



The MIOLetter

October 2019

Fall Session C

Message from our President - Dorothy Winke

Dear MICLites,

What exciting news we received from our Membership Committee. **We now have the ability to download the MIOL Directory to our computers and phones!** This is something many have been asking about for some time, we can now do it and it is in color. Thank you Ron and Bruce.

I would like to acknowledge our perpetual classes that seldom get the recognition they so richly deserve!

Monday morning **TRAVEL** has taken us around the world many times over and we never even had to pack a suitcase. **It is marvelous that we have so many members who are willing to share their experiences with us.** Take pictures, keep a journal and let us know where you have been, what fun you had, or what calamities befell you. Every trip is a story to be shared.

Tuesday and Thursday mornings have the **YOUNG AT HEART** exercise program to help us **keep our balance, stretching those muscles and staying limber.** This is even possible to do sitting down, so no excuses that you can't do these important exercises. Jim McCabe even helped teach this class well into his 90's.

Tuesday afternoon the **BRIDGE** class meets to **teach and play the game** from the very start of learning how to count your cards and bid, to **becoming an accomplished player.** Then you get to enjoy the game. If you have ever thought of wanting to learn Bridge, give it a try, you will be more than welcomed.

Wednesday afternoons is another class that some find challenging and to others it comes as natural as breathing. Writing can be a very gratifying experience. The **WRITING IT DOWN** class can gently help your efforts to **tell your stories, truth or fiction.** Poems or haiku more your style? Love them, too. There are currently three published authors in this class and they started their journeys at MIOL. If you are hesitant about writing, just come to listen.

Thursday with **WHAT IN THE WORLD** is a favorite for many. We may and will **talk about anything.** Something in the news you want to discuss? This is your chance. Pro or con, as a discussion not a debate. Let's hear what you think, the more opinions the better and the more lively the class.

FRIDAY AT THE MOVIES, usually shows a classic American film, sometimes a more current one finds its way onto the screen, or a foreign film with subtitles. **Always a relaxing way to start your weekend and the popcorn is free.**

B Session has been fortunate to have a series of **experts from the County** come to explain and discuss the Child Welfare Services. **Thank you Joann Blaska for arranging this very informative class.** Plus, we learned that our Yvonne Allen was a co-founder Haven Women's Center for women and children.

Thank MIOL's **Dr. Steve Jacobs who arranged for the Kaiser Doctors to come to discuss Senior Health issues with us.** What a relevant and important series! We learned more each week and it all pertained to us seniors.

The **FAVORITE MUSEUMS** have been **more than interesting and entertaining.** Most of them we have all either been to or heard about, or maybe seen a TV show about them. A few were new to me, but I am not much of a world traveler. Makes you glad that others are and they are willing to share their experiences.

Isn't this what makes MIOL so great? **Think about sharing what YOU know.** Take your suggestions to the Curriculum Committee. They always welcome input from all MICLites.

Dorothy



Diedre Bush



NEXT FIELD TRIP:

**Roaring Camp Steam Train to Bear Mountain
DECEMBER 7th – Saturday**

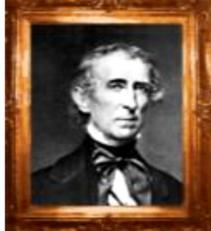
Enjoy festively decorated holiday trees

SESSION C Classes:

**November 4
thru December 13**

**NO CLASSES Nov 11 &
Thanksgiving week**

SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 to 9:30 AM		 Young at Heart & Qi Gong		 Young at Heart & Qi Gong	
10 am to NOON	 Travels Around the World	 Potpourri	 MICL - Meet Your Past	 What in the World?	 Friday at the Movies
1 pm to 3 pm	 Islamic Golden Age	 Bridge	 Writing It Down!	 Presidential Lecture Series	 Birding

2018-2019 BOARD OF DIRECTORS

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CLASSES ARE HELD

**IN THE EL CAPITAN CENTER BUILDING
MONDAY THROUGH FRIDAY
DURING FALL & SPRING SEMESTERS
Summer Session No Mondays or Fridays
LOCATED ON THE WEST CAMPUS OF
MODESTO JUNIOR COLLEGE**

