

# FREE Classes for Older Adults!

Senior Planet from AARP is a nonprofit community for older adults where they can learn, work, create, exercise, and thrive in today's digital age (both in-person and online).



[www.seniorplanet.org](http://www.seniorplanet.org)



[Youtube.com/@seniorplanet](https://www.youtube.com/@seniorplanet)



888-713-3495 (M-F 9am-8pm ET / Sat 9am-2pm ET)



- Learn computer basics
- Meet interesting people
- Master using Zoom
- Participate in fun group discussions, like the virtual book club
- Receive 1-on-1 tech assistance
- Discover tools for job-searching
- Find low-cost internet options
- Explore new technology, like AI
- Exercise with fitness classes like "Morning Stretch" or Tai Chi

**And so much more! All for FREE.**

**Registration NOT required for most classes.**

**AARP membership NOT required to join.**

**SENIOR PLANET**  
FROM **AARP**