



Monday, Sept. 8 – Friday, Nov. 14, 2025

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.

Monday

1

Monday Continued				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
From Age-ing to Sage-ing: Spiritual Eldering, Part II	2	Oct. 27, Nov. 3	10:00am - 12:00pm	Erin King
We will continue where we left off in "From Age-ing to Sage-ing, Part I". This class is open to those who took the class in the Spring as well as those presently taking it this fall. The focus of these 2 classes will be on harvesting our lives and the benefits of doing so, and how to discover our lives are still meaningful when our physical limitations control what we can and cannot do. Each class will have a teaching component followed by a Sage-ing experiential activity to ground the learning.	Limit: 20		In-Person Holt 123 Cost: \$20	Erin King is a spiritual elder who brings lived experience and 10 years teaching experience about this topic. She has realized there is untapped potential of other elders walking among us, and so offers this 2 session class as an introduction.
https://us06web.zoom.us/meeting/register/Ols28DFsQUuujeIcYu9rTw				
Tuesday				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
NEW! Easy to make fabric and fleece blanket perfect for donation	4	Sep. 9, 16, 23, 30	9:30 am - 12:00 pm	Allison Wegner
Learn how to make a fabric and fleece blanket as a donation to Project Linus.org which donates blankets for children in foster care, hospitals and adoption services. All materials will be provided with a \$10 materials fee. Basic sewing skills required--machines will be available for use in class. Recommended that attendee have a sewing machine available to use at home to keep caught up for next workshop.	Limit: 8		In-Person Holt 123 Cost: \$10 materials fee	Allison Wegner is a former teacher and home economics teacher and taught sewing to 7th/8th graders many moons ago. She has taught 5 Sewing 101 workshops on Zoom.
https://us06web.zoom.us/meeting/register/NLjmTXppST69I7Fh7hNjUQ				
Book Club	3	Sep. 9, Oct. 14, Nov. 11	10:00 - 11:30 am	Suzanne Daveluy Sheri Grimes Veray Wickham
<i>Jitterbug Perfume</i> , by Tom Robbins Dueling perfumers are connected to a bottle of incomparable perfume created by two unlikely but defiant lovers of the past who seek immortality. <i>Where'd You Go, Bernadette</i> , by Maria Semple A misanthropic matriarch leaves her eccentric family in crisis when she mysteriously disappears in this whip-smart and "divinely funny" novel <i>We Solve Murders</i> , by Richard Osman A retired police detective teams up with his daughter-in-law, the prime suspect in this zany, globe-trotting murder mystery.			Zoom	Veray has been Speaker Series Co-chair and SICL book club host for multiple terms. Suzy is a returning member of SICL, and Sheri served on the SICL Curriculum Committee.
https://us06web.zoom.us/meeting/register/xPT-VgY1QAeorthlPgW8Rg				
Mahjong	5	Sep. 9, 16, 23, 30, Oct. 7	1:00 - 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.
https://us06web.zoom.us/meeting/register/EbEIS2tuTCGYVtTe345nrg				
Ancestry.com Workshop	4	Sep. 16, 23, 30, Oct. 7	2:00 - 4:00 pm	Jacqi Stevens Sue McCormack
Do you have good intentions to transform the "stuff" of your family's history into a permanent record of their family tree? One of the best ways to organize and preserve that story is by using an online database management system. This four-part workshop, designed specifically for subscribers to the genealogy website Ancestry.com, will walk you step-by-step through the hands-on process of building and maintaining your family tree on Ancestry.com.			Zoom	Pursuing a lifelong passion for genealogy, Jacqi Stevens currently 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.
https://us06web.zoom.us/meeting/register/pk1sWTFXSCa61gfnnRwaNQ				

