



AI for Seniors

Practical, Safe, Everyday Uses of Artificial Intelligence

Fair
Lawn
Senior
Center



Curious about AI but not sure where to start?

This beginner-friendly session is designed specifically for older adults and focuses on how artificial intelligence already appears in daily life – and how to use it safely and confidently.

No technical background required. No coding. *Just clear explanations, real examples, and plenty of time for questions.*



Program Details

Date: Saturday, February 21, 2026
Time: 11:00 AM – 12:30 PM (90 minutes)
Location: Fair Lawn Senior Center
11-05 Gardiner Road
Fair Lawn, NJ 07410
Phone: 201-796-1191
Email: srcenter@fairlawn.org



What You'll Learn

- **What AI is** (explained in plain English)
- **Where you already see AI** in everyday life (phones, email, maps, voice assistants)
- Helpful ways AI can assist with daily tasks (live demonstration using an AI browser)
- **What AI should not be trusted with**
- Important safety tips about privacy, scams, and mis-information.

This session is not technical and moves at a comfortable pace.



Presented By

Fair Lawn High School AI Club

Presented by **Ryan Vincent**, Junior at
Fair Lawn High School
Team. Raynell Vincent,
Sourish Rikkala



Registration

Registration is required.
Please contact the Senior Center for details

This program is educational, welcoming, and designed to help seniors feel informed, not overwhelmed.