Hi, Wofford Lifelong Learners!

I hope this email finds you at home, healthy and ready to learn. We all wish we were at the church right now drinking coffee, sitting in class together and sharing time together. First graders to college and grad students along with their teachers and professors are all learning new ways to share information remotely.

We believe that should include our senior learners as well. With our friends across the lifelong learning network and the senior community resources, ideas and fun new ways to keep you active and engaged.

To use these resources just click the links below to open up a whole new world of learning and resources. Look for a new email newsletter each Friday to keep your mind and body positively and actively engaged until we are back together again.

Here are some great resources for online learning classes:

- **Audible.com**: 150,000+ audiobook titles including bestsellers and new releases (with a 30-day free trial).
- **Crash Course**: An educational YouTube channel started by brothers Hank and John Green.
- **History of the World in 100 Objects Podcast**: 100 programs that retell humanity's history through the objects we have made.
- **Great Decisions Episodes**: Through its balanced, nonpartisan programs and publications, the Foreign Policy Association encourages citizens to participate in the foreign policy process.

If you have never tried listening to podcasts before? Click here for some guidance! [Listening to Podcasts Beginners Guide](#).

(Thank you OLLI @ UCONN for this list and how to listen to podcasts.)

**After all that studying, make sure to exercise!**
Sitting all day is not good for the body, BUT we’ve found these great exercise videos that bring yoga or tai chi to your chair: [Yoga Chair Exercises](#) or [Tai Chi Chair Exercises](#).

**Food anyone?**
When we Googled the best recipes of all time [Food.com](#) gave us their top rated to include: banana bread, alfredo sauce, microwave chocolate mug brownie, best hot toddy, chicken tortilla soup, and oh, so many more!

**Take five for peace of mind**
With all the unknowns in the world, it is hard not to feel somewhat stressed, worried and anxious. Check out [calm.com](#) for great activities that will help you step back and just breathe. At the end of the day, we all have much for which to be thankful.
Exploring new places
This week check out some museums you always have wanted to visit, or maybe revisit one of your favorites at Virtual Museum Tours.

Brain games
Put that crossword or sudoku puzzle aside and ramp up some new synapses as you put pencil to paper and get those wheels turning.

- Name a country that starts with every letter of the alphabet? (ex. Argentina, Brazil, Cuba...).
- Name a place you have visited in your lifetime that starts with a new letter of the alphabet.
- Make a list of foods that start with a new letter of the alphabet.

How about a brain teaser?
A boy was at a carnival and went to a booth where a man said to the boy, "If I write your exact weight on this piece of paper then you have to give me $50, but if I cannot, I will pay you $50." The boy looked around and saw no scale so he agrees, thinking no matter what the carny writes he'll just say he weighs more or less. In the end the boy ended up paying the man $50. How did the man win the bet? (See answer at end of email.*) If you want more brain teasers, you'll be busy all day at https://www.riddles.com/brain-teasers.

Volunteer from home!
The Wofford Lifelong Learning program is built on your ideas, interests and experiences. If you are interested in teaching a course, presenting a lecture or facilitating a special interest group or trip, please fill out our course proposal form online or email us at lifelonglearning@wofford.edu with your ideas or suggestions. All proposals must be received no later than Friday, May 15.

If you have not completed the Credit/Donate/Refund Survey to direct your Spring term credit, please do so by April 15. If we do not receive a directive, we will apply the credit as a donation to the Lifelong Learning Fund. Thank you!

Please let us know:
Have you found an online or local resource that you want to share with your Wofford Lifelong Learning community? Please, let us know. Visit our Facebook page and leave a comment or email us at lifelonglearning@wofford.edu.

*The answer to the riddle is: The man handed the boy a piece of paper that said, "Your exact weight."

Until next week, please stay healthy and at home!

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