





Promoting vitality in later life

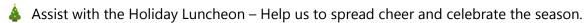
Fall '25

Lifelong Learners is 30 years strong and looking ahead to the next 30 years!

Now that the 30th Anniversary Celebration is "in the books", it's time to look to the future...Mankato Area Lifelong Learners has been enriching minds and lifting our community for three decades now, by providing interesting and informative presentations, group meetings like Great Decisions, book clubs, card clubs, dining groups and so many other social opportunities. We've managed to create a vibrant space for curiosity and connection among adults 55 and older and we're not slowing down! Looking ahead, we're inviting members to share their talents, time, ideas and financial support to help shape our next chapter. We have immediate needs for leaders on committees as well as council members, but if you're not ready for a long-term commitment, no problem! We welcome volunteers for one-time opportunities that make a big difference:



We Host a "Just for Fun with Friends" Event – Bring members and guests together for laughter and connection.



Greet and Take Attendance at Great Decisions – A simple way to support meetings and meet members.

If you're a member or just a fan of lifelong learning - looking to lead, or lend a hand, it's a great time to get involved. The last page lists committees and social groups that need volunteers. We have a place for you, and you are needed! Please see page 2 for more information and a list of opportunities to help Mankato Area Lifelong Learners.

Paul Gorman

Ianice Miller Gorman

Brian Phillips

Connie Phillips



Maruta Grean

Margaret Ko

Tom Schutter

Patrick Sexton

MONEY MATTERS

Mankato Area Lifelong Learners has been enriching the lives of older adults for 30 years. What started as a handful of inquisitive souls has grown to over 200 members. So far in 2025, Lifelong Learners has offered over 30 educational presentations, 6 Great Decisions lectures, 8 movies and spring bird walks. We have hosted monthly Sip and Chat events, dining excursions, Bridge and 500 games, book club meetings as well as Coffee and Current Event discussions. We had an Anniversary Celebration, a special tour of the Holocaust Exhibit, and concluded an in-depth study of Van Gogh and his art. Our vibrant impact on the older adult community has been made possible by the committed involvement of members such as yourself. Today we are at a crucial point. Although dues and presentation fees have been raised, Lifelong Learners is still critically dependent on contributions to continue offering educational and social activities. Over the past two years, we have relied heavily on withdrawals from our reserve account. We need to increase our donations and sponsorships. Let's continue our 30th anniversary celebration with a focus on donations. Your generous 30th Anniversary gift will have a profound impact on our financial stability. There are several ways to make tax free donations to Lifelong Learners as listed below. Contact the office for more information.

Use the form provided in the Ask Letter: You should receive President Keating's letter by USPS mail in October.

By Mail: A donation can be sent directly at any time including with membership renewal to:

Mankato Area Lifelong Learners 129 Morris Hall Mankato, MN 5600-6061

Online: Visit the <u>Lifelong Learners Website</u>. Below the mission statement in the bottom right-hand corner of the gold box there is a link for Donations. After you fill in the information, if you scroll down to "other options", you can designate your gift or choose to make it an honorary or memorial gift.

As a QCD: If you must take a Required Minimum Distribution (RMD) from an IRA, there is a tax advantage for donating as a Qualified Charitable Distribution (QCD). Direct your IRA holder to send the QCD <u>designated for Mankato Area Lifelong Learners</u> to:

Minnesota State University, Mankato Foundation 126 Alumni & Foundation Center Mankato, MN 56001

Other than Monetary: There are other ways you can make a substantial impact on Lifelong Learners. You can suggest a company or organization that could give us a sponsorship. One of the most significant ways is the recruitment of new members. Most importantly, continue being an active, inquisitive and engaged participant and volunteer in our programs.

Free Activities for All Members of Lifelong Learners





First Fridays Movie & Conversation

A monthly movie and conversation will be hosted on **First Friday** afternoons at **1:00 p.m.** at Pathstone Latitude, 115 Rogers Street, Mankato.

