的視訊交談應用程式，了解它們的特點，研究一些視訊交談的技巧，讓您在視訊時隨時展現自己最美的一面。	在這堂講座裡，您會學到一些常用的免費或低價的視訊交談應用程式。	Lecture	Chinese	Social Engagement	Available Now
Virtual Museum Tours 虛擬博物館導覽	在家中舒適地參觀世界著名的博物館！您是否知道許多世界級博物館都提供藏品與展覽的虛擬瀏覽服務？在這門講座中，我們將探索其中一些虛擬藝廊，以及介紹有助於將藝術、建築和歷史帶入生活的數位工具！	在家中舒適地參觀世界著名的博物館！	Lecture	Chinese	Creative Expression	Available Now
YouTube	聽到YouTube 說不定會讓您聯想到貓咪的影片。不過，它還有比那更多樣化的內容。每天，全球超過十億小時的影片被觀賞，包括經典電影、教學影片、新聞報導的內容等等。這次的講座概述在 YouTube 上的免費內容以及教您如何在它的網站上輕鬆的瀏覽。您也會學到如何觀看和分享別人的影片，以及學習如何上傳自己創造的內容。	歡迎您來學習如何使用 YouTube。	Lecture	Chinese	Creative Expression	Available Now



Chinese Workshops

Our series of interactive workshops are designed to give participants the chance to practice using a website or app. Although they can be scheduled on their own, many workshops cover material that has already been introduced in a lecture. Workshops are led by a trainer and offer hands-on activities. To participate in workshops, participants should be comfortable navigating the Internet.

- **Program Duration:** 75-90 minutes
- **Capacity:** 8-10 max
- **Participant Prerequisites:** None; workshops related to Google, Gmail, P2P Services and Zoom may require participants to have a smartphone, email address and/or Zoom account. See workshop description for more details.
- **Trainer Prerequisites:** None
- **Tech Required:** Classroom set of your choosing or available.
- **Participant Tech Required:** All participants should use classroom set of devices provided by partner for this hands-on program. If bringing their own smartphone is required, it will be noted in the description.
- **Trainer Materials:** Trainer guide, slide presentation
- **Participant Materials:** Handout (provided by Senior Planet, printed by partner)

Program Title	Description	Teaser	Program Type	Language	Impact Area	Release Date
Connecting to the Internet WiFi連線	不確定是否您的可連接互聯網設備已上線了？在這個實作研討會中，我們將介紹如何檢查您的 PC、iPhone 或 Android 智能手機上的 WiFi 連線。我們還將介紹如何使用智能手機中的熱點、密碼保護和連接公共 WiFi 的最佳做法。		Workshop	Chinese	Foundational	Available Now
Exploring and Downloading Apps 探索並下載應用程式	在本次的實作工作坊中，您會學到如何在智慧型手機上搜尋並下載應用程式。不管您用的是 iPhone 還是 Android 手機，我們都會帶您瀏覽兩者的應用程式商店，並涵蓋選擇應用程式的注意事項。您也會學到如何解除安裝應用程式，以及如何調整一些重要應用程式的設定。 修課前提：參加者需攜帶自己的智慧型手機來上課。請注意，本次工作坊的重點是在您的智慧型手機下載應用程式，不會回答所有關於智慧型手機的問題。	有一種應用程式能幫上忙！來學習如何搜尋並下載應用程式。	Workshop	Chinese	Foundational	Available Now
Finding Information Online 尋找線上資訊	互聯網是一個極佳的資源，但有時候要找到您想尋找的內容可能會有些讓人生畏和費時間。所以學會如何在網上找到您想要的資訊是一個十分重要的技能。這個實操性很強的工作坊將會教您通過適用有效的搜索內容，評估您搜尋到的結果以及如何在值得信任的網站進行站內搜索從而獲得精確的信息。	利用互聯網來尋找資訊，搜索話題和更多內容！	Workshop	Chinese	Foundational	Available Now
Getting Started with Zoom 開始使用 Zoom	您想舉辦自己的 Zoom 會議嗎？參加這個實作研討會可以學會如何註冊一個免費的基本 Zoom 帳戶。此外，您將學習如何安排會議以及與受邀人分享詳細信息。本次研討會將演示在網路瀏覽器中使用 Zoom 完成這些步驟。		Workshop	Chinese	Social Engagement	Available Now
Getting to Know Your Smartphone 認識您的智慧型手機	在此次實作工作坊中，我們會探索智慧型手機的一些常見功能。您會學到與觸控螢幕互動的方式、瞭解如何使用重要的控制手法，還能學會搜尋特定的設定。我們也會提及一些確保裝置安全以及維護裝置的訣竅和最佳作法。 修課條件：參加者需攜帶自己的智慧型手機來上課。請注意，本次工作坊的重點是在智慧型手機的部分特定功能，不會回答所有關於智慧型手機的問題。	別讓智慧型手機的設定造成您的困擾！在此次的工作坊學習基礎知識吧。	Workshop	Chinese		Available Now
Google Photos Google 相簿	Google相簿是最受歡迎的照片共享和雲存儲平台之一。此實作研討會將探討 Google相簿應用程序的一些基本功能，並將演示將智能手機或行動設備上的照片備份到 Google相簿的步驟。您還將學習如何創建和共享相簿。		Workshop	Chinese	Creative Expression	Available Now
Hosting a Zoom Meeting 主持 Zoom 視訊會議	對 Zoom 會議功能感到好奇？在這個實作研討會中，我們將介紹最常用的 Zoom 會議控制項目。我們將了解如何將參與者靜音和取消靜音、請求參與者打開他們的視頻或更改螢幕名、傳輸文件和共享螢幕。無論您是主持過 Zoom 會議，還是剛接觸它，都可來參與練習，以增進您的信心和技能！參加此研討會必須已經擁有 Zoom 帳戶，並請準備好您的 Zoom 用戶名和密碼。		Workshop	Chinese	Social Engagement	Available Now
Shopping on Amazon 在 Amazon 購物	這個實作研討會將介紹如何在流行網站 Amazon.com 上購物。您將學習如何搜索產品、比較價格和評估產品評論。您還將了解 Amazon 的送貨選項，以及適用於您的智能手機或平板電腦的應用程式。		Workshop	Chinese	Financial Security	Available Now
Staying Safe Online 確保網路安全	這個實作研討會將回顧上線後如何保護您的個人信息安全。了解如何識別可疑電子郵件、安全瀏覽的訣竅以及網路購物的最佳做法。		Workshop	Chinese	Foundational	Available Now
Video Chat with Zoom 使用 Zoom 視訊通話	Zoom 是一個視訊平台，在參加線上會議、會談和活動方面，它越來越受歡迎。它是免費的，並可輕鬆的使用於網路瀏覽器或智能手機上的應用程式。本研討會介紹以參會者加入 Zoom 會議的基礎知識。快來學習如何隨時隨地以虛擬方式連接和參加活動！		Workshop	Chinese	Social Engagement	Available Now





Chinese Courses

Senior Planet courses provide a deeper learning and social experience for participants. Unlike lectures and workshops, courses are multi-week commitments and participants are registering for the entire series. Class sessions involve a combination of discussion of new topics and hands-on, practical application of technology skills. OATS provides a detailed, printed course book for each participant to keep after the end of the course.

