

TECHNOLOGY ESSENTIALS FOR SENIORS



Learn essential websites and apps!

From shopping to social media, podcasts, and videos, we've got you covered.

With a focus on practical skills and safety, including knowledge of cookies, password protection, and more, you'll leave with the confidence to navigate the digital world more effectively and safely. With plenty of time for Q&A, come enhance your digital literacy and stay connected in today's tech-driven society. All levels welcome.



Don't Be Afraid of SPAM & Phishing

Learn to identify and block it!



SPAM & Phishing are designed to keep you from thinking clearly and logically.

Everyone has heard horror stories about people losing their life savings. With a few simple steps, you can easily identify what's fake and what's real. We'll show you real world examples of numerous attacks and walk you through what you need to know to prove that it's not real.

We'll provide an overview of all the basic types of fraudulent attack. In addition, we'll cover how to protect yourself online and financially as they go hand-in-hand with this topic.

With plenty of time for Q&A, you'll leave with peace of mind, knowing that you've done all you can to protect yourself from this type of fraud.



ARTIFICIAL INTELLIGENCE

A Presentation for the Curious



Artificial Intelligence

Virtual Reality. Chatbots. Deep Fakes.

Do you ever feel like the technological world is moving too fast? And do you really know what any of these terms mean to you, never mind all of humanity?

Take a breath and enjoy an in-person, real presentation on new and emerging technologies. You might not want to use these things, but you should know what they are.

Come find out in a fun and supportive manner! And bring your questions!



SeniorU.com

Artificial Intelligence & You



Get the latest developments on Artificial Intelligence

In this engaging and informative workshop, participants will see how artificial intelligence is transforming our daily lives, from healthcare and transportation to communication and entertainment.

We will demystify complex concepts and make them accessible for older adults.



Learn to Use ARTIFICIAL INTELLIGENCE

A Program for Seniors



**Learn to use A.I. for everyday tasks,
personalized recommendations, and
meaningful conversations.**

Discover the possibilities of Artificial Intelligence. Learn how Chat GPT can revolutionize your free time, from news-related interests to hobbies and activities.

Get personalized news updates, plan unique experiences, spark fresh hobby ideas, and receive tailored book and movie recommendations.

Research dietary and health information, interpret lab results, and more!

It's all about enhancing your life with AI's assistance. Bring your curiosity and questions.



Discovering and listening to

PODCASTS



Bring your
questions!



*No Special
Equipment
Needed!*

From Vintage Radio to Modern Storytelling, Podcasts Have Something For Everyone

Podcasts, a revolution in the sphere of digital storytelling and entertainment, can seem intimidating. But they are much simpler and more accessible than you might think.

Learn step-by-step what podcasts are, how they work, and how you can easily access them at your convenience.

We'll even get you started with some great recommendations.

Great for people sick of television
(which is just about everyone!).



SENIORU

YouTube & You

Learn YouTube and other streaming services



Hundreds of Channels With Nothing to Watch?

Learn how to set up a profile safely and easily on YouTube. From there, we will review YouTube channels and creators of interest to older adults.

Cooking. Travel. Music. How-To. Videos on any topic you can think of, so bring your imagination!

We will also review online safety, what's free, what's not, and tons more! There's something for everyone! No computer is needed to participate - just yourself.