Upcoming Movies:

October 17th (Note: Not the First Friday): The Tree of Life (2011) 2h 19m

A visually stunning philosophical drama directed by Terrence Malick, exploring the cosmic and personal journey of life through the lens of one family's experiences in 1950s Texas. The film centers on Jack, a man reflecting on his childhood, his complicated relationship with his strict father, and the loss of innocence, while also contemplating the broader themes of existence, creation, and faith. With its stunning visuals and meditative narrative, The Tree of Life is a contemplative exploration of life's meaning, blending the intimate with the universal. Starring Brad Pitt, Jessica Chastain and Sean Penn.

November 7th: The Last Duel (2021) 2h 32m

Historical drama directed by Ridley Scott, based on true events from medieval France, revolving around the final sanctioned duel between knights Jean de Carrouges and Jacques Le Gris. The film explores themes of honor, betrayal, and the complexities of truth through the differing perspectives of the three main characters, including Carrouges' wife, Marguerite, who becomes central to the conflict. With its gripping narrative and strong performances, particularly from Matt Damon, Adam Driver, and Jodie Comer, The Last Duel delves into the consequences of power and the struggle for justice in a patriarchal society.

December 5th: *Jo Jo Rabbit* (2014) 1h 48m

A satirical comedy-drama directed by Taika Waititi, set in Nazi Germany and following a young boy named Johannes "Jojo" Betzler, an enthusiastic member of the Hitler Youth. Jojo's world is turned upside down when he discovers that his mother (Scarlett Johansson) is hiding a Jewish girl, Elsa, in their home, leading him to question his beliefs and the ideology he has been raised to embrace. Blending humor with poignant moments, the film explores themes of love, acceptance, and the absurdity of hatred, ultimately highlighting the power of empathy and understanding.

December 19: A Boy Called Christmas (2021) 1h 46m

A family fantasy film directed by Gil Kenan, based on the book by Matt Haig. The story follows a young boy named Nikolas, who sets off on a magical journey to find his father, who is on a quest to discover the fabled village of Elfhelm. Along the way, Nikolas encounters various fantastical creatures and learns valuable lessons about hope, kindness, and the true spirit of Christmas, making it a heartwarming tale for audiences of all ages.

For information on each film, enter the name of the movie in the search bar at <u>imdb.com</u> and find a trailer, director and cast list, run time and more. Trailers are also on YouTube. Your organizer, Steve Gilbert selects the movies and facilitates conversation afterwards. There is no need to preregister but signing in to validate membership is required. See you there!

Just for Fun with Friends- A Tour of Old Town, Mankato

Friday, October 3, 2-3:30 pm



Come join other Lifelong Learners in a tour of Old Town. We will learn a little history, enjoy some art murals, and shop in local boutiques and shops along the 300-500 blocks of Old Town. The event is free to all members and their quests. Free parking is available, and this is on the bus route. Please let the office know you will be attending by Oct.2nd. (Rain date will be October 10th.)

Card Groups

Our **Bridge** group meets on the third Monday of each month at 1 p.m. at the WOW! Zone. Our **500** Group meets on the second Tuesday of each month at 11:30 at the Mankato Golf Club. Contact the office if you'd like to participate in either group.



All about Books...



Book Marks Book Marks Book Club reads fiction and meets monthly on the Fourth Wednesday from 1 -3 pm in the conference room at the Blue Earth County Library, 100 E. Main St., Mankato. Books are chosen monthly and will be announced in the weekly updates.

<u>History & Science Book Club</u> Our H & S book club reads non-fiction and meets at 2 p.m. quarterly on second Thursdays at the North Mankato Police Annex -1001 Belgrade Ave. **Dec 11**: The Wager: A Tale of Shipwreck, Mutiny and Murder, by David Grann.

Monday, October 27th, 2 -4pm Share Your Favorite Book or Movie!

Location: Bethlehem Lutheran Church -720 S. Second St., Mankato

Come together to share a favorite book or movie with fellow members at this lively and engaging event brought to you by the Presentation Committee. Each participant will have a few minutes to talk about a book, film or TV show they love — what it's about, why it resonated with them, and why they recommend it. After each short presentation, there will be time for questions, discussion, and informal conversation. It's a great chance to connect with others, discover new titles to read or watch and enjoy the rich variety of interests in our group. To make this event a success, we're looking for at least ten volunteers to join to share their pick.



