



Tech-Savvy Seniors

A directory of free and low-cost digital literacy courses in Northern Sydney for older adults.

It's never too late to learn new skills and grow your confidence!

Did you know there are more than 70 free or low-cost digital literacy courses supporting older adults across the Northern Sydney region?

Digital literacy skills and confidence are necessary to participate in today's digital world – from accessing healthcare, government and community services, to staying socially connected with family and friends.

To help you get started, we have created a directory of local and online courses. This directory will be updated 6-monthly.

For more information on local Healthy Ageing programs visit: www.nslhd.health.nsw.gov.au/healthpromotion

Email: NSLHD-HealthyLifestyle@health.nsw.gov.au

Please note: The information in this directory aims to reasonably represent a range of free and low-cost digital literacy courses available for older adults in the Northern Sydney region, and the organisations that provide them. It is recognised the list is not complete and the information provided is a guide only. Users of the directory are responsible for making their own enquiries as to the suitability of the courses and organisations. The listing of courses and organisations in the directory does not reflect endorsement or recommendation by Northern Sydney Local Health District or NSW Health. Information is subject to change without notice.

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Topic	Location	Organisation
Apps		
Installing Apps on an Android Smartphone or Tablet	Carlingford	Macquarie Community College
Installing Apps on an iPhone or iPad	Carlingford	Macquarie Community College
Stayed Connected for Seniors	Carlingford	Macquarie Community College
Introduction of Transport Apps (6th June)	Chatswood	Willoughby City Council
Introduction to Transport Apps	Hornsby	Hornsby Ku-ring-gai Community College
NSW Public Transport Apps (1st August)	Mosman	Mosman Council
Apps (7th November)	Mosman	Mosman Council
Blogging		
Introduction to Blogging	Carlingford	Macquarie Community College
Booking a Holiday		
Booking a Holiday	Carlingford	Macquarie Community College
Computer Beginners		
Computer Basics	Carlingford	Macquarie Community College
Computer Basics	Castle Hill	Computer Pals for Seniors The Hills
Computer Assist Beginner Basics	Chatswood	Willoughby Council
Computer Beginners	Hornsby	Hornsby Ku-ring-gai Community College
Introduction to Computers	Hornsby	Hornsby Ku-ring-gai Community College
Introduction to Computers (Mandarin, 6th June)	Hornsby	Hornsby Shire Council

Topic	Location	Organisation
Computer Clubs		
Avalon Computer Pals for Seniors	Avalon Newport	Avalon Computer Pals for Seniors
Seniors Computer Club <i>(15th June)</i>	Carlingford	Macquarie Community College
Computer Pals for Seniors The Hills	Castle Hill	Computer Pals for Seniors The Hills
Crows Nest Centre Computer Club	Crows Nest	Crows Nest Centre
Forest Computer Pals for Seniors	Forestville	Forest Computer Pals for Seniors
Moocooboola Computer Club for Seniors	Hunter's Hill	Moocooboola Computer Club
Computer Pals for Seniors Ku-ring-gai	Lindfield	Computer Pals for Seniors Ku-ring-gai
Manly Computer Pals	Manly	Manly Computer Pals
Computer Pals for Seniors Northern Beaches	Narrabeen	Computer Pals for Seniors Northern Beaches
Computer Pals Turramurra	Turramurra	Computer Pals Turramurra
Cyber Safety		
Introduction to Cyber Safety for Seniors	Brookvale	Northern Beaches and Mosman College
Introduction to Cyber Safety	Carlingford	Macquarie Community College
Smartphones and Tablets Security <i>(1st June)</i>	Castle Hill	Computer Pals for Seniors The Hills
Introduction to Cyber Safety: How to Stay Safe Online <i>(16th June)</i>	Hornsby	Hornsby Ku-ring-gai Community College
Online Safety <i>(6th June)</i>	Mosman	Mosman Council
Cybersafety and an overview of ChatGPT <i>(22nd June)</i>	Turramurra	Ku-ring-gai Council

Topic	Location	Organisation
Devices		
Introduction to Android Tablets	Carlingford	Macquarie Community College
Introduction to Apple iPad	Carlingford	Macquarie Community College
Introduction to Apple MacBook	Carlingford	Macquarie Community College
Introduction to Kindle	Carlingford	Macquarie Community College
Introduction to Smartphones	Carlingford	Macquarie Community College
Introduction to Tablets	Carlingford	Macquarie Community College
Introduction to Smartphones	Hornsby	Hornsby Ku-ring-gai Community College
Introduction to Smartphones: Android	Hornsby	Hornsby Ku-ring-gai Community College
Introduction to Smartphones: iPhone	Hornsby	Hornsby Ku-ring-gai Community College
Introduction to Tablets: Android	Hornsby	Hornsby Ku-ring-gai Community College
Introduction to Tablets: iPad	Hornsby	Hornsby Ku-ring-gai Community College
Smart Homes	Hornsby	Hornsby Ku-ring-gai Community College
Introduction to Smartphones (Mandarin, 27th June)	Hornsby	Hornsby Shire Council
Introduction to iPads	Mosman	Northern Beaches and Mosman College
Introduction to iPhones	Mosman	Northern Beaches and Mosman College
Digital Assets		
Managing Your Digital Assets	Carlingford	Macquarie Community College
Managing Digital Assets	Hornsby	Hornsby Ku-ring-gai Community College

