



Modesto Institute for Continued Learning

EST 1986

*Fall*  
*2024*  
*Catalog*

*Sessions A, B & C*

*August 26 -*

*December 13, 2024*

The [Modesto Institute for Continued Learning](#) is an organization for retired people who wish to continue to learn new things, visit new places, and build new friendships. The class subjects change all the time, depending on our members interests. We are part of the Community Education division of Modesto Junior College, but a college degree is NOT required, EVERYONE IS WELCOME. We are men and women from ALL walks of life, please come join us!

CLASSES ARE HELD  
IN THE EL CAPITAN CENTER BUILDING  
LOCATED ON THE WEST CAMPUS OF  
MODESTO JUNIOR COLLEGE  
MONDAY THROUGH FRIDAY  
DURING FALL & SPRING SEMESTERS  
SUMMER No Mondays or Fridays

LUNCH BREAK  
12:00 PM - 1:00 PM  
BRING YOUR LUNCH AND JOIN OUR COMMUNITY TABLE  
ENJOY EATING AND SOCIALIZING WITH OTHER MEMBERS  
**TIP: THE MJC FOOD COURT HAS SANDWICHES, SALADS,  
HAMBURGERS, SNACKS, DRINKS AND MORE  
JUST A SHORT WALK AWAY**

Register In-Person: **August 14, 9:00 am - 11:30 am**

Over the phone: (209) 575-6063 Cost: **\$60.00**

Online: [mjc4life.org](http://mjc4life.org), search MICL

Link on our Website: [micl-online.org](http://micl-online.org)

Weekly Update:

Details of each weekly class, the movie, trips, and all other activities can be found in the Weekly Update. This is **emailed each Friday**, with a **printed version** available in the classroom each **Monday**.

**Session A: August 26, 2024 - September 27, 2024**

**MONDAY**

Travels Around the World 10:00 am - 12:00 pm \*Sept. 2 Labor Day No Class

Coordinator: Lynn Hansen

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!

All Things Considered 1:00 pm - 3:00 pm \*Sept. 2 Labor Day No Class

Coordinator: David Froba

In this course we will focus on topics of interest that lend themselves to a one or two hour class but not a full five-week session. Special emphasis will be on topics that are particularly timely at this point in history. The upcoming topics will be posted in the weekly updates.

## TUESDAY

History of India 10:00 am - 12:00 pm

Coordinator: Jerry Jackman

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!

Enjoying the Periodic Table 1:00 pm - 3:00 pm

Coordinator: Jerry Landrum

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

## WEDNESDAY

Democracy & It's Alternatives 10:00 am - 12:00 pm

Coordinator: Betty Stewart

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.

Writing It Down 1:00 pm - 3:00 pm

Coordinator: Joyce Starkey

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.

## THURSDAY

Current Events 10:00 am - 12:00 pm

Coordinator: David Froba

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? This class allows and encourages you to do just that. We discuss all kinds of issues and happenings, local, regional, statewide, national, worldwide, and occasionally universe-wide. You bring in the topic, introduce it, and we all discuss it with the help of our considerable collective expertise. We are very careful to respect the rights of all to express their opinions.

MICLites Discuss Books 1:00 pm - 3:00 pm

Coordinator: Carol Sullivan

I know we have lots of readers in this group. We will be listening to books of all genres from many different authors. Some books will be fiction, some non-fiction. How many banned books have you read? Have you started reading them in your own personal protest to the ban? Join us.

Session A Potluck 11:30 am - 1:00 pm, September 26, 2024

Session A Book Club 1:00 pm - 3:00 pm, September 26, 2024

Coordinator: Arleen Allsup      Session A Book: Not yet selected

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!

## FRIDAY

Friday At The Movies 10:00 am - 12:00 pm \*No Class 9/27

Coordinator: Noel Russell

Start your day with a film that will carry you away to other times and other places. The movies coordinate with the classes in each session. Subtitles if/when available. The specific titles and details are announced each week in the Weekly Update. Discussion and lunch at a local restaurant are optional following the movie.

Social Zoom 3:30 pm \*No Class 9/27

Coordinator: Diana Sicard

If you haven't joined us, or it has been a while, please give us a try. It's like sitting around the kitchen table and talking about whatever suits us at the moment. We have come to know our fellow Zoomers better in a way that is different from seeing them in class. Unlike in the past, we are going to be using just one zoom invitation that will be good all year long. You won't have to wait until just before the meeting to get the invitation. The following is the information you need to join:

Meeting ID: 891 9307 9434 Passcode 720691

## Session B: September 30, 2024 - November 1, 2024

## MONDAY

Travels Around the World 10:00 am - 12:00 pm

Coordinator: Lynn Hanson

Improv Play Activities for the Senior Brain 1:00 pm - 3:00 pm

Coordinator Lorrie Freitas

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.

