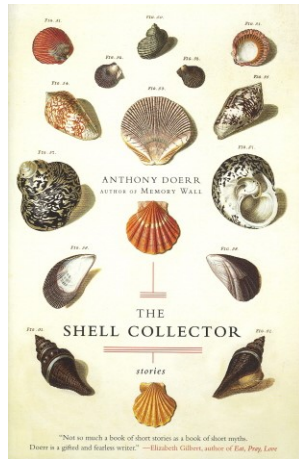


# Keep in Touch & Keep Learning!

**SOMETHING TO WATCH:** Universal has come up with a great idea called The Show Must Go On, the new YouTube Channel that will be streaming full-length musicals every Friday at 7pm for free! It will be available for 48 hours, so you can tune in whenever you like over the weekend! First up, it's Joseph and the Amazing Technicolor Dreamcoat. [Click here for more information!](#)

**SOMETHING TO READ:**

A great book of short stories by Anthony Doerr, "The Shell Collector" He won an award for "The Hunter's Wife" Read on and you will love his way of writing prose. Submitted by OLLI member Suzanne Benson.



**ON-LINE EDUCATION:**

Milk Street Cooking School courses by Christopher Kimball are being offered for free until April 30th. Christopher Kimball is host of the PBS Cooking Show "Christopher Kimball's Milk Street", he is the current author of the Globe Magazine cooking column, he has a podcast and a cookbook author. Here is the link: <https://www.177milkstreet.com/school/classes/online-classes>. Granted folks would need to enroll in a cooking course (set-up an account), but it is free and might be good if folks are having to cook **more at home. Courses are self-paced.**

**QUOTE TO PONDER:**

Submitted by OLLI member Martha Carr.



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**Spring Simplicity**

Since the spring class scheduled to begin this month dealing with simplicity and decluttering has been canceled, I decided that I would share some helpful tips over the next few weeks.

This week we will begin with the beginning steps of filling a trash bag or bin with items in our home or garage that no longer serve us. It does not take much time, as it is only the beginning.

I challenge you for the next seven days to walk into each room or storage area in your home and toss one item you no longer need from each area and toss into your bag or bin. Don't get hung up on should I pass onto a family member, or give to a charity, or even begin to think I may want it someday. That will come later.

For example, I looked in my kitchen cabinet and saw the number of coffee mugs that I had and asked myself, do I really need all of these? I didn't think so since there are only two of us in the house and I did have enough for guests. So, I removed one mug and put it in my bag. In the linen closet I had loads of bath towels and asked why? I again removed one or two and tossed them into my bag. I looked at my shoes and did the same. Then there were books, the hardest for me, but I did toss outdated computer books. And, then again, why did we have so many hammers? Toss. I think you get the idea.

Try it out. Have fun with it. And if you wish to share your success email back to [olli@etal.uri.edu](mailto:olli@etal.uri.edu)

Next week we will get into the discussion of where to make donations and a bit of exploration of what overwhelms us, not just clutter, but everyday commitments etc.

Take a look at this link from my favorite minimalist, Josh Becker. <https://www.becomingminimalist.com/creative-ways-to-declutter/> I hope to see your trash bag full!

Beth Leconte



**URI-OLLI PHOTO FUN!** Share a photo! Click the link below to join our photo album. You must have a gmail address to participate. We will publish one favorite photo per week. \*\*Please note that when you share a photo with us on the Google site, you are giving us permission to share that photo on a public website.

[Click here to submit your photo for publication!](#)

*Photo submitted by OLLI Member Woody Seaton*

**The deadline for FALL COURSE PROPOSALS Has been extended to Monday, April 6, 2020.**

## HEALTH & WELLNESS:

[Free Yoga](#): Popsugar has compiled a list of free online yoga videos ranging all skill levels. Namaste!

[Go4Life Workout Videos](#): This workout playlist was created by the National Institute on Aging for exercises at all skill levels.

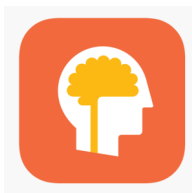
[Meditation Videos](#): Meditation aims to make the current state of solitude feel less alone and more productive.

## APP STORE:

Lumosity Cost: Free

Platform: [iPhone](#) & [Android](#)

On the same thought as WordBrain, the Lumosity app also offers hundreds of games and puzzles to keep the mind sharp.



## PODCASTS:

Have you always wanted to delve into the podcast world but not known where to begin? Wired has created a beginner's guide to podcasts which exhibits how to use pre-loaded platforms, download your own, and find podcasts that might be of personal interest. If you would like an essential basics version of this guide, Discover Pods has created a guide for absolute beginners. [Guide for absolute beginners](#).

## LOOKING FOR A WAY TO HELP OTHERS:

If you are looking for a way to help those in need during these difficult times, purchase a few extra items the next time you are shopping. OLLI member Jan Armor, will be collecting items at his house. (You can leave them at his door while keeping your social distance.) Email or call Jan ([janthephotoman@gmail.com](mailto:janthephotoman@gmail.com)) for more information. 401-783-8232. or watch this short video: <https://youtu.be/fBIEJIMJFE>



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