

**STOCKTON INSTITUTE FOR CONTINUED LEARNING (SICL)****SPRING 2026 SCHEDULE OF WORKSHOPS & TOURS****Monday, Feb. 23 – Friday, May 1, 2026****Workshops are FREE and AVAILABLE to SICL members.**

**Many workshops will be held on Zoom. Workshops on campus will be limited by room size (approx. 20 participants).
If there is a fee associated with the workshop, you will be contacted with payment information.**

Disclaimer: SICL reserves the right to make changes in the schedule, if necessary. For questions or more information, email presidentsicl@gmail.com, website siclstockton.com, or Facebook www.facebook.com/siclstockton.

Monday

WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
Curious about the Paintings of the Haggin Museum? Part 2	3	Feb 23, Mar 2, 9	1:00 pm - 3:00 pm	Renata Bricka
Still curious about paintings on display at our Haggin Museum? Using Art History and Art Theory, Renata will continue to help us analyze and discuss a second set of paintings at the Haggin.	Limit: 20		In-Person Holt 123	Renata has a MA in Fine Arts/Art History, and an MA in Russian Language and Literature. She worked in the National Museum in Bratislava, and was part of the team restoring historical monuments in Czechoslovakia. She has received awards from the Stockton Arts Commission and others for her art.

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SICL Goes to the Movies: A Film Potpourri	10	Feb 23, Mar 2, 9, 16, 23, 30, Apr 6, 13, 20, 27	1:30 pm - 4:00 pm	David Scheffer
This class will show one movie weekly from 10 film genres (Comedy, Drama, Adventure, Silent, Western, Film Noir, Foreign Language, War, Fantasy, Crime, etc.). As usual, I will try to show films that most have not seen before.			Zoom	Dave has been a classic movie buff since childhood and loves to show others movies they may not be familiar with, but are fun and outstanding.

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Beyond the Circle: Creating Mandalas for Inner Well-Being (Zoom)	1	Mar 2	10:00am - 12:00 pm	Erin King
In this 2 hour Zoom workshop you will experience a simple ritual, guided meditation, and creating your own mandala. Mandala is a Sanskrit word meaning "Sacred Circle" or "to have possession of one's essence". By using color and shape we create symbols that are rich with personal meaning. No art experience necessary. This class is for those who have never created mandalas and for those who have done so for years. You bring who you are in the present to each time you create.		NOTE: This is the same workshop as the in-person workshop being offered on April 13. It is being offered via Zoom for those of you who could not make it to an in-person workshop.	Zoom	Erin King is an international spiritual teacher, an ordained clergymoman with the United Church of Christ, a Spiritual Director, grief counsellor, and a workshop and retreat leader for over 30 years. She is a trained facilitator in SoulCollage®, and an Intentional Creativity® teacher and labyrinth facilitator. In 1986 she discovered the mandala while teaching a class on seeking spiritual well-being. She has drawn mandalas as one of her spiritual tools and has created mandalas weekly since then. She has taught classes on how to use the mandala as a healing tool for over 30 years. She is a trained MARI® practitioner and teacher. She has worked with individuals and groups, helping them seek wholeness and wellbeing using the mandala and the MARI® as psycho-spiritual tools.

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Monday Continued				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
NEW!! Inside the Sweet 🍑 Cherry Industry: History, Heritage, and the Questions You Didn't Know to Ask	1	Mar 16	10:00am - 12:00 pm	James Chinchiolo
James Chinchiolo, owner of the renowned Lodi Blooms cherry orchard and manager of Chinchiolo Farming Company, will guide participants through the evolution of the California cherry industry, his family's longstanding role in it, and where he sees the industry heading next. Designed to educate and engage a seasoned audience, the workshop offers clear historical context, practical insights, and an approachable discussion of the regenerative horticultural practices now being implemented across his orchards. The experience is set during one of the orchard's most breathtaking moments—cherry bloom—creating an ideal environment for learning, reflection, and connection.	Limit: 25	In-Person Chinchiolo Farms 11560 N Lower Sacramento Rd Lodi, CA 95242		James Chinchiolo is the owner of the acclaimed Lodi Blooms cherry orchard and manager of Chinchiolo Farming Company, where he continues his family's deep roots in California agriculture. He brings a practical, grower's perspective to the sweet cherry industry, blending generational experience with a forward-looking commitment to regenerative orchard management.
