elderly people=senior citizens=old people

let alone 更不用说

pick up on sth 学习，掌握...

you can’t teach old dogs new tricks

in one’s 60s 六十多岁

retire 退休

live their entire lives 过一辈子

be familiar with sth 熟悉...

be used to sth 习惯...

be reluctant to do sth 不情愿...

now that I think about it 我现在想来

necessary=essential 必要的

the Chinese equivalent of Whatsapp 中国的Whatsapp

keep in touch with sb 和...保持联系