Topic	Location	Organisation
Email		
Introduction to Email	Carlingford	Macquarie Community College
Introduction to Email	Hornsby	Hornsby Ku-ring-gai Community College
Introduction to Email (<i>Mandarin, 20th June</i>)	Hornsby	Hornsby Shire Council
Windows Mail (<i>13th June</i>)	Hunter's Hill	Hunter's Hill Council
Files and Folders		
Computer Functions: Files & Folders	Carlingford	Macquarie Community College
Files and Folders	Castle Hill	Computer Pals for Seniors The Hills
Files & Folders (<i>6th June</i>)	Hunter's Hill	Hunter's Hill Council
Internet		
Introduction to the Internet	Carlingford	Macquarie Community College
Introduction to the Internet	Hornsby	Hornsby Ku-ring-gai Community College
Introduction to Internet (<i>Mandarin, 13th June</i>)	Hornsby	Hornsby Shire Council
Internet (<i>6th June</i>)	Hunter's Hill	Hunter's Hill Council
Mentoring		
Booked One-on-One Tech Help and Drop-In Tech Help Tables	Brookvale Dee Why Forestville Frenchs Forest Manly Mona Vale	Northern Beaches Council
Tech Bar	Chatswood	Willoughby City Council
Digital Mentoring overs 50s Face-to-Face	Hornsby	Hornsby Ku-ring-gai Community College

Topic	Location	Organisation
Mentoring continued		
Digital Technology Skills for English as a Second Language Speakers	Hornsby	Hornsby Ku-ring-gai Community College
Digital Discoveries	Lane Cove	Lane Cove Council
Technology Tuesday Drop In	Mosman	Mosman Council
Technology Help One-on-One Sessions	North Sydney	North Sydney Council
Digital Mentoring overs 50s	St Ives <i>Online</i>	Hornsby Ku-ring-gai Community College
Microsoft Word		
Introduction to Microsoft Word	Carlingford	Macquarie Community College
My Aged Care		
My Aged Care (5th September)	Mosman	Mosman Council
MyGov		
Introduction to MyGov	<i>Online</i>	Hornsby Ku-ring-gai Community College
MyGov Info Session (28th June)	Manly	Northern Beaches Council
MyGov Info Session (19th July)	Mona Vale	Northern Beaches Council
NSW Seniors Card		
Introduction to NSW Seniors Card Website	Hornsby	Hornsby Ku-ring-gai Community College
NSW Seniors Card (4th July)	Mosman	Mosman Council
Online Resources		
Be Connected Courses	<i>Online</i>	Be Connected
Good Things Learning Resources	<i>Online</i>	Good Things Foundation Australia

Topic	Location	Organisation
Online Resources <i>continued</i>		
Tech Savvy Seniors Quick Reference Guides (<i>English, Arabic, Chinese simplified, Chinese traditional, Croatian, Dari, Greek, Hindi, Italian, Korean, Macedonian, Spanish, Tagalog & Vietnamese</i>)	<i>Online</i>	Telstra
Tech Savvy Seniors YouTube (<i>English, Arabic, Cantonese, Korean, Mandarin & Vietnamese</i>)	<i>Online</i>	Tech Savvy Seniors
Technology Help Online	<i>Online</i>	Northern Beaches Council
Online Shopping and Banking		
Seniors Online Shopping	Brookvale	Northern Beaches and Mosman College
Introduction to Online Shopping and	Carlingford	Macquarie Community College
Introduction to Online Shopping and Banking	Hornsby	Hornsby Ku-ring-gai Community College
Online Shopping (<i>5th December</i>)	Mosman	Mosman Council
Photography		
Introduction to Photography for	Carlingford	Macquarie Community College
Introduction to Photography for	Carlingford	Macquarie Community College
Introduction to Shared Photos Online (<i>7th June</i>)	Carlingford	Macquarie Community College
Sharing Photos and Other Attachments Online (<i>30th June</i>)	Hornsby	Hornsby Ku-ring-gai Community College