- **Program Duration:** Courses meet twice a week for either 5 or 10 weeks; each session lasts 75 minutes.
- **Capacity:** 10-12 max for tablet-based courses; 14 max for all others
- **Participant Prerequisites:** Some courses require an email address, comfort navigating the internet and/or completion of a Senior Planet Basics or Essentials course. See course description for more details.
- **Trainer Prerequisites:** None; Beyond the Basics and Money Matters require that the trainer has taken the Senior Planet U training and has taught at least one other course.
- **Tech Required:** See course description; If not specified, courses can be held on Windows PCs, Chromebooks, iPads, or Android Tablets.
- **Participant Tech Required:** All participants should use classroom set of devices provided by partner for this hands-on program.
- **Trainer Materials:** Syllabus, coursebook (PDF and printed)
- **Participant Materials:** Coursebook (printed and shipped to partner by Senior Planet)



Program Title	Description	Teaser	Program Type	Language	Impact Area	Release Date
Android Essentials 安卓須知	這個為期5週的課程涵蓋了安卓智能平板電腦的備要，包括如何探索互聯網，拍攝照片，下載和使用各種應用程序，以及收發電子郵件。當您學完整個課程後，您會了解如何使用智能平板電腦裡大多的功能！這是專門為了從來沒有用過一台智能平板電腦或是對它有少許經驗而想要得到一個完整介紹的同學而設計的課程。課程開始前，您需要有一個Gmail的電子郵件。		5-week Course	Chinese	Foundational	Available Now
Beyond the Basics - App-Based 基礎之上 - 藉助 app 使用數位資源的指南	這個為期 10 週的課程基於iPad 基礎知識，擴展了基礎課程中已教授的概念和技能，並繼續探索互聯網和日常資源的應用程序 (APP)。您將了解這些工具如何幫助您完成日常任務，讓您的生活更加井井有條，更有動力去尋找娛樂和發揮創造力。您將提高研究的技能技巧；探索更多 Gmail 應用功能；使用 Google 雲端硬盤和文檔；在 YouTube 上製作播放列表；等等及更多！本課程是擴展您互聯網知識並充分利用技術的好機會。		10-week Course	Chinese	Foundational	Available Now
Chrome Basics for Older Adults 年長者之 (Chrome) 筆記型電腦基本資訊	在這個為期10週的課程中，您將學習如何使用Chrome的基礎內容，如果您是一位電腦初學者且只想用電腦瀏覽網站，Chrome是一款非常合適的筆記本電腦。Chromebook 速度快，安全，性價比高並且內置谷歌公司研發設計的Chrome操作系統。當您學完整個課程後，您會了解如何瀏覽互聯網從而豐富您的生活。您也會學習如何使用電子郵件，如何在互聯網搜索信息，如何獲取各種娛樂資源以及學習如何在網絡上與您感興趣的朋友，機構，興趣網站保持聯繫。		10-week Course	Chinese	Foundational	Available Now
Chrome Essentials Chrome須知	這個為期5週的課程涵蓋了如何使用Chrome的基礎內容，如果您是一位電腦初學者且只想用電腦瀏覽網站，Chrome是一款非常合適的筆記本電腦。Chromebook 速度快，安全，性價比高並且內置谷歌公司研發設計的Chrome操作系統。當您學完整個課程後，您將具備如何使用本設備瀏覽互聯網的基礎知識。您也會學習如何收發電子郵件。我們強烈建議您學完本課程後學習數位文化簡介之Chromebook，該課程會提供許多額外的練習機會。		5-week Course	Chinese	Foundational	Available Now
Computer Basics for Older Adults 年長者的電腦基本資訊	在這個為期10週的電腦課程中，您將學習如何使用電腦以及如何瀏覽互聯網從而豐富您的生活。課程中，您會學習如何使用電子郵件，如何通過互聯網搜索資訊，如何獲取各種娛樂資源以及學習如何在網絡上與您感興趣的朋友，機構，興趣網站保持聯繫。		10-week Course	Chinese	Foundational	Available Now
Computer Essentials 電腦須知	這個為期5週的課程涵蓋了使用個人電腦的基礎知識，例如如何瀏覽互聯網，如何收發電子郵件。當您學完整個課程後，您將具備使用個人電腦的基礎知識，您也會通過瀏覽互聯網豐富生活。我們強烈建議您學完本課程後繼續學習數位文化簡介之電腦基礎之上課程，該課程會提供許多額外的練習機會。		5-week Course	Chinese	Foundational	Available Now
Intro to Digital Culture 數位文化簡介 (Android / Chrome / 電腦 / iPad)	從與他人交流到保持健康，數位工具和技術影響著我們的生活。在為期 5 週的課程結束時，您將使用互聯網連繫您的立法者，了解與健康相關的議題，與他人離線和在線連繫，並探索您的興趣和熱情。您還將學習確保安全上網和使用社交媒體的最佳方法。本課程是一個很好的機會，可以有效地練習您在 Basics 或 Essentials 課程中學到的技能。 先修科目：您應該已經參加過關於您將使用的設備的 Basics 或 Essentials 課程，或者對您的設備足夠熟悉，可以在課堂上獨立使用它。您還必須有一個電子郵件地址。		5-week Course	Chinese	Foundational	Available Now
iPad Basics iPad基本資訊	在這個為期 10 週的課程中，您將學習如何操作 Apple iPad，以及豐富您生活方式，瀏覽互聯網的基礎知識。在課程中，您將學習如何拍照、使用電子郵件、在互聯網上搜索信息、下載應用程序，以及如何聯係對您很重要的人、組織和興趣。		10-week Course	Chinese	Foundational	Available Now

Program Title	Description	Teaser	Program Type	Language	Impact Area	Release Date
iPad Essentials iPad須知	這堂五個星期的課程會教您如何使用 iPad 裡的備要，包括如何遊覽網路、下載和使用各種應用程式、傳收電子郵件以及照照片。上完這堂課後，您會了解如何利用 iPad 裡大多的功能！這是專門為了從來沒有用過一台 iPad 或是對它有少許經驗而想要得到一個完整介紹的同學而設計的課程。 如果您還沒有一個 Apple ID 或是電子郵件地址，請與 Senior Planet 在開課之前創建這些帳號。		5-week Course	Chinese	Foundational	Available Now





Chinese Program Series

Program series offers introductions and hands-on practice to a variety of topics that are thematically related. They combine our one-off lectures with hands-on workshops to give participants a chance to practice specific skills. Program series range in length from 2-10 sessions depending on the topic. Participants should register for the entire series, as they would a course, and all sessions should be scheduled for 75 minutes for continuity. Participants receive handouts for each session. Series are capped at 12-14 participants.

