

Live Inspired!

News and Updates from the Fresno State OLLI

Hi from Deni!

In 2010, 33 Chilean miners were trapped 5 km underground for 69 days. We can survive for a couple of months looking at clear skies, beautiful weather, endless TV with a short walk to the fridge. It's an opportunity to grow and learn new things.

"Do what you can, with what you have, where you are." Theodore Roosevelt

Tips from me to you:

1. Learn Technology: Technology moves the world and most of it is fairly easy to use and it is important now that we are staying in. The future of learning includes more remote and video sessions. Get better at YouTube, learn FaceTime, learn Zoom - doing basics is easy, don't let technology scare you!

2. Stay active: There are plenty of home exercises for people of all ages easily searchable on YouTube. You don't need weights or equipment - simple body movements can keep you active. Please also be on the lookout for our Newsletter(s), where we post plenty of mental stimulation.

3. Reach out to family and friends: If there is anyone you haven't spoken to in a long time, or don't speak to often - now is the time to do so. I know I have.

Deni

Help with Downtown Fresno History

OLLI member and instructor Jeannine Raymond continues her research into the downtown area of Fresno and its relationship to Highway 99. She seeks people age 80 and over, born and raised in Fresno (or within a 15-mile radius) who remember life here in the 1940s and 50s and would like to share a downtown story.

The downtown area is defined as south of Divisadero to the Van Ness Arch, and west of the SPRR tracks to Chinatown.

If you or someone you know has memories of Fresno from the 40s or 50s, please contact Jeannine through her website at <https://www.jeannineraymond.com/>

Make a Face Mask From a Scarf

OLLI Member Sally Rowden made a video to show you how to make a face mask from a scarf or fabric scrap you have it home. Click [HERE](#) to view it. Thanks, Sally!



Online Resources

PBS Great Performances

Member Jackie Safley recommends PBS Great Performances for lots of free online content. Jackie's favorite? A song list featuring happy songs from Broadway shows. Click [HERE](#)

Free Online Yoga You can take advantage of free online yoga classes, or pay a monthly fee. See options [HERE](#)

Online lectures from history to writing are free online offered by the OLLI at the University of South Carolina, Beaufort Click [HERE](#)

If you are missing book club, you can join online book discussions at Library Thing Click [HERE](#)

Learn new skills Learnthat.com provides online tutorials with subjects that span far and wide, from sports to technology, automobiles to home repair Click [HERE](#)

Share Your Sheltering Suggestions
Are you crafting, cooking, collecting or learning online? Share what you have been doing, or send a photo. You may see it in an upcoming issue.

Send your info/photos to:
jjwagner@csufresno.edu



OLLI memories: Look at the gallery of beautiful OLLI members from past activities. If you have a photo to share, please send it to jjwagner@csufresno.edu