



2025 Workshops-At-A-Glance

Online Exclusives

- ◇ Major Religions of the World
- ◇ Harnessing AI for Older Adults
- ◇ Empowering Diabetic Living

Healthy Living

- ◇ Get Better Sleep in 2025!
- ◇ Healthy Eating on a Budget
- ◇ How to Follow the Mediterranean Diet
- ◇ Vegetarianism for Healthy Aging
- ◇ Cooking Tips & Tools for Older Adults

Food & Recipes

- ◇ Greek Cooking & Recipes
- ◇ Become a Soup Master!
- ◇ Chowders, Chilis, and Stews
- ◇ Delicious Diabetic Cooking
- ◇ Delicious Diabetic Desserts
- ◇ Italian Family Recipes
- ◇ Around the World with Chocolate
- ◇ Picklemania!

Gardening & Nature

- ◇ Indoor Gardening
- ◇ Terrarium Gardening
- ◇ New Spring Garden Ideas for Everyone
- ◇ Herb Growing Primer & Starter Kit
- ◇ Specialty Gardens: Healing, Tea & Other
- ◇ Drought Gardening 101
- ◇ Dealing With Garden Pests
- ◇ Local, Native, & Beneficial Plants

Technology Workshops

- ◇ Tech Essentials for Seniors
- ◇ Artificial Intelligence Awareness
- ◇ How to Use AI and Chat GPT
- ◇ Social Media for Actual Socializing
- ◇ Don't Be Afraid of SPAM and Scams
- ◇ YouTube & You: Video Streaming
- ◇ How to Find Great Podcasts
- ◇ Using Tech for Health: Apps, Trackers, and More

Activities & Tastings*

- ◇ Craft Your Own Tea Blend
- ◇ Teatime: Tasting & Appreciation
- ◇ Make Your Own Seasonings
- ◇ Make Your Own Mini-Terrarium Garden
- ◇ Coffee Talk & Taste
- ◇ Chocolate Tasting and Talk 101
- ◇ Chocolate Tasting Social
- ◇ Let's Make Pickles!

Engaging & Social

- ◇ Alien Abductions & Close Encounters
- ◇ UFOs and Spy Balloons in the News
- ◇ Experience Japan: Wacky & Wonderful
- ◇ Local Food Trivia: Yesterday & Today
- ◇ First 3 Women Senators and Their Stories
- ◇ Guess the Famous MA Resident Game
- ◇ Massachusetts Chocolate History

*Materials/food fee may apply

Quick Guide to Pricing & Conditions

In-Person Programs \$299 | Online Programs \$150. Discounts available for multiple bookings. No hassle cancellation policy and no audience size limits. Travel fees may apply. No kitchen necessary. Prices and descriptions are subject to change.

Visit us online for more information, including full descriptions for 50+ workshops, downloadable content, online courses, and more.

SeniorU.com