

Weekly Update Summer Session 2019

Summer Session Tuesday thru Thursday

WEBSITE: micl-online.org

FACEBOOK: Enter MICL in search field then at site click on +Join Group to join.

MICL Summer Session, June 18 – June 20, 2019

Tuesday and Thursday, 8:30-9:30 AM: YOUNG AT HEART/QIGONG

Rudy Serrato and Vickie Morales, Coordinators

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.

Tuesday, June 18, 1:00 PM – 3:00 PM Beginner's Bridge

Ron Rutschman and Wayne Edington, Coordinators

As always, this class serves both experienced players and members who have never played bridge and want to learn something new. Get out of the heat and come and learn or play bridge in an air conditioned building. Meet new friends who are at the same skill level. Keep your brain sharp by playing this fun game.

Wednesday, June 19, 10:00 AM-noon: WHAT IN THE WORLD

Dave Froba, Coordinator

Have you ever watched TV or read a newspaper 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 will discuss it with the help of a new class facilitator each fine 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.

Wednesday, June 19, 1:00 PM-3:00 PM: New History of the South

Diedre Bush, Coordinator

1st Hour: A Restless South, Expansion and Conflict

Relive the highly charged events surrounding the settlement of Texas by Americans and the Mexican-American War. Witness how the debate over slavery in former Mexican lands became a blistering national drama. Also, grasp the impact of the railroad and telegraph on the South, and the ways in which these technological innovations accelerated the divisions between the North and South.

2nd Hour: Life in the Slave South

Discover how American slavery became more diverse as it expanded over a huge area. Consider the wide variety of trades engaged in by the enslaved, and the complex mix of white and black cultures in the South. Learn more about the mechanics of slave trading, the terrible treatment of those sold, and how slaves lived and worked both on plantations and farms and within Southern cities.

Thursday, June 20, 8:30-9:30 AM: YOUNG AT HEART/QIGONG

Rudy Serrato and Vickie Morales, Coordinators

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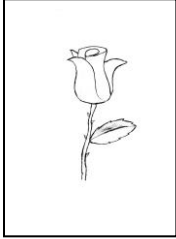
Thursday, June 20, 10:00 AM to end of film: THURSDAY AT THE MOVIES

Carol Quinlan, Coordinator:

ANASTASIA 1956 Color American 2 hours

Ingrid Bergman, Yul Brynner and Helen Hayes. Bergman received an Academy Award for Best Actress playing Grand Duchess Anastasia, the sole survivor of the execution of Czar Nicholas II and his family in 1918.

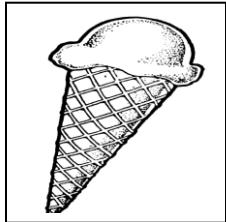
Friday, June 21, 2019: Birthday Luncheon



MICL will celebrate June birthdays on Friday, June 21st at 1:00 PM at Mimi's Café, 3401 Dale Rd. (Near the Mall)

Please let Dorothy Winke know if you have a birthday in June and are planning to attend. You can contact her at 522-0415 or delwinkie@sbcglobal.net

Monday, June 24, 2019 2:00 PM;ICE CREAM SOCIAL



This year's Ice Cream Social will be held in the El Capitan Building at MJC. Free Ice Cream, cool toppings and great people. Please come, enjoy the day and bring a friend.