

DO YOU TALK TO YOURSELF?

LEARN WITH CLAIRE

EASY & SIMPLE

LET'S REVIEW

JUST ASK, “ALEXA / GOOGLE, WHAT’S THE WEATHER?” FOR THE CURRENT WEATHER AND “ALEXA / GOOGLE, WHAT IS THE FORECAST FOR TOMORROW?”



LEARN WITH CLAIRE

BE A LIST MAKER

Stop trying to manage hand-written lists that can be misplaced and let your Amazon Echo or Amazon Echo Show or Google Home take care of your lists for you. Start by saying, “Alexa / Google create a list.” Alexa / Google will then ask you to name the list.

Create as many lists as you’d like:

To-do lists

Shopping lists

Holiday gift lists

Vacation packing lists

etc.

Alexa/ Google: What time is it?



ADD TO CALENDAR

With as busy as life can get, it can be difficult to keep track of all your plans. Give your Amazon Echo and Google Home the responsibility of managing your calendar so you can stay on top of doctor appointments, outings with friends, grandkids coming to visit, birthdays, and all the rest of life's events.

Putting plans up on your calendar is simple; say, “**Alexa / Google, add an event [birthday] to my calendar**” and give the name of the event along with the date and time when prompted.



REMINDERS

ALWAYS HERE TO HELP

Alexa / Google, remind me to take my medications every day at 9am.

Alexa / Google, remind me to feed the dog at 7pm every day.

Hey Alexa / Google, remind me to water the houseplants every Wednesday at 8am.

Alexa / Google, remind me to start the laundry tomorrow at 2pm.



LISTEN TO AUDIO BOOKS



TRIVIA

Alexa & Google are great for playing fun trivia games that offer your mind an entertaining challenge. Brain teasers can help keep your mind quick and even delay the cognitive effects of aging.

Games like Question of the Day and Jeopardy! are very popular (and free!). There are also several other trivia and puzzle games that you can find in the Alexa skills database.



PLAY MUSIC



TAKE A MOMENT

RELAX

Rest is an important component to healthy living, and setting aside time each day for quiet reflection is a great way to take a break from the busyness of life.

Activate the Peaceful Meditation skill for your Echo device and say “Alexa, open Peaceful Meditation” to enjoy a moment of relaxation.

For Google, say play meditation.



EXPLORE SKILLS

