

Lifelong Learning Resources Compiled by OLLI at SOU

Courses/Lectures:

[Click here](#) for free online courses from Brown, Columbia, Cornell, Dartmouth, Harvard, Penn, Princeton, and Yale listed by Class Central.

[Coursera](#): This free learning resource is perfect for those who are looking to broaden their current skillset or learn something completely new from top universities and companies across the world. Lifewire provides this helpful guide for those new to Coursera: [Guide to Coursera](#).

[HarvardX](#): Free online courses ranging a variety of subjects, from Art to Data Science, Programming and Social Science etc.

[Click here](#) to enroll for free in the popular Yale course, the Science of Well-Being, online.

OLLI Chico has links to their own and other OLLIs who have posted educational videos: <https://rce.csuchico.edu/osher/olli-virtual-learning>

[Click here](#) to access 25 of the most popular TED talks, covering a wide range of topics.

There's nothing like nature to soothe humans. View wildlife webcams by [clicking here](#).

Watch lectures by Nobel prize winners: <https://www.nobelprize.org/mediaplayer/?id=1502>

[Language Learning](#): Learn a language online! This article gives some of the best resources and tips for brushing up on some old linguistic skills or delving into a new semantic horizon.

[Learnthat](#): Looking for something a little more short-term? Learnthat provides online tutorials with subjects that span far and wide, from sports to technology, automobiles to home repair.

[Vsauce](#) provides STEM topics presented simply, clearly and fun in 20-30 minute segments.

Gardening: Thinking about starting a vegetable garden? You may find this blog on the 100 square foot garden helpful: <https://www.siskiyouseeds.com/blogs/news/the-100-square-foot-garden>

Books:

[LibraryThing](#): For those missing book clubs, the site is rife with fascinating discussion boards.

[Project Gutenberg](#): These free online books are mostly classics, so now is the time to finally stroll through Dublin in Joyce's *Ulysses*.

Locally, [Bloomsbury Books](#) in Ashland offers curbside pick-up and home delivery to some locations.

[Library2Go](#) is powered by the OverDrive platform and focuses on books in ePUB and Kindle formats, as well as MP3 Audiobooks. This means you can checkout and read or listen to titles on nearly any device you have, from a simple eReader to the latest iPad. There are over 35,000 titles to chose from and a collection of always available content, as well as some eBooks that you can keep forever. Also, [click here](#) to access 800 free book downloads.

Writing Help: How did Marcel Proust structure his writing? [Click here](#) to learn more.

Magazines: [Flipster](#) offers a selection of popular current and past issue magazines for access online and via the Flipster app, available for Android and iOS devices. (Note, you'll need to sign in with your library card number before you can see what Flipster offers.)

Foreign Films: [Kanopy](#) showcases more than 30,000 of the world's best films, including award-winning documentaries, rare and hard-to-find titles, film festival favorites, indie and classic films, and world cinema with collections from Kino Lorber, Music Box Films, Samuel Goldwyn, The Orchard, The Great Courses, PBS, and thousands of independent filmmakers.

TV shows, etc: Sometimes likened to "Netflix for libraries," [Hoopla](#) grants you access to a comprehensive catalog of movies, TV shows, music, eBooks, audiobooks and comics, ranging from major studios to indie artists and authors.

Research: [Gale Virtual Reference Library](#) is a database of encyclopedias and specialized reference sources for research.

Additional Digital Resources are available at <https://jcls.org/downloads>

Outdoor Activities:

Wondering what's allowed under Oregon's "Stay Home, Save Lives" order? [Click here](#) for a free access news article explaining where we can go and how to stay safely away from others.

Health and Wellness:

[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.

The Ashland Family YMCA is offering free, public on-line classes via ashlandymca.org. Under the "News" tab click the "Online Fitness Classes" link.

Search over 500 free workouts by length, difficulty, training type, muscles used, calorie burn & more: [Fitness Blender](#)

Virtual Travel: While you stay at home to "flatten the curve," you can [click here](#) to "find your National Park" virtually.

Visit the Newport Aquarium via their webcams at this link: <https://aquarium.org/otter-cam/>

Arts and Culture:

[The Metropolitan Opera](#) is providing Nightly Opera Streams on their website. Toi toi toi!

[Museum Tours](#): Check out some of the world's finest museums, from the comforts of your couch. Perhaps Zoom chat with some friends, and screenshare to simulate a coordinated visit.

SOU's Oregon Center for the Arts is making a wealth of performances available at no cost via YouTube. [Click here](#) to see what's online. The videos allow for comments among the audience.

[Podcasts](#): Wired has created a beginner's guide to podcasts which explains how to use pre-loaded platforms, download your own, and find podcasts that might be of personal interest. Discover Pods has created a basic version of this guide: [Guide for absolute beginners.](#)