

National Seniors

AUSTRALIA

ADELAIDE NORTH-WEST BRANCH

NEWSLETTER

October 2024

Meeting at 1.30 pm on the fourth Wednesday of each month at
Lockleys Baptist Church house, 244 Henley Beach Road, Underdale

Entrance & Parking - Drive through carport to rear of building

COMMITTEE

President	Brian Mibus (0417 887701)	Committee	Jeanette Molde
Vice-President ..	Trevor Molde (0417 838740)		Heather Dowling
Secretary	Kathy Hancock (0432 101372)		Jenny Mathews
Treasurer	Mavis Smith	Newsletter.....	Trish Mibus (0407 605091)
Activities Coordinator	Annie McCall		

2024 CALENDAR

DATE	ACTIVITY	AFTERNOON TEA
All dates are Wednesdays		
October 23, 1.30 pm	GUEST SPEAKER – Hearing Dogs – Jess A \$10 deposit for our November Christmas lunch will be collected at the October Meeting	Dawn Thomas
November 13, 12 noon	LUNCH – Lockleys Hotel – Christmas lunch	
November 27, 1.30 pm	GUEST SPEAKER – Wetlands – David Jarman	Kathy Hancock
2025 January 22, 2025, 5.30pm	Our first meeting for 2025 will be Dinner at the Alberton Hotel.	

Final warning over 3G network closure

Have you checked if your mobile and other devices are connected to the 3G network?

All 3G mobiles, and some 4G models, will stop working before the end of the month. The shutdown will also affect a small number of internet-connected devices, including alarms and medical equipment.

To find out if your phone is affected, send an SMS containing just the digit 3 to the phone number 3498. This will work for both the Telstra and Optus services.

Even if your mobile service is not directly with Optus or Telstra, your 3G phone will be using either one of those networks or the Vodafone/TPG 3G service which has already been switched off.

Our September Guest Speaker was Trevor Molde, speaking on Artificial Intelligence.

Understanding Artificial Intelligence and ChatGPT

As we navigate our increasingly digital world, many of us may have come across the term "Artificial Intelligence" (AI) and might be curious about what it means. In simple terms, AI refers to computer systems designed to perform tasks that typically require human intelligence. These tasks can include understanding language, recognizing patterns, solving problems, and even making decisions.

One of the most popular examples of AI today is ChatGPT, a conversational agent created by OpenAI. Let's break down what ChatGPT is and how it can be useful to you.

What is ChatGPT?

ChatGPT is an AI program that can engage in text-based conversations. It can understand questions, provide information, and even offer advice on a wide range of topics. Whether you're curious about history, need help with a recipe, or want to learn more about a hobby, ChatGPT is designed to assist you.

How Does It Work?

ChatGPT uses a type of AI called "natural language processing." This allows it to understand and generate human-like text. It has been trained on vast amounts of information, which means it can provide responses that are often informative and relevant. While it's not perfect and sometimes makes mistakes, it's a powerful tool for finding information quickly.

Benefits for Seniors

Access to Information: ChatGPT can help you find answers to your questions without needing to sift through multiple websites or books.

Learning New Skills: Whether it's picking up a new hobby, learning about technology, or exploring new recipes, ChatGPT can offer guidance and resources.

Companionship: Engaging with ChatGPT can provide a form of interaction that may be comforting, especially if you're feeling isolated or just want someone to chat with.

Support with Technology: If you're navigating new gadgets or software, ChatGPT can offer step-by-step instructions or troubleshooting tips.

Our September outing was lunch at Plant 4, Bowden

Using ChatGPT Safely

While ChatGPT can be a helpful tool, it's essential to approach it with a critical mind. Here are some tips for safe use:

- **Verify Information:** Always cross-check important information from reliable sources.
- **Be Cautious with Personal Data:** Avoid sharing personal information, such as your address or financial details.
- **Ask Clear Questions:** The clearer your question, the better the response will be.

