



Senior Planet Partner Resources

Curriculum List

for Q4 2024

Updated: August 30, 2024



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
- AI & Disinformation*
- AI All Around*
- AI Image 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*
- Digital Scrapbooking Tools*
- Digital Tools to Boost your Business
- Emojis, GIFs, and more!
- Everyday Uses of AI
- Facebook
- Fitness Apps
- Food Delivery Apps
- Gardening Tech at a Glance
- Google Maps
- Google Workspace
- Graphic Design Tools
- How to Choose a New Computer
- Instagram Basics
- Internet of Things at a Glance
- Intro to A.I.
- Intro to Booking Vacation Stays Online*
- Intro to Chatting with AI
- Intro to Digital Wallets*
- Intro to Estate Planning Resources and Tools
- Intro to Gaming*
- Intro to Heart Rate Monitor Apps
- Intro to Hosting on Zoom
- Intro to Managing Your Privacy
- Intro to Photo Editing Tools
- Intro to Selling Online
- Intro to Sleep Technologies
- Intro to Smartphone Photography
- Intro to Social Media
- Intro to TikTok
- Intro to Translation Tools
- Intro to X
- IoT: Healthcare

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



English Lectures (cont.)

- IoT: Smart Homes
- IoT: Wearables
- iPhones
- Is That AI?
- Job Searching in the Digital Age
- Messaging Apps
- Mindfulness Apps
- Mobile Health Apps
- MyChart
- Online Health Resources at a Glance
- Online RX Drug Resources
- Online Shopping
- Online Tools for Contacting Lawmakers
- P2P Payment Services
- 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
- Telemedicine
- Tips for Being News Savvy Online
- Understanding Internet Plans*
- Using Google Docs Templates for Resumes
- Video Chat
- Virtual Museum Tours
- 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
- Exploring Online Health Resources
- Exploring RX Drug Resources Online
- 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 Google Fit App
- Getting Started with the iPhone Health App
- Getting Started with TikTok
- Getting Started with Venmo
- Getting Started with WhatsApp
- Getting Started with Zoom
- Getting to Know Your Smartphone
- Gmail Tips & Tricks
- Google Photos
- Hosting a Zoom Meeting
- Instagram Shopping*
- Listening to Podcasts*
- Networking on LinkedIn
- Sharing Photos with a Smartphone
- Shopping on Amazon
- Staying Safe Online
- Using Fact Checking Sites
- Using Google Calendar
- Using Google Drive
- Using GovTrack.us
- Using Job Search Engines
- Using the Airbnb App
- Video Chat with Zoom
- Watching Videos on Youtube (Web Browser)*

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



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
- Introduction to Digital Culture
- iPad Basics
- iPad Essentials
- Money Matters
- Smartphone Photography

English Program Series

- Creating Your LinkedIn Profile*
- Exploring AI Series*
- Fitness Technologies Lecture Series
- Getting Creative with Canva
- Hosting on Zoom
- Online Basics
- Practicing with Google Docs
- Tech Tips for Saving Money
- Using Google Sheets
- Using Google Slides
- Using Google Workspace Tools*

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



Spanish Lectures

- Affordable Home Internet
- AI Image Generators
- All Things Zoom
- Anti-Virus & Malware Removal Programs At a Glance
- Cloud Storage
- Crowdfunding for Entrepreneurs
- Digital Coupon Tools
- Emojis, GIFs, and more!
- Everyday Uses of AI
- Facebook
- Food Delivery Apps
- Google Maps
- Google Workspace
- Graphic Design Tools
- How to Choose a New Computer
- Instagram Basics
- Internet of Things at a Glance
- Intro to AI
- Intro to Booking Vacation Stays Online*
- Intro to Chatting with AI
- Intro to Digital Wallets*
- Intro to Hosting on Zoom
- Intro to Managing Your Privacy
- Intro to Selling Online
- Intro to Smartphone Photography
- Intro to Social Media
- Intro to TikTok
- Intro to Translation Tools
- Intro to X
- IoT: Healthcare*
- IoT: Smart Homes
- iPhones
- Messaging Apps
- Mindfulness Apps
- Mobile Health Apps
- MyChart
- Online Health Resources at a Glance
- Online RX Drug Resources
- Online Shopping
- P2P Payments
- Podcasts at a Glance*
- Protecting Your Personal Information Online
- Ridesharing Apps
- Saving Money with Tech
- Smartphone Camera Uses Beyond Photography
- Smartphones at a Glance

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



Spanish Lectures (cont.)