If you're interested, please contact Steve Gilbert at sgilbertphd@gmail.com. **Let's make it fun, inspiring, and full of great stories — yours included!** Coffee & Current Events meets via Zoom on the fourth Friday of each month from 10:00 to

11:30 a.m. Upcoming meeting dates are as follows:

October 24 November 28 December 26

This monthly discussion group, hosted by Steve Gilbert and Georgia Holmes, is a welcoming place for members to come together for informal conversations about current affairs where we help one another try to make sense of the headlines and newscasts. There is no fee or required preparation and no commitment to attend every month. New members are welcome!



To sign-up and receive the Zoom link for the next meeting, simply send an email to coffeeandcurrentevents@gmail.com.

Nobel Conference 61 – October 7 & 8, 2025 – Sugar: Bringing Sweetness to Light.

Sugar. In the form of glucose, it's the most important source of energy for the human body...and a substance that can induce cravings as robust as those for cocaine. Nobel Conference 61 will seek to shed light on this complicated carbohydrate, whose roles in human life are anything but simple.

Location: Christ Chapel at Gustavus Adolphus College

Doors open at 8:30 am

Cost: Free (both in person and the livestream)

Registration: If you are attending in person, Please complete this Registration Form.

Lifelong Learners - Please self-register with Gustavus using the link above **and** contact the office if you plan to attend in person and sit in the reserved seating for the Lifelong Learners Group.

Click for more information.



<u>Just for Fun with Friends</u>- Sunday, November 16, 2 p.m. MSU Mankato Play: *The Women of Troy*



Members and their guests are invited to the classic, anti-war Greek play, the Women of Troy. This adaptation was first presented by Bethany Lutheran College in 2017. While this is not a free event, MSU has generously offered us discounted tickets at a cost of \$10 per ticket. MSU describes the play as: "A timeless Greek tragedy, Euripides' *The Women of Troy* is a gripping and haunting portrayal of the human cost of war, told through the eyes of the women left behind. In the wake of Troy's destruction, the surviving Trojan women face exile and unimaginable loss. Stripped of power but not of dignity, they

confront their fate with courage, defiance and heartbreaking humanity.

Register for this play on the *registration form* and provide payment to the Lifelong Learners office, not to the Theatre Department. Tickets are not refundable.

Deadline for registration is November 3rd.

DINING:

Join us for Good Food, Great Conversation, and Fun Connections!

Twice a month, we gather for an enjoyable time with friendly folks over a good meal. It's a relaxed opportunity to meet others, share stories, swap knowledge, laugh over humorous experiences, and simply enjoy great conversation.

- Who attends? Usually around 15 people attend.
- Cost? No fee to attend just pay for your own meal.
- Commitment? None! Come once, or as often as you'd like.

 Whether you're new or a regular, there's always a seat at the table for you!

Our luncheon group typically meets on the 2^{nd} or 3^{rd} Thursday of each month at 11:30 am. Area restaurants are chosen on a month to month basis. Our luncheon group host is Sue Howard.

Our evening dining group typically meets on the 3rd or 4th Thursday of each month at 5:30 pm. Restaurants are chosen monthly. Our evening dining group host is Sarah Suskovic.

Look to your weekly updates for dining postings and contact the office with your RSVP!

Meet our Dining hosts, Sue Howard and Sarah Suskovic!



Sue Howard is a Lifelong Learners past president, who served on the Presentations Committee for six years and has been involved with the Membership Committee. Sue attended her first Lifelong Learners luncheon after moving to Mankato from Chicago and found it to be a nice way of meeting new people.



Sarah Suskovic is a retired biology instructor from Minnesota State University Mankato. She is active with Lifelong Learners as a member of the Communications and Membership Committee, History & Science Book Club, and Great Decisions. She is the coordinator of the monthly dinners out and is a co—leader of the May birdwatching outings. She also attends numerous presentations.

FALL QUARTER 2025 PRESENTATIONS

Presentations \$7 each for **Silver** members **Registration** prior to attendance requested.

Non-member fee: \$15 each session **Gold** members: **Register** via email or phone.