## TUESDAY

History of India 10:00 am - 12:00 pm \*10/29 class will end at 11:30 am

Coordinator: Jerry Jackman

Enjoying the Periodic Table 1:00 pm - 3:00 pm \*\*10/29 class held on 10/31

Coordinator: Jerry Landrum

\*We are having our B Session Potluck and Book Club on TUESDAY instead of Thursday due to a temporary relocation (to be announced) for five days: 10/30 - 11/5.

Session B Potluck 11:30 am - 1:00 pm, TUESDAY October 29, 2024

Session B Book Club 1:00 pm - 3:00 pm TUESDAY October 29, 2024

Coordinator: Arleen Allsup Session B Book: Not yet selected

## WEDNESDAY

Democracy & It's Alternatives 10:00 am - 12:00 pm

Coordinator: Betty Stewart \*10/30 Classroom location to be announced\*

Writing It Down 1:00 pm - 3:00 pm

Coordinator: Joyce Starkey \*10/30 Classroom location to be announced\*

## THURSDAY

Current Events 10:00 am - 12:00 pm

Coordinator: Duane Nelson \*10/31 Classroom location to be announced\*

Mysteries of Human Behavior 1:00 pm - 3:00 pm

Coordinator: Jim Pack \*10/31 Classroom location to be announced\*

\*\*10/31 Understanding the Periodic Table

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 people's behavior with a little more insight, curiosity, and wonderment.



## FRIDAY

Friday At The Movies 10:00 am - 12:00 pm

Coordinator: Noel Russell \*11/1 Classroom location to be announced\*

Social Zoom 3:30 pm

Coordinator: Diana Sicard

The following is the information you need to join:

Meeting ID: 891 9307 9434 Passcode 720691

## Session C: November 4, 2024 - December 13, 2024

### MONDAY

Travels Around the World 10:00 am - 12:00 pm \*11/11, 11/25 No Class

Coordinator: Jerry Jackman \*11/4 Classroom location to be announced\*

TED Talks 1:00 pm - 3:00 pm \*11/11, 11/25 No Class

Coordinator: TBA \*11/4 Classroom location to be announced\*

TED Conferences, (Technology, Entertainment, Design) is an American-Canadian non-profit media organization that posts international talks online for free distribution under the slogan "ideas worth spreading". There are thousands of TED Talks that are available for free online on all sorts of topics. They can be no longer than 18 minutes and most are less. They generally attract very capable people who are also very engaging to listen to. At MICL, we will form a committee to search the web in search of particularly good TED Talks. We'll review them in committee and decide which ones will be seen in the course. Of course, our class discussion will be an important part of the experience.

### TUESDAY

History of India 10:00 am - 12:00 pm \*No Class 11/26

Coordinator: Jerry Jackman \*11/5 Classroom location to be announced\*

Birding 1:00 pm - 3:00 pm \*No Class 11/26

Coordinator: Dave Froba \*11/5 Classroom location to be announced\*

Why bird in the middle of the winter? Because there are many more birds that migrate into our area in the winter than in any other season. We will focus on bird identification, and more specifically, on identification of birds in our local area. In each class we will study about 10 different species of birds. Then, on the weekend following each class, we will go out to a nearby natural area and try to find these ten species. We will also find bonus birds that we haven't studied and identify them in the field. David Sibley's "Field Guide to Birds of Western North America" is recommended but not required. It would also be good to watch the video "Wings Over Our Two Counties" on YouTube before the class.

### WEDNESDAY

Winston Churchill 10:00 am - 12:00 pm \*No Class 11/27

Coordinator: Duane Nelson This course is a narrative of the life and achievements of Winston Churchill. Through Professor J. Rufus Fears, of the University of Oklahoma, and moderator Duane Nelson, we explore Churchill's political career, leadership, motivation during World War II, and guidance into the present. We will develop an understanding as to why Winston Churchill is regarded as one of the greatest figures of the 20<sup>th</sup> Century.

Writing It Down 1:00 pm - 3:00 pm \*No Class 11/27

Coordinator: Joyce Starkey

### THURSDAY

Current Events 10:00 am - 12:00 pm \*11/28 No Class

Coordinator: Dorothy Winke

Mysteries of Human Behavior 1:00 pm - 3:00 pm \*11/28 No Class

Coordinator: Jim Pack

Session C Potluck 11:30 am - 1:00 pm December 12, 2024

Session C Book Club 1:00 pm - 3:00 pm December 12, 2024

Coordinator: Arleen Allsup    Session B Book: Not yet selected

**FRIDAY**

Friday At The Movies 10:00 am - 12:00 pm **\*11/29 No Class**

Coordinator: Noel Russell

Social Zoom 3:30 pm **\*No Class 11/29**

Coordinator: Diana Sicard

The following is the information you need to join:

Meeting ID: 891 9307 9434    Passcode 720691





Visit our Website: [micl-online.org](http://micl-online.org)

Here you will find current publications, including the MICL Catalog, the MICLetter, the Weekly Update, the Birthday Luncheon Flyer, along with pictures, and other information about MICL and MICL events.

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Making Education  
Accessible to Seniors