Tuesday Continued				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
NEW! Walking Club	7	Sep. 23, 30, Oct. 7, 14, 21, 28, Nov. 4	9:30 - 10:30 am	Anita Kelly
Let's get some fun exercise by walking in different areas in and around San Joaquin County. We can discuss as a group where we want to go and what parameters or criteria to use in making our decisions. I have some ideas, but I would like to hear your ideas as well.	Limit: 20	In-Person Location Holt 123 45 minutes of actual walking. Total of 1 hour to include discussion at the end of the walk on where we want to go next.		Anita has enjoyed walking for exercise for many years. She enjoys strolling through parks, educational institutions with pretty grounds, cities and neighborhoods.
https://us06web.zoom.us/meeting/register/SIbHzd-oQSS3zBOtRaFk4A				
NEW! Petals in Clay: A Floral Tile Workshop	1	Oct. 7	10:00am - 1:00pm	Alicia van de Bor
Unwind and get creative in this hands-on workshop where we press delicate flowers into clay to craft unique tiles inspired by nature. Participants will add personal flair with colorful glaze before the tiles are kiln-fired to create lasting keepsakes. No prior experience needed—just bring your curiosity and love of beauty in the little things.	Limit: 15		In-Person Holt 123 Cost: \$25 (using cash or check) materials fee covers clay, glaze and 2 firings	Alicia van de Bor holds a BFA in Studio Art from the University of the Pacific and brings her creative passion to life through community pottery workshops. Teaching in Stockton and Lodi, she enjoys guiding participants of all skill levels in hands-on ceramic experiences that celebrate art, nature, and personal expression.
https://us06web.zoom.us/meeting/register/o-GivUR1QFaDaj7I_iuB6A				
NEW! Introduction to Drones	1	Oct. 14	10:00 - 12:00pm	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. We've trained all ages from middle school students to adults.
https://us06web.zoom.us/meeting/register/q7Uu11aKSjW1HckuE8Z4Lg				
NEW! Curious about the Paintings of the Haggin Museum?	3	Oct. 14, 21, 28	1:00 - 2:30 pm	Renata Bricka
Using Art History and Art Theory, Renata will help us analyze and discuss one or a related group of paintings at our own Haggin Museum.	Limit: 20		In-Person Holt 123	Renata has a MA in Fine Arts/Art History, and a 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.
https://us06web.zoom.us/meeting/register/Xq0A5-JPTFiVs04FvHcu7g				
Falls & Fall Prevention for Seniors	1	Oct. 21	10:00am - 12:00pm	Steve Ikeda
Learn how to fall and get up again, to reduce the chance or severity of injuries.	Limit: 20	In-Person Stockton Judo Club 424 E 9th St. Stockton, CA 95206 Participants should wear comfortable, loose-fitting clothing and easy-to-remove shoes		Steve is a 5th degree black belt in judo and has been practicing judo since 1971 and teaching judo for over 40 years. Steve is the Head Instructor of Stockton Judo Club and is also a USA Judo-certified Personal Protection & Self-Defense instructor.
https://us06web.zoom.us/meeting/register/Zbm7dFaKSq6morvuxANIEg				
Personal Protection & Self Defense for Seniors	1	Oct. 28	10:00am - 12:00pm	Steve Ikeda
Learn how to avoid confrontations and defend against attacks.	Limit: 20	In-Person Stockton Judo Club 424 E 9th St. Stockton, CA 95206 Participants should wear comfortable, loose-fitting clothing and easy-to-remove shoes		Steve is a 5th degree black belt in judo and has been practicing judo since 1971 and teaching judo for over 40 years. Steve is the Head Instructor of Stockton Judo Club and is also a USA Judo-certified Personal Protection & Self-Defense instructor.
https://us06web.zoom.us/meeting/register/vEmhvZniRYOaUfa2IFYE3A				

Tuesday Continued				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
Labyrinths	1	Nov. 4	9:30am - 12:00pm	Debra Bohnett
This workshop will present information regarding labyrinths from antiquity to modern use. Labyrinths are found throughout the world and date back as far as 6500 BCE. Various designs, locations, and rituals will be explored. We will walk the backyard labyrinth* created by Deb and Floyd Bohnett.	Limit: 15	In-Person *The backyard labyrinth is a turf style imbedded in lawn and can be an uneven surface so please wear walking shoes. The Stockton address and other details will be shared upon registration for the workshop.		Debra is a certified labyrinth facilitator. She completed the certification process in 2016 from Veriditas, a worldwide labyrinth organization.
https://us06web.zoom.us/meeting/register/pn5CBifaQiSzWfz-sIKahg				
Wednesday				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
NEW! The Rise and Falls of Great Historical Nations 300 BC to the Present	8	Sep. 10, 17, 24, Oct. 1, 8, 15, 22, 29	10:00am - 12:00pm	Gregory R. Gores
We will examine the rise and fall of 8 great historical nations throughout history. The main subjects will be ancient Greece and the Roman Republic & Empire, Islam and the Ottoman Empire, the Mongol Empire, Great Britain, Germany, Russia, the United States and China.	Limit: 20		In-Person Holt 123	Greg was born and raised in Los Angeles, BA (History) from UCLA, Army ROTC, moved to Stockton in 1973, taught middle school then high school in Lodi, retired in 2006. He has taught at SICL for 9 years. He has traveled extensively in USA, Europe, and South Africa.
https://us06web.zoom.us/meeting/register/btw5dEOMSXeoXTJpuXiRGg				
Express Yourself Through Writing	10	Sep. 10, 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5, 12	10:00am - 12:00pm	Jean Sahyoun
This is an opportunity to write about yourself, your life and your interests. Other intriguing topics will be offered to inspire your creativity. All stories are shared orally with fellow writers for friendly helpful feedback.	Limit: 10		Zoom	Jean taught high school English for 37 years and was SICL's Instructor of the Year for 2023. She has taught at SICL since 2009.
https://us06web.zoom.us/meeting/register/ZX-6YXcVQk-a0i9ry4k0xQ				
Beginning Ukulele 1	5	Sep. 24, Oct. 1, 8, (NO CLASS Oct. 15) Oct. 22, 29	1:30 - 3:30 pm	Clair Trujillo Roxane Willis
Do you enjoy music, like to sing and have fun? Then Beginning Ukulele is the class for you! Ukes are inexpensive and easy to learn. You don't have to read music. We will teach you the basics to give you the confidence to play and sing. You do not need to have a ukulele for the first class. We will have loaner ukuleles so that you can try different sizes out and see which one you like. Minimum 8 students.	Limit: 12		In-Person Holt 123	Clair and Roxane have taught ukulele through SICL since 2019. They lead a bimonthly ukulele group and their ukulele performance group, The Strumings, perform ukulele sing alongs at local senior living centers.
https://us06web.zoom.us/meeting/register/to4MiK_5T9afiFgwenablw				
Tai Chi Qigong 18, A Chinese Health and Wellness Exercise	5	Oct. 1, 8, 15, 22, 29	1 - 2:30 pm	Dr. Raymond Tom
The workshop includes three wellness tools: meditation, Tai Chi Qigong and stretches. The participants are seated for most of the workshop period except for 15 minutes of standing Tai Chi Qigong.	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 has been a student and instructor of Tai Chi and Qigong since 1983.
https://us06web.zoom.us/meeting/register/E4282uRNTdSH64Ap5lu2Og				
Cucina Giovanetti	3	Oct. 8, 15, 22	1:00 - 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.
https://us06web.zoom.us/meeting/register/5_6UZfPhTRefETYfvC8bEA				