- Spotify
- Streaming & Smart TVs
- Telemedicine
- Tips for Being News Savvy Online
- Understanding Internet Plans*
- Video Chat
- YouTube
- Video Chat
- Virtual Museum Tours
- Youtube

Spanish Workshops

- Connecting to the Internet
- Exploring and Downloading Apps
- Exploring Online Health Resources
- Exploring RX Drug Resources Online
- Finding Information Online
- Getting Started with Canva
- Getting Started with Facebook
- Getting Started with Instagram
- Getting Started with PayPal
- Getting Started with WhatsApp
- Getting Started with Zoom
- Getting To Know Your Smartphone
- Google Photos

Spanish Workshop (cont'd)

- Hosting a Zoom Meeting
- Shopping on Amazon
- Staying Safe Online
- Using Fact Checking Sites
- Watching Videos on YouTube

Spanish Program Series

- Getting Creative with Canva
- Hosting on Zoom
- Online Basics
- Tech Tips for Saving Money

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
- Intro to Digital Culture
- iPad Basics
- iPad Essentials
- Money Matters

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



Chinese Lectures

- Affordable Home Internet
- All Things Zoom
- Anti-Virus & Malware Removal Programs At a Glance
- Cloud Storage
- Google Maps
- How to Choose a New Computer
- Intro to A.I.
- Intro to Booking Vacation Stays Online*
- Intro to Hosting on Zoom
- Intro to Managing Your Privacy

Chinese Workshops

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

Chinese Program Series

- Online Basics

- Intro to Smartphone Photography
- Intro to Translation Tools
- IoT: Healthcare*
- IoT: Smart Homes
- iPhones
- Messaging Apps
- Mobile Health Apps
- Online Shopping
- P2P Payments
- Protecting Your Personal Information Online
- Smartphones at a Glance
- Telemedicine
- Video Chat
- Virtual Museum Tours
- YouTube

Chinese Courses

- Android Essentials
- Beyond the Basics - App-Based
- Chrome Basics for Older Adults
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- iPad Basics
- iPad Essentials

** 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	Program Type	Language	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.	Lecture	English	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.	Lecture	English	Foundational	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!	Lecture	English	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!	Lecture	English	Creative Expression	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!	Lecture	English	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.	Lecture	English	Social Engagement	Available Now
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!	Lecture	English	Foundational	Available Now



Program Title	Description	Teaser	Program Type	Language	Impact Area	Release Date
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.	Lecture	English	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!	Lecture	English	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!	Lecture	English	Financial Security	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!	Lecture	English	Social Engagement	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.	Lecture	English	Creative Expression	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.	Lecture	English	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!	Lecture	English	Social Engagement	Available Now



Program Title	Description	Teaser	Program Type	Language	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.	Lecture	English	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.	Lecture	English	Social Engagement	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 apps that can help you track your nutrition and activity, plan your workouts, stay motivated and even get better sleep. 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!	Lecture	English	Health & Wellness	Available Now
Food Delivery Apps	Ordering food from home is now easier than ever thanks to the internet. This lecture provides an overview of the most popular food delivery apps, such as Seamless. You'll learn about the pros and cons, how to search for new restaurants, and how to leave a tip and rating.	Don't want to go out? Learn about some popular apps to get food delivered to your front door.	Lecture	English	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!	Lecture	English	Creative Expression	Available Now
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!	Lecture	English	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.	Lecture	English	Foundational	Available Now



Program Title	Description	Teaser	Program Type	Language	Impact Area	Release Date
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.	Lecture	English	Creative Expression	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!	Lecture	English	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.	Lecture	English	Creative Expression	Available Now
Internet of Things at a Glance	This lecture provides an overview of the vast world of the Internet of Things and discusses best practices for keeping your devices secure. Learn about how consumer devices communicate with each other across this ecosystem and which of your devices are part of the Internet of Things. You'll also find out about the technology that is fueling smart homes and smart cities.	Hearing a lot about "smart" devices? We'll explain how it's all connected!	Lecture	English	Foundational	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!	Come chat with ChatGPT and learn about AI!	Lecture	English	Foundational	Available Now
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.	Lecture	English	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.	Lecture	English	Foundational	Available Now



Program Title	Description	Teaser	Program Type	Language	Impact Area	Release Date
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.	Lecture	English	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.	Lecture	English	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!	Lecture	English	Creative Expression	Available Now
Intro to Heart Rate Monitor Apps	Curious about your heart rate, but not ready to commit to a fitness tracker? There's an app for that! In this lecture we'll introduce several popular and free heart rate monitor apps. We'll review reasons why you might want to track your heart rate, as well as recommendations for physical activity and heart rate zones. Join us for this informative lecture and find out if heart rate monitoring apps are for you!	Did you know your phone can measure your heart rate? Learn about free heart rate monitor apps and why they can be useful.	Lecture	English	Health & Wellness	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.	Lecture	English	Social Engagement	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!	Lecture	English	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!	Lecture	English	Creative Expression	Available Now



