

Improve Your Life with Easy-to-use Apps

- ♦ **Save time**
- ♦ **Save money**
- ♦ **Stay in touch with friends & family**
- ♦ **Memory & reminders**
- ♦ **Access information faster**
- ♦ **Keep your mind active & engaged**
- ♦ **Increase safety**

We recommend trying out at least one app in each category as a starting point to improving your life. Don't be afraid! Start downloading today!

West Tisbury Free Public Library

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25 Best Apps for Healthy Aging

**These apps can help
you with:**

- ♦ **Health concerns**
- ♦ **Entertainment**
- ♦ **Saving money**
- ♦ **Helping with memory issues**
- ♦ **Keeping social**
- ♦ **News & updates**

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HEALTH & WELLNESS APPS



MediSafe—Keep track of your medical needs. Pill reminders & more.



WebMD—One-stop shop for everything to know about your health.



Pillboxie/My PillBox—Keep track of the meds you take and get notifications.

ACCESSIBILITY APPS



Magnifying Apps—Magnifies text & images!



Big Font/Make It Big—Increase the size of the font on your device.



Google TalkBack—Great for visual impairments. Adds spoken words, audible, & vibration to your device

SOCIAL APPS



Facebook—Online social networking site. Connect with family & friends



Skype—Instant messaging, voice call, video conferencing; all for free.



FaceTime—Apple's video calling service; free for Apple devices.

ENTERTAINMENT APPS



Netflix—Low monthly subscription to stream a huge library of movies & shows.



Spotify—Free or paid subscription to access a huge music library. Search, listen, and download!



You Tube—Free videos on just about anything. Entertainment, instructional, educational, or just for fun.



Kindle—Read all your books on-the-go. Free ebooks easily accessed from your local Library.



Audible.com—All the audiobooks you can imagine from audible. \$14.95 per month.



TED Talks—Short videos with succinct, informative lessons given by speakers with experience.



Hoopla—Free library service for ebooks, audiobooks, music & tv/movies.



Libby app—Free library service for ebooks & audiobooks. Easily links to kindles.

MONEY-SAVING APPS



Amazon—Find just about anything at a great price delivered right to your door.



Ebay.com—Auction-style bidding for just about anything.



Groupon— Coupon-finding app to find deals on your favorite items, online or in stores.

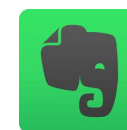
MEMORY APPS



Lumosity—Brain-testing app. Daily exercises to help improve memory & cognition skills.



Park N'Forget—Helps you find where you parked your car!



Evernote—Get organized. Keep notes, to-do lists, store images & voice recordings.

NEWS & INFORMATION APPS



Google News & Weather—Search based on location, keyword & more.



Flipboard—Choose publications to follow, customize your news as you use it.