



Designed for mature adults who seek ongoing learning for the joy of it!

The MICL Letter

November 2025

Fall Session C

A Message from our MICL President - Johnnie Williams



Welcome to Fall Session C



Better Together—Because Every Piece Matters

As we step into our Fall Session C, let's take a moment to reflect on the journey we've shared. The past two sessions have been filled with wisdom, laughter, and meaningful learning—and that's because of you. Each one of you brings a vital piece to this beautiful puzzle: your presence, your stories, your questions, your insights. Together, we've built something far greater than the sum of its parts.

Much like a lovingly stitched quilt, our time together has shown that learning is not just about gaining knowledge—it's about building connections. Whether we're diving into new ideas or revisiting familiar truths, we do it side by side. That's the power of community and the joy of working and being **Better Together**.

As we prepare for the end of our Fall Session and embrace the approaching holiday season—a sacred time often filled with reflection, heartfelt appreciation, and spiritual renewal—we are reminded of the profound impact each of you has on our collective journey. Your steadfast involvement, generous donations, and unwavering commitment to MICL continues to shape our growth, strengthen our mission, and inspire the achievements yet to come.

Thank you for showing up with heart, speaking with honesty, and reminding us that learning is a lifelong journey. Thank you for the laughter, the insight, the grace, and the courage you bring. The joy of growing in community never fades—it only deepens. MICLites remember to stay curious, stay connected, stay encouraged, and above all, stay rooted in the truth that we are —and always will be —so much **Better Together**.



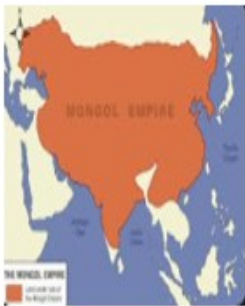
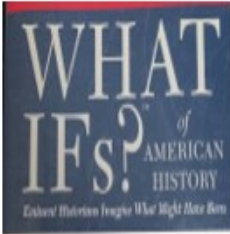
Dan Gorman

FIELD TRIPS:

To Be Announced
See Upcoming Flyers for Details

SESSION C Classes:

November 3 thru
December 12, 2025

Fall 2025 Session C					
November 3 – December 12, 2025					
	Monday	Tuesday	Wednesday	Thursday	Friday
10 am to NOON	 Travels Around the World	 The Mongol Empire	 The Viking Age	 Current Events	 MICL at The Movies
1 pm to 3 pm	 Organic Chemistry	 Nutrition Made Clear	 Writers and Readers	 What Ifs of American History	

2025-2026 BOARD OF DIRECTORS

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Field Trips	Dan Gorman

CLASSES ARE HELD

IN THE EL CAPITAN CENTER BUILDING
MONDAY THROUGH FRIDAY
DURING FALL & SPRING SEMESTERS
Summer Session No Mondays or Fridays

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	Modesto, CA
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Odessa Johnson	

MONDAY

10:00 AM TO 12:00 NOON

Coordinators:

Alene Griffin & Dorothy Winke



TRAVELS AROUND THE WORLD: Everything to do with travel is in this course, including trips taken by MICL members and guest speakers who have visited exotic countries, tips on how to travel and exploring countries we may never get to. Photos, videos, and most of all great stories are the core of this fun course. Come and experience the world with us!

11/24 THANKSGIVING HOLIDAY - NO CLASS

12:00 NOON TO 1:00 PM

1:00 PM TO 3:00 PM

Coordinator:

Scott Griffin



AN OVERVIEW OF ORGANIC CHEMISTRY: Scott has a Ph.D. in organic chemistry from UCLA and extensive experience in industry. However, the lecture series is not intended to make organic chemists of everyone, but rather to present essential concepts and then to focus on applications of organic compounds in our daily lives. A few examples are organic compounds in living systems, polymers and plastics, foods, flavors, and aromas, carbohydrates and proteins, and natural products. Scott will utilize selected lectures from two Great Courses series: "Foundations of Organic Chemistry," by Prof. Ron Davis Jr., Georgetown University, and "Cooking Better with Science," by Sean Kahlenberg, Asst. Prof. and Ted Russin, Dean, Culinary Science and Nutrition, Hyde Park, NY.