Program Title	Description	Teaser	Program Type	Language	Impact Area	Release Date
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!	Lecture	English	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	Lecture	English	Health & Wellness	Available Now
Intro to Smartphone Photography	Interested in learning more about your smartphone camera? Come to this lecture to explore your smartphone's camera. 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.	Lecture	English	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!	Lecture	English	Social Engagement	Available Now
Intro to TikTok	Think about clocks when you hear "tick tock?" Then this lecture is for you! TikTok is a social media platform where over 1 billion active users share short videos ranging from fun and silly, to informative and educational. This presentation will introduce you to TikTok, its rise to global popularity, and most common features, including privacy settings. You'll learn what kind of content exists on TikTok, how users interact, the basics for creating an account, and more!	2 choices: It's time to learn about TikTok! OR TikTok can be a source of fun, creativity, and information. Learn about this social media platform gaining popularity.	Lecture	English	Creative Expression	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.	Lecture	English	Creative Expression	Available Now
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)!	Lecture	English	Civic Participation	Available Now



Program Title	Description	Teaser	Program Type	Language	Impact Area	Release Date
IoT: Healthcare	Interested in telehealth? Come learn how the medical industry is embracing the Internet of Things (IoT) technology to treat patients remotely. We'll explore cutting-edge devices from smart hearing aids to ingestible sensors, as well as popular telehealth apps!	Technology meets healthcare. Learn about the impact on the medical industry.	Lecture	English	Health & Wellness	Available Now
IoT: Smart Homes	Come learn how the Internet of Things (IoT) technology is transforming homes everywhere! Control your lights, temperature, and even household appliances with a tap on your smartphone. These smart devices are more than just gadgets. They can help save you time and money, and even give you greater peace of mind.	Want to live like the Jetsons? Learn how smart home technology is making that a reality!	Lecture	English	Foundational	Available Now
IoT: Wearables	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!	Lecture	English	Health & Wellness	Available Now
iPhones	If you're curious about what an iPhone can do and why it's so popular, come to this lecture. You'll learn about the latest iPhone, its features 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.	Lecture	English	Foundational	Available Now
Is that AI?	With the advances in artificial intelligence technology, AI programs can now create ultra-realistic images and videos. 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 was generated by AI. We'll show you how to do a reverse image search to find out the internet history of any image you find online. While we can't definitively tell whether an image is AI, these tools will make you a tech savvy internet user.	Can we really believe what we see? Come to this class to train your eye to recognize AI!	Lecture	English	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.	Lecture	English	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.	Lecture	English	Social Engagement	Available Now



Program Title	Description	Teaser	Program Type	Language	Impact Area	Release Date
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!	Lecture	English	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's built-in app and the Google Fit app. You'll learn about using the app's step counter, as well as integrating information from other popular health and fitness apps. You'll also learn the benefits of saving your medical ID.	Come learn how your phone can count your steps and check your heart rate!	Lecture	English	Health & Wellness	Available Now
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!	Lecture	English	Health & Wellness	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.	Lecture	English	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!	Lecture	English	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!	Lecture	English	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.	Lecture	English	Civic Participation	Available Now



Program Title	Description	Teaser	Program Type	Language	Impact Area	Release Date
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.	Lecture	English	Financial Security	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!	Lecture	English	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!	Lecture	English	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!	Lecture	English	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!	Lecture	English	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!	Lecture	English	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.	Lecture	English	Foundational	Available Now
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.	Lecture	English	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.	Lecture	English	Creative Expression	Available Now



Program Title	Description	Teaser	Program Type	Language	Impact Area	Release Date
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!	Lecture	English	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.	Lecture	English	Foundational	Available Now
Telemedicine	Interested in having a virtual visit with your doctor? Or learning about types of telemedicine out there? This lecture provides an overview of telemedicine options and focuses on exploring virtual medical appointments with your doctor in real-time. You'll see a virtual-visit walk-through and learn what to expect from an appointment. This lecture offers advice about how best to prepare for a virtual visit, from questions to ask your doctor to your concerns regarding connectivity, privacy, and insurance.	We can't teleport, but we can telemedicine! Learn how you can virtually visit your doctor. A virtual doctor appointment? We'll explain!	Lecture	English	Health & Wellness	Available Now
Tips for Being News Savvy Online (formerly "How to Spot Fake News")	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!	Lecture	English	Civic Participation	Available Now
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.	Lecture	English	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!	Lecture	English	Financial Security	Available Now



