

Fall 2026

SENIOR PLANET
FROM AARP

UPCOMING EVENTS

TUES
SEPT
22

1:00 PM
to
2:00 PM

Fitness Apps (Lecture)

Think that fitness apps are only for athletes? We'll discuss free apps that can help you track your nutrition and activity, plan your workouts, and stay motivated.

THURS
SEPT
24

1:00 PM
to
2:30 PM

Online Rx Resources (Workshop)

The internet offers many prescription drug resources, if you know where to look! You'll use websites for comparing prices at different pharmacies and searching for coupons.

THURS
OCT
22

1:00 PM
to
2:00 PM

AI & Disinformation (Lecture)

Seeing might not mean believing anymore. Come learn how to identify deepfakes and cloned voices so you don't fall for digital deception.

TUES
OCT
27

1:00 PM
to
2:30 PM

Finding Community on SPC (Workshop)

Learn about Senior Planet's very own social media platform!

Register here:



Barrington Area Library

505 N. Northwest Hwy
Barrington
(847) 382-1300

Presented by:

