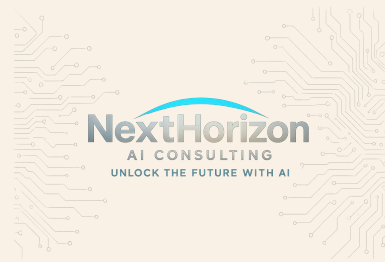




# AI for Beginners & Seniors: Interactive Workshop

A friendly introduction to artificial intelligence for those new to technology, designed especially for adults aged 50+.





# Workshop Agenda

01

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## Introduction to AI

What is artificial intelligence and why it matters

02

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## AI in Everyday Life

Practical examples you're already using

03

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## Hands-on Activities

Try AI tools in a supportive environment

04

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## Safety & Privacy

Protecting yourself while using AI

05

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## Q&A and Discussion

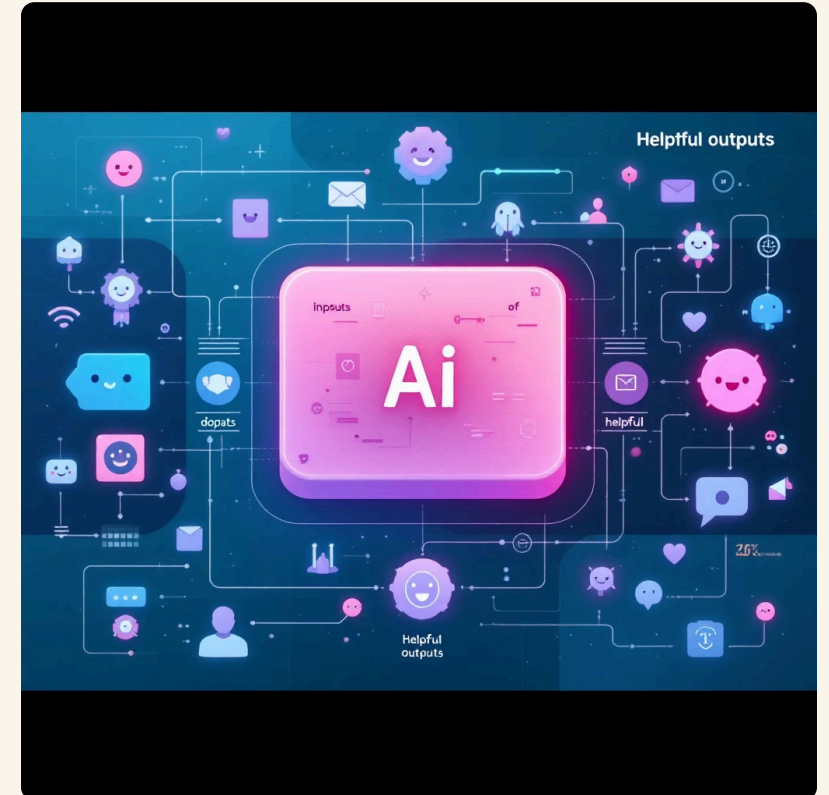
Address your specific questions and concerns

# What is Artificial Intelligence?

Artificial Intelligence (AI) refers to computer systems designed to perform tasks that typically require human intelligence:

- Learning from experience
- Understanding natural language
- Recognizing patterns
- Making decisions

AI is not magic or science fiction—it's a tool created by humans to solve problems and make life easier.



# AI in Your Everyday Life



## Voice Assistants

Siri, Alexa, and Google Assistant use AI to understand your questions and provide answers.



## Maps & Navigation

AI predicts traffic patterns and suggests the fastest routes to your destination.



## Email Filters

AI helps sort your important emails from spam and promotional content.



## Photo Organization

AI recognizes faces and places in your photos to help you find memories easily.

# Hands-On Activity: Using AI Tools



1

## Everyday Life Helpers

Try asking an AI assistant to help with daily tasks:

- Give me five healthy dinner recipes for two people that take less than 30 minutes.
- Plan a 4-day road trip from [City] with scenic stops and small-town restaurants.
- Suggest simple, low-impact exercises I can do at home for flexibility.

2

## Creative & Fun

Practice with a simple text or upload photo for ideas:

- Invent a cozy mystery story set in my hometown
- Create a bucket list of 10 adventures for someone over 50 who wants to try new things.
- Here's a photo of my yard. Suggest low-cost ways to make this spot look nice and welcoming.

3

## Tech Confidence Builders

Practice real life examples that help:

- List 5 safe ways to spot an online scam email.
- Explain how to set up and remember strong passwords without writing them down.
- Walk me through how to send a photo from my phone to my email

We'll guide you through each activity step-by-step in a supportive environment.

# How AI "Learns"

AI systems learn through a process called **machine learning**:

1. They analyze large amounts of data
2. Identify patterns and relationships
3. Make predictions based on new information
4. Improve over time with more data

Think of it like teaching a child—the more examples they see, the better they get at recognizing similar situations.