11/24 THANKSGIVING HOLIDAY - NO CLASS

TUESDAY

10:00 AM TO 12:00 NOON

Coordinator:

Jerry Jackman



THE MONGOL EMPIRE: The Mongol Empire may not qualify as a Civilization, yet it had an impact on the Russian, Chinese, and Indian Civilizations that MICL has already studied. Indeed, the Mongol Empire became the largest the world had ever seen -- nearly twice as extensive as the Roman Empire!

Join us as we unravel this surprising Empire that burst across the 13th century but is scarcely recognized in our modern world.

11/25 THANKSGIVING HOLIDAY - NO CLASS

12:00 NOON TO 1:00 PM

1:00 PM TO 3:00 PM

Coordinator:

Ed Padilla



NUTRITION MADE CLEAR: Is a guide to understanding the science of nutrition and to understand what we eat and drink and how it affects our bodies and lives. Each week we will discuss the essentials of diet and nutrition - and disorders such as diabetes, heart disease, and obesity.

11/25 THANKSGIVING HOLIDAY - NO CLASS

W E D N E S D A Y

10:00 AM TO 12:00 NOON

Coordinator:
Duane Nelson



THE VIKING AGE: This is a course on the influence of the Vikings, who came out of the North lands before the Scandinavian countries were Christianized. Our image of the Vikings is of a wild, out-of-control group, who raided, pillaged, raped and killed. This course is their story: How the Vikings added to settlement and international trade in England, Ireland and France; East into East Europe and Russia; South into the Mediterranean; and West through Iceland, Greenland and the Americas, long before Columbus. We explore that the Vikings pre-dated and contributed to a united world.

11/26 THANKSGIVING HOLIDAY - NO CLASS

12:00 NOON TO 1:00 PM

1:00 PM TO 3:00 PM

Coordinator:
Joyce Starkey



WRITERS AND READERS: If you like to write, bring anything you've written to share with the group. It can be memoirs, poetry, non-fiction, fiction, an editorial, a travel piece, etc. We will enjoy hearing it and discussing it.

If you like to read, when you come across something you feel to be especially good - like a descriptive phrase, or how the book was started - bring it in to share. You can also bring a favorite poem or share something from a favorite author. If what you want to share is in a printed format, taking a photo of it with your phone is a quick and easy way to capture it.

11/26 THANKSGIVING HOLIDAY - NO CLASS

T H U R S D A Y

10:00 AM TO 12:00 NOON

Coordinator:
Dorothy Winke



CURRENT EVENTS: 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? "*Current Events*" 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 our collective expertise.

11/27 THANKSGIVING HOLIDAY - NO CLASS

12:00 NOON TO 1:00 PM

1:00 PM TO 3:00 PM

Coordinator:
David Froba



GREAT WHAT IF'S OF AMERICAN HISTORY: It is fascinating to think what might have happened in history if it didn't actually occur as it did. Of course, there are no answers, but there is the opportunity for a very interesting discussion. We will deal with the following topics: What if.... General Lee had won at Gettysburg, Lewis and Clark had vanished, the Allies had lost World War II, the Soviets got to the moon first, the Constitution had not passed, Columbus never fumbled across America, Lincoln had not issued the Emancipation Proclamation, the Salem witch trials had not happened, the slave revolt of Nate Turner had succeeded, or if JFK had survived.

11/27 THANKSGIVING HOLIDAY - NO CLASS

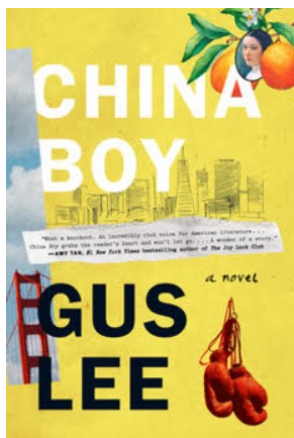
1:00 PM TO 3:00 PM

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Coordinator:
Arlene Allsup



BOOK CLUB: We meet the last Thursday of each Session. We read a nonfiction book one month and a fiction book the next month. The book is suggested and selected by the group and will be moderated by the person that suggested the book title. Our group is open to everyone, even if you have not read or have previously read the book. Please feel free to join the group for any of the meetings. Keep Reading!



December 11, 2025

"China Boy" by Gus Lee.