Program Title	Description	Teaser	Program Type	Language	Impact Area	Release Date
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!	Lecture	English	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!	Lecture	English	Creative Expression	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!	Lecture	English	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.	Lecture	English	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	During this hands-on workshop, you'll learn how to search for and download apps to your smartphone. Whether you have an iPhone or an Android phone, we'll explore both app stores 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 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.	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
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
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



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
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
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



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
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 Google Fit App	In this hands-on workshop, you'll get started using Google Fit, an app that often comes preloaded on many Android phones and can be downloaded on any mobile device. Learn to set goals for number of move minutes and to add health details to your profile. Please bring your smartphone to this workshop.		English	Workshop	Health & Wellness	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 TikTok	In this hands-on workshop, you'll learn how to sign up for an account on TikTok, a popular video sharing platform. We'll show you how to search for and follow other users based on your interests to find content you enjoy! You'll also learn how to adjust the privacy settings to your liking, and update your profile information.		English	Workshop	Social Engagement	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	In this hands-on workshop, 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 smartphone.		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 Smartphone	During this hands-on workshop, we'll explore some of the common features of 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. Pre-requisites: Participants should bring their smartphone to class. Please note that this workshop focuses on some specific smartphone features and will not cover every smartphone question.	Don't let your smartphone'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 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
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 a Smartphone	In this hands-on workshop you will practice several ways to share photos with a 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 smartphone. Workshop materials will include step-by-step instructions for iPhones and Samsung phones.		English	Workshop	Creative Expression	Available Now



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
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 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 storage through Google Drive! Drive acts like a virtual hard drive where 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
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



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
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
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	Program Type	Language	Description	Teaser	Impact Area	Release Date
Android Essentials	Course (5-week)	English	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!	Foundational	Available Now
Beyond the Basics - App-Based	Course (10-week)	English	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!	Foundational	Available Now
Beyond the Basics - Browser-Based	Course (10-week)	English	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!	Foundational	Available Now



Program Title	Program Type	Language	Description	Teaser	Impact Area	Release Date
Chrome Basics for Older Adults	Course (10-week)	English	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!	Foundational	Available Now
Chrome Essentials	Course (5-week)	English	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!	Foundational	Available Now
Computer Basics for Older Adults	Course (10-week)	English	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!	Foundational	Available Now



Program Title	Program Type	Language	Description	Teaser	Impact Area	Release Date
Computer Essentials	Course (5-week)	English	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 Introduction to Digital Culture for PCs, 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!	Foundational	Available Now
Free Your Photos	Course (5-week)	English	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!	Creative Expression	Available Now
Intro to Digital Culture (Should be listed as separate courses for specific devices)	Course (5-week)	English	From communicating with others to staying healthy, digital tools and technologies affect much of our lives. By the end of this 5-week course, you'll use the internet to contact your lawmakers, learn about health-related topics, connect with others offline and online, and explore your interests and passions. You'll also learn best practices for staying safe online and using social media. 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.	Take your digital skills up a notch so that you can thrive online! Unlock new opportunities in the digital world! Learn how to connect with others, research topics online, pursue your passions, and more!	Foundational	Available Now



Program Title	Program Type	Language	Description	Teaser	Impact Area	Release Date
iPad Basics	Course (10-week)	English	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!	Foundational	Available Now
iPad Essentials	Course (5-week)	English	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!	Foundational	Available Now
Money Matters	Course (10-week)	English	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!	Financial Security	Available Now
Smartphone Photography	Course (5-week)	English	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.	Creative Expression	Available Starting 7/8





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, IoT Wearables, Online Health Resources, IoT & Healthcare, Mindfulness Apps, Intro to Heart Rate Monitor 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
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



Program Title	Description	Teaser	Language	Program Type	Impact Area	Release Date
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
Using Google Workspace Tools **Program Series Description**	Anyone with a Gmail account has access to a variety of free Google tools! In this 10-session series, the class will choose to explore and practice several of the following in a web browser: Drive, Docs, Slides, Sheets, Calendar, and Gmail. These help you store files, stay organized, create presentations, and more. The series will combine an introductory lecture with hands-on sessions, and you'll also learn how these skills can transfer to other productivity software, such as Microsoft Office. Whether you're interested in Google tools for professional or personal use, this series is for you! 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





