

Welcome to AI and You!

Practical AI for Safer, Smarter Independent Living

Tuesdays, August 4–25 · 1:00–2:00 PM · Senior Center · Instructor: Robert

Our class mantra — we will say it every week:

Useful AI · minimal exposure · human verification

The four weeks ahead

Week 1 · Aug 4 AI Without the Hype — what it is, and what it isn't

Week 2 · Aug 11 AI for Daily Life & Health — a helper, never an authority

Week 3 · Aug 18 Scams, Deepfakes & Self-Defense — the heart of the course

Week 4 · Aug 25 Your Personal AI Safety Plan — confident use, on your terms

Our class website — everything lives here:

safeai4seniors.com

How to type it: all one word, with the number 4 — safe, ai, 4, seniors, dot com

Handouts posted after class · known scams · a 5-question scam checker

NEW: play the warm-up game at home — "Scam or Safe?"

No computer needed for this class — printed copies of everything are always available.

Free local tech help: San Mateo County Libraries Tech Tutors — 1-833-937-7625

We will never email you asking for money, passwords, or personal information.