Hi, Lifelong Learners!

Thank you for the great response to our first virtual learning email. You are going to see in this edition some local talent to include an exercise video from Julie Ward, one of our instructors, and a link to some online book clubs at Hub City Bookshop thanks to Ana Maria Wiseman. We hope this list of ideas will break up your day and keep those wheels turning.

To use these resources just click on the links to open a new world of learning and resources.

Here are some great resources for online learning classes:

1. **The Royal Institution**: Videos to make you think more deeply about science.
2. **WWII Podcast**: Dedicated to telling the story of World War II.
3. **A History of Capitalism Podcast**: Engaging stories that explain how capitalism has changed over time.
4. **OpenCulture**: The best free cultural and educational media on the web.
5. If you want a local resource for delving into your family history, the Spartanburg County Public Libraries has added remote access to AncestryLibraryEdition for their cardholders. (This is temporary through at least the end of April and ProQuest/Ancestry may extend their timeline). Thank you Mark Gillespie for this resource!

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 national list and how to podcast.

Here are five reasons why exercise is so important:
1. Cardiovascular exercise helps create new brain cells. This enhances brainpower, memory and brain activity.
2. Exercising can help ease your mind and rejuvenate your body. Working out will make you feel great and boost your confidence.
3. Exercise prevents signs of aging and improves the overall look of your skin. Go sweat!
4. A pound of muscle burns three times more calories than a pound of fat.
5. You get sick less often because it boosts your immune system!!

**Julie Ward**, one of our own instructors, made a video of chair exercises that are a part of the class she was scheduled to teach called **A Matter of Balance**. She offered for us to share this 37-minute long video that focuses on range of motion, circulation, strength and flexibility. Thank you Julie!

**Food anyone?**
When we Googled the healthiest foods to eat every day, **Real Simple** shares a list of 30. How many are in your pantry? Spinach, kale, quinoa, chicken breasts, blueberries, broccoli, nut butter and the list goes on. Great food ideas for your next ONLINE shopping list.

Take five for peace of mind
Wofford's Office of Diversity and Inclusions shared with us links to two sites for articles and practice sessions on mindfulness and meditation that have been reviewed and vetted by the American Psychological Association. **Headspace** and **Stop Think Breathe** help reduce stress, ease worry and help you sleep better. Both sites offer free articles and practice sessions.

**Exploring new places**
This week let's go to **Yellowstone**!

**Brain games**
National Geographic pulled together some **mind blowing brain games** that will tingle your brain and make you question the way you look at the world. While you are there you can explore all the amazing free videos that National Geographic has posted.

Riddle for the Week: *I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?*

**Volunteer from home**
Here’s a fun idea: Practice your photography skills with your phone or camera. When classes start up again, the Newsletter Committee really could use your help to take pictures at our classes and events for future publications. Start clicking now to find the angles, lighting and filters you like best.

**MAKE NOTE:** Your Curriculum Committee is over half way through building the new term. Teasers of future classes will be coming soon. Until then, for you book lovers: "**Herstory**" and **Read Write South** are two book clubs hosted virtually by Hub City Bookshop (Spartanburg's wonderful non-profit bookstore). They gather on Zoom once a month to discuss different books.

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.

*Answer to the riddle: A map.*

Until next week, stay healthy and at home!

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*To register for a course or event, please call 864-597-4415 or visit wofford.edu/lifelonglearning.

To propose a course or contact the director, please call 864-597-5304 or email Lucy Woodhouse, Director of Lifelong Learning.*