- **Program Duration:** 75 minutes
- **Capacity:** 12-14 max
- **Participant Prerequisites:** None; some workshops may require participants to have a smartphone, email address and/or an account with related social media or communication platforms. See program series descriptions for more details.
- **Trainer Prerequisites:** None
- **Tech Required:** Presentation tools - Large screen TV or Projector and screen
- **Participant Tech Required:** Classroom set of your choosing or available.
- **Trainer Materials:** Trainer guide, slide presentation
- **Participant Materials:** Handouts

Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Hosting on Zoom 舉辦 Zoom 會議 **Program Series Description**	您是否一直參加各種 Zoom 課程卻從來沒有自己主持或者舉辦一場 Zoom 會議呢？報名參加這個4期的課程來幫您改變這個現狀。再參加首次的入門課堂後，您會需要註冊一個 Zoom 的帳號，設定您的第一次線上會議時間。在之後的兩節實際操練課程中，您會學到最常用的 Zoom 會議操作技巧。本系列課程的最後一堂課主要用於鞏固練習和回答疑問時間，從而幫助您能夠自信的開始在 Zoom 上舉辦會議。這個工作坊的課程將教您如何使用網絡瀏覽器來進行 Zoom 的各種操作。 課程精要： - 介紹：擔任 Zoom 視訊會議主持人（講座） - 開始使用 Zoom（工作坊） - 主持 Zoom 視訊會議（工作坊） - 鞏固練習和答疑課程		Chinese	Program Series	Social Engagement	Available Now
Online Basics 線上基礎	您是否最近才接觸網路虛擬世界？別擔心，有我們在！這個由多期內容組成的“講座-實作研討會”系列課程會提供您在網絡世界操作所需要的信息和基礎技能。這些系列課程會帶您複習自信暢遊網絡世界所需要的基礎技能。我們課程的內容包括：如何選取一台合適的設備並且確認該設備已經鏈接上網，在網路上確保個人資訊安全的貼士，在亞馬遜進行線上購物等等更多實用內容！這個系列課程為期五週，每週有兩節課程。 先修科目：本系列課程適合已經在任何設備上上網瀏覽的朋友參加。		Chinese	Program Series	Foundational	Available Now





Vietnamese Lectures

One-off lectures introduce popular tech topics and themes in a clear and concise manner. Individual lectures aim to explain the general purpose of a device or concept, its usefulness and important tips and tricks. Lectures do not offer hands-on exposure to the presented topic, but many of them can be scheduled in conjunction with a related interactive workshop that offers hands-on experience with the website or online platform discussed in the lecture.

- **Program Duration:** 60-75 minutes
- **Capacity:** Based on training facility: Room capacity, Seating, COVID protocols in place
- **Participant Prerequisites:** None
- **Trainer Prerequisites:** None
- **Tech Required:** Presentation tools - Large screen TV or Projector and screen
- **Participant Tech Required:** No
- **Trainer Materials:** Trainer guide, slide presentation
- **Participant Materials:** Handout (provided by Senior Planet, printed by partner)
- **Possible Workshop Pairings:** [Click here](#)

Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Affordable Home Internet Internet Giá phải chăng Tại nhà	Có internet tại nhà có thể giúp quý vị tiết kiệm tiền, tìm việc làm, kết nối với những người khác, thực hiện các công việc hàng ngày dễ dàng và hơn thế nữa! Bài giảng này trình bày những thông tin cơ bản mà quý vị cần biết khi ghi danh dịch vụ internet tại nhà. Bạn cũng sẽ tìm hiểu về các nguồn lực để tìm kiếm các chương trình chi phí thấp từ các nhà cung cấp dịch vụ internet trên toàn quốc.	Đừng trả tiền quá nhiều cho internet. Tìm hiểu về các chương trình internet tại nhà với chi phí thấp có thể giúp quý vị tiết kiệm tiền.	Vietnamese	Lecture	Financial Security	Available Now
Cloud Storage Lưu trữ Đám mây	Trong bài giảng này, quý vị sẽ tìm hiểu kiến thức cơ bản về lưu trữ đám mây — một công nghệ cho phép quý vị lưu trữ tài liệu, hình ảnh và các tập tin đa phương tiện khác từ xa đồng thời mang đến cho quý vị khả năng truy cập, độ tin cậy và sự bảo vệ cao hơn cho dữ liệu quan trọng của quý vị. Chúng ta sẽ thảo luận về việc lưu trữ đám mây là gì, tại sao nó lại là tương lai của lưu trữ dữ liệu và trình bày một số dịch vụ phổ biến nhất hiện có cho người tiêu dùng.	Tam biệt đĩa mềm và thiết bị lưu trữ USB! Tìm hiểu về các tùy chọn lưu trữ đám mây giúp lưu các tập tin của quý vị từ xa.	Vietnamese	Lecture	Foundational	Available Now
Emojis, GIFs, and more! Biểu tượng cảm xúc (Emoji), ảnh GIF và hơn thế nữa!	Trong bài học này, chúng ta sẽ tìm hiểu ý nghĩa của một số biểu tượng cảm xúc (emoji) phổ biến nhất, quý vị có thể tìm thấy chúng ở đâu trên bàn phím điện thoại thông minh của mình và khi nào nên sử dụng các biểu tượng này. Chúng tôi cũng sẽ đề cập đến cách tạo hình đại diện bằng Bitmoji và Memoji. Ảnh GIF và Meme là những tính năng khác để thêm màu sắc cho các cuộc trò chuyện của quý vị, vì vậy chúng tôi cũng sẽ trình bày nơi tìm và tạo những hình ảnh này!	Tìm hiểu cách sử dụng biểu tượng cảm xúc (emoji), ảnh GIF, v.v. để nhanh chóng diễn tả điều quý vị muốn nói!	Vietnamese	Lecture	Social Engagement	Available Now
Google Maps Bản đồ Google	Ghé thăm các địa danh trên khắp thế giới một cách thoải mái ngay tại nhà của quý vị, ngắm nhìn toàn cảnh khu phố thời thơ ấu của quý vị hoặc đơn giản là tìm đường đến nhà bạn bè của quý vị! Google Maps là một ứng dụng bản đồ cung cấp hình ảnh vệ tinh, bản đồ đường phố và khung cảnh đường phố. Nó cũng có chức năng lập thiết lập lộ trình cho cách thức di chuyển mà quý vị mong muốn, có thể là đi bộ, ô tô, xe đạp hoặc phương tiện giao thông công cộng. Trong bài giảng này, quý vị sẽ được giới thiệu về nền tảng này và hướng dẫn cách sử dụng nó.	Tìm hiểu cách Google Maps có thể giúp quý vị đi từ điểm A đến điểm B một cách tự tin!	Vietnamese	Lecture	Foundational	Available Now
Google Workspace Google Workspace	Bạn tò mò về các công cụ miễn phí của Google? Tìm hiểu về một số công cụ năng suất phổ biến nhất của Google dành cho mục đích sử dụng cá nhân cũng như các công cụ liên quan đến công việc. Bài giảng này sẽ giới thiệu về Docs, Sheets, Slides, Photos và Drive. Chúng ta sẽ khám phá một số cách sử dụng thực tế và sáng tạo, đồng thời trình bày cách tận dụng tối đa nhiều mẫu miễn phí của Google.	Bạn không muốn trả tiền cho phần mềm? Tìm hiểu cách các công cụ miễn phí của Google hỗ trợ bạn.	Vietnamese	Lecture	Foundational	Available Now
How to Choose a New Computer Cách Chọn một Máy vi tính Mới	Quý vị đang tìm kiếm một chiếc máy vi tính mới? Buổi hướng dẫn thông tin này giải quyết một số câu hỏi phổ biến nhất xung quanh cách chọn một chiếc máy vi tính mới: Bắt đầu từ đâu? Thế nào là một thương hiệu đáng tin cậy? Quý vị nên dự trù ngân sách là bao nhiêu? Các thông số kỹ thuật nào? Chúng tôi cũng sẽ đề cập đến các hệ điều hành và so sánh các lựa chọn thay thế cho chiếc máy tính truyền thống, ví dụ: máy tính bảng và Chromebook.	Quý vị bị choáng ngợp bởi các lựa chọn cho một chiếc máy vi tính mới? Chúng tôi sẽ giúp quý vị đơn giản hóa để quý vị có thể đưa ra quyết định!	Vietnamese	Lecture	Foundational	Available Now
Intro to AI Giới thiệu về AI (trí tuệ nhân tạo)	Tò mò về AI? Bạn muốn biết thêm về Chat GPT (ứng dụng trò chuyện GPT)? Bài giảng này sẽ giới thiệu một số ý tưởng cơ bản xung quanh trí tuệ nhân tạo. Chúng ta sẽ nói về cách AI đang được sử dụng ngày nay, những hạn chế hiện tại của nó là gì và nó sẽ định hình tương lai như thế nào!	Hãy đến trò chuyện với ChatGPT và tìm hiểu về AI nhé!	Vietnamese	Lecture		Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Intro to Chatting with AI Giới thiệu về Trò chuyện với AI	Bạn tò mò về việc sử dụng ChatGPT hoặc Gemini nhưng không biết bắt đầu từ đâu? Trong bài giảng này, chúng ta sẽ khám phá các mẹo sử dụng các chương trình trò chuyện AI tổng hợp để bạn có thể khiến chúng phù hợp với mình. Bạn sẽ học cách viết câu hỏi hoặc lời nhắc cụ thể và hiệu quả để nhận được phản hồi hữu ích. Cho dù bạn định sử dụng chúng tại nơi làm việc, cho các dự án cá nhân hay chỉ để giải trí, chúng tôi sẽ chỉ cho bạn cách công nghệ này có thể giúp bạn thực hiện mọi loại công việc. Chúng tôi cũng sẽ đề cập đến các phương pháp hay nhất về quyền riêng tư và bảo mật để bạn có thể trở thành người dùng tự tin.	Tìm hiểu lợi ích của ChatGPT và phần mềm khác của AI.	Vietnamese	Lecture	Foundational	Available Now