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Beyond the Circle: Creating Mandalas for Inner Well-Being (In-Person)	1	Apr 13	10:00am - 12:00 pm	Erin King
In this 2 hour in-person workshop you will experience a simple ritual, guided meditation, and creating your own mandala. Mandala is a Sanskrit word meaning "Sacred Circle" or "to have possession of one's essence". By using color and shape we create symbols that are rich with personal meaning. No art experience necessary. This class is for those who have never created mandalas and for those who have done so for years. You bring who you are in the present to each time you create.	Limit: 20	In-Person Holt 123		
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NEW!! Visit and tour Poots Cactus Nursery in Ripon	1	Apr 27	9:30 am - 11:30 am	Roelyn Poots
Learn about the different varieties of cacti, their care, and the history of the family nursery. The nursery, which started as a single greenhouse, has expanded to over 1 acre. We will tour the greenhouses and see Bill Poot's vast private collection of cacti, which he began collecting 49 years ago. The shop itself holds several hundred thousand plants and hundreds of different species. The 40-45 minute tour is on concrete pathways and there will be time spent in the gift shop.	Limit: 20	In-Person Poots Cactus Nursery 17229 E Highway 120 Ripon, CA 95366		The Poots family has owned and operated Poots Cactus Nursery for over 30 years.
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Tuesday				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
NEW!! Genealogy Boot Camp	4	Feb 24, Mar 3, 10, 17	10:00am - 12:00 pm	Jacqi Stevens Sue McCormack
Get your family history research in shape and go beyond the basics with exercises designed to use your own laptop in this in-person, hands-on four session course. Your genealogy workout will include online tools to tackle everything from AI queries to Zotero tools--and the maps, timelines, and legal documents to practice solving those family history mysteries.	Limit: 20		In-Person Holt 123	Pursuing a lifelong passion for genealogy, Jacqi Stevens serves as President of the San Joaquin Genealogical Society and as a daily family history blogger at A Family Tapestry. With a graduate degree in Geography from UC Berkeley and 40 years as a Real Estate Appraiser, Sue McCormack came to genealogy relatively late, but now puts her knowledge of public records to use in helping students build a more complete family story.
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Mahjong	5	Feb 24 Mar 3, 10, 17, 24	1:00 pm - 3:00 pm	Emi Fujii Anita Perez
Learn the ancient Chinese game of Mahjong, along with strategies for play. Experienced and new players are welcome.	Limit: 20		In-Person Holt 123	Emi & Anita have taught Mahjong for 10 years, after participating in the SICL class.
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Introduction to Drones	1	Apr. 7	10:00am - 12:00 pm	Dan Summa Shane Lautenslager
Learn about drones and requirements needed to become a Hobbyist drone pilot. You will be introduced to the aeronautical terms, and best practices for safely operating a drone. Last part of the class will be an outdoor demonstration.	Limit: 20		In-Person Holt 123	With over 30 years of video production experience, and over 10 years of drone flight and teaching experience, DJS Media Consulting are subject matter experts. They have trained all ages from middle school students to adults.
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Interpreting Body Language	1	Apr. 14	10:00am - 12:00 pm	Mira Mayer
Did you miss this popular class last term? You have another chance! Learn to interpret body language according to psychology using behavior and verbal clues, to understand a person's emotions, intentions and attitudes. Key areas focus on facial expressions, eye contact, posture, gestures and vocal tone.	Limit: 20		In-Person Holt 123	Dr. Mayer has taught Psychology classes for Delta College. In addition, she has also taught graduate level courses in counseling for CSU Stanislaus. Dr. Mayer has a dual citizenship; American and Israeli. She's prolific in five languages.