Richard Cato Immediate Past President
 Rita Perez MJC Community Ed Specialist
 MJC Community Education 209-575-6063
 MJC West Campus address 2201 Blue Gum Avenue
 Modesto, CA 95358
 George Pettygrove Founder

MICLetter produced by Susan Filice and Dorothy Ford

10:00 AM TO 12:00 NOON

Coordinator:
Robin Martin



TRAVELS AROUND THE WORLD: Let yourself experience the travel delights of members and selected guests on their journeys by car, foot, RV, rail, ferry, river boat, ocean liner, airplane, etc. Whether you are a fearless explorer or an armchair traveler, join us in a cozy classroom setting to experience vicariously their wondrous tales and adventures. Expand your horizons and brush up on world geography. Questions and comments are encouraged.

- 11/4 Roger Jackson - A tour of Ireland.
- 11/11 **NO CLASS** - Veteran's Day
- 11/18 Amy and J. P. Wolfe - Walking the Kumano Kodo in Japan on a Shinto Buddhist Pilgrimage
- 11/25 **NO CLASS** - Happy Thanksgiving
- 12/2 Judy Spencer - Takes us to New Zealand and Ireland.
- 12/9 Marsha Waggoner and Linda Carol - The Cultural Treasures of Japan

12:00 NOON TO 1:00 PM **BREAK**

1:00 PM TO 3:00 PM

Coordinator:
Frances Lopez



Islamic Golden Age II: Continuing with the DVD series from the Great Courses with Professorial Eamonn Gearon. Additional DVDs on Islamic art showcase the wide use of geometric patterns, famously elaborate, intricate tile work, and visually stunning edifices, both secular and religious. Course covers al-Jahiz, described as the Arab world's greatest writer; Arabic verse, love poetry and wine songs; calligraphy, carpets and Arabic arts. Possible guest lecturers on poetry in the Islamic world and architecture.

- 11/4 PBS video (2011) narrated by actress Susan Sarandon - *Islamic Art: Mirror of the Invisible World*.
- 11/11 **NO CLASS** - Veteran's Day
- 11/18 Calligraphy, Carpets and the Arabic Arts; Mosques, Architecture, and Gothic Revival.
- 11/25 **NO CLASS** - Happy Thanksgiving
- 12/2 The Arab World's Greatest Writer: al-Jahiz; Arabic Verse, Love Poetry, and Wine Songs
- 12/9 Entertaining in the Time of the Abbasids; When Did the Islamic Golden Age End?

8:30 AM TO 9:30 AM

Coordinators: Rudy Serrato & Vickie Morales

YOUNG AT HEART: A strength-training program designed specifically for older adults followed by Qigong. You may sit or stand, depending on your physical ability. Program follows the guidelines of the Presidential Fitness Award.

10:00 AM TO 12:00 NOON

Coordinator:
Richard Cato



POTPOURRI: Potpourri is a mixture of classes with no overall theme or objective. Expect to be informed on any number of subjects from senior health issues to upcoming elections. Each class will be new and different and provide an opportunity to learn and get questions asked and answered. Come see what's going on and enjoy some time with like-minded MICAL members.

- 11/5 The Communications Committee will present the various methods MICAL uses to keep members informed - hardcopy/electronic; Judy Spencer - Intricacies of documentary picture taking.
- 11/12 Wayne Mathes- Inside look at the McHenry Mansion, renovation effort, décor and furnishing of the Mansion.
- 11/19 Donna Linder, the current Registrar of Voters; Supervisors Chairman Terry Withrow - homeless program.
- 11/26 **NO CLASS** - Happy Thanksgiving
- 12/3 Denise Godbout will speak about cochlear implants; Jessica Self will speak about the Democratic Party.
- 12/10 Ron Rutschman - The impact of artificial intelligence and job loss; DMV representative - Real ID program.

12:00 NOON TO 1:00 PM **BREAK**

1:00 PM TO 3:00 PM

Coordinator:
Ron Rutschman



BRIDGE: As always, this class serves both experienced players and members who have never played bridge and want to learn something new. This is a game that will keep your mind young and offer the opportunity for you to make new friends!