Wednesday Continued				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
Bus Tour: John Muir House	1	Oct. 22	9 am-4 pm	Barbara Scott
John Muir's life was a tapestry of roles—fruit rancher, family man, writer—each interwoven with his deep love for nature. As one of America's most influential naturalists, Muir was more than just an observer of the wilderness; he was its fiercest advocate. His passion for the land drove him to protect the places he held dear, ensuring that future generations could experience their beauty. We will be visiting the park, family home, Visitors Center & Gift Shop, with a short park film introducing John Muir's life and his impact on conservation.	Limit: 40	In-Person John Muir House Martinez, CA Cost: \$55		Barbara is the Tours Committee Chair. Katie Walter is a co-leader.
https://us06web.zoom.us/meeting/register/mi7G9IPsQZqTa4SiRVzjg				
Bus Tour: Golden Gate Park San Francisco	1	Nov. 5	9 am-5 pm	Barbara Scott
The day at the Park will be all yours!! You can visit: The Academy of Science (also has the Academy Café inside) Conservatory of Flowers De Young Museum & Café (Hamon Observation Tower—FREE) Japanese Tea Garden San Francisco Botanical Garden You'll be able to visit whatever sites you want; they all open at 10am and are about 5 minute walk from each other. General cost for seniors at these sites is \$7.00.	Limit: 40	In-Person Golden Gate Park San Francisco Cost: \$65		Barbara is the Tours Committee Chair. Katie Walter is a co-leader.
https://us06web.zoom.us/meeting/register/PCidcg3KTMk4i6nHso1e0Q				
Thursday				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
Savoring San Joaquin Tikka Masala Indian Cuisine	1	Sep. 11	1:00 - 2:30 pm	Sally DeLorenzo Cheryl Wolf
Enjoy the many fabulous restaurants that San Joaquin has to offer. Join a group of friends for lunch and try something new.	Limit: 20	In-Person Tikka Masala Indian Cuisine 10628 Trinity Parkway E Stockton, CA		Cheryl and Sally both joined SICL in 2019 and have enjoyed the many varied workshops that are offered. They enjoy dining out with friends and trying new restaurants.
https://us06web.zoom.us/meeting/register/i74gVJ4sSzSsaQzMHUoIw				
Gary Giovanetti's Morning Bocce for Beginners & Lunch	1	Sep. 25	10:00 am - 1:00 pm	Gary S. Giovanetti
Join us at the Italian Athletic Club to play <i>morning bocce</i> , 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".
https://us06web.zoom.us/meeting/register/ScPUYx4dRHIOAxmSqz49tw				
Learning the Practice of Mindfulness	6	Oct. 2, 9, 16, 23, 30, Nov. 6	10:00am - 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. Location to be determined.	Limit: 25		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.
https://us06web.zoom.us/meeting/register/YxjIFkPXTNS1GfZINuyrEA				

