

# AI 103:

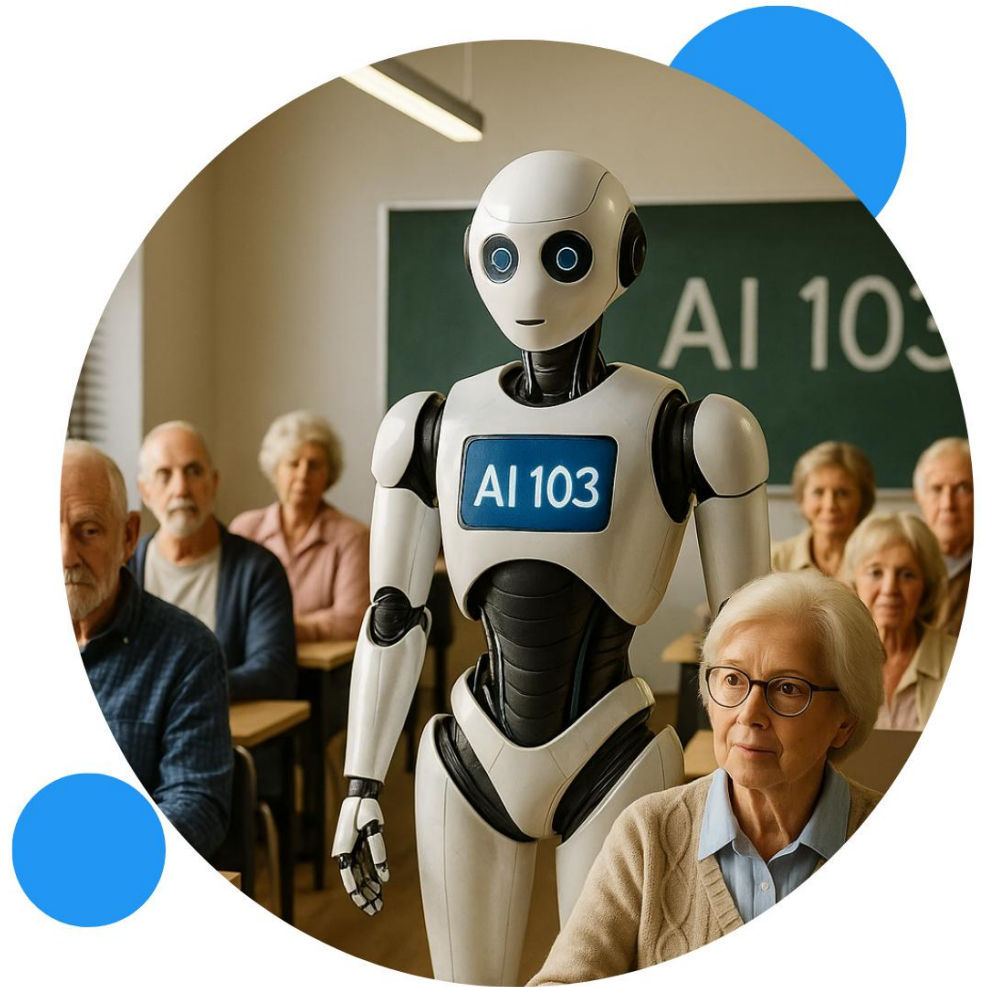
## INTERMEDIATE AI WORKSHOP FOR SENIORS

- IMPROVE YOUR PROMPTS
- USING VOICE MODE
- IMAGE CREATION
- AI HEALTH ASSISTANT
- LATEST AI UPDATES
- MORE

**DATE:**

**TIME:**

**LOCATION:**



# Quick Review of AI 102

- What we learned: ChatGPT, prompts, voice and images
- Who has been using AI (examples)
- Today: Get more confident and creative using AI

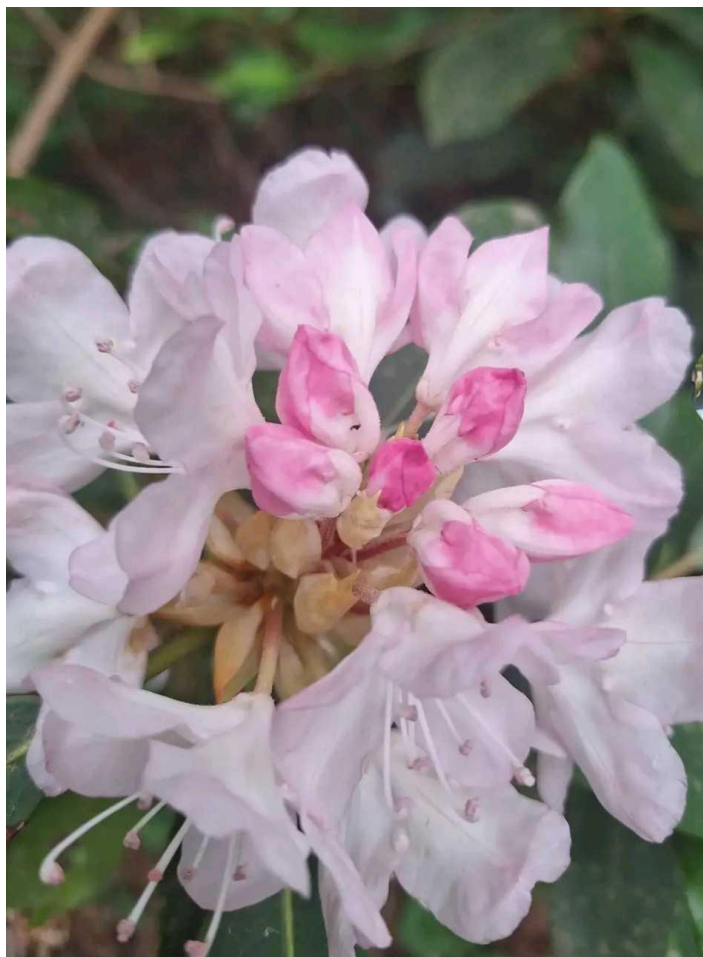
# Latest AI Updates

- Show videos of newest AI Updates

# Meal Nutritional Analysis



# Using AI To Identify Things



# Smart Prompting Techniques

- Use structure: Role + Task + Details + Style
- Examples:
  - - You are a travel agent. Plan a fun 3-day trip to Nashville for seniors.
  - - Act like a fitness coach. Suggest 5 easy chair exercises with explanations.

# Creating Visuals with AI

- Use ChatGPT or Bing Image Creator
- Prompt example: Create a painting of a cherry red 1940 Ford convertible at sunset
- Tips: Be specific, include style or mood

# Personalized AI Tools

- Use AI for journaling or keeping memories
- Brainstorm family recipes or events
- Create greeting cards or custom poems



# Audio and Voice Tips

- Talk to ChatGPT or Gemini with voice input
- Let AI read to you or summarize articles
- Example: Ask AI to summarize a news article out loud

# AI for Communication

- Write emails or friendly responses
- Clarify confusing bills or letters
- Example: Help me write a kind response to a neighbor's complaint

# AI for Memory Help & Organization

- Create reminders and to-do lists
- Use as a digital diary
- Ask AI to help you remember dates or stories

# AI for Fun

- Make up stories, jokes, or song lyrics
- Create trivia games or quizzes
- Play 20 Questions or Name That Tune

# Try It Yourself!

- 1. Ask AI to write a poem about your hometown
- 2. Generate a recipe with what's in your fridge
- 3. Create a greeting card for a friend