



# Seniors *Helping* Seniors®



## 5 Must-Have Apps Every Senior Needs to Make Outdoor Adventures Easier This Fall

### **Autumn Adventures Are Just a Tap Away**

September invites us outside with its crisp air, golden leaves, and the quiet beauty that only fall can bring. The cooler, comfortable days make it an ideal season for seniors to get outside, stay active, and embrace time in nature. With the help of easy-to-use apps, everyday activities like walking, exploring a park, or even spotting fall foliage become more accessible and enjoyable. Keep reading to discover the Seniors Helping Seniors® team's favorite apps for the season that make spending time outdoors easier, safer, and more rewarding.



Getting outdoors is one of the easiest ways for seniors to support overall wellbeing. Gentle movement like walking helps improve strength, balance, and heart health, while the fresh air and sunshine can lift mood, reduce stress, and encourage restful sleep. Beyond the physical health benefits, time outdoors creates opportunities for connection whether it's a chat with a neighbor, a walk with a friend, or a peaceful outing with a Seniors Helping Seniors® caregiver.

## Helpful Apps to Make Outdoor Activities Easier for Seniors

This fall, a few simple apps can make time outdoors easier, safer, and more enjoyable. Here are five of our favorites for seniors and Seniors Helping Seniors® caregivers:

1. **AllTrails** – With over 450,000 walking and hiking routes, AllTrails helps you find the perfect path for your energy level and comfort. You can filter by difficulty, length, and accessibility, and even see photos and reviews from other users to know exactly what to expect before you head out.
2. **Merlin Bird ID** – Developed by the Cornell Lab of Ornithology, this free app lets you identify birds by sound or photo. Just record the bird's song or snap a quick picture, and Merlin provides instant results — a delightful way to add learning and discovery to a walk.
3. **Leafsnap** – Want to know the name of the tree behind those vibrant red or golden leaves? Simply take a photo and Leafsnap identifies the species in seconds. It's like carrying a field guide in your pocket.
4. **Seek by iNaturalist** – Curious about the plants, insects, or fungi you see on your walks? With Seek, simply point your camera at a flower or mushroom, and the app instantly identifies it, encouraging discovery at every step.

5. **SkyView Lite** – As the days get shorter, autumn evenings are ideal for stargazing. SkyView Lite uses augmented reality to overlay constellations and planets onto your screen when you point your phone at the night sky.

These apps turn ordinary outings into moments of wonder and discovery. Pair them with the companionship of a Seniors Helping Seniors® caregiver, and every walk becomes a joyful adventure.

## Confidence for the Season Ahead

As we've seen, a handful of simple apps can turn ordinary outdoor time into something more enjoyable, safe, and rewarding for seniors. Whether it's discovering a new walking path, learning about the world around them, or just heading out with peace of mind, technology can be a wonderful tool. And while apps are helpful, nothing compares to the reassurance of a trusted companion. This fall, consider how a Seniors Helping Seniors® caregiver can make a difference for your loved one, offering not only support, but also encouragement and companionship to enjoy the season fully.

## No-Bake Apple Pie Parfaits

An easy, no-oven treat perfect for apple season.



- 1 can apple pie filling (or fresh apples cooked until soft with cinnamon & sugar)
- 1 small box instant vanilla pudding mix
- 2 cups cold milk
- Whipped cream
- Crushed graham crackers or vanilla wafers
- Cinnamon for sprinkling

**Instructions:**

1. In a bowl, mix pudding with cold milk. Let it set.
2. In a clear cup or jar, layer:
  - Graham cracker crumbs
  - Vanilla pudding
  - Apple pie filling
  - Whipped cream
1. Repeat layers as desired.
2. Sprinkle with cinnamon on top.

Easy to assemble, no baking required, and fun to enjoy together.

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**“I wanted to let you know how much pleasure  
I am getting out of helping seniors. Seniors  
Helping Seniors® in-home care services is such  
a great organization to work for!”**

**-Seniors Helping Seniors® Caregiver**