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Free Online Classes for Older Adults, Senior Planet

Date and Time

Weekly on Thursday All day for 5 times

Event URL

[Learn More and Register](#)

Event Region

Statewide

Event Type

Class

Event Cost

\$0.00

Event Description

Learn about Free Online Classes for Older Adults. Senior Planet from AARP is a nonprofit that helps older adults use technology to learn digital skills, stay active, and meet new friends.

- Meet interesting people
- Learn to use Zoom and Video Chat
- Find low-cost internet options
- Participate in a virtual book club
- Discover tools for job-searching
- Exercise with fitness classes like "Morning Stretch" or Tai Chi

And so much more, all for Free.

For more information call 1-888-713-3495 or visit www.seniorplanet.org to find a class.

Event Image or Sponsor Logo

Image