Thursday Continued				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
Savoring San Joaquin Saigon Bay Pho Restaurant	1	Oct. 9	1:00 - 2:30 pm	Sally DeLorenzo Cheryl Wolf
Enjoy the many fabulous restaurants that San Joaquin has to offer. Join a group of friends for lunch and try something new.	Limit: 20	In-Person Saigon Bay Pho Restaurant 5756 Pacific Ave #14C Stockton, CA		Cheryl and Sally both joined SICL in 2019 and have enjoyed the many varied workshops that are offered. They enjoy dining out with friends and trying new restaurants.
https://us06web.zoom.us/meeting/register/g64_LjrKSlu0YopgXfbdiA				
Gary Giovanetti's Lunch & Afternoon Bocce Ball	1	Oct. 16	11:30 am - 2:00 pm	Gary S. Giovanetti
Join us at the Italian Athletic Club to have lunch followed by playing bocce. 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".
https://us06web.zoom.us/meeting/register/BCGjkVslS8GiXXh5hGocMQ				
NEW! Interpreting Body Language	1	Oct. 30	10:00am - 12:00pm	Mira Mayer
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.
https://us06web.zoom.us/meeting/register/Nh-dZy0GSs6dQwiSj36Hxg				
Savoring San Joaquin The Oxford Kitchen	1	Nov. 13	1:00 - 2:30 pm	Sally DeLorenzo Cheryl Wolf
Enjoy the many fabulous restaurants that San Joaquin has to offer. Join a group of friends for lunch and try something new.	Limit: 20	In-Person The Oxford Kitchen 110 West Oak Street Lodi, Ca		Cheryl and Sally both joined SICL in 2019 and have enjoyed the many varied workshops that are offered. They enjoy dining out with friends and trying new restaurants.
https://us06web.zoom.us/meeting/register/AURtqkH4SpKC9fxS0dVgnw				
Friday				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
NEW! Spread Joy with Rock Painting	1	Sep. 12	10:00am - 12:00pm	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 💙
https://us06web.zoom.us/meeting/register/F3vBvfi7S36yZx0lthybYg				
Beginning Quilting	5	Oct. 3, 10, 17, 24, 31	1:00 - 3:00 pm	Helen Sutton
Bring your sewing machines and learn how to quilt. Class covers classic blocks, layouts, assembly, borders, quilting and binding.	Limit: 6-8		In-Person Holt 123	Helen has been quilting for over 25 years. She has been in Manteca Quilters for almost 20 years.
https://us06web.zoom.us/meeting/register/9yju8A5oQR-QUh9zKttA9g				
Black Box Theater Production "Bug" at Stockton Civic Theater	1	Oct. 10	7:30 PM	Meredith McMIndes
Based on a Tracy Letts cult classic, "Bug" is the story of a lonely waitress and a Gulf War drifter. When bugs begin to take over their space, are they simply pests or could they be the result of military experiments? Fears escalate to paranoia, conspiracy theories and twisted psychological motives. Experience theater in a simple performance space, the Pam Kitto Black Box Theater.	Limit: 20	In-Person Pam Kitto Black Box Theatre Stockton Civic Theater 2312 Rose Marie Ln Stockton, CA 95207 Cost: \$22 (due prior to workshop)		Meredith is the Curriculum Chair for SICL.
https://us06web.zoom.us/meeting/register/wLbCqtljSimH-rZMcRoIdg				

Friday Continued				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
NEW! Geology of Mt Diablo	1	Oct. 24	10:00 - 11:30am	Dottie 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	Dottie 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 guides on California geology.
https://us06web.zoom.us/join/mtdiablo				
Historical Walking Tour of Downtown Lodi	1	Nov. 7	10:00 am - 12:00 pm	Alane K. Dashner
"Let Lodi's Docent show you Lodi's Secrets! You'll see where the saloons, brothels, gambling dens, and opium dens were and chuckle at Lodi's struggles between rowdy ne'er-do-wells and stiff-spined temperance angels. ""Lodi is where young men come to go to hell,"" so let Lodi's Docent roll out the red carpet for you!"	Limit: 6	Start *inside* Lodi's Old Train Depot 24 S Sacramento St, Lodi, 95240 Park free in the depot parking lot or a half-block north in the garage by Lodi's historic Mission Arch		Alane is a graduate of Georgetown University (Washington, DC) and George Mason University (Fairfax, Virginia). For 12 years she led museum and walking tours for the Corcoran Gallery of Art in Washington, where in 2000 she was named Docent of the Year. She now resides in Lodi CA, is a docent at Stockton's Haggin Museum, and is a current member of: The Lodi Historical Society, The San Joaquin County Historical Society, The League of Women Voters, AAUW. In 2023, Alane was certified as a Lodi Tourism Ambassador.
https://us06web.zoom.us/join/lohistorical				
8.4.25 sjd				