Coordinator:
Wayne Edington



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10:00 AM TO 12:00 NOON

Coordinators:
Kathryn Haynes



Carol Olsen



MICL– MEET YOUR PAST: Each week two MICL members will share their unique life stories. As you listen you may connect to something in your own life experiences. This could be a birthplace, school, event, sport or family etc. It is these connections and the presenter's story that makes this five week series so enjoyable.

11/06 Richard Anderson; Lynn Hansen

11/13 Larry Giventer; Anita Young

We are trying a new "Short Story Day." Presenters will each spend 15 minutes on some period of their life or a quick review of their experiences: Annette Alexander, Mary Hanson, Margaret Olson, Sharon Matthews, and Dorothy Winke.

11/20 **NO CLASS** - Happy Thanksgiving

12/4 Kathryn Haynes; Isabelle Blake

12/11 Lila Bradshaw; Jim Flynn

12:00 NOON TO 1:00 PM **BREAK**

1:00 PM TO 3:00 PM

Coordinator:
Millie Starr



WRITING IT DOWN: Be inspired to share your writing efforts in an encouraging and supportive classroom setting. Class members write at home about anything they want, and they share what they write in class when they are ready.

The goal of the class is to support one another in the writing process and learn by doing. Come and join our writing community as a writer or listener.

8:30 AM TO 9:30 AM

Coordinators: Rudy Serrato & Vickie Morales

YOUNG AT HEART: A strength-training program designed specifically for older adults followed by Qigong. You may sit or stand, depending on your physical ability. The program follows the guidelines of the Presidential Fitness Award.

10:00 AM TO 12:00 NOON

Coordinator:
Dorothy Winke



WHAT IN THE WORLD?: Have you ever watched TV or read a news paper article, opinion, or letter to the editor and really wanted to discuss or react to what you read? *What in the World* is just the class for you. We discuss all kinds of issues and happenings from your neighborhood, local, regional, state, national, and world news. You bring in the topic, introduce it, and we all discuss it with the help of a new class facilitator each five week session. A number of class members have real expertise to lend to a number of discussions. Learn something new every day. Come join the camaraderie.

12:00 NOON TO 1:00 PM **BREAK**

1:00 PM TO 3:00 PM

Coordinator:
Hugh Brereton



PRESIDENTIAL LECTURE SERIES: We will present lesser known as well as a few more better known presidents, selected as the presenter's choice. This is a good way to learn about some notable presidents, interesting, and early leaders before the Civil War.

11/07 Theodore Roosevelt - Richard Cato; Dwight Eisenhower - Diedre Bush

11/14 James Polk - Lila Bradshaw; Zachary Taylor - Dave Froba

11/21 John Tyler - Roger Jackson; Warren Harding - Carol Quinlan

11/28 **NO CLASS** – Happy Thanksgiving

12/05 Calvin Coolidge - Gene Richards; Herbert Hoover - Hugh Brereton

12/12 **Potluck 11:30 am**

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1:00 PM TO 3:00 PM

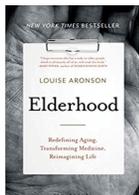
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Coordinator:
Carol Sullivan

MICL BOOK CLUB SELECTION: ELDERHOOD by LOUISE ARONSON
Moderated by Lila Bradshaw



For more than 5,000 years "old" has been defined as beginning between ages 60 and 70. That means most people alive today will spend more years in "elderhood" than in childhood, and many will be elders for 40 years or more. Humans are living longer than ever before, making old age into a disease, a condition to be dreaded, denigrated, neglected, and denied.



Louise Aronson uses stories from her quarter century of caring for patients, and draws from history, science, literature, popular culture, and her own life to weave a vision of old age that's neither nightmare nor utopian fantasy -- a vision full of joy, wonder, frustration, outrage, and hope about aging, medicine, and humanity itself.