#1: Tuesdays, 2 - 4 p.m. October 14th through January 27 (no meeting on Nov 25 or Dec 23) The Tudors & Why They Still Matter (The History of England Part 1)

Number of Sessions: 14. Note: It's alright if you must miss some.

Cost: Free for Gold members; \$30 for Silver members

Step into the thrilling world of the Tudor dynasty — a period of power, passion, and profound transformation that reshaped England and echoes through history to this day. In this dynamic course, you'll explore the rise of the Tudors, from Henry VIII's dramatic break with Rome to Elizabeth I's brilliant leadership and the defeat of the Spanish Armada. Along the way, you'll meet unforgettable characters and dive into scandalous stories of ambition, betrayal, intrigue, and romance. Uncover how sweeping changes in religion, politics, society, and the arts laid the groundwork for England's emergence as a global power — and how the seeds of modern America, constitutional government, and global exploration were sown in this unforgettable era. With all its glory and controversy, the Tudor age offers a captivating lens through which to understand the modern world.

The centerpiece of this course will be 27 lectures (30-minute each) from the Great Courses course "History of England from the Tudors to the Stuarts" by Professor Robert Bucholz. This course has 195 reviews of which 90% are 5 Stars and 6% are 4 Stars. A complete description, list of lectures and a trailer for the course can be found https://example.course-lectures-will-be-supplemented-by-host-curated-material-from-YouTube, including videos on daily life, science and superstitions, and the music, art and literature of the Tudor period. We will also watch a theatrical film (to be determined) on the Tudor period.

Presenter: Steve Gilbert - Retired psychologist Steve Gilbert has read widely in British history. He has previously led courses for Lifelong Learners on Vincent Van Gogh, The Beatles, The History of Baseball, and How to Appreciate Great Movies. He plans to offer the second half of this course, on the Stuarts, in the Fall of 2026.

Location: Pathstone Latitude & Landing, 115 Rogers St., Mankato Sponsor: Steve Gilbert

#2: Monday, October 20th, 2 – 4 p.m. – Growing Old Does Not Have to Mean Growing Weak

This talk debunks the commonly believed notion that we shouldn't be lifting heavy things as we age. We will go into detail on all the benefits of strength training as well as how to better gage the intensity of your workouts. We will touch on some of the things that happen to our bodies as we get older and how a good strength training regimen can help us age "gracefully" to keep us as active as possible through the entirety of life.

Presenter: Jake Nienow, DPT, Mankato Clinic. A Mapleton native, Jake Nienow began his career with the Mankato Clinic right after earning his Doctorate in Physical Therapy. He has been practicing for eight years, treating a wide range of orthopedic injuries with a special focus on athletes of all ages. Jake's primary goal as a physical therapist is to help people return to the activities that bring them joy-and if that includes lifting some heavy weights along the way, even better. Outside the clinic, Jake enjoys time with his wonderful family and staying active himself, living the advice he gives to his patients.

Location: Pathstone Latitude & Landing, 115 Rogers St., Mankato Sponsor: Steve Gilbert

#3: Thursday, October 30th, *10 a.m. – 12 p.m. — Not the Camilla We Knew: One Woman's Life from Small-town America to the Symbionese Liberation Army # (Re-Scheduled from Feb 11th & May 20th)

This presentation unravels the mystery of how an ordinary Minnesota girl came to be, briefly, one of the most wanted domestic terrorists in the United States. Behind every act of domestic terrorism there is someone's child, an average American whose life took a radical turn for reasons that often remain mysterious. Camilla Hall is a case in point: a pastor's daughter from small-town Minnesota who eventually joined the ranks of radicals like Sara Jane Olson (aka Kathleen Soliah) in the notorious Symbionese Liberation Army before dying in a shootout with Los Angeles Police in May 1974. How could a "good girl" like Camilla become one of the most wanted domestic terrorists in the United States? Rachael Hanel tells her story here, revealing both the deep humanity and the extraordinary circumstances of Camilla Hall's life. Camilla's childhood in a tight-knit religious family was marred by loss and grief as, one after another, her three siblings died. Her path from her Minnesota home to her final, radical SLA family featured years as an artist and activist—in welfare offices, political campaigns, union organizing, culminating in a love affair that would be her introduction to the SLA. Through in-depth research and extensive interviews, Hanel pieces together Camilla's bewildering transformation from a "gentle, zaftig, arty, otherworldly" young woman (as one observer remarked), working for social change within the system, into a gun-wielding criminal involved in the kidnapping of Patty Hearst.

