

## **Weekly Update Spring 2019 Session A**

### **MICL “A” Session, January 21-25, 2019**

#### **Monday, Jan 21, 10:00 AM-noon: TRAVELS AROUND THE WORLD**

Coordinators Robin Martin and Judy Spencer,

Holiday- No Class

#### **Monday, Jan 21, 1:00-3:00 PM: Early Mesoamerican Cultures**

Betty Boj-ode, Coordinator

Early Mesoamerican Cultures

Holiday-No Class

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

Arline Wortner, Lila Huff, Leonard Olives, Jim McCabe, Rudy Serrato, Coordinators

A strength-training program designed specifically for older adults

#### **Tuesday, Jan 22, 10:00 AM-noon: MICL Meet Your Past**

Carol Olsen, Coordinator

1<sup>st</sup> Hour: Stephen Jacobs: Born in Indiana. Now living in Manteca. To quote Steve “my brother was an only child”. Look forward to a jovial presentation by this retired pediatrician.

2<sup>nd</sup> Hour: Louise Summerlot: Born in Arkansas. Current board member as Publicity chair. At age 20, became step-mother to three children. Now super grandma to many. Was employed in several civil service positions.

#### **Tuesday, Jan. 22, 1:00 PM – 3: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. This semester also features a new program to enhance the skills of experienced players. The American Contract Bridge League (ACBL) course “Play of the Hand in the 21<sup>st</sup> Century” is taught to make better bridge players through lectures, videos, booklets and practice hands.

#### **Wednesday, Jan. 23, 10:00 AM-noon: Nutrition II**

Ed Pidilla, Coordinator

This course is a practical, hands-on guide to understanding the science of nutrition and how what we eat and drink affects our bodies and our lives. We need to develop nutrition and exercise plans that not only work but are sustainable They are lifestyle choices that can lead to a longer and healthier life for anyone at any age.

1<sup>st</sup> Hour: A Guest speaker will discuss the Vegan Lifestyle.

2<sup>nd</sup> Hour: Lectures on organic foods and sugar in our diet.

### **Wednesday Jan. 123, 1:00 PM-3:00 PM Writing It Down**

Millie Starr, Coordinator

Be inspired to share your writing efforts in an encouraging and supportive classroom setting. Come and join our writing community as a writer or listener.

### **Thursday, Jan. 24, 10:00 AM – noon: WHAT IN THE WORLD**

David Froba, Coordinator

In this class we discuss current events. No issue is too controversial for our spirited but respectful conversation. Bring your issue and we'll put it up on the screen and discuss it. Or, just come along to listen but not comment. All are welcome

### **Thursday, Jan 24, 1:00 PM-3:00 PM:History of Daily Life of Ordinary Ancient People**

Marlene Cowan, Coordinator

We all know about the one per-cent who changed the course of history but not so much about the lives of the other nine-ty-nine percent. In this class we'll learn about their daily lives as well as about special events like weddings and holidays. Using Great Courses DVDs and other materials, we'll study from the Greeks to the Medieval Period.

1<sup>st</sup> hour: What's for Dinner? Food and Drink

2<sup>nd</sup> hour: Life in a Noble household

### **Friday, Jan. 25, 10:00 AM to end of film: FRIDAY AT THE MOVIES**

Carol Quinlan, Coordinator

The Witness 2015 B/W American Documentary 90 minutes

This is a haunting, 90-minute documentary that examines the 1964 murder of Kitty Genovese who was killed returning home from work in Queens, New York. Her death, at 28, became the symbol of America's urban apathy because of front-page coverage in the New York Times. Every newspaper in the nation followed the story, and the public was outraged to learn that no one came to her aid as she cried for help. The Witness follows the efforts of her younger brother, Bill Genovese, as he looks to uncover the truth about this famous crime buried beneath the newspaper story. Compelling and fascinating. Features home movies of the Genovese family. No better documentary!

### **Thursday, Feb 14, 1:00 PM-3:00 PM: MICL BOOK CLUB**

Carol Sullivan, Coordinator

The Demon Haunted World by Carl Sagan (Non-Fiction)

How can we make intelligent decisions about our increasingly technology driven lives if we don't understand the difference between the myths and the pseudo-science and the testable hypotheses of science?

Casting a wide net through history and culture, Sagan examines the authoritatively debunks such celebrated fallacies of the past such as witchcraft, faith healing, demons, and UFO's..As Sagan demonstrates with lucid eloquence, the siren song of the unreason is not just a cultural wrong turn, but a dangerous plunge into darkness that threatens our most basic freedoms.

## **Friday, February 1<sup>st</sup> Spring Semester Field Trip**

Diedre Bush, Field Trip Director;

**Friday, February 1<sup>st</sup>** – \$60, California Academy of Arts & Sciences, Golden Gate Park, San Francisco. [www.calacademy.org] Check-in at 7:00 am, we Depart at 7:30am from the El Capitan loading dock and we'll return before dark. The Academy ticket grants access to the aquarium, planetarium, rainforest, and natural history museum. Lunch on your own at the Academy Café'.

The Living Roof Head up and outside to see the Living Roof, a 2½-acre marvel where native California plants grow. The roof utilizes the outside environment to cool the building's interior, and the insulation keeps it 40 degrees cooler than a traditional roof.

Osher Rainforest An encircling pathway through three diverse ecosystems, past some of the flora and fauna of Borneo, Madagascar and Costa Rica. More than 1,600 animals live here and range from butterflies and birds, which fly freely, to amphibians and reptiles. An elevator descends to the ground floor and offers a view of the Amazon Flooded Forest. A walk through an acrylic tunnel below the underside of this 10,000-gallon freshwater tank, watching Amazonian fish cruise overhead

The Steinhart Aquarium Divided into different sections include Animal Attraction, the Philippine Coral Reef, the Northern California Coast, the Water Planet, Tusher African Hall, and the Swamp Gallery, with more than 38,000 animals from every major region on the planet. In total, this constitutes more than 900 species with each tank and display area representing the exact natural habitat. It is one of the most biodiverse aquariums in the world and contains the world's deepest living reef tank.

Morrison Planetarium Has a custom-made telescope that projects a field of 3,800 stars, this is the largest all-digital dome in the world offering an unparalleled view of the universe. The 75-foot, all-digital dome displays one of the most accurate and immersive Universes ever created from faraway galaxies to the workings of our own planet. We'll have two opportunities to see two different full dome shows.

Kimbell Natural History Museum the Kimbell houses over 150 years of research and collections. A working Project Lab continues the research. Learn all about earthquakes and tectonic plates, observe an 87-foot-long blue whale skeleton or an awe-inspiring Tyrannosaurus Rex that once roamed the lands. The Foucault Pendulum on display is a 235lb brass ball suspended by a 30ft steel cable to show's proof of Earth's rotation.

Sign-up lists are in the White Trip Binder at the back of the Classroom.

The Academy requires advance purchase for a discount on the tickets by Jan 23<sup>rd</sup>, **Payment in full is due by Jan 22<sup>nd</sup>. Remember checks only.**

Diedre Bush, Field Trip Director; Trip Assistants are: Annette Steve-Alexander, Joyce Starkey, Maureen Fuertes and Sharyn Brown.