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	Program Type	Language	Description	Teaser	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.	Financial Security	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!	Creative Expression	Available Now
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.	Social Engagement	Available Now
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!	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, por qué 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.	Foundational	Available Now



Program Title	Program Type	Language	Description	Teaser	Impact Area	Release Date
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 campanas de crowdfunding para no solamente recaudar fondos, pero también para buscar y contribuir a campanas 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.	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!	Financial Security	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!	Social Engagement	Available Now
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.	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!	Social Engagement	Available Now
Food Delivery Apps Aplicaciones de comida a domicilio			Pedir comida en casa ahora es más fácil que nunca gracias al internet. Esta presentación le dará un resumen de las aplicaciones de entrega de alimentos más populares, como Seamless. Aprenderá sobre los pros y contras, cómo encontrar restaurantes nuevos y cómo dejar una propina y una calificación.	¿Tiene hambre, pero no quiere cocinar ni salir de la casa? Le daremos una solución de lo que pueda hacer con esta categoría de aplicaciones.	Financial Security	Available Now



Program Title	Program Type	Language	Description	Teaser	Impact Area	Release Date
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.	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.	Foundational	Available Now
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.	Creative Expression	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.	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!	Creative Expression	Available Now

Program Title	Program Type	Language	Description	Teaser	Impact Area	Release Date
Internet of Things at a Glance Internet de las cosas de un vistazo			Esta presentación le dará un resumen del mundo grande del “internet de las cosas.” También, le presentará las mejores prácticas para mantener la seguridad de sus dispositivos. Aprenda cómo los dispositivos para consumidores comunican entre ellos a través de este ecosistema y cuáles de sus propios dispositivos conforman parte del “internet de las cosas.” También, aprenderá sobre la tecnología detrás de las casas inteligentes y ciudades inteligentes.	Esta presentación le dará una introducción a cómo el internet ayuda a conectar las cosas que usamos diariamente en nuestras vidas.	Foundational	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. ¡Hablaemos 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!	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.	Foundational	Available Now
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.	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.	Financial Security	Available Now



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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.	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!	Foundational	Available Now
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!	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 íconos 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!	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!	Social Engagement	Available Now



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Intro to TikTok Introducción a TikTok			Piensa en los relojes cuando escuche "tic tac". ¡Entonces esta presentación es para usted! TikTok es una plataforma de redes sociales donde más de mil millones de usuarios activos comparten videos cortos que van desde divertidos y absurdos hasta informativos y educativos. Le presentaremos TikTok, su ascenso a la popularidad mundial y las funciones más comunes, incluyendo la configuración de privacidad. ¡Aprenderá qué tipo de contenido existe en TikTok, cómo interactúan los usuarios, los conceptos básicos para crear una cuenta y más!	Two options: ¡Es hora de aprender sobre TikTok! TikTok puede ser una fuente de diversión, creatividad e información. Conozca cómo esta plataforma de redes sociales está ganando popularidad.	Creative Expression	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.		Available Now
Intro to 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.	Civic Participation	Available Now
IoT: Healthcare Internet de las cosas: atención médica			¿Interesado en telesalud? Venga a conocer cómo la industria médica está adoptando la tecnología del internet de las cosas (IoT) para tratar a los pacientes de forma remota. ¡Exploraremos dispositivos innovadores, desde audífonos inteligentes hasta sensores ingeribles, así como aplicaciones populares de telesalud!	La tecnología se combina con la salud. Conozca el impacto en la industria médica.	Health & Wellness	Available Now
IoT: Smart Homes Internet de las cosas: hogares inteligentes			¡Venga a aprender cómo la tecnología de Internet de las cosas (IoT) está transformando los hogares en todas partes! Controla las luces, la temperatura e incluso electrodomésticos con un toque en su teléfono inteligente. Estos dispositivos inteligentes son más que simples aparatos. Pueden ayudarle a ahorrar tiempo y dinero, e incluso brindarle mayor tranquilidad.	¿Quiere vivir como los Supersónicos? ¡Descubra cómo la tecnología del hogar inteligente está haciendo esto realidad!	Foundational	Available Now

Program Title	Program Type	Language	Description	Teaser	Impact Area	Release Date
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.	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.	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.	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 aplicación integrada del iPhone y la aplicación Google Fit. Aprenderá sobre el uso del contador de pasos, así como la integración de otras aplicaciones populares de salud y fitness. También aprenderá sobre los beneficios de usar la ficha médica.	¡Venga a aprender cómo su teléfono puede contar sus pasos y medir su frecuencia cardíaca!	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!	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!	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.	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!	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.	Financial Security	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.	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.	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!	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!	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!	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!	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	Creative Expression	Available Now