During this time of mounting unrest and violence, Camilla Hall's story is of urgent interest for what it reveals about the forces of radicalization. But as Hanel ventures ever further into Camilla's past, searching out the critical points where character and cause might intersect, her book becomes an intriguing, disturbing, and ultimately deeply moving journey into the dark side of America's promise.

Presenter: Rachael Hanel is a Professor of Creative Writing at MSUM and the author of "Not the Camilla We Knew: One Woman's Life from Small-town America to the Symbionese Liberation Army", University of Minnesota Press, 2022.

^{*}Please note the change in the usual start time.

[#]All prior member registrations will automatically be transferred to this date. New registrants are welcome. **Location:** Pathstone Latitude & Landing, 115 Rogers St., Mankato **Sponsor:** Steve Gilbert

Thursday, November 13th, 2 - 4 p.m. — Famous Trials: The T. Eugene Thompson Murder Trial #4: On March 6, 1963, Mrs. Harry Nelson was in her kitchen in St. Paul. At 9:00 a.m. the doorbell rang. Nelson answered the door to see a woman covered in blood and in a bathrobe holding her throat. So began the most famous murder trial in St. Paul and possibly Minnesota. The woman was Carol Thompson, married to prominent St. Paul attorney T. Eugene Thompson. The investigation led to a conspiracy on the part of T. Eugene to arrange for the murder of Carol. This presentation discusses the investigation and trial of Thompson.

Presenter: James Fleming practiced law in Minnesota for 35 years before his recent retirement, 22 of those years as a public defender. He served as the chief public defender for the 15 counties of the Fifth Judicial District in southwest Minnesota, based in Mankato, and later for the Second Judicial District (Ramsey County). **Sponsor:** Larry Nicol

Location: Pioneer Bank, 1450 Adams St, Mankato

#5: Friday, November 21st, *10 a.m. - 12 p.m. - The End of Night: Searching for Darkness in an Age of **Artificial Light**

A starry night is one of nature's most magical wonders. Yet in our artificially lit world, most of us no longer experience true darkness. In this talk based on his critically acclaimed book THE END OF NIGHT, Paul Bogard seeks to restore our awareness of the spectacularly primal, wildly dark night sky and how it has influenced the human experience across everything from science to art. Using a blend of personal narrative, natural history, science, and astronomy, Bogard shares the importance of darkness—what we've lost, what we still have, and what we might regain—and the simple ways we can reduce the brightness of our nights tonight. **Presenter:** Paul Bogard is an American author and dark sky advocate. A native Minnesotan, Bogard grew up

exploring the forest and watching the stars near a lake in the northern part of the state. He has lived and taught in New Mexico, Nevada, Wisconsin, North Carolina, and Virginia. He is currently an associate professor of English at Hamline University. He is the author of The End of Night: Searching for Natural Darkness in an Age of Artificial Light (Little, Brown, 2013), What If Night? (Keystone Canyon Press, 2020), and To Know a Starry *Night* (University of Nevada Press, 2021).

Location: Pathstone Latitude & Landing, 115 Rogers St, Mankato

*Please note the change in usual start time

Great Decisions Continues with the Final Talks:

Sponsor: Steve Gilbert



Wednesday, October 8, 2- 4 p.m. – American Foreign Policy at a Crossroads

View Emma Ashford's talk at the Gerald Ford Museum on "American Foreign policy at a Crossroads". Emma is a professor at Georgetown University. She is also affiliated with the Cato Institute and the Atlantic Council. She writes a column for the Foreign Policy magazine. Discussion will follow with Georgia as the moderator. This replaces Professor McCampbell's originally scheduled talk.

