Hello, Lifelong Learners!

Your curriculum committee is pulling together a special offering: Summer Term for Remote Learning! A handful of our adventurous instructors are working hard to bring a summer schedule to you. Next week we will give you more information about the classes to be offered. Until then, check out these great online learning and entertainment resources:

- **LibraryThing**: This site is wonderful for anyone missing monthly or weekly book clubs. It is rife with fascinating discussion boards.
- **Project Gutenberg**: These free online books are mostly classics, so now is the time to finally stroll through Dublin in Joyce's "Ulysses" or solve the crime of a Victorian manor house alongside Sherlock Holmes in Doyle’s "The Hound of the Baskervilles."
- **TED Talks**: The world of experts is your oyster with TED Talks, an online archive of experts sharing their passions, research and stories with the public.

*Thank you to the Osher National Resource Center for these online learning ideas!*

**Time to tie on your walking shoes!**

Spring is such a beautiful time of year – ok, except for the tornadoes – to enjoy being outside. Here are a few local trails that are open. When you feel a bit too cooped up they are easy to moderate hikes to enjoy the natural world and get your fill of sunshine, fresh air and exercise. **Hatcher Garden and Woodland Preserve, Mary Black Rail Trail, Pacolet Nature Trail, Peter’s Creek Heritage Trail or Lawsons Fork Creek Trail.**

**Food Anyone?**

While it is important to take care for your body with exercise, don't forget to take care of your brain, too. **Healthline** shares 11 of the best foods to give your brain to increase its memory and concentration.

**Like us on Facebook!** 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. **Facebook** is a great way to interact with our posts and your fellow lifelong learners.

**Take 1:42 for peace of mind**
If you are feeling kind of blue with all that is going on around you, play this Happiness Music from your computer or phone while reading or cooking your next meal and feel your brain relax. You may even cheer up! There are binaural beats that are included in the music. Psychology Today suggests that binaural beats can help working and long-term memory and strengthen connections among networks within the brain. Attention also may be improved by using binaural beats. Note: If you're epileptic or prone to seizures, using binaural beats is discouraged.

Exploring new places – How about a European play?
The National Theatre in London is offering a play a week online with each play starting at 7 p.m. on Thursdays. Make a date with "Twelfth Night," Shakespeare's whirlwind comedy of mistaken identity featuring Tamsin Greig, available until April 30 at 7 p.m. UK time (BST) (that's 2 p.m. EDT). From 7 p.m. BST (2 p.m. EDT), April 30 through May 7, "Frankenstein," in which Academy Award®-winner Danny Boyle directs Benedict Cumberbatch and Jonny Lee Miller.

Brain games: Try twisting your tongue!
According to the Guinness Book of World Records, the toughest tongue twister is “The sixth sick sheik’s sixth sheep’s sick.” Dr. Stefanie Shattuck-Hufnagel and her team at the Massachusetts Institute of Technology believe that “pad kid poured curd pulled cold” is the toughest tongue twister that has ever been created. Here are some others to try now that you are all warmed up:

- Six slippery snails slid slowly seaward.
- A skunk sat on a stump. The stump thunk the skunk stunk. The skunk thunk the stump stunk.
- Black bug bit a big black bear. But where is the big black bear that the big black bug bit?
- How much wood would a woodchuck chuck if a woodchuck could chuck wood? He would chuck, he would, as much as he could, and chuck as much wood as a woodchuck would if a woodchuck could chuck wood.

Riddle for the Week: You see a boat filled with people. It has not sunk, but when you look again you don’t see a single person on the boat. Why?

Volunteer from home!
The Curriculum, Newsletter, Advisory and Volunteer Committees are all meeting via Zoom or phone planning summer and fall events. If you want to be a part of making Wofford Lifelong Learning even better than it is now, have ideas to share or just want to learn more please email lifelonglearning@wofford.edu and tell us. The members involved in the develop and running of the program the more special it will be for all involved.

What is Zoom? Since we will be offering a summer term, all held remotely, it is important for you to get familiar with 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 more about it. As a way to become a little more familiar with online learning modalities, we advise you to 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 at lifelonglearning@wofford.edu.

*Answer to the riddle: They are all married.