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Wednesday				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
Express Yourself Through Creative Writing	10	Feb 25, Mar 4, 11, 18, 25, Apr 1, 8, 15, 22, 29	10:00am - 12:00 pm	Jean Sahyoun
This group meets online once a week to share their creative writing with each other in a positive climate..Topics are diverse to stretch your use of language and vocabulary. When we write on the same topic, there is no such thing as a wrong answer.	Limit: 12		Zoom	Jean taught high school English in public schools for 37 years. She joined the original SICL creative writing class which she enjoyed and then was asked to take over as the instructor in 2011.
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NEW!! The American Revolution, Birth of a Nation	8	Feb 25, Mar 4, 11, 18, 25, Apr 1, 8, 15	10:00am - 12:00 pm	Gregory R. Gores
A study of the 13 colonies and their collective and individual decisions to revolt against Great Britain. We will cover the significant internal and external events and forces. All this sets the stage for the establishment of American independence and the creation of the Constitution as its foundation.	Limit: 20		In-Person Holt 123	Greg was born and raised in Los Angeles, CA (History) from UCLA, Army ROTC, moved to Stockton in 1973, taught middle school then high school in Lodi, retired in 2006. He has traveled extensively in USA, Europe, and South Africa.
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Wednesday Continued				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
Beginning Ukulele 2	5	Feb 25, Mar 4, 11, 18, 25	1:30pm - 3:30 pm	Clair Trujillo Roxane Willis
Do you want to improve your ukulele skills? This class is for you! We will cover the island strum as well as other strum patterns and embellishments to your ukulele playing. Knowledge of these chords is needed: C, CM7, C7, F, G, D7, Dm & Am as well as basic 4/4 strum pattern and waltz strum.	Limit: 12		In-Person Holt 123	Clair and Roxane have been playing ukulele together and having fun with it since 2017. They began teaching at SICL in the Fall of 2020.
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Tai Chi Qigong - Meditation - Stretches	4	March 4, 11, 18, 25	1:00pm - 2:30 pm	Dr. Raymond Tom
Class includes 20 minutes of seated meditation, 20 minutes of seated tai chi qigong, 20 minutes of seated stretches and 20 minutes of standing tai chi qigong. Class provides three life tools for overall wellness and relaxation.	Limit: 25	In-Person Troke Library, 502 W. Benjamin Holt Drive, Stockton, in the Community Room. \$20 facilities charge due prior to first workshop. Payment information will be sent after registration. Once payment is received, the registration will be confirmed.		Dr. Tom is a Certified Academy Instructor for International Yang Family Tai Chi Chuan Association. Instructor of tai chi and qigong since 1983.
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Matter of Balance	8	Mar 11, 12, 18, 19, 25, 26, Apr 1, 2	9:30 am - 11:30 am	Dr David Gillette
Matter of Balance is a structured program that helps reduce fear of falling by learning to view falls as preventable and controllable. The program helps participants increase their current physical activity levels with simple exercises. Additional topics covered in the course include home safety, assertiveness, developing positive strategies for change, reducing barriers to exercise, identifying physical risk factors for falls, personal action planners, recognizing misconceptions about falls, and moving from self-defeating to self-motivating thoughts.	Limit: 12	Workshop held Wednesday & Thursday	Workshop will be in-person at UOP. Further details will be sent closer to event.	Dr. David Gillette earned his doctorate in Physical Therapy at the University of Washington. He completed a Geriatric Physical Therapy Residency at the University of Minnesota and is a board-certified Geriatric Clinical Specialist. He practiced in Seattle and in the Twin Cities before joining the Department of Physical Therapy at the University of the Pacific in 2017. David became a master trainer in 2019 and supports the MOB program at the University of the Pacific.
