Hello, Lifelong Learners: Virtual Lifelong Learning has arrived!

We are excited to announce that virtual Lifelong Learning at Wofford Summer 2020 registration now is open! Summer term virtual classes will run June 8-24. Please follow this link to read about the various offerings and register here. All classes are free, will be three weeks long and offered online either through Zoom or prerecorded videos.

**Note:** Once you register, a few days before the class starts you will receive an email with a link to join the class. In preparation of your virtual classroom learning experiences, we are offering a chance for you to practice “Zooming,” so read below for directions on how to join our weekly Zoom chats.

**NEW: A weekly coffee (Zoom) chat for Wofford LLL members!** (Thanks OLLI @ UVA for this GREAT idea!)

Join us on Zoom every Wednesday at 10:30 a.m. to hear program updates from staff and committee members and chat with other members. We see this weekly chat as a great way for members to get comfortable on the Zoom platform, so they are ready as we begin our summer online courses.

We will use the breakout room feature in Zoom so members can meet in groups of four to talk about a suggested topic, discuss tips and challenges faced while social distancing, or just a glimpse of each other (so be prepared to brush your hair or put lipstick on!).

Coffee chats start May 12. Please register by emailing us at lifelonglearning@wofford.edu to receive the Zoom link via email the morning of the chat. **NOTE:** Registration is limited to our annual members only.

**Until our classes start here are some more online learning opportunities:**

   1. **OpenLearn:** The Open University's learning channel on YouTube.
   2. **Nova:** In-depth science programming in the form of one-hour documentaries and long-form mini-series.
   3. **China History Podcast:** Easy-to-digest stories, events and people from China's most ancient times up to the present day.
   4. **Duolingo:** Learn Spanish, French and other languages for free.

Thanks to OLLI @ UCONN and Janet Alexandersson on Medium.com for the
The Nine Best Exercises for Older Adults
Based on an article titled above and written for SilverSneakers Fitness Centers, the nine best exercises for older adults are, in order from #1 to #9: swimming, yoga, pilates, body weight training, resistance band workouts, walking, cycling, strength and aerobic and personal training. However, the article states it best: "No matter your age the best exercise for you is the one you enjoy most!"

Food anyone?
Ready for a five-star meal? Dreaming about sitting down at a great restaurant and eating some magically delicious food? Well, why can't it be your own table created and cooked by you? No time like the present to master your favorite dish or create a new go-to recipe. Check out Delish.com's top 10 best online cooking sites.

Don't forget to like us!
It is easy, just click on this link and join our Facebook page. We are posting these and other fun ideas as we run across them to Facebook. Feel free to comment or share our posts to pull your friends into our fabulous community of learners!

Is your home a healing place to be?
Since we all are spending so much time at home as the world swirls around us a crazy changing pace, it is ever important to make sure your home is a relaxing and comfortable. Psychology Today offers five great ideas for making your home a healing place.

Exploring new places: It is time to garden.
Check out these beautiful gardens and maybe get inspired to bring a little more color and design to your own back yard.

- UVA Gardens
- McIntire Botanical Garden Plan & Map
- Virtual Garden Tours Around the World - from House Beautiful
- Nine Beautiful Botanical Gardens - from Spaces

Thanks OLLI @ UVA for these great links to some beautiful places!

Brain games:
Good Housekeeping concluded that the jury was still out on whether brain games really do improve cognitive, memory and other basic brain functions. Ultimately, they conclude that completing a brain teaser is satisfying and staves off negative feelings. Check out this great article and start testing how much you actually know. Ten Brain Teasers That Will Test How Much You Actually Know

Riddle for the Week:
You have me today, Tomorrow you'll have more;
As your time passes, I'm not easy to store;
I don't take up space, But I'm only in one place;
I am what you saw, But not what you see.
What am I?

Volunteer from home!
If you know how to use Zoom (even just the bare basics), make a difference by offering to help a fellow LLL member feel a little more comfortable with this learning modality. How to be a Zoom Buddy:

- Contact a LLL friend and give them some information about Zoom and/or offer to walk them through the basics so they feel comfortable with our upcoming online summer session.
- Email lifelonglearning@wofford.edu and let us know if you'd be willing to connect with other LLL members who reach out to us for help.
- Email lifelonglearning@wofford.edu to volunteer as a class assistant for online courses (someone who sits in on a class and offers support to instructors).

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: Memories

Please stay home and stay healthy!

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.