

VonSwy Solutions

Intro to Tech: Youth to Seniors

24 Sessions • 1 Hour Each • 2nd & 4th Tuesdays of the Month • August 2026 – July 2027

#	Date	Time	Topic	Teach + Apply
1	Aug 11, 2026	3:00 PM	Getting to Know Your Smartphone/Tablet	Teach: Teach basic settings, buttons, and screen navigation. Apply: Adjust display/sound settings and organize home screen icons.
2	Aug 25, 2026	11:00 AM	Internet Safety Basics	Teach: Teach how the internet works and common red flags. Apply: Identify safe vs. risky links/sites in sample screenshots.
3	Sep 8, 2026	3:00 PM	Email 101: Sending & Organizing	Teach: Teach composing, attaching files, and using folders. Apply: Send a practice email with an attachment and create a folder.
4	Sep 22, 2026	11:00 AM	Passwords & Account Security	Teach: Teach strong password habits and two-factor authentication. Apply: Create a stronger password and set up 2FA on one account.
5	Oct 13, 2026	3:00 PM	Introduction to Canva (Design Basics)	Teach: Teach templates, text, and images in Canva. Apply: Design a simple flyer or greeting card.
6	Oct 27, 2026	11:00 AM	Smartphone Apps You Should Know	Teach: Teach how to find, install, and delete apps safely. Apply: Download and set up one useful new app.
7	Nov 10, 2026	3:00 PM	Social Media Safety & Privacy Settings	Teach: Teach privacy settings and what to share vs. avoid. Apply: Adjust privacy settings on one social platform.
8	Nov 24, 2026	11:00 AM	Spotting Scams & Phishing	Teach: Teach common scam tactics (texts, emails, calls). Apply: Review real examples and flag which are scams.
9	Dec 8, 2026	3:00 PM	AI Basics: What Is AI & How It Works	Teach: Teach a simple explanation of AI and where it shows up daily. Apply: Try a basic AI tool and discuss the output.
10	Dec 22, 2026	11:00 AM	Using AI Tools in Everyday Life	Teach: Teach how to write helpful prompts (e.g., ChatGPT/Claude). Apply: Ask AI to help plan a meal, letter, or list.
11	Jan 12, 2027	3:00 PM	Video Calling & Virtual Meetings	Teach: Teach setting up and joining Zoom/FaceTime calls. Apply: Join a practice video call with a partner.
12	Jan 26, 2027	11:00 AM	Texting & Messaging Apps	Teach: Teach texting, group chats, and photo/video sharing. Apply: Send a group message and share a photo.
13	Feb 9, 2027	3:00 PM	Photos: Taking, Editing & Organizing	Teach: Teach camera basics, simple edits, and albums. Apply: Take a photo, edit it, and save it to an album.
14	Feb 23, 2027	11:00 AM	Cloud Storage & Backing Up Files	Teach: Teach what cloud storage is and how to back up photos/files. Apply: Upload a file or photo to the cloud.
15	Mar 9, 2027	3:00 PM	Online Shopping Safely	Teach: Teach spotting secure sites and safe checkout habits. Apply: Practice adding an item to a cart on a sample site.
16	Mar 23, 2027	11:00 AM	Online Banking & Bill Pay Basics	Teach: Teach how to safely check balances and pay bills online. Apply: Navigate a mock/bank demo site.
17	Apr 13, 2027	3:00 PM	QR Codes & Contactless Tools	Teach: Teach what QR codes are and how to scan them safely. Apply: Scan a few sample QR codes.
18	Apr 27, 2027	11:00 AM	Google Maps & Navigation Apps	Teach: Teach searching locations, directions, and saving places. Apply: Map a route to a familiar location.

#	Date	Time	Topic	Teach + Apply
19	May 11, 2027	3:00 PM	Streaming Services Explained	Teach: Teach navigating streaming apps and parental/profile settings. Apply: Set up a profile and find a show/movie.
20	May 25, 2027	11:00 AM	Calendars & Reminders	Teach: Teach adding events, reminders, and alerts. Apply: Create a calendar event with a reminder.
21	Jun 8, 2027	3:00 PM	Building a Simple One-Page Website/Linktree	Teach: Teach the basics of a free site builder. Apply: Create a simple personal or business link page.
22	Jun 22, 2027	11:00 AM	Accessibility Features for Ease of Use	Teach: Teach text size, voice commands, and screen readers. Apply: Turn on one accessibility feature on their device.
23	Jul 13, 2027	3:00 PM	Digital Wellness & Healthy Screen Time	Teach: Teach screen time tracking and healthy tech habits. Apply: Check personal screen time and set one limit/goal.
24	Jul 27, 2027	11:00 AM	Putting It All Together: Your Personal Tech Toolkit	Teach: Recap key skills from the series. Apply: Build a personal "cheat sheet" of favorite apps/tools learned.