Intro to Heart Rate Monitor Apps Giới thiệu về Ứng dụng theo dõi tần số tim	Bạn tò mò về tần số tim của mình, nhưng chưa sẵn sàng cam kết sử dụng một máy theo dõi thể dục? Có một ứng dụng để làm việc đó! Trong bài giảng này, chúng tôi sẽ giới thiệu một số ứng dụng theo dõi tần số tim phổ biến và miễn phí. Chúng tôi sẽ xem xét lý do tại sao bạn có thể muốn theo dõi tần số tim của mình cũng như các đề xuất về hoạt động thể chất và vùng tần số tim. Hãy tham gia cùng chúng tôi trong bài giảng cung cấp nhiều thông tin này và tìm hiểu xem liệu ứng dụng theo dõi tần số tim có dành cho bạn không!	Bạn có biết điện thoại có thể đo tần số tim của bạn? Hãy tìm hiểu về các ứng dụng theo dõi tần số tim miễn phí và lý do chúng có thể hữu ích.	Vietnamese	Lecture	Health & Wellness	Available Now
Intro to Managing Your Privacy Giới thiệu về Quản lý Quyền riêng tư của Quý vị	Lo ngại về quyền riêng tư? Không chắc về việc cho phép lưu giữ thông tin (cookie)? Hãy cùng tìm hiểu một số lời khuyên cần thiết về quyền riêng tư! Trong bài giảng này, chúng ta sẽ xem xét các quảng cáo trực tuyến nhắm đến mọi người như thế nào, cách hạn chế theo dõi, tìm cài đặt trình duyệt và tiện ích mở rộng ở đâu để kiểm soát tốt hơn cách thông tin của chúng ta bị chia sẻ. Chúng ta cũng sẽ thảo luận về một số tính năng chính của các trình quản lý mật khẩu và lý do tại sao chúng là lựa chọn an toàn và bảo mật.	Hãy cùng tìm hiểu một số mẹo cần thiết về quyền riêng tư trên Internet!	Vietnamese	Lecture	Foundational	Available Now
Intro to Sleep Technologies Giới thiệu về Công nghệ phục vụ cho giấc ngủ	Khó ngủ? Điều gì sẽ xảy ra nếu công nghệ có thể giúp bạn ngủ? Bài giảng này cung cấp cái nhìn tổng quan về các thiết bị và công nghệ đeo trên người khác nhau giúp theo dõi mô hình giấc ngủ, theo dõi các rối loạn giấc ngủ và thậm chí có thể cải thiện giấc ngủ của bạn. Bạn cũng sẽ tìm hiểu về các ứng dụng chánh niệm cung cấp hướng dẫn thiền định và các cách khác để thúc đẩy thói quen ngủ lành mạnh.	Tìm hiểu về các thiết bị và ứng dụng có thể giúp bạn nhận được nhiều Zzz hơn.	Vietnamese	Lecture	Health & Wellness	Available Now
Intro to Smartphone Photography Giới thiệu về Chụp ảnh bằng Điện thoại thông minh	Mô tả Bạn muốn tìm hiểu thêm về camera trên chiếc điện thoại thông minh của mình? Hãy đến với bài giảng này để khám phá camera trên chiếc điện thoại thông minh của bạn. Chúng ta sẽ thảo luận về các biểu tượng camera phổ biến trên thiết bị Android và iPhone, các công cụ chỉnh sửa đơn giản, quản lý và chia sẻ ảnh cũng như chỉnh sửa chi tiết ngày tháng và vị trí trên điện thoại của bạn. Chúng ta cũng sẽ tìm hiểu cách kiểm tra cài đặt camera của bạn để camera có thể quét mã QR.	Hãy nói cheese! Tìm hiểu thêm về camera trên chiếc điện thoại thông minh của bạn.	Vietnamese	Lecture	Creative Expression	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Intro to Translation Tools Giới thiệu về Công cụ Dịch thuật	Với internet, cả thế giới nằm trong tầm tay quý vị, nhưng quý vị sẽ làm gì khi cần truy cập các trang web hoặc thông tin bằng một ngôn ngữ xa lạ? Có những ứng dụng dành cho các công việc này! Bài giảng này sẽ giới thiệu các công cụ và ứng dụng dịch thuật kỹ thuật số, ví dụ như Google Translate. Quý vị sẽ tìm hiểu về các công cụ có thể tự động dịch các trang web quý vị truy cập, các ứng dụng có thể dịch các cuộc trò chuyện trực tiếp, v.v. Chúng ta cũng sẽ thảo luận về các ưu và nhược điểm của những công cụ này cũng như những tình huống mà chúng có thể hữu ích nhất.	Để từ điển ở nhà và thay vào đó là các công cụ kỹ thuật số có thể cung cấp tính năng dịch thuật tức thời.	Vietnamese	Lecture	Creative Expression	Available Now
IoT: Healthcare IoT Chăm sóc sức khỏe	Quan tâm đến chăm sóc sức khỏe từ xa? Hãy tìm hiểu cách ngành y tế đang nắm bắt công nghệ Vạn vật Kết nối Internet (IoT) để điều trị bệnh nhân từ xa. Chúng ta sẽ khám phá các thiết bị tân tiến từ máy trợ thính thông minh đến máy cảm biến trong cơ thể, cũng như các ứng dụng chăm sóc sức khỏe từ xa phổ biến!	Công nghệ hỗ trợ chăm sóc sức khỏe. Tìm hiểu về lợi ích đối với ngành y tế.	Vietnamese	Lecture	Health & Wellness	Available Now
IOT: Wearables Thiết bị đeo IoT	Từ thiết bị theo dõi sức khỏe đến kính thông minh, công nghệ đeo trên người đang ngày càng phổ biến! Cho dù quý vị là người đam mê công nghệ hay người mới biết sử dụng, luôn có sản phẩm nào đó dành cho tất cả mọi người. Hãy đến với bài giảng này để tìm hiểu các lợi ích về sức khỏe, thể chất và tinh thần cũng như an toàn cá nhân của công nghệ đeo trên người.	Tìm hiểu về công nghệ quý vị có thể đeo và những gì nó có thể làm cho quý vị!	Vietnamese	Lecture	Health & Wellness	Available Now
Is that AI? Đó có phải là AI không?	Với những tiến bộ của công nghệ trí tuệ nhân tạo, các chương trình AI giờ đây có thể tạo ra những hình ảnh và video siêu thực. Ngay từ cái nhìn đầu tiên, có thể khó để biết liệu những gì bạn nhìn thấy là do AI tạo ra hay thay đổi. Trong lớp học này, chúng tôi sẽ hướng dẫn bạn các mẹo và công cụ để giúp bạn xác định xem hình ảnh có phải do AI tạo ra hay không. Chúng tôi sẽ chỉ cho bạn cách thực hiện tìm kiếm hình ảnh ngược để tìm hiểu lịch sử internet của bất kỳ hình ảnh nào bạn tìm thấy trực tuyến. Mặc dù chúng tôi không thể xác định chắc chắn liệu hình ảnh có phải là AI hay không, nhưng những công cụ này sẽ giúp bạn trở thành người dùng Internet chuyên nghiệp về công nghệ.	Chúng ta có thể thực sự tin vào những gì chúng ta thấy không? Hãy đến với lớp học này để học cách nhận biết AI bằng mắt của bạn!	Vietnamese	Lecture	Foundational	Available Now
Messaging Apps Các ứng dụng nhắn tin	Nhắn tin văn bản đã trở thành một trong những cách chính mà chúng ta giao tiếp. Nhưng bạn có biết rằng bạn có thể gửi tin nhắn qua internet không? Tìm hiểu về các ứng dụng nhắn tin phổ biến nhất cho phép bạn gửi tin nhắn miễn phí khi kết nối với WiFi. Bài giảng sẽ xem xét kỹ các tính năng của ba ứng dụng được sử dụng rộng rãi: iMessages, Google Chat và WhatsApp. Bạn sẽ tìm hiểu về cách gửi tin nhắn và hình ảnh, thực hiện những cuộc gọi thoại và video, và cách các ứng dụng này bảo mật tin nhắn của bạn.	Vẫn còn trả tiền cho việc nhắn tin? Thay vào đó hãy sử dụng các ứng dụng miễn phí này.	Vietnamese	Lecture	Social Engagement	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Mobile Health Apps Ứng dụng sức khỏe di động	Quý vị có biết rằng điện thoại thông minh cũng là một công cụ chăm sóc sức khỏe hữu hiệu? Bài giảng này giới thiệu các ứng dụng sức khỏe phổ biến, chẳng hạn như ứng dụng tích hợp sẵn của iPhone và ứng dụng Google Fit. Quý vị sẽ học cách dùng ứng dụng đếm số bước chân, cũng như thông tin tích hợp từ các ứng dụng sức khỏe và thể dục phổ biến khác. Quý vị cũng sẽ tìm hiểu những lợi ích của việc lưu sẵn Mã số Y tế của mình.	Hãy cùng tìm hiểu cách điện thoại có thể đếm số bước chân và đo nhịp tim của quý vị!	Vietnamese	Lecture	Health & Wellness	Available Now
Online Shopping Mua sắm trên mạng	Mua sắm trên mạng cho phép quý vị mua sản phẩm trên internet từ máy tính của mình và gửi chúng đến nhà quý vị hoặc bất cứ đâu! Các cửa hàng trên mạng thường có số lượng hàng nhiều hơn và giá cả thấp hơn, vì vậy quý vị có thể nhanh chóng tìm được ưu đãi tốt nhất. Bài giảng này sẽ giới thiệu tổng quát về mua sắm trên mạng bằng cách sử dụng trang web nổi tiếng Amazon.com. Quý vị sẽ học cách tìm kiếm các sản phẩm, so sánh và thêm các món đồ vào giỏ hàng trên mạng.	Không thể tìm thấy món đồ trong cửa hàng? Hãy tìm hiểu về mua sắm trên mạng!	Vietnamese	Lecture	Financial Security	Available Now
P2P Payments Thanh toán P2P	Kể từ khi PayPal ra mắt cách đây hơn hai mươi năm, thanh toán cá nhân đã trở nên phổ biến. Trong bài giảng này, quý vị sẽ tìm hiểu về một số dịch vụ thanh toán P2P phổ biến nhất hiện nay, bao gồm PayPal, Venmo và CashApp. Chúng tôi sẽ đề cập đến một số chức năng cơ bản của các dịch vụ này, so sánh chúng và cung cấp các mẹo sử dụng chúng một cách an toàn.	Từ việc chia tiền hóa đơn trong bữa tối đến gửi tiền cho bạn bè, hãy tìm hiểu lợi ích của những ứng dụng thanh toán.	Vietnamese	Lecture	Financial Security	Available Now
Protecting Your Personal Information Online Bảo vệ Thông tin Cá nhân của Quý vị Trên mạng	Bài giảng này sẽ bao gồm thông tin chi tiết về cách bảo vệ thông tin cá nhân của quý vị trên mạng. Chúng tôi sẽ đề cập đến các phương pháp giữ an toàn trên không gian trực tuyến, chẳng hạn như cách sử dụng mạng an toàn, cách nhận biết lừa đảo trực tuyến và khi nào thì được phép — hoặc không — chia sẻ thông tin cá nhân của quý vị trên mạng.	Tìm hiểu cách giữ an toàn khi quý vị truy cập trang web!	Vietnamese	Lecture	Foundational	Available Now
Smartphones at a Glance Tổng quan về Điện thoại Thông minh	Nếu quý vị tò mò về những gì điện thoại thông minh có thể làm và tại sao chúng lại trở nên phổ biến như vậy, hãy tham dự bài giảng cơ bản này. Quý vị sẽ tìm hiểu về các loại điện thoại thông minh phổ biến trên thị trường cũng như một số ưu và nhược điểm của chúng. Chúng tôi cũng sẽ so sánh và đối chiếu hai trong số các hệ điều hành phổ biến nhất: Android và iOS của Apple.	Điện thoại thông minh đến mức nào? Chúng tôi sẽ trình bày với quý vị tất cả thông tin về điện thoại thông minh.	Vietnamese	Lecture	Foundational	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Streaming & Smart TVs Truyền phát trực tuyến & TV thông minh	Càng ngày càng có nhiều người “kết nối không dây” và hủy thuê bao truyền hình cáp của họ. Thay vào đó, họ đang sử dụng các dịch vụ phát sóng trên mạng miễn phí hoặc chi phí thấp như YouTube, Netflix và Hulu để xem trực tuyến các chương trình và bộ phim yêu thích của mình. Bài giảng này sẽ giới thiệu tính năng phát sóng trên mạng: nó là gì, cách sử dụng nó và sự đa dạng của các nội dung có sẵn. Quý vị cũng sẽ tìm hiểu cách xem truyền hình trực tiếp mà không cần dây cáp và các TV thông minh cũng như thiết bị phát sóng trên mạng có thể giúp quý vị xem các đoạn phim từ Internet trên TV của mình như thế nào.	Quý vị có đang trả tiền cho các kênh truyền hình mà mình không xem không? Tìm hiểu lý do tại sao mọi người đang “kết nối không dây” và chuyển sang sử dụng các dịch vụ phát sóng trên mạng!	Vietnamese	Lecture	Foundational	Available Now
Understanding Internet Plans Tìm hiểu các gói Internet	Trong phiên làm việc này, chúng tôi sẽ chia nhỏ các phần khác nhau của gói internet gia đình để bạn có thể chọn tùy chọn tốt nhất cho gia đình mình. Chúng ta sẽ xem xét các thuật ngữ quan trọng, từ điểm phát sóng đến băng thông. Bạn sẽ tìm hiểu về tốc độ Internet tốt nhất cho các loại hoạt động khác nhau, từ việc gửi email cho đến chơi game. Chúng ta cũng sẽ thảo luận các mẹo khi nói chuyện với Nhà cung cấp dịch vụ Internet (ISP) và cách tiết kiệm tiền trên hóa đơn của bạn.	Nhanh hơn không phải lúc nào cũng tốt hơn! Hãy đến tìm hiểu về các lựa chọn internet tại nhà để bạn chỉ trả tiền cho những gì bạn cần.	Vietnamese	Lecture	Foundational	





