



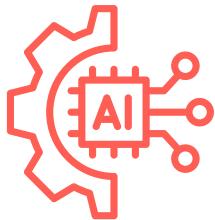
PROGRAM PLAN

WINTER 2026

SENIOR PLANET
FROM **AARP**

Quarterly Theme: Fresh Start

Welcome to Fresh Start – designed around renewal, growth, and taking charge of the future. Use the first part of the year as an opportunity to reset, refocus, and step confidently into the months ahead!



JANUARY

YOUR YEAR OF TECH

Explore new technologies! Special topics include Ray-Ban Meta AI Glasses, AirPods, and how to responsibly dispose of old technology.

FEBRUARY

FITNESS FEBRUARY



Embrace your inner Olympian! Join us for special programs on nutrition, exercise, and the Olympic Games.



MARCH

DECLUTTERING

Clear your space and your mind. Special programs include email inbox management and the Digital House Cleaning Challenge.





Enter to Win an Apple Watch Series 11!

IN-PERSON OPPORTUNITY

THE SENIOR PLANET LOYALTY PROGRAM

The Loyalty Program is a contest-based activity held primarily at Senior Planet centers that rewards participants for taking classes, discovering new technology devices, or visiting the center. This quarter, we're giving away an Apple Watch Series 11! Kickstart your health journey with this powerful smart watch offering hypertension notifications and sleep score, along with up to 24 hours of battery life and a display that's 2x more scratch-resistant.

HOW TO ENTER:

- **Pick up a loyalty punch card from a trainer...**
- **Take 10 classes, or visit the center 10 times...**
- **Tell us what you learned...**
- **Enter to win an Apple Watch Series 11!**



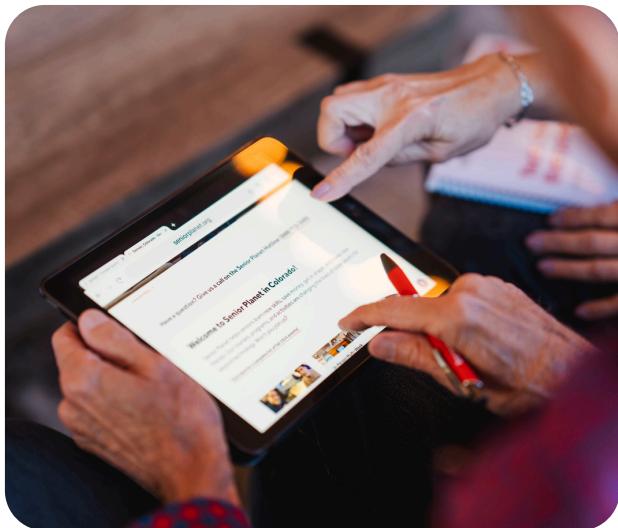
You can receive a 'punch' on your card for taking a class, visiting a center as a co-working space, or to use a computer. Once you receive 10 punches, enter the contest by sharing a tech skill that you've recently learned and how you've incorporated it into your life. At the end of the quarter, one winner will be selected at each of our in-person locations*!

*Denver, CO, Miami, FL, Montgomery County, MD, New York, NY, North Country, NY, San Antonio, TX



Quarterly Theme Initiatives

2026 TECH RESOLUTIONS



What are you tech resolutions for 2026? Post on social media and use the hashtag #2026TechResolutions to share with the world what you want to learn this year. Tag @seniorplanet and we will repost your tech resolutions!

Tech Resolutions encourage participants to reflect and realign with technology goals they would like to accomplish in the new year.

SENIOR PLANET SPONSORED ATHLETES: SELECTING THE 2026 TEAM!

For the seventh year, Senior Planet from AARP put out the call for “Senior Planet Sponsored Athletes” — adults age 60 and older who are excited about fitness, have identified their wellness-related goals, and are willing to share their experiences to inspire other older adults.

The goal of the program is to motivate seniors across the country to improve their fitness in accessible, authentic ways. By showcasing the journeys of 5 contest winners who are engaged in diverse fitness activities, we seek to inform and inspire older adults about fitness activities, best practices for health, and more!



2025 Senior Planet Sponsored Athlete Shebah Carfagna

**The 2026 athletes are currently being selected.
Visit seniorplanet.org/athletes to meet the team!**



Featured Classes

TECH RESOURCES FOR EVERYDAY LIFE (COURSE)

Digital tools and technologies have become very important and even necessary to our everyday lives. By the end of this 5-week course, you'll be able to use a variety of resources to make your life easier, from managing everyday tasks to communicating with others. You'll use the internet to explore your interests and passions, connect with others, and even contact your lawmakers. You'll also learn best practices for staying safe in the digital world and managing your privacy and security settings in the Chrome browser. This course is a great opportunity to meaningfully practice skills that you learned in a Basics or Essentials course.

STREAMING AND SMART TVs (LECTURE)

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.

