Hello, Lifelong Learners!

Registration is going strong for our first ever Virtual Lifelong Learning at Wofford Summer 2020. Summer term virtual classes will run June 8-24. You can read about the classes being offered [here](#). Or [register here](#). We will send out final confirmations for the classes that you are accepted into on June 5. The week before classes start we will offer Zoom sessions for you to test your login abilities so you can get right into learning the first week of class. If you are anxious to get familiar with the process, we are offering a chance for you to practice "Zooming."

**Weekly coffee (Zoom) chat for Wofford LLL members! Wednesdays 10:30-11:30 a.m.**

Join us on Zoom every Wednesday anytime between 10:30 and 11:30 a.m. to hear program updates from staff and committee members and chat with other members. This weekly chat is a great way for members to get comfortable on the Zoom platform, to be ready for our summer online courses or to Zoom call their grandchildren! Please register by emailing us at lifelonglearning@wofford.edu to receive the Zoom link via email the morning of the chat. We can’t wait to "see" you!

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

- **The Skeptics' Guide to the Universe**: A weekly, 80-minute science podcast.
- **Waking Up with Sam Harris**: Sam Harris explores questions about the human mind, society and current events.
- **Brilliant**: Master concepts by solving fun, challenging problems.
- **TED Radio Hour**: Based on talks given by speakers on the world-renowned TED stage.

**Calming the mind for greater resilience**

The [Wofford College Resilience Project](#) developed and tested the following exercises during the Fall 2018 semester in Psychology 270/Health Psychology to help with mood and perhaps increase happiness. These exercises are based on the scientific study of happiness and well-being and are meant to provide you with some additional tools to help you be more resilient.

If you’d like some in-person mindfulness and meditation training, **John Simmons**, our resident expert, invites you to his 30-minute, free, outdoor meditation and
mindfulness sessions at Central United Methodist Church's Central Park at 5:30 p.m. on Sundays. The two-acre outdoor space, which is conducive to social distancing, has a walkable meditative labyrinth and spacious seating. It is best accessed from North Liberty Street via East St. John Street or East Daniel Morgan Avenue.

Cocktails anyone?
A couple of cooks, no really that is what their website is called, have put together 15 cocktails you must know how to make at home. How many do you know how to make? If it is 10 or more, you definitely know the Wofford Way!

Virtual tour: Towers around the world
Feeling on top of the world today? Why not visit some of the coolest tall structures and see what life looks like from the clouds. Take your pick and enjoy the view! Seattle Space Needle, Eiffel Tower, Big Ben Strikes Noon, live cam from the Empire State Building.

Ready for football to start back?
Wofford Athletics Director Richard Johnson talked to WYFF about possibilities for the 2020 football season as well as the state of Wofford College athletics. CLICK HERE for the story.

Want to play a game? How about 25 games?
SharpBrains has a list of 25 brain games to play from testing your colors to counting to checking your stress level to optical illusions and more! You will have a hard time leaving this site. But you feel your brain pumping up after a few of these games.

Riddle for the week: Mr. and Mrs. Mustard have six daughters and each daughter has one brother. How many people are in the Mustard family?

How are you dealing with the pandemic? Researchers Want to KNOW! Reach out to Morgan Jordan's new school and participate in a pandemic study by University of Nevada Las Vegas researchers. The purpose of this study is to understand how older adults living in the United States are affected by and coping with coronavirus pandemic. If you are an adult 50 years or older and reside in the United States you are eligible to take this study. The study will take about 20-30 minutes of your time. Take the survey now. Principal investigator(s): Nirmala Lekhak, Ph.D., RN. For questions or concerns about the study, you may contact Dr. Lekhak at her email at nirmala.lekhak@unlv.edu or phone at 702-895-5983.

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.

Riddle Answer: There are nine Mustards in the family. Since each daughter shares the same brother, there are six girls, one boy and Mr. and Mrs. Mustard.

Stay safe and stay healthy. Please wear your mask in public places. We
want to see you sooner rather than later!

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.

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