Vietnamese Workshops

Our series of interactive workshops are designed to give participants the chance to practice using a website or app. Although they can be scheduled on their own, many workshops cover material that has already been introduced in a lecture. Workshops are led by a trainer and offer hands-on activities. To participate in workshops, participants should be comfortable navigating the Internet.

- **Program Duration:** 75-90 minutes
- **Capacity:** 8-10 max
- **Participant Prerequisites:** None; workshops related to Google, Gmail, P2P Services and Zoom may require participants to have a smartphone, email address and/or Zoom account. See workshop description for more details.
- **Trainer Prerequisites:** None
- **Tech Required:** Classroom set of your choosing or available.
- **Participant Tech Required:** All participants should use classroom set of devices provided by partner for this hands-on program. If bringing their own smartphone is required, it will be noted in the description.
- **Trainer Materials:** Trainer guide, slide presentation
- **Participant Materials:** Handout (provided by Senior Planet, printed by partner)

Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Exploring and Downloading Apps Khám phá & Tải xuống các Ứng dụng	Trong buổi thực hành này, quý vị sẽ tìm hiểu cách tìm kiếm và tải các ứng dụng xuống điện thoại thông minh của mình. Cho dù quý vị có điện thoại iPhone hay Android, chúng ta sẽ khám phá cả hai cửa hàng ứng dụng và đề cập đến một số cân nhắc hữu ích khi chọn ứng dụng. Quý vị cũng sẽ tìm hiểu cách xóa bỏ ứng dụng và cách điều chỉnh một số cài đặt ứng dụng quan trọng. Điều kiện tiên quyết: Người tham gia phải mang theo điện thoại thông minh của mình đến lớp. Vui lòng lưu ý rằng bài giảng này tập trung vào việc tải ứng dụng xuống điện thoại thông minh của quý vị và sẽ không bao gồm mọi câu hỏi về điện thoại thông minh.	Có một ứng dụng để làm việc đó! Hãy tham gia tìm hiểu cách tìm kiếm và tải xuống các ứng dụng.	Vietnamese	Workshop	Foundational	Available Now
Finding Information Online Tìm kiếm Thông tin Trực tuyến	Internet là một nguồn tài nguyên tuyệt vời nhưng việc tìm được những gì quý vị đang tìm kiếm đôi khi có thể khó khăn hoặc tốn thời gian. Đó là lý do tại sao việc tìm ra những gì quý vị đang tìm kiếm trực tuyến lại là một kỹ năng quan trọng. Buổi thực hành này sẽ chia sẻ các lời khuyên hữu ích về cách sử dụng các cụm từ tìm kiếm hiệu quả, đánh giá các kết quả tìm kiếm của quý vị cũng như tìm kiếm thông tin chính xác trên một trang web đáng tin cậy.	Tận dụng sức mạnh của internet để tìm kiếm thông tin, tìm các chủ đề và hơn thế nữa!	Vietnamese	Workshop	Foundational	Available Now
Getting Started with Duolingo Tìm hiểu ứng dụng DuoLingo	Duolingo là một cách thú vị và miễn phí giúp bạn học ngôn ngữ mới. Thông qua buổi học này, bạn sẽ biết được cách Duolingo vận hành và tự mình khám phá những tính năng của ứng dụng này. Bạn sẽ tải ứng dụng về điện thoại và tạo một hồ sơ để học. Sau buổi học, bạn sẽ có thể bắt đầu học ngôn ngữ mới bất cứ khi nào bạn muốn.		Vietnamese	Workshop	Creative Expression	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Getting to Know Your Smartphone Làm quen với Điện thoại Thông minh của Quý vị	Trong hội thảo thực hành này, chúng ta sẽ khám phá một số tính năng phổ biến của điện thoại thông minh. Quý vị sẽ tìm hiểu cách tương tác với màn hình cảm ứng, cách truy cập các điều khiển quan trọng và cách tìm kiếm các cài đặt cụ thể. Chúng tôi cũng sẽ đề cập đến một số bí quyết và cách thức tốt nhất để bảo mật và bảo trì thiết bị của quý vị. Điều kiện tiên quyết: Người tham gia phải mang theo điện thoại thông minh của mình đến lớp. Vui lòng lưu ý rằng bài giảng này tập trung vào việc tải ứng dụng xuống điện thoại thông minh của quý vị và sẽ không bao gồm mọi câu hỏi về điện thoại thông minh.	Đừng để các cài đặt của điện thoại thông minh làm quý vị bối rối! Hãy tìm hiểu những kiến thức cơ bản trong hội thảo này.	Vietnamese	Workshop	Foundational	Available Now
Shopping on Amazon Mua sắm trên Amazon	Hội thảo thực hành này sẽ giới thiệu chung về cách mua sắm trên trang web nổi tiếng Amazon.com. Quý vị sẽ học cách tìm kiếm các sản phẩm, so sánh giá cả và đánh giá các nhận xét về sản phẩm. Quý vị cũng sẽ tìm hiểu về các tùy chọn phương thức vận chuyển của Amazon cũng như ứng dụng của Amazon dành cho điện thoại thông minh và/hoặc máy tính bảng của quý vị.	Tìm hiểu cách tự tin mua sắm trên Amazon!	Vietnamese	Workshop	Financial Security	Available Now
Staying Safe Online Giữ An toàn Trực tuyến	Buổi thực hành này chia sẻ các lời khuyên quan trọng để giữ an toàn cho thông tin cá nhân của quý vị trong khi tận hưởng các lợi ích của Internet. Tìm hiểu cách nhận biết các email đáng ngờ, bí quyết sử dụng trang web an toàn và các cách thức tốt nhất về mua sắm trực tuyến.	Tìm hiểu cách bảo vệ thông tin cá nhân của quý vị khi đang nghiên cứu tìm kiếm trực tuyến, sử dụng email và các hoạt động khác!	Vietnamese	Workshop	Foundational	Available Now N/A





Vietnamese Courses

Senior Planet courses provide a deeper learning and social experience for participants. Unlike lectures and workshops, courses are multi-week commitments and participants are registering for the entire series. Class sessions involve a combination of discussion of new topics and hands-on, practical application of technology skills. OATS provides a detailed, printed course book for each participant to keep after the end of the course.