Topic	Location	Organisation
Podcasts and Audiobooks		
Podcasts and Audiobooks (<i>8th June</i>)	Carlingford	Macquarie Community College
QR Codes		
QR Codes Explained	Carlingford	Macquarie Community College
How to Use QR Codes	Hornsby	Hornsby Ku-ring-gai Community College
Social Media		
Introduction to Facebook	Brookvale	Northern Beaches and Mosman College
Introduction to Social Media (<i>1st June</i>)	Carlingford	Macquarie Community College
Introduction to Social Media	Hornsby	Hornsby Ku-ring-gai Community College
Connecting Online (<i>3rd October</i>)	Mosman	Mosman Council
The Cloud		
Cloud Computing	Carlingford	Macquarie Community College
Using the Cloud	Hornsby	Hornsby Ku-ring-gai Community College
Backup (<i>13th June</i>)	Hunter's Hill	Hunter's Hill Council
Windows 10		
Introduction to Windows 10	Carlingford	Macquarie Community College
Video Calling and Zoom		
Stay in Touch Using Zoom	Brookvale	Northern Beaches and Mosman College
Introduction to Video Calling	Hornsby	Hornsby Ku-ring-gai Community College

Organisation	Address	Suburb	Phone
<u>Avalon Computer Pals for Seniors</u>	Maria Regina Catholic Church Hall, 7 Central Rd	Avalon Beach	02 8064 3574
	Newport Community Centre, 11-13 The Blvd	Newport	02 8064 3574
<u>Be Connected</u>	<i>Online</i>		1300 795 897
<u>Computer Pals for Seniors Ku-ring-gai</u>	Community Hall, 9 Wellington Rd	East Lindfield	02 9416 9049
<u>Computer Pals for Seniors Northern Beaches</u>	The Tramshed Arts & Community Centre, 1395a Pittwater Rd	Narrabeen	02 9984 0604
<u>Computer Pals for Seniors The Hills</u>	Old Caretaker's Cottage, Castle Hill Showground	Castle Hill	0479 137 131
<u>Computer Pals for Seniors Turramurra</u>	Turramurra Senior Citizens Centre, 1 Gilroy St	Turramurra	02 9983 0774
<u>Crows Nest Centre Computer Club</u>	Crows Nest Centre, 2 Ernest Pl	Crows Nest	02 9460 8866
<u>Forest Computer Pals for Seniors</u>	Forestville Arts and Community Centre, 6 Darley St	Forestville	0434 760 203
<u>Good Things Foundation</u>	<i>Online</i>		1300 795 897
<u>Hornsby Ku-ring-gai Community College</u>	Level 1, 45-47 Hunter St	Hornsby	02 9482 1189
<u>Hornsby Shire Council</u>	Hornsby Library, 28-44 George St	Hornsby	02 9847 6666
<u>Hunter's Hill Council</u>	The Yarn, 64 Gladesville Rd	Hunter's Hill	02 9879 9400
<u>Ku-ring-gai Council</u>	Turramurra Library, 5 Ray St	Turramurra	02 9424 0120
<u>Lane Cove Council</u>	Lane Cove Library, Library Walk	Lane Cove	02 9911 3634
<u>Macquarie Community College</u>	263 Marsden Road`	Carlingford	1300 845 888
<u>Manly Computer Pals</u>	Manly Seniors Centre, 275 Pittwater Rd	Manly	02 9976 0930
<u>Moocooboola Computer Club</u>	Community Centre, 44 Gladesville Rd	Hunter's Hill	02 9879 4010

Organisation	Address	Suburb	Phone
Mosman Council	The Creation Space, 609 Military Rd	Mosman	02 9978 4091
North Sydney Council	Stanton Library, 234 Miller St	North Sydney	02 9936 8400
Northern Beaches and Mosman College	Level 1, 14 William St	Brookvale	02 9970 1000
	104/1-3 Gurrigal St	Mosman	
Northern Beaches Council	Warringah Mall Library, Shop 650/145 Old Pittwater Rd	Brookvale	02 8495 5022
	Dee Why Library, 725 Pittwater Rd	Dee Why	02 8495 5021
	Forestville Library, 6 Darley St	Forestville	02 8495 5025
	Glen Street Library, Cnr Glen St and Blackbutts Rd	Frenchs Forest	02 8495 5026
	Manly Library, 1 Market Pl	Manly	02 8495 5023
	Mona Vale Library, 1 Park St	Mona Vale	02 8495 5024
Tech Savvy Seniors	Online		-
Telstra	Online		-
Willoughby City Council	Chatswood Library, 409 Victoria Ave	Chatswood	02 9777 7900

Healthy Ageing Program, Population Health Promotion
Northern Sydney Local Health District
www.nslhd.health.nsw.gov.au/healthpromotion
NSLHD-HealthyLifestyle@health.nsw.gov.au