

The Good LIFE at MiraCosta College

Vol. 32, No. 7 *The Newsletter of LIFE at MiraCosta College, Oceanside Campus*

July 2026

A Lifelong Learning Group

<https://www.miracosta.edu/community/life.html>, then select *Oceanside LIFE Calendar (PDF)*

Calendar for July 2026

Meetings will be held in person at the MiraCosta College, Oceanside Campus, at 1:00 pm in the Board Room, of the Administration Building (Building 1000) and also by the Internet Application ZOOM.

July 3 1:00 **NO CLASSES – MCC CLOSED for Legal Holiday July 4th**

July 10 1:00 **Dinosaurs of New Mexico**

Andrew T. McDonald, Ph.D.

Curator Western Science Center

Learn about the diversity of Dinosaurs in New Mexico & how that has impacted the history of Dinosaurs.

July 10 2:30 **Equity, Equality and Opportunity**

Wendy Stewart, MCC Faculty

What is the difference between equality and equity? Through stories, history, and examples from higher education, we'll explore fairness, opportunity, and how these ideas inform decisions at colleges such as MiraCosta regarding access, support, opportunity, and student success.

July 17 1:00 **Rare Earth Elements-Critical Materials for a Modern World**

Madhukar (Maud) Rao, Ph.D.

Retired Chemical Engineer & Docent SD Air & Space Museum

Learn what Rare Earth elements are, how they touch every aspect of modern life, & the geopolitics of sources and supply and US strategic vulnerabilities.

July 17 2:30 **Medications: Nurse's Perspective**

Roland Estrella, MSN, RN

MCC Faculty

Presenting medications to a geriatric population requires clear, patient-centered communication, emphasizing safety, adherence, and age-related changes, while incorporating nursing topics to promote understanding and prevent adverse drug effects.

July 24 1:00 **SD Center for Blind & Vision Impaired**

Marcela Rodriguez-Nocon MPA

SD Center for Blind & Vision Impaired

Learn about the mission of the San Diego Center for the Blind (SDCB) and how they help any adult with blindness or vision impairment to reach their highest level of independence.

July 24 2:30 **To Be Determined**



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

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://miracosta.edu/lifescholarship> and you can donate online. There is a “drop-down” box to indicate the donation will be credited to the **LIFE Scholarship Fund**. The QR code above can also be used. * Speaker has books or CDs for sale.