

A Message from MICL President - Bruce Clifton

SPLASH Through the Power of Play



"We don't stop playing because we grow old; We grow old because we stop playing" George Bernard Shaw

Whizz! During the first week of the MICL Fall Session A, the coordinator and presenter of Tuesday afternoon's Periodic Tables course, Jerry Landrum, strolled into the classroom of awaiting participants. As a distinguished nuclear chemist, co-discoverer of Elements 116 and 118, he raised a few eyebrows when members turned and spotted on top of his head a... multi-primary-colored cap with a plastic spinner on top! Whizz! To top it off, Jerry sported a bright blue bow tie and a similarly matching colored t-shirt. Printed on the front was the Periodic Table with the words "I wear this shirt periodically." It was obvious to everyone that Jerry is a man who is enthusiastic about his subject. He is also a man who likes to play.

This story of Jerry's mindset takes us deeper into what it means to SPLASH. As an acrostic, in which the second letter is **P**, let's think about the power of **Play**. Why? Because engaging in play actually energizes our SPLASH with others. Health professionals claim that play wards off depression, keeps our brains flexible, and sustains optimism. And it doesn't have anything to do with age. In fact, play is more about our motivation and attitude, than our actions. The type of play I'm talking about involves fun that is senior-friendly. Some examples include knitting, arts and crafts, music, gardening, board games, writing, painting, acting, puzzles, sharing jokes, and learning something new. When we SPLASH, we play, which in turn, changes our brains.


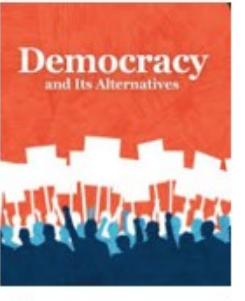




At MICL, we're about finding new ways to play. As you read this session's choices, consider two courses that have powerful platforms to practice creativity and play. The first one, Improv Play Activities for the Senior Brain is coordinated by Lorrie Freitas where you are led through fun "exercises to experience your imagination, thought process, and emotions." The second offering is Writing It Down led by Joyce Starkey, where participants are invited to a psychologically safe "writing playground" to experiment with themes, imagery, alliteration, and foreshadowing by writing at home and then be able to share their creations and receive feedback from their fellow class participants. Consider "sampling" these two wonderful "play zones" sometime during Session B.

Obviously, all of our courses have built-in features of a mental playground, most notably, opportunities for discussion. Before you go on to read this session's great courses, consider the words of Brene Brown, psychologist and lecturer, who teaches how play goes much deeper than we might think. In fact, play meets the one most essential need we have as humans, a sense of belonging: "Laughter, song, and dance create emotional and spiritual connection; they remind us of the one thing that truly matters when we are searching for comfort, celebration, inspiration, or healing: we are not alone." As MICL members, we make a positive difference, for ourselves and others, when we choose to play.

Bruce Clifton

FIELD TRIPS:
We are forming a Trip Committee
If you would like to join
Contact: Bruce Clifton

SESSION B Classes:
September 30 thru
November 1, 2024

Fall 2024 Session B					
September 30 – November 1, 2024					
	Monday	Tuesday	Wednesday	Thursday	Friday
10 am to NOON	 Travels Around the World	 History of India	 Democracy and It's Alternatives	 Current Events	 Friday at The Movies
1 pm to 3 pm	 Improv for the Senior Brain	 Enjoying the Periodic Table	 Writing it Down!	 Mysteries of Human Behavior	

2024-2025 BOARD OF DIRECTORS

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- Hospitality Maureen Fuyertes
- Field Trips Open

CLASSES ARE HELD

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

Annette Olsen	Immediate Past President
Vicki Vander Veen	MJC Comm. Ed. Specialist
MJC Lifelong Learning	(209) 575-6063
MJC West Campus, El Capitan Bldg.	2201 Blue Gum Ave. Modesto, CA
George Pettygrove, 1920-2014	Founders
Odessa Johnson	

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10:00 AM TO 12:00 NOON

Coordinator:
Dorothy Winke



TRAVELS AROUND THE WORLD: In this class we bring in MICL members and friends of members to tell us about their trips, near as well as far and wide. You can expect lots of great pictures, perhaps videos, and most of all, stories about the trips. In addition to the experience of virtually going along on these trips, you will learn how the trip was planned and other background information. For good reason, this course has consistently been the MICL class with the largest attendance. Come and see the world!

12:00 NOON TO 1:00 PM BREAK

1:00 PM TO 3:00 PM

Coordinator:
Lorrie Freitas



IMPROV PLAY FOR THE SENIOR BRAIN: In this class we will look at what you are doing 'with your one wild and precious' brain. We'll do exercises to experience your imagination, thought process and emotions. Researchers say that doing "Improv Activities" might help brain connectivity, boost creativity and confidence, decrease stress and help express ideas and emotions. We won't promise the moon but we invite you to be engaged in an interactive, explorative life experience.

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10:00 AM TO 12:00 NOON

Coordinator:
Jerry Jackman



HISTORY OF INDIA: The success of the MICL Russia and China classes has inspired us to tackle the awesome civilizations of South Asia. Each hour will begin with a half-hour presentation titled "History of India" by Professor Michael H. Fisher of Oberlin College followed by class discussion. As the class progresses we will hear from people of South Asia which includes India, Pakistan, Bangladesh, Nepal, and Sri Lanka. Select YouTube videos will be used to ground the discussion with the realities of these societies today. You will be amazed!

