

## Great Apps and Websites for Seniors



### A. Health and Wellness - Staying on Top of Your Medical Care, Exercise and Nutrition



**WebMD (App, Website)** WebMD has physician-reviewed health content and updated information about maintaining a nutritious lifestyle. WebMD allows you to search any symptoms you may be experiencing and find potential causes. This app also allows you to set medication reminders for anytime during the day. WebMD cannot take the place of a physician, but it's a great tool to stay medically informed



**Pillboxie (App)** Pillboxie is a medication reminder app that allows you to easily manage when to take medication. It does not require network connection to function. Pillboxie has great visuals and graphics that are customizable to your needs. The app plays reminder sounds when needed.



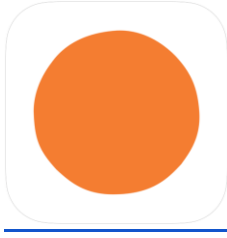
**Walkmeter Walking & Hiking GPS (App)** Walkmeter is a great app for walkers as it provides maps, times, and distances for your walks. The app also has the ability to provide users with statistical information including graphs, splits, intervals, and laps if needed. A calendar function is available to keep track of walks throughout the month and year.



**Pocket Yoga (App)** Pocket Yoga allows you to keep up with yoga practice at your own pace and in the comfort of your own home. This app allows you to select between 27 different sessions of varying duration and difficulty. Each session provides detailed instruction on correct posture, alignment, and benefits.



**MyFitnessPal (App)** MyFitnessPal allows you to track your food consumption and log exercise and weight gain/loss. This app allows you to stay on top of calorie count as well as your intake of carbs, fats, proteins, sugars, potassium, fiber, vitamins, and more. This app also allows user to scan the barcodes of foods they want to eat to see the nutrition facts.



**Headspace: Meditation (App)** Headspace allows you to relax with daily guided meditations and mindfulness techniques that bring calm, wellness, and balance into your life. Meditations focus on subjects like sleeping, focusing, and exercising.



**Epicurious (App)** Epicurious is a cooking app that provides instructions on how to prepare delicious meals and maximize your grocery trips. The app is highly interactive, even providing a stopwatch function for correct cooking times. Epicurious also has thousands of searchable recipes across a wide range of categories.



**HelloFresh (App)** HelloFresh is a cooking app that provides thousands of delicious recipes, cooking videos with tips and tricks, and step-by-step guides to help you cook your meals. This app is connected with a grocery delivery service, however, to access the recipes and cooking tips, a grocery subscription is not required.



**Tasty by BuzzFeed (Website - <https://tasty.co>)** Tasty allows you to search recipes and watch videos on how to cook a multitude of different meals from lasagna to brownie sundaes. This app provides detailed instructions on ingredients as well as easily followable steps to prepare the food.



## B. Finances: How to Save and Manage Money



**Mint (App)** Mint is an app that helps you manage your personal finances and money. This app allows users to sync all bank accounts into one interface. Mint allows you to set budgets and alerts that let you know when you have gone over your spending limits. The app also has great visuals including charts that show the percentages you spend on groceries, restaurants, gas, entertainment, and more.



**Wally Lite - Personal Finance (App)** Instead of manually logging your expenses at the end of the day (or week or month), Wally lets you simply take a photo of your receipts. And if you use geo-location on your device, it even fills in that info, saving you several steps.



**Acorns: Invest Spare Change (App)** Every time you make a purchase with a card connected to the app, Acorns rounds it up to the next highest dollar and automatically invests the difference in a portfolio of low-cost exchange-traded funds (ETFs) that you select based on your risk preference.



## C. Directions and Navigation: Never Get Lost Again



**Quickgets Park (App)** Quickgets Park allows you to track where you parked your car last so that you never forget. This app also provides you with a map to visually show where your vehicle is parked and directions about how to access your vehicle easiest.



**Google Maps (App and Website - <http://www.google.com/maps/@>)** Google Maps provides easy to locate directions to popular destinations. This app and website features traffic patterns, mode of transportation (Metro, walking, biking, driving) and alternative routes.



## D. Socializing and Staying In Touch: See Your Loved Ones Without Leaving Home



**Skype** (App and Website - <https://www.skype.com/en/>) Skype is an app and website that has a face-to-face video conferencing function. Seniors can chat with grandchildren and other loved ones anywhere in the world.