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Cucina Giovanetti	3	Mar 25, Apr 1, 8	1:00 pm - 2:00 pm	Gary Giovanetti
Watch award-winning cook Gary Giovanetti prepare three dishes. His skill and bonhomie make each class entertaining and informative. His recipes are original and pared down, making the dishes easy to prepare at home.			Zoom	Gary has won numerous cooking contests and gives his time to do Zoom cooking workshops for SICL and The Pacific Italian Alliance. A self-taught chef, he has been cooking since 1980 and combines his family history and his love of cooking.
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NEW!! ❤ Beads for Earth	1	Apr 22	9:30 am - 12:00 pm	Debra Bohnett
In honor of Earth Day, we will create a strand of Earth Appreciation Beads representing the elements and life forms on our precious planet. There will be a brief overview of a variety of appreciation bead uses. We will do an Earth reflection walk on the labyrinth using the Earth Appreciation Beads.	Limit: 13	In-Person To be shared with registered participants. Cost: \$5		Debra is a certified labyrinth facilitator. She completed the certification process in 2016 from Veriditas, a worldwide labyrinth organization.
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Wednesday Continued						
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR		
Santa Rosa, Charles Schulz Museum	1	Apr. 29	8:30 am - 6:00 pm	Sharon Jarvis Jennie Fuller		
Enjoy a docent led tour of the Charles Schultz Museum, celebrating 75 years of the Peanuts cartoon strip. Visit the museum store for unique items before we venture into town for lunch. Lunch options are available within walking distance of the museum. More information will be available after registration.	Limit: 40	Location: Charles Schulz Museum 2301 Hardies Lane Santa Rosa, CA 95403 Cost: \$80, lunch options on your own Payment information will be sent after registration. Once payment is received, the registration will be confirmed.		Sharon Jarvis assisted Barbara Scott with the bus tour to Golden Gate Park in San Francisco last semester when Barbara was unable to attend due to medical issues. Sharon will be leading the bus tour to the Charles Schulz museum. Jennie Fuller is a co-leader.		
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Thursday						
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR		
Savoring San Joaquin Hana Sushi	1	Mar. 5	1:00 pm - 2:30 pm	Sally DeLorenzo Cheryl Wolf		
Join us for lunch at a familiar restaurant or perhaps try something NEW!! This is a great opportunity to meet some of the SICL members you may not know, and catch up with ones you do over a delicious lunch.	Limit: 20	In-Person Hana Sushi 1101 East March Lane, Ste M Stockton, CA		Cheryl and Sally both joined SICL in 2019 and have enjoyed the many varied workshops that are offered. They took over Savoring San Joaquin in Spring of 2024		
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Gary Giovanetti's Lunch and Bocce Ball	1	Mar. 19	11:30 am - 2:00 pm	Gary S. Giovanetti		
Join us at the Italian Athletic Club to play morning bocce , followed by lunch. Gary will be our host and bocce instructor. Beginners welcome!	Limit: 32	In-Person Italian Athletic Club, 3541 Cherryland Ave. Stockton Cost: \$20 lunch & \$5 to play Bocce (exact cash, please). Pay CASH ONLY day of attendance.		Gary is a chef and instructor of SICL's popular workshop "Cucina Giovanetti".		
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Learning the Practice of Mindfulness	5	Apr 2, 9, 16, 23, 30	10:30am - 12:00pm	Dorbea Cary		
Mindfulness can offer us tools and practices that help us deal with the challenges and stresses of life. Research tells us that 10% of the stress comes from the situation and 90% from our internal response. In this six-session class you will learn how to access wellbeing and learn how to calm the body and mind, connecting to our breath and the stillness available in this moment. Peace of mind and natural happiness are a great wealth you can develop. No previous experience is necessary only the willingness to bring your curiosity. We will be meeting outdoors in nature.	Limit: 20	In-Person Lodi Lake Park 1101 W. Turner Rd, Lodi, 95242		Dorbea Cary, received her Mindfulness Teacher Accreditation in 2016 from the Mindfulness Training Institute. She has been teaching mindfulness classes for eight years at Delta College SICL classes. Dorbea leads a guided meditation group at In Season Market and Nursery on Tuesday mornings.		