China Boy is a 1991 work of autobiographical fiction by Gus Lee. Lee has confirmed that the book is a thinly veiled memoir of his early years, growing up as the child of Chinese immigrants in San Francisco's Panhandle neighborhood. He changed names and diminished his father's role in the story, but most details are otherwise true to his memory of events and circumstances. Today, Lee is an American author, legal adviser, and ethicist.

10:00 AM TO 12:00 NOON

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Coordinator:
Noel Russell



FRIDAY AT THE MOVIES: Start your weekend with a film, related to our current classes, that will carry you away to other times and places. After the movie, those who wish gather at a local eatery for lunch and discussion. The movie details are posted in the Weekly Update on the prior Friday.

November 7: "Vikings: Journey to New Worlds" (62 min),

"The Viking Deception: The Truth Behind the Vinland Map" (53 min)

November 14: "In Defense of Food: an Eater's Manifesto" (120 min)

November 21: "Fed Up" (99 min)

November 28: *THANKSGIVING HOLIDAY* NO CLASS

December 5: "Mrs. Palfrey at the Claremont" (108 min)

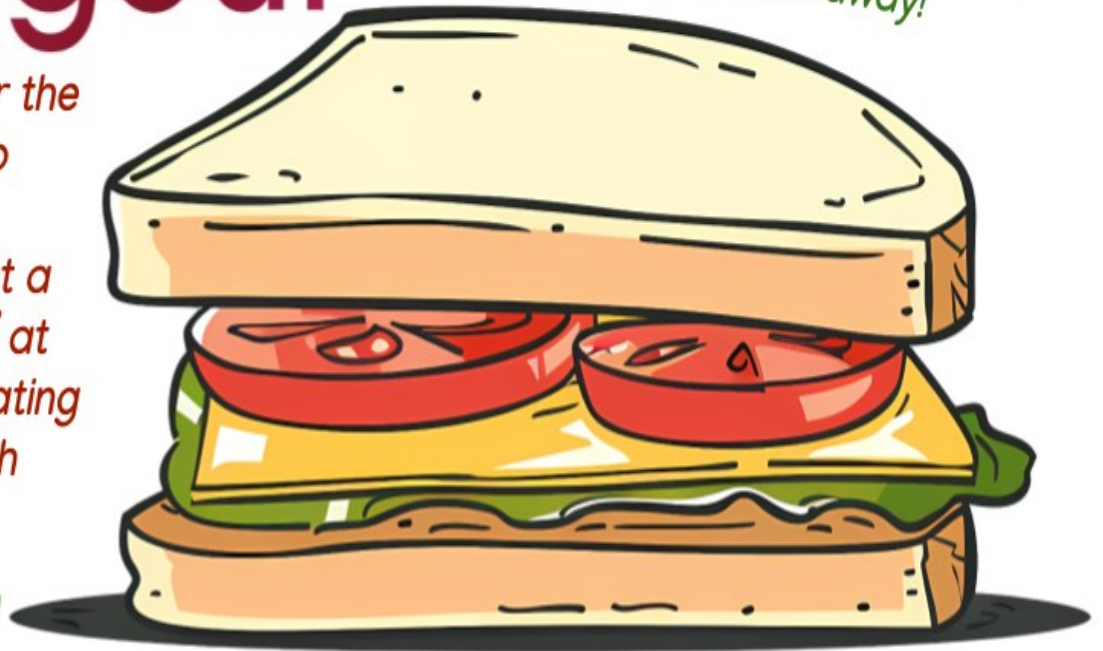
December 12: "The Greatest Game Ever Played" (121 min)

The MICL Lunch Hangout

Tip: The MJC Food Court has deli sandwiches, salads, snacks, drinks, and more! It's just a short walk away!

Are you waiting for the afternoon class to start? Feel free to bring a lunch, sit at a "community table" at MICL, and enjoy eating and socializing with class members!

NOON TO 1:00 PM



EVENT SCHEDULE

Session C Starts	November 3, 2025		
Curriculum Committee	1st Tuesday	November 4, 2025	3:45 pm
Board Meeting	2nd Tuesday	November 11, 2025	3:45 pm
Birthday Luncheon	3rd Friday	November 21, 2025	1:00 pm
Potluck	Last Thursday	December 11, 2025	11:30 am
Book Club	Last Thursday	December 11, 2025	1:00 pm
Session C Ends	December 12, 2025		

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