Program Title	Program Type	Language	Description	Teaser	Impact Area	Release Date
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.	Foundational	Available Now
Telemedicine Telemedicina			¿Le interesa poder tener una visita virtual con su médico? ¿O aprender sobre los tipos de telemedicina que existen? Esta presentación le brinda un resumen de las opciones de telemedicina y se enfoca en explorar citas médicas virtuales con su médico en tiempo real. Verá una visita virtual y aprenderá qué esperar de una cita. Esta presentación le ofrecerá consejos sobre la mejor manera de prepararse para una visita virtual, desde preguntas para hacerle a su médico hasta sus inquietudes sobre conectividad, privacidad y seguro.	Aprenda sobre esta tecnología que le dará la oportunidad de ver a su médico para consultas desde su casa.	Health & Wellness	Available Now
Tips for Being News Savvy Online Consejos para evaluar las noticias en línea (formerly "How to Spot Fake News")			¿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!	Civic Participation	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.	Foundational	Available Now
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.	Social Engagement	Available Now



Program Title	Program Type	Language	Description	Teaser	Impact Area	Release Date
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!	Creative Expression	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.	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	Impact Area	Language	Program Type	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.	Foundational	Spanish	Workshop	Available Now
Exploring and Downloading Apps Explorar y descargar aplicaciones	Durante este taller práctico, aprenderá cómo buscar y descargar aplicaciones (apps) en su teléfono inteligente. Tanto para un iPhone como para un teléfono Android, exploraremos ambas tiendas de apps y cubriremos algunas consideraciones útiles para elegir las. También aprenderá cómo desinstalar apps y cómo ajustar algunas configuraciones importantes de ellas. Requisitos previos: Los participantes deberán traer su teléfono inteligente a clase. Tenga en cuenta que este taller se centra en la descarga de apps en su teléfono inteligente y no cubrirá todas las cuestiones sobre teléfonos inteligentes.	¡Hay una aplicación para eso! Venga y aprenda cómo buscar y descargar aplicaciones.	Foundational	Spanish	Workshop	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.	Health & Wellness	Spanish	Workshop	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	Health & Wellness	Spanish	Workshop	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.		Foundational	Spanish	Workshop	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!	Creative Expression	Spanish	Workshop	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!	Social Engagement	Spanish	Workshop	Available Now



Program Title	Description	Teaser	Impact Area	Language	Program Type	Release Date
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.	Creative Expression	Spanish	Workshop	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.	Financial Security	Spanish	Workshop	Available Now
Getting Started with WhatsApp Cómo empezar con WhatsApp	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 traiga su propio teléfono inteligente a este taller.	Aprenda a enviar mensajes en WhatsApp.	Social Engagement	Spanish	Workshop	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.	Social Engagement	Spanish	Workshop	Available Now
Getting to Know Your Smartphone Familiarizarse con su teléfono inteligente	Durante este taller práctico, exploraremos algunas de las características comunes de los teléfonos inteligentes. Aprenderá formas de interactuar con la pantalla táctil, cómo acceder a controles importantes y cómo buscar configuraciones específicas. También cubriremos algunos consejos y mejores prácticas para proteger y mantener su dispositivo. Requisitos previos: Los participantes deberán traer su teléfono inteligente a clase. Tenga en cuenta que este taller se centra en algunas características específicas de los teléfonos inteligentes y no cubrirá todas las cuestiones sobre teléfonos inteligentes.	¡No deje que la configuración de su teléfono inteligente le desconcierte! Aprenda los conceptos básicos en este taller.	Foundational	Spanish	Workshop	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!	Creative Expression	Spanish	Workshop	Available Now



Program Title	Description	Teaser	Impact Area	Language	Program Type	Release Date
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.	Social Engagement	Spanish	Workshop	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.	Financial Security	Spanish	Workshop	Available Now
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.	Foundational	Spanish	Workshop	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.	Civic Participation	Spanish	Workshop	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.	Creative Expression	Spanish	Workshop	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	Program Type	Language	Description	Teaser	Impact Area	Release Date
Android Essentials Conceptos esenciales de Android	Course (5-week)	Spanish	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 Introducción a la cultura digital 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.		Foundational	Available Now
Beyond the Basics - App-Based Conceptos avanzados (aplicaciones)	Course (10-week)	Spanish	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.		Foundational	Available Now
Beyond the Basics - Browser-Based Conceptos avanzados	Course (10-week)	Spanish	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.		Foundational	Available Now