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Savoring San Joaquin Waterloo Restaurant	1	Apr. 9	1:00 pm - 2:30 pm	Sally DeLorenzo Cheryl Wolf		
Join us for lunch at a familiar restaurant or perhaps try something NEW!! This is a great opportunity to meet some of the SICL members you may not know, and catch up with ones you do over a delicious lunch.	Limit: 20	In-Person Waterloo Restaurant 10447 East Waterloo Rd. Stockton, CA		Cheryl and Sally both joined SICL in 2019 and have enjoyed the many varied workshops that are offered. They took over Savoring San Joaquin in Spring of 2024		
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NEW!! Rio Vista Bridge to Beach Trail Walk	1	Apr. 23	10:30 am - 2:00 pm	Veray Wickham		
Walk along the Sacramento River in Rio Vista. Several options for lunch.	Limit: 20	One Mail Street Rio Vista, CA		Veray has been Speaker Series Co-chair and SICL book club host for multiple terms.		
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Thursday Continued				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
Savoring San Joaquin Las Palmas Mexican Restaurant	1	Apr. 30	1:00 pm - 2:30 pm	Sally DeLorenzo Cheryl Wolf
Join us for lunch at a familiar restaurant or perhaps try something NEW!! This is a great opportunity to meet some of the SICL members you may not know, and catch up with ones you do over a delicious lunch.	Limit: 20	In-Person Las Palmas 5084 West Lane Stockton, CA		Cheryl and Sally both joined SICL in 2019 and have enjoyed the many varied workshops that are offered. They took over Savoring San Joaquin in Spring of 2024
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Friday				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
NEW!! Pottery Workshop: Mushroom Windchimes	1	Feb. 27	11:00 am - 1:30 pm	Alicia van de Bor
In this hands-on pottery workshop, participants will create whimsical mushroom-inspired windchimes, each composed of three handmade mushrooms using hand building techniques. We'll explore adding creative surface details and finishing touches by glazing the pieces. All windchimes will be kiln fired and returned 3-4 weeks after class, ready to enjoy as unique, functional works of art.	Limit: 12		In-Person Holt 123 Cost \$25 using cash or check (Materials fee)	Alicia is a ceramic artist and art educator who leads accessible, community-centered pottery workshops in libraries, gardens, and local art spaces. With expertise in hand building, glazing, and kiln firing, she designs creative projects that invite participants of all ages to explore clay as both functional craft and joyful expression.
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NEW!! Box Theatre Production "Grand Horizons" at Stockton Civic Theater	1	Feb. 27	7:30 PM	Meredith McMIndes
Fifty years into her marriage to Bill, Nancy wants a divorce. While her husband seems unfazed by the decision, her two adult sons are shaken to the core, forced to reexamine everything they thought they knew about their parents' outwardly happy lives. As the family grapples with their new reality, each must reckon with their own imperfect past and how their love for each other might express itself in new and unlikely forms.	Limit: 20	In-Person Pam Kitto Black Box Theatre Stockton Civic Theater 2312 Rose Marie Ln Stockton, CA 95207 Cost: \$22.50 (due prior to workshop)		Meredith is the Curriculum Chair for SICL.
