Hi, Lifelong Learners,

If you are like me you have no idea what day it is or what month for that matter. One of my favorite quotes I have read over the past few weeks is "February had 29 days, March had 500 and April is like five years long." Time certainly has slowed down, and the slower it goes the more opportunity our network of Lifelong Learning programs across the country have had to pull these neat resources and ideas together.

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

Check out this week's featured online learning resources:

- **HarvardX**: Free online courses ranging a variety of subjects, from art to data science, programming, social science and more.
- **Language Learning**: Learn a language online! This article gives some of the best resources and tips for brushing up on some old linguistic skills or delving into a new semantic horizon.
- **Learnthat**: Looking for something a little more short-term? Learnthat provides online tutorials with subjects that span far and wide, from sports to technology, automobiles to home repair.
- For some local learning, check out the first class Jim Nicholson taught for the OLLI @ Furman program called Tickets: The Golden Age Continues. He wanted to share this with our members to see whether there was interest for more.

Thank you, Osher National Resource Center, for these national great finds!

**An exercise idea for you!**
This workout playlist was created by the National Institute on Aging for exercises at all skill levels: [Go4Life Workout Videos](#).

**Food anyone?**
If you haven't gained any weight yet staying at home then you are probably not eating any of the 13 most fattening foods on the planet as reported by [The Daily Meal](#). Just reading this list will make you gain pounds.

We are posting these and other fun ideas as we run across them on our Facebook page. If you haven't liked us yet, please do! This is a fun way to stay connected to the Wofford Lifelong Learning community. Please like us on Facebook to interact with our posts and your fellow lifelong learners.

**Take 10 for peace of mind**
Each week, journalist and Ten Percent Happier co-founder Dan Harris speaks with scientists, experts and other smart folks about how to stay sane in the midst of coronavirus. It is a Coronavirus Sanity Guide with podcasts and meditation practices that will help ease the worry.

Exploring new places: virtual tours
No matter your political leanings there is no question this is one house with a lot of history to it. This week let's go to the White House.

Brain Games: Music makes my brain tingle, does it yours?
The Metropolitan Opera is offering a free nightly opera stream. Each day, a different encore presentation from the company's Live in HD series is being made available on the Met website, with each performance available for a period of 23 hours, from 7:30 p.m. until 6:30 p.m. the following day. Check out this week's schedule here.

The Berlin Philharmonic has opened its Digital Concert Hall to the public. Registration is required but there is no charge for 30-day access. Register here and start listening. Here is a great list of other orchestras and operas that are offering free online listening, too.

Riddle for the Week: What is twice in a week but once in a year?

Volunteer from home!
Email, Zoom and FaceTime can be intimidating for some and a bit tiring for others. Since we are not able to gather, if you are interested in participating in a phone tree to help disseminate information about current events, check on other LLL members and/or welcome new members, please email Judi White or Tracey Southers. We are gathering names now, so let us know of your interest.

What is Zoom? During this time, you may have seen or heard of others using a website/app called Zoom to keep in touch with one another. Remote learning may be something totally new and intimidating to you, so we'd like to help you learn some more about it! As a way to become a little more familiar with online learning check out the following resources:

- Live Training Webinars
- Zoom Video Tutorials
- Watch Recorded Training Sessions

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.

*Answer to the riddle: The letter "e".

Until next week, stay healthy and at home!