Dear Friends,

We are just a week away from the start of our Summer Session! Registration is open and many of you are choosing to take our inaugural journey with online learning. Our instructors are preparing and are looking forward to teaching you. Zoom tutorials with the OLLI staff are still available. Info is below.

We continue to shelter in place and work from home. The University announced last week that the date to reopen the Stillwater campus has been pushed to July 7. A decision about returning to the classroom in the fall for OLLI is currently uncertain. If you have thoughts about that, please feel free to send us an email at olli@okstate.edu. Your opinion is important in making this decision. As we move forward, we are committed to bringing you the high quality classes and caliber of instructors that you have come to know and appreciate.

Your local leadership committees are important to the growth and sustainability of OLLI. Nominations are still open for board positions. Now is a good time to think about who you want representing you locally and on the state board. Please consider offering to serve or nominating someone from your community to serve.

Robbin, Misty, Logan, Barb, Amy & Mona ❤️

As Blanche’s fragile world crumbles, she turns to her sister Stella for solace – but her downward spiral brings her face to face with the brutal, unforgiving Stanley Kowalski.

This critically acclaimed production of Tennessee Williams’ moving play was filmed live on stage at the Young Vic in 2014 by National Theatre Live. BBFC rating 15 when released in cinema. Contains scenes featuring sexual violence and domestic abuse.

To watch A Streetcar Named Desire on YouTube, click here. It will be available through May 28. To join us on Tuesday, May 26 at 1pm to discuss the production, click here.

The theatre discussion class has been included in the summer session as “Let's Talk Theatre!” The first production for that class will be This House, a timely, moving and funny insight into the workings of British politics by James Graham (Ink, ITV’s Quiz) and produced by the National Theatre.

It’s 1974, and Britain has a hung Parliament. The corridors of Westminster ring with the sound of infighting and backstabbing as the political parties battle to change the future of the nation. During this era of chaos, when a staggering number of politicians die and age-old traditions are thrown aside, MPs find they must roll up their sleeves, and bend the rules, to navigate a way through the Mother of all Parliaments. This House will be available beginning Thursday, May 28. A link to watch the production will be sent to the students enrolled in the theatre course next week.
Staying Active & Engaged

VOTING, WALKING, TALKING

ZOOM Tutorials
Robbin is hosting a ZOOM tutorial for OLLI members. Send her an email at robbin.davis@okstate.edu if you would like to participate in one of these tutorials before summer courses begin. ZOOM also offer loads of online tutorials and cheat sheets on how to use the program. Click here for more info.

Staying Active
Staying active is always important but maybe even more so now. Our daily lives have changed and we aren’t getting up and out as much as we were. Silver Sneakers blog offers some great exercises for in-home. Click here to go straight to the videos. Let’s get out of the chair and off the couch!

Coffee Talk/Tea Time
OLLI staff will be online in a Zoom Room every Wednesday afternoon at 1 pm. Bring a cup of coffee and cookie, a glass of tea and a biscuit or your Diet Coke and Snicker’s bar and join us! We’d love to see you and hear what you’ve been up to. This is a great way to get comfortable with Zoom before we begin the on-line Summer classes! Click here to join us on Wednesday afternoons at 1 pm.

“If you hear a voice within you say, ‘You cannot paint,’ then by all means paint, and that voice will be silenced” – Vincent Van Gogh
Is there anything better than nature's summer fresh fruit bounty?

10 Health Benefits of... **Raspberries**
1. Boost Immune System
2. Rich In Anti-Oxidants
3. Rich In Vitamin A
4. Normalize Blood Sugar
5. Burns Fat
6. Increase Red Blood Cells
7. Maintains a Healthy Heart
8. Helps with Anti-Aging
9. Anti-Inflammatory
10. Prevents Cancer

10 Health Benefits of... **Kiwi Fruit**
1. Protects Cardiovascular System
2. Protects Respiratory System
3. Provides Digestive Enzymes
4. Manages Blood Pressure
5. Remove Excess Sodium
6. Supports Pregnancy
7. Boosts Immunity
8. Prevents Cancer
9. Protects Eyes
10. High In Fibre

10 Health Benefits of... **Plums**
1. Maintains Healthy Digestion
2. Eliminates Stress & Fatigue
3. Lower Cholesterol Levels
4. Improves Bone Health
5. Helps Iron Absorption
6. Rich In Anti-Oxidant
7. Prevents Cancer
8. Protects Eyes
9. Brain Health
10. Anti-Aging

10 Health Benefits of... **Apricots**
1. Protect from Cancer
2. Improves Heart Health
3. Prevents Anaemia
4. Improves Digestion (Laxative)
5. Promotes Eye health
6. Promote Skin health
7. Promotes Weight loss
8. Natural Sweetener
9. Improves Bone Health
10. Maintain Electrolyte
Summer Session I 2020
WHAT WILL YOU TAKE?

Registration for Summer 2020 classes is open!

If you have not already enrolled in your classes, there is still time. Classes begin, Monday June 1. A full list of classes is below. To register, click here. Classes are free for current OLLI members and $10 each for those who do not. Both levels are required to pay any supply fees for courses. Pre-registration will be required. All classes will take place in ZOOM online classrooms.

### Summer Session I July 1-July 19, 2020

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<thead>
<tr>
<th>Films of Clint Eastwood</th>
<th>OLLI Staff</th>
<th>10:00 AM - 11:00 AM</th>
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<tr>
<td>Tulsa Race Massacre</td>
<td>Phil Armstrong</td>
<td>TBA</td>
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<td>Music in Film</td>
<td>Joseph Rivers</td>
<td>2:00 PM - 3:00 PM</td>
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<td>Everyone’s Guide to Chair Yoga</td>
<td>Regan Fleshman</td>
<td>4:00 PM - 5:00 PM</td>
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<td>Writing Your Story</td>
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<td>Let's Talk Theatre</td>
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<td>Siddhartha</td>
<td>Marty Heitz</td>
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<td>Watercolors of Summer</td>
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<td>Jefferson Highway</td>
<td>Jonita Mullins</td>
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<td>Pawnee Cultural Landscape</td>
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<td>Coffee Talk</td>
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<td>Cuisine of India</td>
<td>Aditya Jayadas</td>
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<td>Symposium</td>
<td>OLLI Staff</td>
<td>11:00 AM - 12:00 PM</td>
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### Board Elections

Nominations for local and state members is underway. The local executive committee oversees the OLLI program in their city. Local volunteers are essential to your OLLI.

Timeline for elections:
- **June 1** Deadline for board nominations
- **June 15-19** Voting
- **June 30** End of OLLI activity year
- **July 1** New OLLI year begins

Contact Robbin for guidance during the nomination and elections process.

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