



# Play some Televeda trivia!



Test your knowledge on senior centers and older adults!





**What percentage of seniors visit their senior center 1-3 times a week?**

**01**

- A. 45%**
  - B. 55%**
  - C. 65%**
  - D. 75%**
- 
- 



# D: 75%

According to NCOA, 75% of senior center participants visit their center 1 to 3 times per week. They spend an average of 3.3 hours per visit.



02

**What purchases do people research extensively before buying?**

- A. Expensive purchases**
- B. Lifelong purchases**
- C. Stock purchases**
- D. A + B**
- E. B + C**

# A + B

Expensive purchases and lifelong purchases are the two types of purchases individuals research extensively before spending money on them...and senior centers are both of those types of purchases in one!



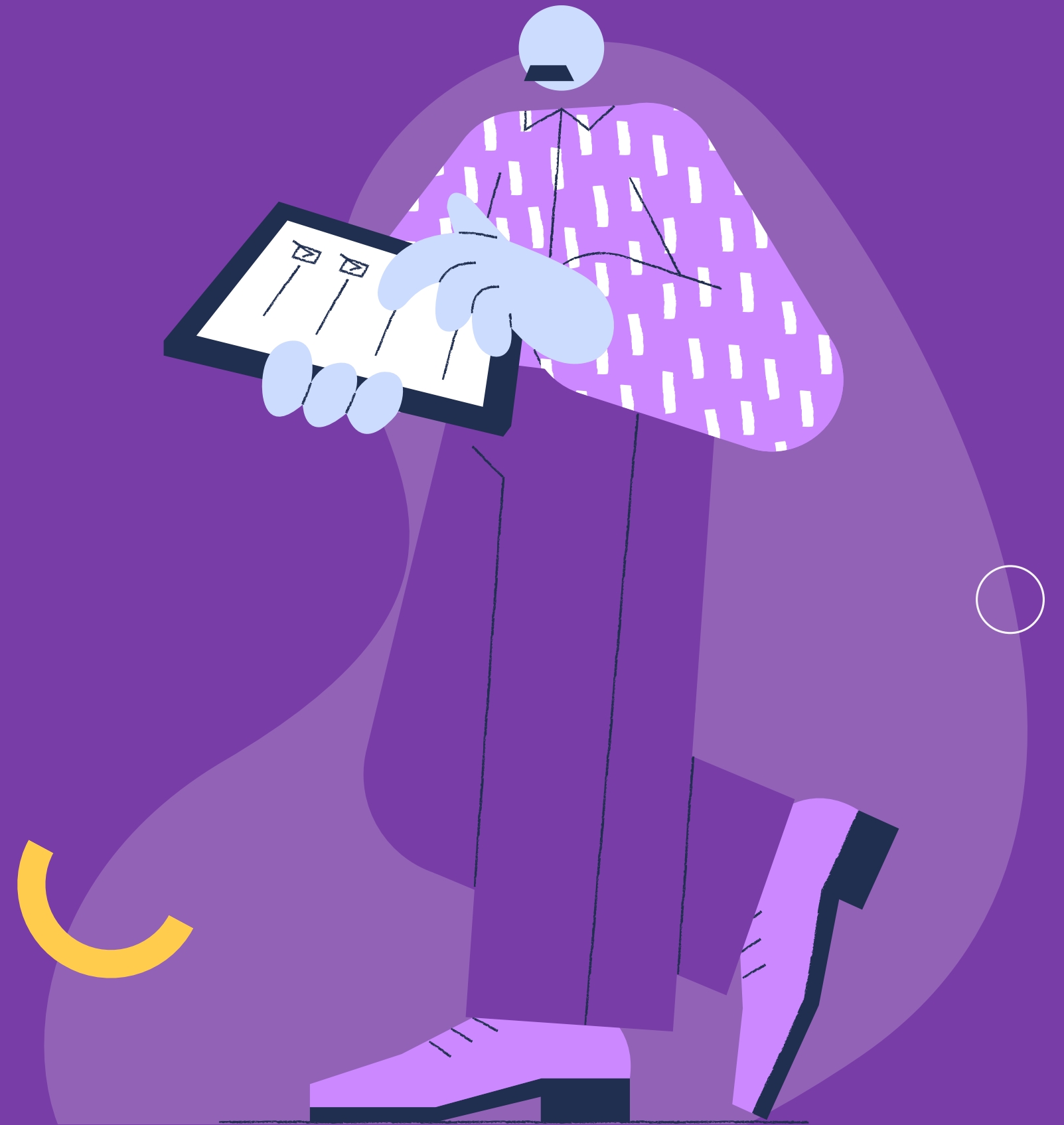
03

**When is the best time to host a virtual yoga session?**

- A. 8:30 am**
- B. 12:00 pm**
- C. 3:00 pm**
- D. 5:30 pm**

# A: 8:30 am

After hosting hundreds of virtual yoga classes in the last year, Televeda confirmed that the most popular time to host a virtual yoga class for seniors is early mornings: they're ready to start their day strong!





04

**In the United States in 2060,  
the population of 65+ is  
projected to reach...**

- A. 60 million**
  - B. 70 million**
  - C. 85 million**
  - D. 95 million**
- 





# **D: 95 million!**


**Already the United States has more than 9.2 million citizens 80 and older. Plus,**

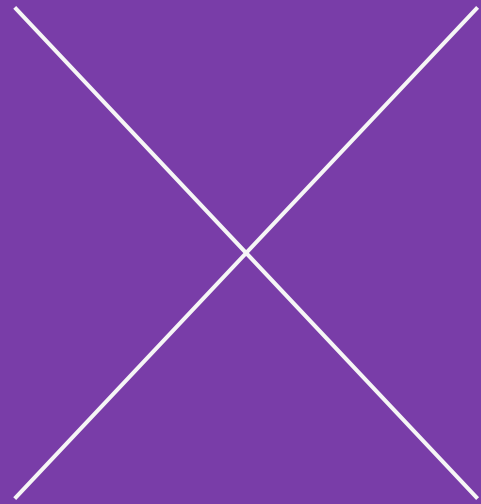
- **The population age 65 and older increased from 38.8 million in 2008 to 52.4 million in 2018 (a 35% increase)**
  - **And is projected to reach 94.7 million in 2060**
- 



# 05

**What percentage of seniors consider themselves tech savvy?**

- A. 20%**
  - B. 45%**
  - C. 60%**
  - D. 80%**
- 



# C: 60%

Research shows that **three in five** seniors consider themselves “tech savvy,” with **84%** saying that they’re willing to consider adopting new technologies, **71%** saying they’re comfortable learning how to use new technology on their own, and **69%** are comfortable that they’ll be able to keep up with future technology innovations. Are you ready to keep up?!





# thank you for playing!

We're sure you did great! As a bonus, we wanted to let you know you can get your own virtual senior center set up right now...for free!

*Just contact us via the chat feature to get started.*