# Benefits of AI for Seniors

## Independence

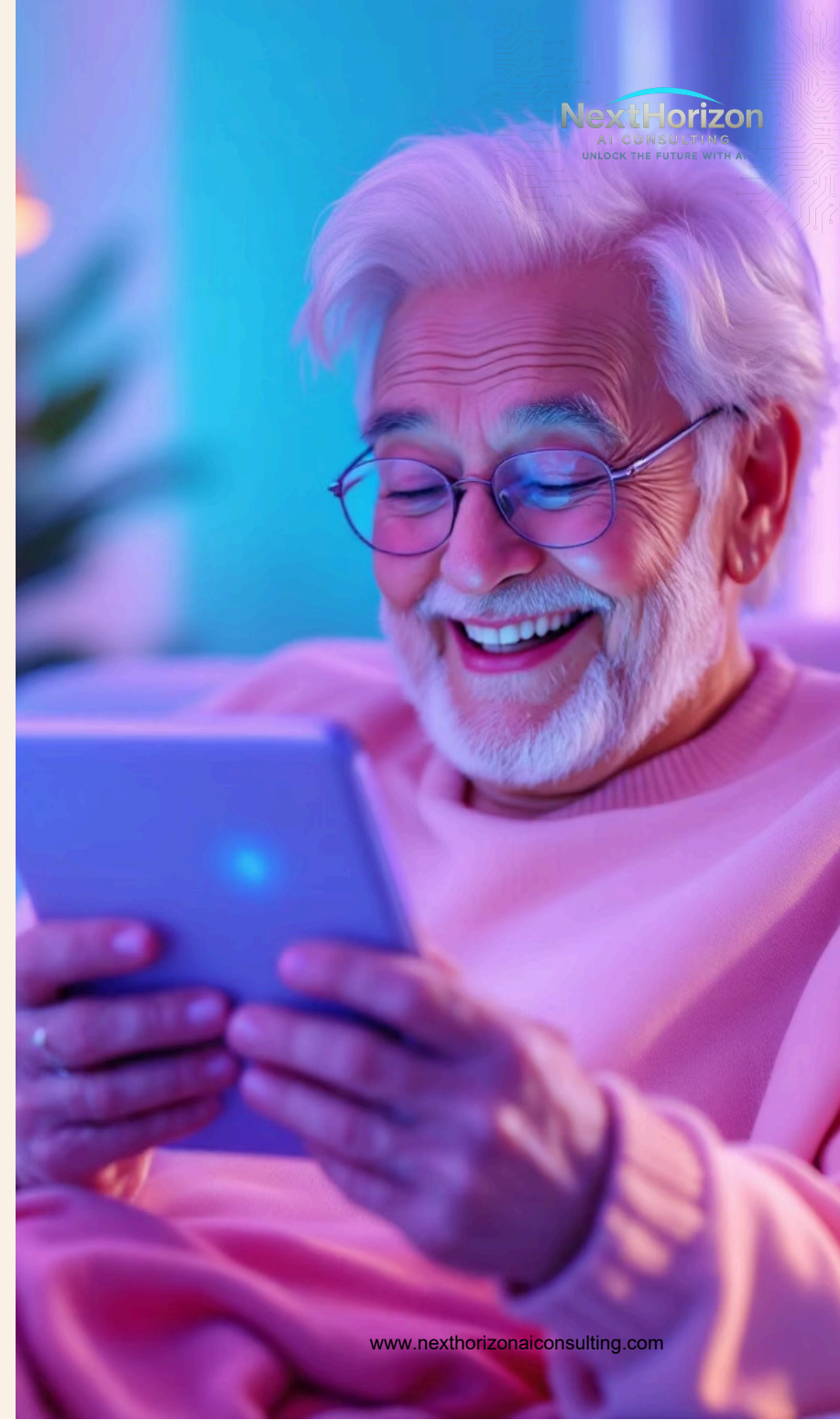
AI can help with daily tasks, reminders, and quick information: Make me a grocery list for healthy meals for one week with a \$50 budget or Set a daily reminder to take medication or water my plants at 6 p.m

## Connection

AI tools can make staying in touch with family easier through simplified video calls and photo sharing: Explain how to start a video call with my granddaughter using FaceTime or Give me step-by-step instructions to share a photo from my phone to my an email.

## Lifelong Learning

AI tools can help keep the mind sharp by offering brain games, teaching new skills, and providing quick answers to curious questions — all at your own pace.



# How to Use AI Safely



## Protect Your Personal Information

Never share sensitive details like bank accounts, passwords, or personal health information. Treat AI conversations like public spaces.

## Double-Check Important Details

AI is not perfect. Always verify important facts with reliable sources, especially for health or financial advice.

## Understand AI's Limitations

AI doesn't have feelings or common sense. It's a tool that processes information based on its training data. It might not always understand context or nuance.

## Adjust Privacy Settings

Most AI tools allow you to manage your data and privacy. Take time to review and adjust these settings to control what information is stored or used.

Remember: Your safety and privacy are in your hands when using AI. Be curious, but cautious!

# Common Concerns About AI

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"Is AI going to take over jobs?"

AI will change some jobs but also create new ones. It's best at repetitive tasks, while humans excel at creativity and emotional intelligence.

”

“

"Is AI always listening to me?"

Voice assistants listen for select words "hello google" "Alexa" but aren't recording everything. You can review and delete your history, and even unplug devices when not in use.

”

“

"What if I make a mistake using AI?"

AI is a tool you can not break it by asking the wrong question. It learns on volume. Practice builds confidence!

”

Remember: You control the technology, not the other way around.

# Next Steps & Resources

## Continue Learning

- Practice with one AI tool until comfortable
- Share what you've learned with friends
- More idepth classes are coming, in-person and online.

## Helpful Resources

- 30 day AI Practice - 10 mins a day
- How to create Free account for 3 most popular AI tools
- Aerie community center classes