



Free Education for Seniors - Quick Action Plan (2026)

A simple plan to choose a program, enroll safely, and keep momentum.

Step 1: Pick your goal

- Tech confidence** (email, smartphone, video calls)
- Hobbies** (art, music, cooking, writing)
- Health & wellness** (movement, mindfulness, nutrition basics)
- Academic topics** (history, languages, science)
- Career skills** (Excel, bookkeeping, customer service)

Step 2: Choose your format

- Live online class** with an instructor (accountability)
- Self-paced videos** you can pause and replay (privacy)
- In-person** at a library, senior center, community college, or OLLI
- Hybrid** (online learning plus local meetups)

Step 3: Fast shortlist (pick up to 3)

Write the program name and the first class you will try.

Program	Why I picked it	First class/topic	Date/time
1.			
2.			
3.			

Step 4: Enroll and set a reminder

Before the first session: sound works, Wi-Fi is stable, and you know your login/password.

- I saved the login info in a safe place.
- I set a reminder on my phone or calendar.
- I will ask a trusted helper if I get stuck (optional).

Small goal: One 20-minute class is progress.

Disclaimer: This printable is for general information only and does not provide medical, legal, or financial advice. Programs, eligibility rules, and fees change often; confirm details directly with the provider before enrolling or sharing personal information.