Elderhood is for anyone who is, in the author's own words, "...an aging, still-breathing human being."
Review from Amazon—a New York Times bestseller

MEETS DECEMBER 12th

10:00 AM TO 12:00 NOON

Coordinators:
Susan Wiltse

FRIDAY AT THE MOVIES:



Start your weekend relaxation with a film classic or foreign film (subtitled in English, of course) that will carry you away to other times and other places.

Discussion encouraged but not required. Details of the movies are posted just before the semester starts.

Carol Quinlan



11/8	Gloria	1980	Color	English	120 mins
11/15	My Bodyguard	1980	Color	English	120 mins
11/22	Shane	1953	Color	English	120 mins
11/29	NO CLASS - Happy Thanksgiving				
12/6	It Happened to Jane	1959	Color	English	90 mins
12/13	Radio Days	1987	Color	English	90 mins

1:00 PM TO 3:00

Coordinator:
Dave Froba

BIRDING



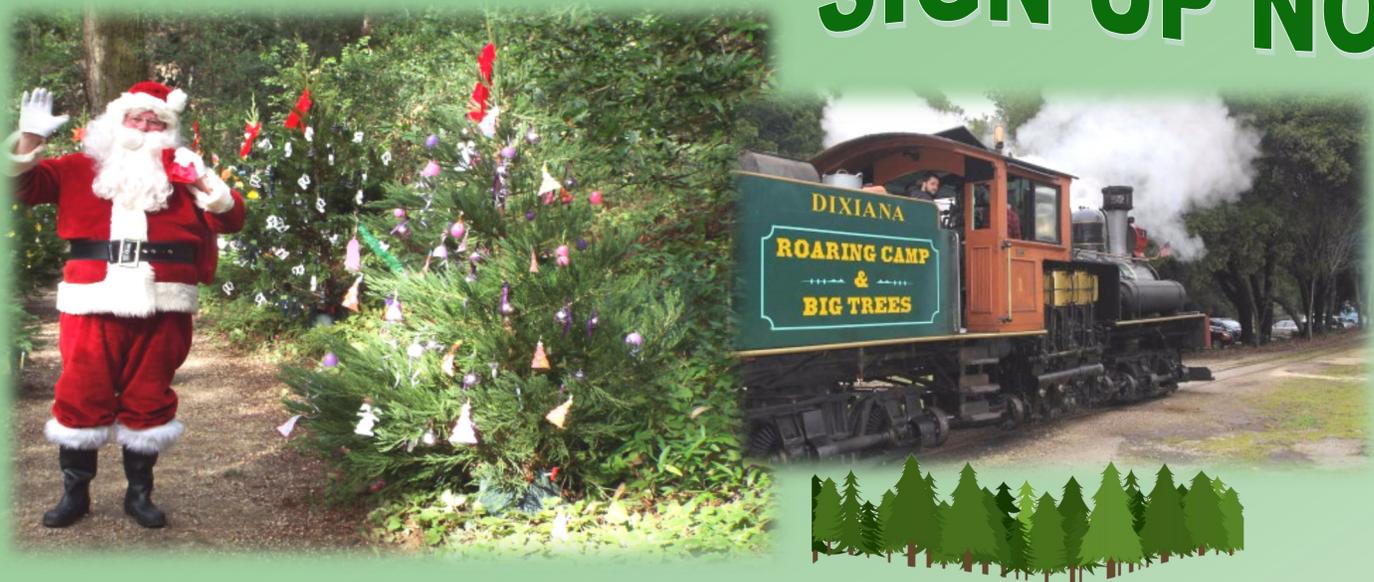
Birds are beautiful and interesting. They speak to our very souls and evoke the poetic in us. In this class, we will learn to identify and appreciate the birds of our local area. We use our field guides, photos, videos, and audio. We focus on about ten species of birds per class. Then, on the Saturday morning following each Friday class, we will take a non-MICL field trip to carefully selected nearby natural places to search for those particular ten species in the wild. We usually get about 80% of them, plus some extra surprises.

David Sibley's *Field Guide to the Birds of Western North America* is recommended but not required. In preparation for the class, it would be good to watch a movie about Stanislaus County birding, *Wings Over Our Two Counties*, on YouTube.