Getting Started

You can interact with ChatGPT through various platforms, including websites and applications. Simply type your question or topic of interest, and it will respond. Don't hesitate to ask follow-up questions for clarification!

Conclusion

Artificial Intelligence and tools like ChatGPT are here to stay, and they can significantly enrich our lives by making information more accessible. We encourage you to explore this technology at your own pace and see how it can assist you in your daily activities.

(GPT stands for "Generative Pre-trained Transformer." It refers to a type of AI model designed for natural language processing tasks. "Generative" indicates that it can produce text, "Pre-trained" means it has been trained on a large dataset before fine-tuning, and "Transformer" is the underlying architecture that enables it to understand and generate human-like text.)



I asked ChatGPT to write me a page on things for senior citizens in South Australia to do. Here's what it came up with.

South Australia offers a rich variety of activities and experiences tailored for senior citizens, ensuring they can engage with the community, enjoy nature, and explore cultural attractions. Here's a comprehensive guide to some of the best things to do:

1. Nature Walks and Parks

South Australia boasts stunning natural landscapes. Seniors can enjoy leisurely walks in places like the Adelaide Botanic Garden, which features beautiful flora and peaceful walking paths. The Mount Lofty Botanic Garden is another great spot, offering breathtaking views and serene surroundings.

2. Wine Tours

The Barossa Valley and McLaren Vale are world-renowned wine regions, perfect for leisurely tours. Many wineries offer guided tastings, allowing seniors to relax while enjoying local wines and gourmet food. Look for tours specifically designed for seniors that include transportation.

3. Cultural Experiences

Seniors can explore Adelaide's vibrant arts scene by visiting the Art Gallery of South Australia and the South Australian Museum. Many cultural institutions offer discounted admission for seniors, making it affordable to immerse in art and history.

4. Community Centres and Classes

Local community centres often host activities like yoga, painting, and cooking classes tailored for older adults. These centres are great for socializing and learning new skills, fostering a sense of community.

5. Historical Tours

Explore South Australia's rich history with guided tours of historic sites such as the Adelaide Oval or the old Adelaide Gaol. Many organizations offer special tours focusing on the region's heritage, making history come alive.

6. Gardening Clubs

Joining a local gardening club can be a fulfilling way for seniors to connect with nature and others. Clubs often meet regularly to share tips, trade plants, and enjoy community gardens.

7. Theatre and Performances

Check out local theatres for matinee performances. Many venues offer discounted tickets for seniors. The Adelaide Festival Centre

regularly hosts concerts, plays, and other performances that cater to a variety of tastes.

8. Visit the Beach

Enjoy the sun and sea at beautiful beaches like Glenelg and Henley Beach. These areas are accessible and have walking paths, cafes, and facilities that cater to seniors.

9. Volunteer Opportunities

Many seniors find fulfillment in giving back to the community. Numerous organizations in South Australia welcome volunteers, providing a chance to make new friends and contribute to meaningful causes.

10. Day Trips and Excursions

Consider organized day trips to places like Kangaroo Island or the Flinders Ranges. These trips often include guided tours, meals, and activities designed for older adults, ensuring a comfortable and enjoyable experience.

Conclusion

South Australia offers a wealth of opportunities for seniors to engage, explore, and enjoy life. Whether it's through nature, culture, or community activities, there's something for everyone to cherish and enjoy.

The following poem on Remembrance Day was also written by ChatGPT

In fields where golden wattle blooms,
Beneath the vast, embracing skies,
We pause to honour silent rooms,
Where echoes of the brave still rise.
With poppies swaying, bright and bold,
Their crimson tears for battles fought,
We gather stories, young and old,
In memory of the lives they brought.
From Gallipoli's enduring shore,
To distant lands where freedom rang,
Each heart remembers, evermore,
The sacrifice for which we sang.
With every dawn, the bugle's call,
A tribute to the fallen brave,
In every tear, a nation's thrall,
For peace they sought, the world to save.

So let us stand, both proud and true,
In silence shared, our heads held high,
For those who served, for me and you,
In gratitude, we never say goodbye.