Hello Lifelong Learners!

Help us meet our Summer Facebook Goal: We are over half-way there! We want to reach 100 likes this summer. Just click here!

Next week in this eblast you will be given access to an online poll to check in on your feelings about the fall term. We have a full schedule of classes that will inspire, excite and challenge you whether they are taught online or in the classroom. We are looking for your feedback to determine the best steps forward based on your comfort level. Please be sure to look for an email from us next Thursday morning. It is important!

Regarding the fall term, here are a few key dates to mark on your calendar:

- **August 3**: The new website will be unveiled. Members will be able to sign in, renew their memberships and get a look at all the courses offered.
- **August 15 at 9 a.m.**: Registration will open for all classes. Students will be able to sign on, purchase memberships and register for classes.
- **September 14**: Fall term begins

"Sip and Share" with your Lifelong Learning friends.
Throughout July we have a series of weekly check-ins whether to practice Zooming, say hello or enjoy a few laughs with friends. We are going to have a theme each week so if you are interested in joining the call just click the link below at 4 p.m. on Wednesdays in July: Sip and Share with Wofford LLL. We are moving the call to 4 p.m. so bring your afternoon snacks or cocktails and come join us!

Sip and Share (ZOOM) Wednesdays in July at 4 p.m.

- **July 15**: Movie Share — Let's exchange favorite movies.
- **July 22**: Book Nook — Share the best books you've ever read.
- **July 29**: Preview the new LLL website and create a profile.

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 modalities,
we advise you to check out the following resources.

CLICK BELOW FOR ZOOM TRAINING:

Live Training Webinars
Zoom Video Tutorials
Watch Recorded Training Sessions
Zoom Support During the COVID-19 Pandemic
Being Careful: FBI Warns of Teleconferencing and Online Classroom Hijacking During COVID-19 Pandemic

Need a breather?
Dr. John Simmons is still offering free meditation and mindfulness sessions at Central Park (located behind Central United Methodist Church in downtown Spartanburg) every Sunday at 7 p.m. for 30 minutes.

The Senior's Guide to Computers
Simple, useful and uncluttered is the Senior's Guide to Computers. And it shouldn't be any other way with technology. This site walks you through everything computer and web related with their easy-to-navigate "Learning Center." Want to back up your data? You'll get written instructions complete with screen shots and animation.

Suddenly Senior
What can you expect from this light-hearted site? Here's a sample: "Instead of 1,000 Places to See Before You Die, at our age how about just five?" There's also nostalgia, trivia, a senior forum and other areas for those who have "become senior before their time."

 Unsolved and Sexy Historical Mysteries: Wofford version!
Wofford College History Professor Dr. Tracy Revels graciously put together a great lecture called "Historical Mysteries and Scandals: Unsolved and Sexy in American History" for our lifelong learning members. Revels discusses three scandalous cases in history and provides just enough information that will whet your appetite for more.

Chautauqua: Meriwether Lewis by Ken Johnston: Online
Monday, July 13 @ 7 p.m. With the near doubling of its nominal territory by the Louisiana Purchase of 1803, the United States needed to find out just what President Thomas Jefferson had bought by putting "boots on the ground" — specifically the boots of Captain Meriwether Lewis and his Corps of Discovery. Take part in a conversation with Lewis in September 1806 as he returns from over two years of scientific discovery, diplomacy with Native nations aided by the translator Sacagawea and the African American slave York, mapping immense geographic expanses and surviving several scrapes with death... all part of the adventure of a lifetime! Please register in advance for this meeting. Everyone who registers for the meeting will receive a link to a recording of the program, which will be available to view for one week.

Where were you when you saw these movies when they were released?
The Graduate, Sound of Music, Funny Girl, The Good, The Bad and the
Ugly...AARP has put together a list of the best movies from the 60s that will take you back to that memorable decade. The list also tells you where you can find the movies to watch again, if you are feeling nostalgic.

ExploreUpClose wanted to pass along another Virtual Travel video that they made about historic Cokesbury College, a 19th century women's academy. The academy was actually founded in 1854, the same year as Wofford!

Riddle of the Week: What has six faces, but does not wear makeup, has twenty-one eyes, but cannot see? What is it?

Reading about it won’t make you gain a pound
Being careful about the foods you eat is a good way to stay healthy and fit. But it can’t hurt just to wonder what the most fattening foods are. MyFoodData shares the top 10 highest calorie foods you can buy in the grocery store. Webmd.com listed the highest calorie meals ever. Delish.com shares the 15 highest calorie fast food restaurant meals.

15 minutes of Meditation Walking
Paying attention to walking with this 15-minute guided meditation can transform an unconscious mode of getting from one place to another into a vivid and interesting experience that brings refreshment to the body and calmness to the mind. "If you can learn to establish awareness during walking meditation — when you are physically moving with your eyes open — then it won't be difficult to arouse that same wakeful quality during other activities. Your meditation will begin to permeate your entire life." Brought to you by Buddhist author and teacher John Ciancosi.

52 amazing places to travel to, all from the comfort of your home
The New York Times has put together a virtual tour of 52 places throughout the globe that will tempt your traveling bug and may help you decide where you want to travel when travel restrictions around the world are lifted.

Please let us know: Have you found an online or local resource that you want to share with your Wofford Lifelong Learning community? Visit our Facebook page and leave a comment or email us at lifelonglearning@wofford.edu. And don’t forget if you need to see back issues of our eblasts you can find them on our Lifelong Learning Resources and Links page.

Riddle Answer: A die (dice).

Stay safe and stay healthy. Please wear your mask in public places. We want to see you soon.

For questions or comments 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.