



Osher Outlook



To help you stay connected to the Osher community, we've put together some stories from our own members, along with some upcoming virtual learning opportunities to help you stay active. We hope that you enjoy them.

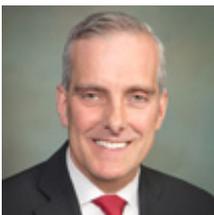
Community Online Learning Opportunities

[The Constitution: Changes and Challenges in US History.](#)



Akhil Amar, professor of law and political science at Yale University, and Eric Foner, Professor Emeritus of History at Columbia University, discuss constitutional changes and challenges throughout our nation's history. Kenneth Mack, professor of Law and History at Harvard University, moderates.

[New Frontiers: Denis McDonough on Labor, Immigration, and Foreign Policy.](#)



Denis McDonough served as White House Chief of Staff from February 2013 until January 20, 2017. Prior to his tenure in the White House, McDonough served in senior leadership and policy-making positions in the U.S. House of Representatives and the U.S. Senate. McDonough is currently an Executive Fellow at the University of Notre Dame's Keough School of Global Affairs.

[The Foreign Policy Association — India & Pakistan ft. Barbara Crossette](#)



India's Prime Minister Narendra Modi rode a wave of Hindu nationalism to a historic reelection in 2019. His first order of business was to revoke the special status granted to the Kashmir region, inflaming the rivalry between India and Pakistan. How will the Kashmir situation affect the region, both economically and politically?

Arts and Culture

Museum of Modern Art



Museum of Modern Art is bringing their galleries to you with Virtual Views. Every weekend, you'll get virtual access to some of MoMA's most exciting exhibits, from [Donald Judd's revolutionary sculptures](#) and [Dorothea Lange's impactful photographs](#), to [intimate home movies](#) from the Private Lives Public Spaces exhibition and more.

Learn through video stories, audio playlists, articles, and curator Q&As.

Visit [MoMA.org](https://www.moma.org) for a full schedule of upcoming Virtual Views.

Nightly Met Opera Streams



During this extraordinary and difficult time, the Met hopes to brighten the lives of our audience members, even while their stage is dark. Each day, a different presentation from the company's [Live in HD](#) series is being made available for free streaming on the Met website. Each performance is available for a period of 23 hours, from 7:30 pm EDT until 6:30 pm the following day. The schedule will include complete

performances from the past 14 years, starring all of opera's greatest singers.

The streams are also available through the Met Opera on Demand apps for Apple, Amazon, and Roku devices. You can also access Met Opera on your Samsung Smart TV. To access them without logging in, click "Browse and Preview" in apps that are connected to your TV, or by clicking "Explore the App" on your tablets and mobile devices.

Member Connections

Kathy Hassett (Member)

One of my favorite things to do during this period at home is exercising with a very special TV program. I record it because it's on in the very early morning. [Classical Stretch](#) is a 22 min program on PBS. It's on at 5 am some days, 5:30 am on others. The instructor was a professional ballet dancer who suffered a broken ankle, ending her career. She worked with many doctors, physical therapists, neurologists etc. during her recovery and applied the knowledge to developing this show. I highly recommend it for anyone who's able to stand, bend, and work within their own ability.



Editor's Note: If you don't have the ability to record Classical Stretch on your TV, you can practice your stretches with the [Classical Stretch YouTube Channel](#).

Raji Bala – Member and Community Outreach Volunteer

COVID-19 has changed the entire world, and mine, overnight. I was sick prior to the lockdown in California, so I have not gone out since March 2. Needless to say, we miss our daily routines, like going to SDSU Aztec Recreation Center (ARC), our Osher classes, and volunteering.



Both my husband and I do floor exercises daily for an hour and walk either in the patio or inside our home. Our personal trainer uses Zoom Video, and we are continuing our physical training twice a week. We both listen to Indian classical music through YouTube. My husband takes music lessons online from an Indian Classical music teacher. I am listening to Ted Talks and other Hindu religious lectures online. I recently learned the meaning of Goddess Lalitha's Sahasranamam, a Prayer song. This prayer song contains 1000 names of Goddess Lalitha and is a powerful prayer which is written in Sanskrit. I recently joined a discussion group, and we are studying the meaning of Bhagavad Gita once a week on Saturday. I listen to Deepak Chopra's Speech every day. It is very uplifting. My daughter lives 4 houses away from us; we are social distancing, but she and her husband come and check on us now and then and pick up groceries for us from Trader Joe's.

We get phone calls from my other daughter almost every day, and other family members and friends call us also. I cook good meals in the morning and evening, and I even started gardening in my backyard!

Hobbies and Activities

Bangor Daily News – Home-Based Gardening



The grocery stores are a gruesome sight as of late. As we attempt to avoid social gatherings and adapt to more self-reliant means of feeding ourselves, instead of ordering to-go from farm-to-table restaurants, perhaps it's time to get into gardening!

Create Some New Neural Pathways – USA Today



As lifelong learners, we enjoy trying new things and experiencing the novel things in life (except for novel viruses, of course). When was the last time you tried to write with your non-dominant hand? Pick up something off the floor with your toe? Draw an upside down portrait? The list is endless.

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