Program Title	Program Type	Language	Description	Teaser	Impact Area	Release Date
Chrome Basics for Older Adults Fundamentos de Chrome	Course (10-week)	Spanish	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.		Foundational	Available Now
Chrome Essentials Conceptos esenciales de Chrome	Course (5-week)	Spanish	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 bajas 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 Introducción a la cultura digital 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.	Foundational	Available Now
Computer Basics for Older Adults Fundamentos de las computadoras para adultos mayores	Course (10-week)	Spanish	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.		Foundational	Available Now



Program Title	Program Type	Language	Description	Teaser	Impact Area	Release Date
Computer Essentials Conceptos esenciales de la computadora	Course (5-week)	Spanish	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 Introducción a la cultura digital, 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.	Foundational	Available Now
Intro to Digital Culture (Should be listed as separate courses for specific devices) Introducción a la cultural digital para (Android / Chrome / la computadora / iPad)	Course (5-week)	Spanish	Desde comunicarse con otros hasta mantenerse saludable, las herramientas y tecnologías digitales afectan gran parte de nuestras vidas. Al final de este curso de 5 semanas, usará internet para comunicarse con sus legisladores, aprender sobre temas relacionados con la salud, conectarse con otras personas en línea y en persona, y explorar sus intereses y pasiones. También aprenderá las mejores prácticas para mantenerse seguro en línea y usar las redes sociales. Este curso es una gran oportunidad para practicar las habilidades que aprendió en un curso de esenciales. Requisitos previos: Ya debería haber tomado un curso de conceptos esenciales o fundamentos para su dispositivo, o estar lo suficientemente familiarizado con su dispositivo para usarlo de forma independiente en clase. También debe tener una dirección de correo electrónico.	¡Mejore sus habilidades digitales para que pueda prosperar en línea!	Foundational	Available Now
iPad Basics Fundamentos del iPad para adultos mayores	Course (10-week)	Spanish	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.		Foundational	Available Now



Program Title	Program Type	Language	Description	Teaser	Impact Area	Release Date
iPad Essentials Conceptos esenciales de iPad	Course (5-week)	Spanish	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 Introducción a la cultura digital, 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.	Foundational	Available Now
Money Matters El dinero importa	Course (10-week)	Spanish	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.		Financial Security	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	Program Type	Language	Description	Teaser	Impact Area	Release Date
Getting Creative with Canva Sea creativa con Canva **Program Series Description**	Program Series	Spanish	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 dónde participantes pueden ayudarse en sí para traer vida a sus diseños, con entrenadores ofreciendo ayuda adicional		Creative Expression	Available Now
Hosting on Zoom Cómo ser anfitrión en Zoom **Program Series Description**	Program Series	Spanish	¿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.	Social Engagement	Available Now



Program Title	Program Type	Language	Description	Teaser	Impact Area	Release Date
Online Basics Lo básico de estar en línea	Program Series	Spanish	¿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.	Foundational	Available Now
Tech Tips for Saving Money Cómo ahorrar dinero con la tecnología	Program Series	Spanish	¿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.		Financial Security	Available Starting 7/8





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	Impact Area	Language	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	Financial Security	Chinese	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	Social Engagement	Chinese	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	Foundational	Chinese	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	Foundational	Chinese	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	Foundational	Chinese	Available Now
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	Foundational	Chinese	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	Foundational	Chinese	Available Now
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 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	Social Engagement	Chinese	Available Now

Program Title	Description	Teaser	Program Type	Impact Area	Language	Release Date
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序的追蹤活動，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	Foundational	Chinese	Available Now
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囉！	Lecture	Creative Expression	Chinese	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	Creative Expression	Chinese	Available Now
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式！		Lecture	Health & Wellness	Chinese	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	Foundational	Chinese	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	Foundational	Chinese	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	Social Engagement	Chinese	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	Health & Wellness	Chinese	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	Financial Security	Chinese	Available Now



Program Title	Description	Teaser	Program Type	Impact Area	Language	Release Date
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	Financial Security	Chinese	Available Now
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	Foundational	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	Foundational	Chinese	Available Now
Telemedicine 遠距醫療	您會想與您的醫生在線上上看診嗎？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	Health & Wellness	Chinese	Available Now
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	Social Engagement	Chinese	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	Creative Expression	Chinese	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	Creative Expression	Chinese	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)
- **Possible Lecture Pairings:** [Click here](#)

