

Essential Apps for Seniors

(and how to use them)



From Coffee to Blood Sugar

A beginner-friendly workshop to help you understand what apps are, how to access them on your phone, tablet, or computer, and how they can make everyday life easier.

We'll cover the basics and the wide range of uses apps offer, such as for reminders, transportation, health management, and even meal planning.

The perfect starting point for anyone looking to explore how technology can enhance day-to-day life.

