

Seniors Technology and Security Training

Join us for hands on sessions where you will learn more about how to use a computer and smart phone easier and be able to spot scams!

There are 5 sessions available. Come to one, come to all or pick which ones you'd like to come to!

Session Name	Topics	Dates/Times	Pre-requisites
Internet Basics and Safety 4 hrs	<ul style="list-style-type: none"> Terminology Surfing the Net Spotting Scams Passwords Email Identity Theft 	May 15 Onoway May 16 Mayerthorpe May 17 Whitecourt 9:00 – 11:00 AM 1:00 – 3:00 PM	<ul style="list-style-type: none"> Must have email address set up and be able to access it from device if you want to practice during the session. Can participate with phone, tablet or computer
Smart Phone Tips and Tricks 2 hrs	Learn all the hidden features on your phone! iPhone users in the morning, Android in the afternoon	May 29 Onoway May 30 Mayerthorpe May 31 Whitecourt iPhone users 9:00 – 11:00 Android users 1:00 – 3:00 PM	Bring your smartphone!
Writing Memoirs 4 hrs	<ul style="list-style-type: none"> Creating/Saving/Printing your story Basic Formatting Spelling Grammar Thesaurus 	Jun 12 Onoway Jun 13 Mayerthorpe Jun 14 Whitecourt 9:00 – 11:00 AM 1:00 – 3:00 PM	<ul style="list-style-type: none"> Computer preferred but tablet acceptable Must have Microsoft Word installed or have a Microsoft account in order to access Word on the Internet

Session Name	Topics	Dates/Times	Pre-requisites
Video Conferencing 2 hrs	Connecting with Family and Friends <ul style="list-style-type: none"> • Facetime (am only) • What's App • Zoom 	Sep 11 Onoway Sep 12 Mayerthorpe Sep 13 Whitecourt iPhone/iPad users 9:00 – 11:00 Android users 1:00 – 3:00 PM Computer users can attend either session	It is helpful if you already have these apps installed on your device
Cool Internet Sites 4 hrs	<ul style="list-style-type: none"> • ChatGPT • Online Banking • Health/Fitness/Nutrition • Music • YouTube • Online Shopping • Games • More.... 	Sep 25 Onoway Sep 26 Mayerthorpe Sep 27 Whitecourt 9:00 – 11:00 AM 1:00 – 3:00 PM	Bring your own device!

Registration and Location

ONOWAY	MAYERTHORPE	WHITECOURT
Shauna Londeau – Activity Coordinator CHATEAU LAC STE. ANNE 5123-49 Ave Onoway, AB Phone: 780-967-0475	Dallys Crossland – Activity Coordinator PLEASANT VIEW LODGE 4407 42A Avenue Mayerthorpe, AB Phone: 780-786-2393	Clarissa Titong – Activity Coordinator SPRUCEVIEW LODGE & HEIGHTS 12 Sunset Boulevard Whitecourt, AB Phone: 780-778-5530