Program Title	Program Type	Language	Description	Teaser	Impact Area	Release Date
Connecting to the Internet WiFi連線	Workshop	Chinese	不確定是否您的可連接互網設備已上線了？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。		Foundational	Available Now
Exploring and Downloading Apps 探索並下載應用程式	Workshop	Chinese	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。 修課前題：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。		Available Starting 7/8
Finding Information Online 尋找線上資訊	Workshop	Chinese	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！	Foundational	Available Now
Getting Started with Zoom 開始使用 Zoom	Workshop	Chinese	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。		Social Engagement	Available Now
Google Photos Google 相簿	Workshop	Chinese	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。		Creative Expression	Available Now
Hosting a Zoom Meeting 主持 Zoom 視訊會議	Workshop	Chinese	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屏幕名、傳輸文件和共享屏幕。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。		Social Engagement	Available Now
Shopping on Amazon 在 Amazon 購物	Workshop	Chinese	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。		Financial Security	Available Now
Staying Safe Online 確保網路安全	Workshop	Chinese	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。		Foundational	Available Now
Video Chat with Zoom 使用 Zoom 視訊通話	Workshop	Chinese	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！		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	Program Type	Language	Description	Teaser	Impact Area	Release Date
Android Essentials 安卓須知	Course (5-week)	Chinese	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。		Foundational	Available Now
Beyond the Basics - App-Based 基礎之上 - 藉助 app 使用數位資源的指南	Course (10-week)	Chinese	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 雲端硬碟和文檔； 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。		Foundational	Available Now
Chrome Basics for Older Adults 年長者之 (Chrome) 筆記型電腦基本資訊	Course (10-week)	Chinese	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，你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。		Foundational	Available Now
Chrome Essentials Chrome須知	Course (5-week)	Chinese	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。		Foundational	Available Now
Computer Basics for Older Adults 年長者的電腦基本資訊	Course (10-week)	Chinese	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。		Foundational	Available Now
Computer Essentials 電腦須知	Course (5-week)	Chinese	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。		Foundational	Available Now



Program Title	Program Type	Language	Description	Teaser	Impact Area	Release Date
Intro to Digital Culture 數位文化簡介 (Android / Chrome / 電腦 / iPad)	Course (5-week)	Chinese	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。		Foundational	Available Now
iPad Basics iPad基本資訊	Course (10-week)	Chinese	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、下載應用程式，以及如何聯係對您很重要的人、組織和興趣。		Foundational	Available Now
iPad Essentials iPad須知	Course (5-week)	Chinese	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。		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	Program Type	Language	Description	Teaser	Impact Area	Release Date
Online Basics 線上基礎	Program Series	Chinese	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。		Foundational	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 BUILD YOUR BUSINESS	GETTING STARTED WITH PAYPAL
EBAY & PAYPAL	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
	GOOGLE PHOTOS
HOW TO CHOOSE A NEW COMPUTER	FINDING INFORMATION ONLINE
	CONNECTING TO THE INTERNET
	AFFORDABLE CONNECTIVITY PROGRAM
INSTAGRAM BASICS	GETTING STARTED WITH INSTAGRAM
INTRO TO HOSTING ON ZOOM	GETTING STARTED WITH ZOOM
	HOSTING A ZOOM MEETING
INTRO TO SOCIAL MEDIA	FINDING COMMUNITY ON SPC
	GETTING STARTED WITH FACEBOOK
	GETTING STARTED WITH INSTAGRAM
	YOUTUBE (BROWSER)
MOBILE HEALTH APPS	GETTING STARTED WITH GOOGLE FIT APP
	GETTING STARTED WITH IPHONE HEALTH APP
MY CHART	EXPLORING ONLINE HEALTH RESOURCES
	ONLINE RX RESOURCES
ONLINE HEALTH RESOURCES AT A GLANCE	EXPLORING ONLINE HEALTH RESOURCES
	RX DRUG RESOURCES ONLINE



ONLINE RX DRUG RESOURCES	EXPLORING ONLINE HEALTH RESOURCES
	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 SEARCH	USING JOB SEARCH ENGINES
STREAMING AND SMART TVS	FREE STREAMING WITH TUBI
TELEMEDICINE	EXPLORING ONLINE HEALTH RESOURCES
	RX DRUG RESOURCES ONLINE
TIPS FOR BEING NEWS SAVVY ONLINE	USING FACT CHECKING SITES
	STAYING SAFE ONLINE
USING GOOGLE DOC TEMPLATES FOR RESUMES	USING JOB SEARCH ENGINES
	EMAIL TIPS AND TRICKS
VIDEO CHAT	VIDEO CHAT WITH ZOOM