- **Program Duration:** Courses meet twice a week for either 5 or 10 weeks; each session lasts 75 minutes.
- **Capacity:** 10-12 max for tablet-based courses; 14 max for all others
- **Participant Prerequisites:** Some courses require an email address, comfort navigating the internet and/or completion of a Senior Planet Basics or Essentials course. See course description for more details.
- **Trainer Prerequisites:** None; Beyond the Basics and Money Matters require that the trainer has taken the Senior Planet U training and has taught at least one other course.
- **Tech Required:** See course description; If not specified, courses can be held on Windows PCs, Chromebooks, iPads, or Android Tablets.
- **Participant Tech Required:** All participants should use classroom set of devices provided by partner for this hands-on program.
- **Trainer Materials:** Syllabus, coursebook (PDF and printed)
- **Participant Materials:** Coursebook (printed and shipped to partner by Senior Planet)



Program Title	Description	Teaser	Program Type	Language	Impact Area	Release Date
Computer Essentials Những điều cần biết về máy vi tính	Khóa học kéo dài 5 tuần này sẽ trình bày những kiến thức cơ bản về cách sử dụng các chức năng cơ bản của máy vi tính cá nhân, cách sử dụng Internet và cách gửi và nhận email. Đến cuối khóa học, quý vị sẽ có nền tảng để sử dụng máy vi tính và Internet để làm phong phú thêm cuộc sống. Điều kiện tiên quyết: Một địa chỉ Gmail. Khóa học này phù hợp nhất với những người đã có kinh nghiệm sử dụng Internet trên mọi thiết bị.	Học cách sử dụng máy vi tính để gửi email, tìm kiếm thông tin trên web và nhiều mục đích khác để quý vị có thể kết nối trên mạng!	5-week Course	Vietnamese	Foundational	Available Now





Vietnamese Program Series

Program series offers introductions and hands-on practice to a variety of topics that are thematically related. They combine our one-off lectures with hands-on workshops to give participants a chance to practice specific skills. Program series range in length from 2-10 sessions depending on the topic. Participants should register for the entire series, as they would a course, and all sessions should be scheduled for 75 minutes for continuity. Participants receive handouts for each session. Series are capped at 12-14 participants.

- **Program Duration:** 75 minutes
- **Capacity:** 12-14 max
- **Participant Prerequisites:** None; some workshops may require participants to have a smartphone, email address and/or an account with related social media or communication platforms. See program series descriptions for more details.
- **Trainer Prerequisites:** None
- **Tech Required:** Presentation tools - Large screen TV or Projector and screen
- **Participant Tech Required:** Classroom set of your choosing or available.
- **Trainer Materials:** Trainer guide, slide presentation
- **Participant Materials:** Handouts

Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
Online Basics	Chuỗi bài giảng và thực tập này sẽ cung cấp thông tin và những thứ cần thiết để giúp bạn vận hành nó. Khóa này cũng sẽ ôn lại những nguyên tắc cơ bản để giúp bạn tự tin hơn trong việc khám phá cuộc sống trên mạng. Chúng tôi sẽ hướng dẫn đến việc chọn thiết bị nào cho phù hợp, làm sao để kết nối với mạng, các mẹo liên quan đến việc bảo vệ thông tin cá nhân của bạn, và nhiều đề mục khác nữa! Khóa học này sẽ gặp nhau 2 lần mỗi tuần và trong 5 tuần liên tiếp. Cần gì cho khóa học này? Khóa học này phù hợp nhất với những ai đã có chút kinh nghiệm về sự dụng và truy cập mạng trên mọi thiết bị như là máy tính hay máy di động.		Vietnamese	Program Series		Available Now



Lecture/Workshop Pairings

Senior Planet lectures and workshops are considered stand-alone programs and can be scheduled on their own. However, many of these programs complement each other and together can enhance learning on a topic. For example, the “Instagram Basics” lecture would provide foundational knowledge about the platform and the “Getting Started with Instagram” workshop would provide hands-on practice using the platform.

Partners can choose to schedule these complementary programs together. It is up to you to determine the best scheduling options for your community, but we do not recommend scheduling them consecutively or even on the same day. If you do decide to offer them on the same day, you should include at least a 15-minute break in between sessions.

Many partners have successfully held a lecture early in the week and a related workshop later in the week. Or, a lecture one week and a related workshop the following week.

This document shares suggestions for common lecture / workshop pairings. This list is not exhaustive and there may be other pairings not listed here as the curriculum selection grows. If you have questions about scheduling any Senior Planet program, reach out to the licensing team at licensing@seniorplanet.org.

LECTURES	WORKSHOPS
AFFORDABLE HOME INTERNET	CONNECTING TO THE INTERNET
	FINDING INFORMATION ONLINE
	UNDERSTANDING INTERNET PLANS
ALL THINGS ZOOM	VIDEO CHAT WITH ZOOM
CROWDFUNDING FOR ENTREPRENEURS	GETTING STARTED WITH PAYPAL
DIGITAL TOOLS TO BOOST YOUR BUSINESS	GETTING STARTED WITH PAYPAL
FACEBOOK	GETTING STARTED WITH FACEBOOK
FITNESS APPS	GETTING STARTED WITH GOOGLE FIT APP
	GETTING STARTED WITH IPHONE HEALTH APP
GOOGLE WORKSPACE	GMAIL TIPS AND TRICKS
	USING GOOGLE CALENDAR
HOW TO CHOOSE A NEW COMPUTER	CONNECTING TO THE INTERNET
	FINDING INFORMATION ONLINE
INSTAGRAM BASICS	GETTING STARTED WITH INSTAGRAM
INTRO TO HOSTING ON ZOOM	GETTING STARTED WITH ZOOM
	HOSTING A ZOOM MEETING
INTRO TO SOCIAL MEDIA	GETTING STARTED WITH INSTAGRAM
	GETTING STARTED WITH FACEBOOK
	GETTING STARTED WITH TIKTOK
MOBILE HEALTH APPS	GETTING STARTED WITH GOOGLE FIT APP
	GETTING STARTED WITH IPHONE HEALTH APP
MYCHART	EXPLORING ONLINE HEALTH RESOURCES
	EXPLORING RX DRUG RESOURCES
ONLINE HEALTH RESOURCES AT A GLANCE	EXPLORING ONLINE HEALTH RESOURCES
	EXPLORING RX DRUG RESOURCES ONLINE
ONLINE RX DRUG RESOURCES	EXPLORING ONLINE HEALTH RESOURCES
	EXPLORING RX DRUG RESOURCES ONLINE



ONLINE SHOPPING	SHOPPING ON AMAZON
P2P PAYMENTS	GETTING STARTED WITH PAYPAL
	GETTING STARTED WITH VENMO
PROTECTING YOUR PERSONAL INFORMATION ONLINE	STAYING SAFE ONLINE
	USING FACT CHECKING SITES
SMARTPHONE PHOTOGRAPHY	GOOGLE PHOTOS
SOCIAL MEDIA FOR JOB SEARCHING	USING JOB SEARCH ENGINES
STREAMING AND SMART TVs	FREE STREAMING WITH TUBI
TIPS FOR BEING NEWS SAVVY ONLINE	USING FACT CHECKING SITES
	STAYING SAFE ONLINE
USING GOOGLE DOCS TEMPLATES FOR RESUMES	USING JOB SEARCH ENGINES
	EMAIL TIPS AND TRICKS
VIDEO CHAT	VIDEO CHAT WITH ZOOM

