Senior Tech Talk & Computer Classes

Free at the Senior Resource Center of Brevard

Join Helpng Seniors 2pm-4pm Friday November 13th for Tech Talk & Mobile Lab and information on our limited "learn to earn" your own Laptop offer!

Helping Seniors Invites Seniors to Free Technology Training.

Technology doesn't have to be intimidating!



Bri Prentice, Helping Seniors Millennial Instructor shows off new computer for training - and, for a select few, free for class attendees!

Technology should open doors, not create barriers!

As a **2026 AARP Community Challenge Grant recipient**, Helping Seniors of Brevard has developed its new **Space Coast Tech Library**, with two 8-person computer classrooms at the Senior Resource Center of Brevard.

Working with **Senior Planet Older Americans Technology Services with AARP**, Helping Seniors is launching structured, hands-on computer instruction designed to help adults 50+ build confidence and independence in today's digital world.

Our inaugural 4-week training program, offered via the Senior Planet AT&T Human-I-T initiative, provides twice weekly Nov/Dec classes. **Sixteen participants will have the opportunity to receive FREE laptop computers** upon successfully completing their training!

Join us **Friday, November 13, from 2–4 p.m.** for a FREE Senior Planet Tech Talk!

Millennial technology instructor Bri Prentice presents from 2–3 p.m., followed by a hands-on Mobile Device Lab presented by Mindcare Media.

During the event, we'll explain the new training opportunities and how interested seniors can participate.

All activities are FREE! For info and to RSVP today, call Helping Seniors at 321-473-7770.

Helping SENIORS of Brevard | AARP COMMUNITY CHALLENGE

9am - Friday - November 13th
Merritt Square Mall (Cinema Entrance)

Walk® with a Doc

Join us 9am 2nd Fridays at Merritt Square Mall!

Merritt Island

AARP Florida Brain Health Initiative

Walk with a Doc | Merritt Island |

At AARP, and Helping Seniors, we believe that maintaining brain health is an important part of healthy aging. AARP encourages older adults to take proactive steps to support their physical, mental, and cognitive well-being.

Walking is one of the simplest and most accessible ways to support brain health. Regular physical activity supports healthy blood flow, cardiovascular health, and overall brain function. Research also suggests that staying physically active may help reduce the risk of cognitive decline as we age.

That's why AARP Florida supports Walk with a Doc programs throughout Central Florida, including our Merritt Island 2nd Friday of each month walk.

To emphasize the connection between healthy lifestyles and brain health, we are supporting special wellness activities during the November and December Merritt Island Walk with a Doc events.

Lydia Rivera, ARNP oversees the Walk with a Doc programs in Central Florida including our 2nd Friday of each month gathering 9am at the Merrit Square Mall.

Join us
9am - Nov 13th
9am - Dec 11th



A **Healthy Nutrition** mini-talk with Chef Jillian (Chefs for Seniors) highlights the role nutrition plays in supporting brain health and an intro to **Chair Yoga** offers an accessible way for older adults of varying abilities to participate in physical activity.

As AARP says it best, "We believe brain health is an essential part of healthy aging, and walking is one of the easiest ways to support it."

See you 9am, Nov 13th and Dec 11th, at the Merritt Square Mall for this important and fun program!