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Book Club	3	Mar 6, Apr 3, May 1	1:30 pm - 3:00 pm	Suzanne Daveluy Sheri Grimes Veray Wickham
"Revolutionary Mothers: Women in the Struggle for America's Independence" by Carol Berkin. This incisive and comprehensive history illuminates a fascinating and unknown side of the struggle for American independence and the vital role women played throughout the conflict. Available in hardback and audio book at Stockton Library and all forms on Amazon. Also at Thriftbooks, Barnes & Noble and Walmart. Red Thunder by John Hunter combines history and adventure when a boy and an enslaved man go about the business of espionage as cannons thunder around Yorktown. Their spy world is every bit as dangerous as the thrust of a bayonet. The Hamilton Affair, by Elizabeth Cobbs, tells the sweeping, tumultuous, true story of Alexander Hamilton and Elizabeth Schuyler, from passionate and tender beginnings to his fateful duel on the banks of the Hudson River.	Limit: 18		In-Person Holt 123	Suzy is a returning member of SICL, Sheri served on the SICL Curriculum Committee and Veray has been Speaker Series Co-chair and SICL book club host for multiple terms.
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Friday Continued				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
Geology of Mt Diablo	1	Mar. 20	10:00am - 11:30 am	Dot Lofstrom
The prominent peak Mt Diablo is geologically complex, with a core of ancient oceanic volcanic material jutting up against sedimentary rocks. The rocks that make up the mountain have been folded and faulted, compressed and thrust up. The Trail Through Time hiking trail will provide a framework for our discussion, with a goal that all students will leave the class with a general understanding of the fascinating geology that created our magnificent mountain.	Limit: 20		In-Person Holt 123	Dot Lofstrom is a retired geologist who formerly worked for the State of California Environmental Protection Agency and also taught Geology part time at Delta College. Additionally, she is the co-author of two hiking books on California geology.
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Bus Tour: John Muir House	1	Mar. 27	9:00 am - 4:00 pm	Sharon Jarvis Jennie Fuller
Bus tour to visit the historic John Muir residence in Martinez, built in 1882. As one of America's most influential naturalists, observer of the wilderness, and it's fiercest advocate, Muir's life was tapestry of roles: fruit farmer, family man, naturalist, and writer. The tour includes free admission to the park, the Visitors Center and Gift Ship with a short film about John Muir's life and his impact on conservation, followed by a docent led tour of the house. Lunch at your own cost will be at one of several restaurants (your choice) in an area of Old Town Martinez.	Limit: 40	In-Person John Muir House 4202 Alhambra Ave Martinez, CA 94553 Cost: \$55		Sharon Jarvis helped Barbara Scott, former tour leader, get ready for the 2025 John Muir House Bus Tour by going to Martinez with her, talking to a ranger, looking at the John Muir House, and selecting a restaurant area in Old Martinez for lunch. (Tour later canceled due to federal government shutdown.) Jennie Fuller is a co-leader.
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Spread Joy with Rock Painting	1	Apr. 10	10:00am - 12:00 pm	India Ramacher
Paint river rocks and spread kindness by sharing them! Stockton Rocks member India Ramacher will instruct you in making a painted river rock, which you can share with friends and family. Hide it as a surprise to be found!	Limit: 20		In-Person Holt 123	India has been part of Stockton Rocks for seven years... painting and hiding rocks to share...for kindness
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NEW!! Pottery Workshop: Botanical Tiles	1	Apr. 17	11:00 am - 1:30 pm	Alicia van de Bor
In this creative pottery workshop, participants will design and hand build botanical-inspired clay tiles by pressing leaves, flowers, and natural textures into the surface. We'll explore techniques for imprinting, glazing, and finishing, with each tile kiln fired and returned 3-4 weeks after class as a lasting piece of art.	Limit: 12		In-Person Holt 123 Cost: \$25 (using cash or check) materials fee covers clay, glaze and 2 firings	Alicia is a ceramic artist and art educator who leads accessible, community-centered pottery workshops in libraries, gardens, and local art spaces. With expertise in hand building, glazing, and kiln firing, she designs creative projects that invite participants of all ages to explore clay as both functional craft and joyful expression.
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