

# The Good LIFE at MiraCosta College

The Newsletter of LIFE at MiraCosta College, Oceanside Campus

April 2024

---

## A Lifelong Learning Group

[www.miracosta.edu/life](http://www.miracosta.edu/life), then select *Oceanside LIFE Calendar (PDF)*

### Calendar for April 2024

Meetings will be held in person at the MiraCosta College, Oceanside Campus, at 1:00 pm in the Board Room Trailer T200 by the Police Station and by the Internet Application ZOOM.

April 5 1:00 **“Lincoln’s Scout--The Diary of Horatio Cooke, Soldier, Spy, Escape Artist”---Mark Cannon, Author**  
The enthralling true story of the brave and resourceful young captain of the Civil War’s super-secret Lincoln Special Scouts, Harry Green Cooke.

April 5 2:30 **The Next Eclipse** **Rica French,**  
**MCC Faculty, Astronomy Dept.**  
On April 8th, 2024, a total solar eclipse transverses the continental U.S. Join us for this interactive session with all the details, including how you can watch safely (from anywhere!).

April 12 1:00 **MCC Theater Production, “Anon(ymous)”** **Eric Bishop & Students**  
We will learn about the final theatrical production of the school year. Anon, a young refugee, journeys through the United States meeting a wide variety of people in this powerful retelling of Homer’s epic Odyssey, which explores themes of identity, coming-of-age, and the shifting nature of home.

April 12 2:30 **183.9 mph Bicycle Guinness Record** **Denise Mueller**  
Learn how Denise set goals and trained to bicycle into the history books by breaking the men’s world record, becoming the fastest non-motorized human in the world at 183.9 mph.

April 19 1:00 **The Art Institute of Chicago’s Collection of Impressionism and Post-Impressionism Paintings**  
**Robin Douglas, O’side Museum of Art**  
The Art Institute of Chicago would not have the world-renowned collection without brilliant and brave female art collectors. See who they were and what they collected to inspire generations past, present and future.

April 19 2:30 **RAD: Women’s Self Defense** **Elaine Armstrong, LIFE Member**  
Rape Aggression Defense (RAD) enhances the options for self-defense so these options become viable for a woman who is attacked. Included will be sexual assault prevention, awareness, and senior safety. Elaine will demonstrate a few simple self-defense techniques that anyone can do.

April 26 1:00 **El Corazon, The Heart of the City** **John Daley**  
**VP Oceanside Historical Society**  
Oceanside historian John Daley returns to give us a look at El Corazon’s history from ranch land to mine and to the Park it is today.

April 26 2:30 **Celebrate Arbor Day** **Megan Shaw,**  
**Urban Forestry Coordinator,**  
What is an urban forest? Learn about the history of Arbor Day, tree introduction to San Diego and current urban forestry missions.

To join a Zoom meeting, LIFE must have your email address in order for you to receive the invite link. Meetings will start at 12:45 pm (you can join 15 minutes earlier) and the speaker will start at 1:00 pm.

Email: [life.miracosta@gmail.com](mailto:life.miracosta@gmail.com). **To Donate to the LIFE Scholarship Fund:** Write a check to **MiraCosta College Foundation**; Mail it to: **One Barnard Dr., MS 7; Oceanside, CA 92056**. In the memo area put: **LIFE Scholarship Fund**. Or go to: <https://foundation.miracosta.edu/donatenow> and you can donate online. There is a “drop-down” box to indicate the donation will be credited to the **LIFE Scholarship Fund**.

\* Speaker has books or CDs for sale.