Location: Pioneer Bank, 1450 Adams St, Mankato

Wednesday, November 12, 2-4 p.m. - International Climate Cooperation

Speaker: M. Jay Shahidi

Location: Pioneer Bank,1450 Adams St, Mankato

Sponsor: Georgia Holmes

(Members must be pre-registered in the program to attend Great Decisions

Meetings. Please contact the office if you have questions.)

2025 FALL REGISTRATIONS & MEMBERSHIP FORM

Silver Membership: \$50/year - Presentations \$7 each Gold Membership: \$150/year - Presentations included				Registration prior to attendance requested. Non-member: Presentation \$15
□ \$50 Bas	sic Membersh	enewal	□ \$50	Member □ Renewal □ New Info Basic Membership — Member 2 Bundled Membership — Member 2
Name:			Name:	<u></u> _
-	•	Birth Year	Phone:	Birth Year
				Annual Membership Fee (s)
Member 1	Member 2	PRESENTATIONS - \$7 each,	, Tudors Se	ries - \$30 fee for 14 sessions - Play \$10 each
□ \$30	□ \$30	1.) Tuesdays, 2 - 4 p.m. Oct. The Tudors & Why They Still N Free for Gold, \$30 for Silver	_	h Jan. 27 (no meeting on Nov 25 or Dec 23) History of England Part 1)
□ \$7	□ \$7	2.) Monday, October 20 th , 2 – 4 p.m. – Growing Old Does Not Have to Mean Growing Weak		
□ \$7	□ \$7	3.) Thursday, October 30th, 10 – 12 p.m. — Not the Camilla We Knew: One Woman's Life from Small-town America to the Symbionese Liberation Army *(Re-Scheduled from Feb 11 th & May 20 th) All prior member registrations will automatically be transferred to this date. New registrants welcome.		
□ \$7	□ \$7	4.) Thursday, November 13 th	¹, 2 - 4 p.m	Famous Trials: T. Eugene Thompson Murder Trial
□ \$7	□ \$7	5.) Friday, November 21st, * an Age of Artificial Light	10 a.m 12	p.m. – The End of Night: Searching for Darkness in
□\$10	□\$10	6.) Sunday, November 16 th , 2	2 pm – MSU	Play: The Women of Troy
		Total Presentations/Play F	ees	
		Total Membership Fees		
		Grand Total =		

Submit Registration form and payment to:

Mankato Area Lifelong Learners 129 Morris Hall, Mankato, MN 56001 -OR-

For On-line Registration, go to:
Register for Memberships and Presentations Here

A Few Reminders:



Mankato Area Lifelong Learners Annual Holiday Luncheon

to be held on Thursday. December 11th at the Mankato Golf Club. Look for evites to be sent in November.



Weather Related Cancellations:

Rule of thumb: If the Mankato Public Schools close, we cancel, and no notification is sent out. However, we may sometimes cancel even if the local schools are open. So, on a snowy day when Mankato Schools are open, please check your email before heading out to all LLL event or presentations to make sure it isn't cancelled.



Membership Renewals Notifications:

Membership renewal notices are emailed to you one month before your membership expiration date. Please feel free to contact the office with have any questions.

2025-2026 Council Members and Social Group Coordinators

OFFICERS:

President

Barbara Keating

Vice President

(needed)

Treasurer

Ken Saffert

Secretary & Editor

Terry Salerno

Members at Large

Mary Bliesmer Larry Nicol Bill Fredrickson

COMMITTEE

CHAIRS:

Admin & Finance

Co-Chairs

Dave Janovy Rallah Madison

Communication &

Publicity (needed)

Great Decisions

Georgia Holmes

Presentations Steve Gilbert

SOCIAL GROUP COORDINATORS:

BOOK CLUBS:

BookMarks

Jim Booker

History & Science

Steve Gilbert

CARD CLUBS:

Bridge

Mary Bliesmer

500 Club

Joan Stoll

First Friday Movies

Steve Gilbert

Coffee & Current

Events

Steve Gilbert & Georgia Holmes

DINING:

<u>Dinner</u>

Sarah Suskovic Elizabeth Peters

Lunch

Sue Howard

Office Manager

Colleen Fritz