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ADDENDUM to AUGUST NEWSLETTER 2025

The Winter Series

Three two hour sessions were held on Wednesday 9th, 16th, and 23rd July. at St Chads Meadowbank
The topic was to explore Artificial Intelligence A.I.

Gay Williams, a Meadowbank U3A member presented the sessions assisted by Chris Dee.

Ideas explored included

- AI terms
- The history of A.I. development
- Common A.I. applications (Chatbots, LLMs, etc)
- The use of A.I. in our everyday lives - education, health, business etc.
- Common forms of Generative AI - text to text, text to image etc
- How U3A can use A.I.
- How older adults can use A.I.
- The importance of privacy, safety, ethics
- Risks - bias, mis/disinformation, harm
- Future of A.I.
- Resources

Approximately 50 attended each session from U3A Meadowbank and other U3As including Remuera, Tamaki, and St Heliers. Participants were encouraged to share their experiences, to ask questions, and make suggestions.

Participants were sent copies of Gay's notes and the PowerPoint slides used as well as a list of some of the common terms linked to A.I.

A resources list was also made available including YouTubes, Podcasts, and books.

**We would like to continue with a winter series in 2026 so would appreciate ideas for possible topic(s).
Please give your ideas to the secretary or any committee member.**