****10/29 class ends at 11:30 for *10/29 POTLUCK***

12:00 NOON TO 1:00 PM BREAK

1:00 PM TO 3:00 PM

Coordinator:
Jerry Landrum



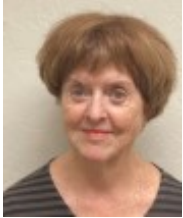
ENJOYING THE PERIODIC TABLE: My goal is to look at and appreciate the scientific process as it takes us, over the period of 200 years, from Earth, Wind, Fire, and Water to the 118 chemical elements we recognize today. I was privileged to be part of a scientific consortium of Russian and United States Scientists that produced and observed Elements 113 thru 118. I get to claim partial credit for 116Livermorium, and 118Oganesson, as my name appears as a co-author on the definitive publication recognized by the International Union of Pure and Applied Chemist (IUPAC). Join me, let's enjoy this chemical journey together! Jerry

****10/29 class held on 10/31 *10/29 BOOK CLUB***

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10:00 AM TO 12:00 NOON

Coordinator:
Betty Stewart



DEMOCRACY AND IT'S ALTERNATIVES: How easy is it for a country to go from a democracy to a dictatorship? Why are so many countries attracted to dictators? Are partisan politics working? Why are democracies inefficient? Is American democracy on its way to a dictatorship? Political scientist Ethan Hollander has traveled the world to study governments similar to and different from our own. With case studies from Latin America, Africa, North America, Asia and Europe, we will learn what politics around the world now looks like and come to our own conclusions about the state and future of democracy. Join us for this timely class which is sure to generate lively discussion.

10/30 Classroom location: John Muir, 265

12:00 NOON TO 1:00 PM BREAK

1:00 PM TO 3:00 PM

Coordinator:
Joyce Starkey



WRITING IT DOWN: Do you like to write? Do you have family stories you want to share with your grandkids? Do you like to write poetry? If you answered yes to any of these questions, come join our writing group. Write anything you like at home and bring it to class when you are ready to share. We will enjoy what you wrote and offer friendly feedback. Don't worry, sharing is always voluntary! If you are not sure, come and listen to check it out. Come and join our writing community of writers and listeners.

10/30 Classroom location: John Muir, 265

10:00 AM TO 12:00 NOON

Coordinator:
David Froba



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.

10/31 Classroom location: John Muir, 265

12:00 NOON TO 1:00 PM BREAK

1:00 PM TO 3:00 PM

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Coordinator:
Jim Pack



MYSTERIES OF HUMAN BEHAVIOR: Why do people behave the way they do? Understanding the Mysteries of Human Behavior, by psychologist and professor Mark Leary, is your guide to the latest theories and research from psychology and other behavioral sciences on this age-old question. Understand the answers will help you better know yourself and the people around you. With the powerful insights you'll find in these Wondrium lectures, and in our class discussions, you'll be looking at your own and other peoples behavior with a little more insight, curiosity, and wonderment.

****10/31 Understanding the Periodic Table *10/31 Classroom location: John Muir, 265***

1:00 PM TO 3:00 PM

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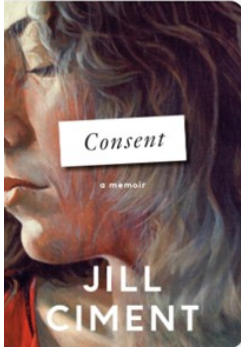
Coordinator:
Arlene Allsup



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!

October 29, 2024 *TUESDAY*

“Consent”, by Jill Ciment



At 17, she fell in love with a 47-Year-Old. Now she questions the story. Jill Ciment’s 1996 memoir “Half a Life” described her teenage affair with the man she eventually married. Her new memoir, “Consent,” dramatically revises some details.

A few years ago, Ciment found herself reconsidering their origin story. Mesches had died of leukemia in 2016, at age 93. The #MeToo movement had unleashed a debate about sexual harassment and assault committed by men in positions of power. Ciment started to question her earlier account of their courtship.

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.

Oct. 4: “Of Mice and Men”

Oct. 11: “To Kill a Mockingbird”

Oct. 18: “The Best Government Money Can Buy?”

Oct. 25: “And She Could be Next”








Nov. 1: “Knives out” *11/1 Classroom location: John Muir, 265*

10/30 - 11/4 Classroom location: John Muir Bldg., Room 265

Our El Capitan location will be used for the upcoming election.

WELCOME TO OUR NEW and RETURNING MEMBERS

From all of us at MICL, a big welcome to you! It's OUR honor to welcome you aboard. Being a new member can be intimidating, but we promise to try to make it less daunting. Everyone here at MICL is friendly and willing to help you settle in, so don't hesitate to reach out whenever you need. Your life skills, experiences, and creativity will undoubtedly add a new dimension to our membership. YOU are exactly what we are looking for. Welcome to the team! Thank you for joining us!

 Lee Ervin	 Ann Kalajian	 Deborah Lackey
 Bonnie Moore	 Avi Nijjar	 Zana Roberson
 John Romero	 Lucy Thomas	 Yolanda Vierra
 Laurann Christopherson	 Charles Rowland	 Marilyn Rowland

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 B Starts	September 30, 2024		
Curriculum Committee	1st Tuesday	October 1, 2024	3:15 pm
Board Meeting	2nd Tuesday	October 8, 2024	3:15 pm
Birthday Luncheons	3rd Friday	October 18, 2024	1:00 pm
Potluck	Last Tuesday	October 29, 2024	11:30 am
Book Club	Last Tuesday	October 29, 2024	1:00 pm
Session B Ends	November 4, 2024		

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