FITNESS APPS (LECTURE)

Think that fitness apps are only for athletes? This lecture covers many different types of fitness apps, whatever your health and wellness goals. We'll discuss free apps that can help you track your nutrition and activity, plan your workouts, and stay motivated. You'll learn about the benefits of fitness apps and popular apps in each category.

WEARABLES AT A GLANCE (LECTURE)

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.



Check out what's happening online this quarter!

seniorplanet.org/classes



EXPLORING ONLINE HEALTH RESOURCES (WORKSHOP)

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.

HEALTHCARE & TECH AT A GLANCE (LECTURE)

Curious how recent technological advances have changed healthcare? In this lecture, we'll explore how doctors are using cutting-edge tech, like AI and smart devices, to diagnose, monitor, and treat medical conditions. We'll also discuss how patients can use technology to manage and improve their health. We'll cover how to prepare for and what to expect from telehealth appointments, common healthcare wearables, and best practices for using AI for medical information.

MOBILE HEALTH APPS (LECTURE)

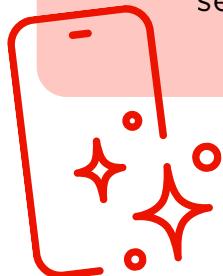
Did you know that your smartphone is also a powerful health tool? This lecture introduces common health apps, like the iPhone Health app and the Samsung Health app. You'll learn the main features such as activity tracking, food logging, data insights, integration with other apps, and more! We'll also discuss some considerations for using health apps including data and privacy.

Check with center staff for a full schedule of events happening at centers this quarter.

Digital House Cleaning Challenge

We all have organizing projects that we put off. That's just as true in our online life as in our closets and kitchens. In a recent survey, more than half of people over 50 say they are having trouble managing and organizing their digital information.

Sign up to join the 5-day Digital House Cleaning Challenge to feel more secure and in control of your digital footprint!



seniorplanet.org/digitalhousecleaning





Find Your Fresh Start on Senior Planet Community

Senior Planet Community is a safe, ad-free online social hub just for older adults. The platform provides a digital space to join interest groups, share updates, and make friends. With over 40 different groups to explore, there's something for everyone!



YOUR YEAR OF TECH

Ask a Tech Expert

1,000+ members

- Send questions to Senior Planet Trainers and Verizon Experts.

FITNESS FEBRUARY

Fitness Enthusiasts

2,200+ members

- Share health and fitness advice and goals.

DECLUTTERING

Own Less (Decluttering Tips)

2,700+ members

- Let's exchange ideas on how to declutter our homes and lives.

Create your free account to explore more groups and start making connections today!



Coming Soon: An Upgraded Senior Planet Website!

Over the last year, we have been hard at work redesigning the seniorplanet.org website, which will debut in the next couple of months.

Before launch, we'll be hosting classes to preview the new look and features. The Senior Planet Hotline will be available to answer any questions and help you navigate the site.

Read more about what the new website will offer!



seniorplanet.org/articles-news-website-upgrade

5 Impact Areas

Our mission seeks to achieve measurable change in the lives of older adults, and we have chosen five “impact areas” where we know technology can be a critical factor. In each of these areas, we aim to empower older adults to use technology to reach their goals and be part of a thriving community that supports and celebrates aging.

Financial Security



Civic Participation



Social Engagement



Health and Wellness



Creative Expression



Financial Security

Help older adults of all income levels to leverage digital tools to increase income and benefits, save money and avoid fraud, and gain more control over financial information, planning, and processes.



Social Engagement

Harness technology to rebuild social networks, strengthen bonds with family and friends, and increase connections with people and events, whether in our neighborhoods or across the world.



Creative Expression

Amplify the creative voices of older adults through all media, using technology and training for production, display, and distribution. Formats include visual art, sculpture, 3D design and printing, music, writing, streaming performance, podcasting, and video production.



Health and Wellness

Build knowledge and confidence in using digital tools for better health, more informed patient engagement, and higher levels of physical activity.



Civic Participation

Empower older adults with digital tools to stay engaged as volunteers and voters, combat ageism, and help build a healthier civil society. Support informed research, communication, advocacy, organizing, and dialogue.



ONLINE CLASSES

seniorplanet.org/classes

Join us on Zoom for technology classes, exercise programs, discussion groups, and special events!

IN-PERSON PROGRAMS

seniorplanet.org/locations

Visit a Senior Planet center in NYC, Plattsburgh, NY, Denver, or Miami. Find a partner site or licensing site – now in 36 states!

CALL THE HOTLINE

888-713-3495

Learn more about Senior Planet, get answers to your tech questions, and sign up for 1-on-1 tech help sessions.

JOIN THE COMMUNITY

community.seniorplanet.org

Connect with over 17,000 other older adults in over 40 interest groups! Meet friends and make connections on this safe, ad-free social platform.