**FaceTime** (App) Facetime is an app similar to Skype that allows you to have face-to-face conversations with others.




## E. News, Entertainment, and Education: For When You Have Extra Time




**Words with Friends** (App) Words with Friends is the No. 1 mobile word game. Use this app to play a Scrabble-like game with friends, family, or anonymous people across the world.





**Duolingo** (App) Duolingo is an interactive and free app that teaches you how to learn a language. The app offers over 30 languages to choose from. Duolingo offers personalized lessons that include reading, writing, speaking, listening, and conversational activities to help you learn best. You can track your progress and earn rewards along the way.

	<p><b><u>TED Talks</u></b> (App and Website - <a href="http://www.ted.com">http://www.ted.com</a>) This app and website provides entertaining free lectures and talks in all different subjects by scientists and thinkers of the 21st century.</p> <p>Need more specific Ted Talks about senior issues</p>
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	<p><b><u>BBC</u>, <u>CNN</u>, <u>NBC</u>, and <u>FOX News</u></b> (Apps and Websites) These apps and websites are popular news outlets that provide information on current world events. There are a multitude of articles and video clips on varying subjects to keep you up to date on global happenings.</p>
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	<p><b><u>iBooks</u></b> (App) iBooks turns your iPad or iPhone into an eBook reader. Font size and brightness can be easily adjusted for those with vision problems. This app allows you to read anywhere and at anytime without the hassle of carrying around a paper book.</p>
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	<p><b><u>Kindle</u></b> (App) Similar to iBooks, Kindle can be used on your iPhone or iPad to access any book at any time. This app also provides extensive reviews on literature.</p>
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	<p><b><u>NPR</u></b> (App and Website - <a href="https://www.npr.org">https://www.npr.org</a>) NPR is an app great for public radio fans. This app and website provides news on a gamut of subjects.</p>
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**Podcasts (App)** Podcasts is an app that allows you to listen to your favorite podcasts on any subject you desire. These free audio stories serve to entertain, inspire, and inform. You can use this app anytime and anywhere and allows you to download podcasts for later and subscribe to listen to every episode you want.

Include a list of podcasts of potential interests to seniors



**Goodreads (App and Website - <https://www.goodreads.com> )** Goodreads allows users to read reviews of books they are considering reading, rate and write reviews of books they've read, and receive recommendations about books that match their interests.



**iTunes U (App)** iTunes U makes courses by a variety of leading educational and cultural institutions easily accessible to anyone at anytime.



**Pandora (App)** Pandora allows you to stream your favorite music genres and artists anywhere and anytime. This app gives users the ability to select an artist or style of music and listen to songs of that genre or of similar artists.



**Netflix (App and Website - <https://www.netflix.com> )** Netflix allows you to stream hundreds of television shows, movies, and documentaries. A subscription starts at \$7.99 per month and includes unlimited streaming. Seniors will find this app most useful while traveling and in need of entertainment or during workouts.



## F. Useful Everyday Apps/Websites: Making Life a Little Easier



**Find My iPad/iPhone (App)** Find My iPad/iPhone is a useful app that allows you to use a smartphone or a standard computer to quickly locate a lost device using a GPS.



**The Weather Channel (App)** The Weather Channel allows you to get forecasts, view the local radar, videos, and get alerts from the National Weather Service. It makes it easy to access weather news, plan vacations, and know what to wear.






**Magnifying Glass With Light (App)** The Magnifying Glass With Light app turns your smartphone into a digital magnifying glass, allowing you to read small fonts or see small objects up close. The light function will allow you to examine things in dark locations.

