



WANT TO LEARN SOMETHING NEW?

Saddleback College is offering many emeritus classes through their on-line learning platform. Barbara Beaupre recommends a "Film as Literature" class which is available from the Emeritus English department. Participants watch a designated film independently and then participate in the discussion through a Zoom format. www.saddleback.edu

Osher Life-Long Learning Institute (OLLI) is a national program in conjunction with many colleges and universities. I have taken several of these short classes through UCLA and UCI. Although previously classes were face to face, all are now available through Zoom. There is a modest fee to register for the semester but once paid, a variety of classes are available. www.ce.uci.edu

WANT TO SEE AN EXHIBIT?

Many museums are making their entire facility available without cost through on-line programming. Check out www.artsandculture.google.com. Google has set up a catalog of world-wide institutions which have virtual tours of their facilities and exhibits. Some that I found interesting were the Smithsonian Museum of Natural History and the Metropolitan Opera (recommended by Joan Whithorne.)

Can't take your grandkids to the zoo? You can watch animals live from the San Diego zoo! www.zoo.sandiegozoo.org features wildlife cams of many animals: hippos, koalas, penguins, and even a platypus!

Our local Bowers Museum in Santa Ana just opened a new exhibit; Gold and Jade: Masterworks from Taiwan. Many virtual tours of their exhibits are available for a nominal fee. www.bowers.org

WANT TO TRAVEL?

The travel organization, Road Scholar, (previously known as Elderhostel) has offered educationally oriented tours for seniors. With Covid restrictions their tours have been suspended but they now offer specialized on-line adventures. Many of these are quite pricey but if you look for their “on-line lectures” you can find excellent programs for about \$25. Occasionally there is a free offering. I just signed up for a free tour of “Pompeii: City of the Ancient Roman World” in January. www.roadscholar.org

If you are looking for a unique adventure check out the New York Times new feature: The World Through A Lens. Photojournalists travel to beautiful and intriguing places which you can appreciate through exquisite photography. Recent articles include “Fishing by Lantern on an Island in Kenya” and “A 30 Mile Rafting Trip Through Alaska’s Tongass National Forest.” www.nytimes.com The world really is at your fingertips!

JUST WANT TO HAVE FUN?

Love the circus, love acrobats? Check out the modern version, Cirque du Soleil. Their website, recommended by Marlene Oliphant, features amazing video performances including some of their previous shows, exercise instruction and behind the scenes information. Fun for a lazy afternoon. www.cirquedusoleil.com

ARE YOU READY TO ROCK?

“Tina Turner One Last Time – Live In Concert 2000” (approx. 2 hrs.) If you missed being there the first time around, be energized and amazed at the iconic Tina Turner performing all her greatest hits at Wembley Stadium, the last stop on her “Twenty-Four Seven” tour. Stream the concert from www.youtube.com on your smart TV, computer, or iPad. You’ll have the best seat in the house . . .if you’re not up dancing and singing along!

TRY A PODCAST!

“Happier with Gretchen Rubin” – NYT’s best-selling author, Gretchen Rubin (“The Happiness Project”) discusses healthy habits and happiness with her sister Elizabeth Craft. Gretchen draws from science, culture, and personal experience to examine how people can live their lives with more fulfillment, creativity, and productivity.

TRYING TO STAY HEALTHY AND ACTIVE?

You could be eligible for “Silver Sneakers”! What is it? “Silver Sneakers” is a beloved fitness benefit that is included in many Medicare supplemental plans. It has a free on-demand video library of fitness workouts including dance and endurance routines, mat and chair yoga, barre, Pilates, and more, all designed by top instructors. Work out from the comfort of your own home using a smart device. Check your eligibility to access “Silver Sneakers” at: www.tools.silversneakers.com

EXTRA CREDIT

If you don't have one already or need to “renew,” get an OC Public Library (OCPL) Card to access books, resources, and documents from 33 OC locations. Also, to ensure everyone's safety during COVID, the OCPL has launched curbside service thru their “grab and go” program. Even better, the OCPL has a wealth of downloadable e-books available that can be read on your phone, reader, or iPad at no cost to you. Go to OCPL.org to obtain a card and for more information.

Next month we are looking for soup recipes!

Each month we will publish a topic and ask you to respond. We will review the responses and highlight answers in the newsletter the following month. Here are some upcoming topics:

FEBRUARY: Soup recipes for cold weather days

MARCH: Interesting and safe day trips in Southern California

APRIL: Favorite local restaurants for take-out

Send your topics and recipes to Mary Dean, marygdean@ymail.com. You can also call (949)433-7456 or drop a note in the mailbox at 11 Camino Botero.

Let's hear from you!