Smartphone Apps that are Helpful as You Age

Thousands and thousands of apps are available for Android phones, Apple iPhones and iPads, and other devices. There are apps for restaurant reservations, news, cooking, bird watching, movies—in fact, almost any topic you can imagine.

Remember, a Google search is your friend. Information about obtaining and using apps can be found on YouTube and many other websites. I suggest you use a computer to search for information, rather than a phone, because computer screens are larger than phones’, and computer keyboards are easier to use. You can search the internet for all types of help with your smartphone, using phrases in the search box like, “how do I remove an iPhone app?”

On a computer, where it’s easier to do research, the place to look for apps is either:

- the Play Store for Android phones (http://play.google.com),
- or the App Store for iPhones (open iTunes on your computer).

Then use your phone or tablet to install an app.

My Favorite Apps are the Apps I Use. Some apps that I use often are Gmail, Google Maps, the New York Times, Whole Foods (for discounts), airline apps like MyDelta, weather app, a timer/alarm, TripAdvisor, Lyft, OpenTable, Kindle, and Minuteman Library. Other people will have different favorite apps. For example, my wife loves crossword puzzles and she uses the New York Times crossword puzzle app almost every day. She also stores cooking recipes found online using an app called Paprika.

Below are some apps that you might find useful.

Maps, travel, and transportation: Google maps, Catch the Bus, MBTA, TripAdvisor, Lyft, MyDelta.

Restaurants, food, cooking: OpenTable, Whole Foods, Starbucks, Paprika (to store recipes).


Health: Pill reminder apps, step counters

Movies, hobbies, entertainment: YouTube, Hoopla, eBird

For further information:
- Use Google to search for iPhone for Seniors for Dummies Cheat Sheet (free online), or search for “Android tips for seniors”.

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