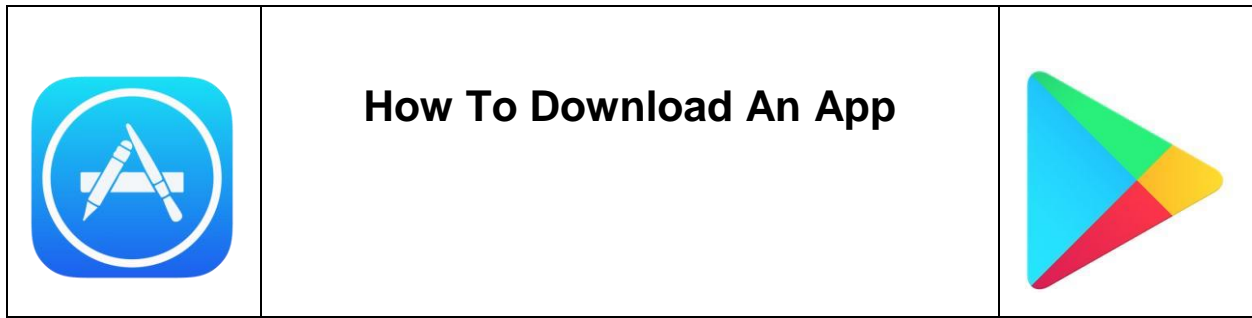




**Yelp (App and Website - <https://www.yelp.com>)** Yelp has millions of reviews of businesses worldwide. Users can access reviews of restaurants, coffee shops, haircutteries, and more. Yelp is great to find new places to visit or when venturing into a new area of town. Users can also add their own reviews of businesses.



## Transportation - Getting from Here to There

 <p>The icon for the BusTrackDC app features three red stars in a row at the top, a red horizontal bar below them, and a red silhouette of a bus at the bottom.</p>	<p><b><a href="#">BusTrackDC</a> (App)</b> Find the nearest Metro bus, rail, Circulator, or streetcar stops, when the next bus or train is arriving, and where each route will take you - all in real time. Plan your trip with built-in transit directions, save your favorite stops for easy access, or search for route maps by name.</p>
 <p>The icon for the DC Metro and Bus app is a blue rounded square containing a white capital letter 'M'.</p>	<p><b><a href="#">DC Metro and Bus</a> (App)</b> The region's most popular dedicated DC transit app. Real time rail and bus predictions and DC Metro map directly from WMATA (Washington Metropolitan Area Transit Authority), ART (Arlington Transit) and DC circulator. Also able to locate metro stations and bus stops nearby.</p>
 <p>The icon for the DC Yellow Cab app is a stylized orange and black logo that combines the letters 'Y' and 'C'.</p>	<p><b><a href="#">DC Yellow Cab</a> (App)</b> The user friendly application with Google Addressing allows you to track your request online and see your assigned vehicle in real time. You will also receive a text message when the request is scheduled in advance, when the assigned vehicle is dispatched and when the vehicle arrives at your pickup location. Works similarly to Lyft and Uber if you are familiar with them.</p>



- 1) Go to the App Store (on iPhones) →  **or**  
Google Play Store (All others) → 
- 2) Tap on the search button (magnifying glass) on the bottom on iPhones, or a white search bar at the top of the page for all others. A keyboard should appear.
- 3) Type in the name of the desired app.
- 4) From the results listed, tap on the icon of the app. You may need to scroll down if you do not see it immediately.
- 5) This should bring you to the app's page. If needed, read any additional information provided on the page to verify that this is the app you want to install.
- 6) If you have decided to proceed with installing the app, tap on the button "Get" or "Install." on non-iPhones, if the app costs money there will be a green box with the cost instead of install. Click this button to install.
- 7) The App Store will notify you if your app costs money. If this is not indicated, the app is free.
- 8) Follow any prompts to type in your password
- 9) Wait until the app is installed and enjoy! A shortcut/icon should appear on your home screen shortly.



## Youtube Videos

Managing Rheumatoid Arthritis and all aspects of health | Britt Ringstrom | TEDxUMN:  
<https://www.youtube.com/watch?v=BtqUBp5Wool>

Yoga For Seniors | Slow and Gentle Yoga:  
<https://www.youtube.com/watch?v=kFhG-ZzLNN4>

Easy Qigong & Easy Tai Chi - Senior & Elderly Exercise:  
<https://www.youtube.com/watch?v=tLct1y6Qdok>

Steps to better money management:  
[https://www.youtube.com/watch?v=CU4I\\_rs50Kk](https://www.youtube.com/watch?v=CU4I_rs50Kk)

Inspiring - Older Man Talks About How to Create a Life of Purpose For Seniors:  
<https://www.youtube.com/watch?v=MWoS9oFJizY>