**Bring binoculars and have your eyes opened, your mind expanded, and your spirit nourished.

Class dates: 11/8, 11/15, 11/22, NO CLASS 11/29, 12/6, 12/13

SIGN UP NOW



Roaring Camp Steam Train to Bear Mountain DECEMBER 7th – Saturday

More details will be sent to you as trip date draws near.

Enjoy festively decorated holiday trees

Have you visited our **MICL website** yet? Use your Internet browser and type in: **www.micl-online.org**

and



Join us on Facebook: Enter MICL in search field, at site click on

+ Join Group

EVENT SCHEDULE

Session C starts	Nov 4		
Curriculum Committee	Nov 6, Dec 4	3:15pm	Office
Board Meeting	Nov 13, Dec 11	3:15pm	Office
Birthday Lunch	Nov 15, Dec 13	1:00 pm	Mimi's
Potluck	Dec 12	11:30am	Common area
Book Club	Dec 12	1:00pm	Classroom
Session C ends	Dec 13		
Trips	Dec 7		

Make it to the Birthday Luncheons at Mimi's



OCTOBER fun

MJC Scholarship Ceremony

In August, Modesto Junior College hosted their annual event in the Mary Stuart Rogers Student Learning Center on the West Campus. MICL was proud to be included amongst the donors and students gathered for this special occasion. We gifted three scholarships:

- ◆ Dan Brown Memorial – \$1025 awarded to Alvin Duong
- ◆ MICL Scholarship – \$500 awarded to Daniel Fitch
- ◆ MICL Scholarship – \$500 awarded to Natalie Rosas

Thank you MICL members. Your donations fuel the education and dreams of the next generations.



SENIOR HEALTH

Coordinated by Steve Jacobs, MD

Hypertension
Kidney disease
Diabetes



IMMUNIZATIONS IN SENIORS
...their stuff...

Nutrition
Obesity



Anxiety
Depression
Dementia



Parkinson's disease



Arthritis
Exercise
Fall Prevention



Osteoporosis
Screenings



Social Services

Coordinated by Joann Blaska

Speakers provided through the Stanislaus County Community Services Agency

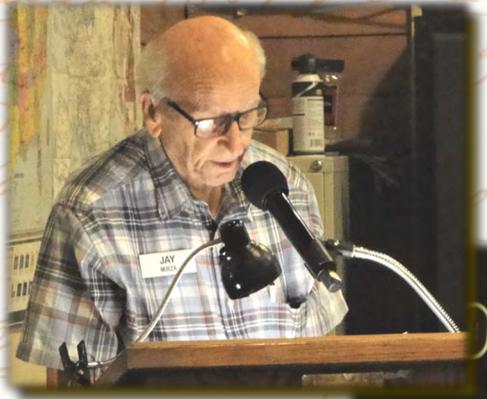


Topics presented:

- ◆ Sexual abuse
- ◆ Incest treatment
- ◆ Addiction
- ◆ High risk infant protocol
- ◆ Domestic violence
- ◆ Severe neglect and physical abuse
- ◆ Mental health issues



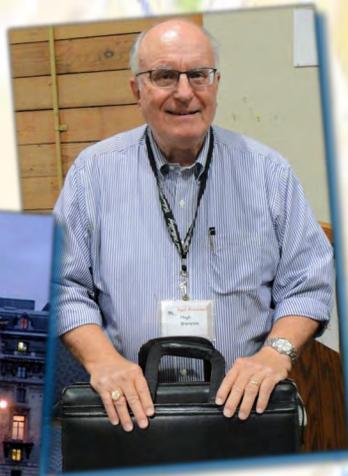
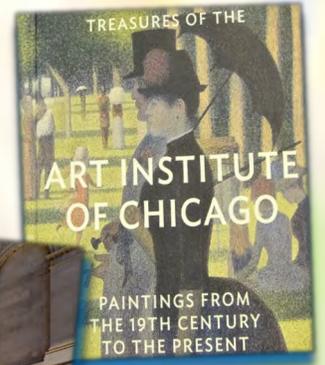
Writing it Down



Coordinated by Millie Starr

FAVORITE MUSEUMS

Coordinated by Roger Jackson



CROCKER art museum

