



STOCKTON INSTITUTE FOR CONTINUED LEARNING (SICL)

SPRING 2024 SCHEDULE OF WORKSHOPS & TOURS

Monday, Feb. 26 - Friday, May 3, 2024

Workshops are FREE and AVAILABLE ONLY to 2018 - 2023 Registered SICL members (or their friends & family).

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 sicl@deltacollege.edu, website siclstockton.com, or Facebook www.facebook.com/siclstockton.

Monday

WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
History Goes to the Movies - Part 1	5	Feb 26, Mar 4, 11, 18, 25	1:30 - 4 pm	David Scheffer
A feature film with a historical background will be shown via Zoom. If time permits, a short discussion will follow. At the In-Person class on the following Wednesday, History Goes to the Movies - Part 2, Greg Gores will discuss the true history that inspired the film.			Zoom	Dave is a major movie buff and has taken cinema-related courses in both high school and college. He was on the Fox Bob Hope Theater board of directors.

<https://us06web.zoom.us/meeting/register/tZUpf-ugqz4rGd2tlfg9kwjX5VnC8Bv25zMI>

Origami Flowers	3	Feb 26 Mar 4, 11	2 - 3:30pm	Susan Mah
Origami is an ancient Chinese art. In this class, you will learn how to fold beautiful 3-dimensional flowers.	Limit: 10		In-Person Holt 123	Susan learned to fold paper as a child growing up in China and continued her learning online. She loves that this fun skill can be shared with others.

<https://us06web.zoom.us/meeting/register/tZApd-GspzlsG9floH2nGevuKMy-Ze3SvvJE>

NEW! SICL Goes to the Movies	5	Apr 1, 8, 15, 22, 29	1:30 - 4:00	David Scheffer
Screening via Zoom of classic movies and their makers. First class will be biographies and background for two famous classic movie makers. Subsequent classes will be Zoom screening of feature films for those two movie makers with discussion.			Zoom	Dave has been a serious movie buff for over 50 years and has been on the Fox/Bob Hope Theater movie selection committee for the past 15 years.

<https://us06web.zoom.us/meeting/register/tZErfu6srDouHdHTLYRkEDbbZwxjvSh4WEQ8>

Tuesday

WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
Book Club	3	Feb. 27, Mar. 26, Apr. 30	10am - 12 pm	Carolyn Wischhusen, Veray Wickham, Sheri Grimes
Join us for three new books: Feb. 27- The Spectacular, novel set in NYC Radio City Music Hall by Fiona Davis; March 26 - <i>Lab Girl</i> , a memoir by Hope Jahren; April 30- <i>The Last Devil to Die</i> , fourth in Richard Osman's cozy murder series.			Zoom	Veray has been Speaker Series Co-chair and SICL book club host for multiple terms; Carolyn is a long-time instructor and board member; and Sheri served on the SICL Curriculum Committee.

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Tuesday Continued				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
Delving into DNA	4	Feb 27 Mar 5, 12, 19	2 - 4pm	Jacqi Stevens and Bob Craner
Genetic genealogy is a hot new area of interest in family history. A simple DNA test can reveal much about your ancestry - and your relatives, known and unknown. This four-part class, developed for SICL, will help you decipher your DNA test results and guide you through the next steps in applying the information to your family tree.			Zoom	Both Jacqi and Bob have pursued a life-long passion for genealogy. They have worked together to help many people get started on the right road toward reaching their goals with genealogy. Jacqi currently serves as President of the San Joaquin Genealogical Society and is a daily family history blogger on "A Family Tapestry." Bob has been researching his family history for over 50 years.
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NEW! Orchids: An Introduction	1	Mar. 5	10am - 12pm	Edwin Rivera
A brief introduction to the Orchidaceae family and its presence across the tropics and temperate world. We will touch on their habitats, growth forms, cultivation requirements, and briefly view some of the floral diversity found within the group.			Zoom	Edwin currently serves as Vice President of Activities for the San Joaquin Orchid Society, and has been a member since 2008. He has been growing orchids for roughly 15 years and tropical plants for nearly 20, emphasising species from African region and South America, with special interest in conservation and propagation.
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NEW! Goodnight Goats at Spenker Family Farm	1	April 2	6:30 - 7:30 pm	Linda Webb
Come cuddle and snuggle some baby goats and help us get them ready for bed. Read them a story, snuggle, or play with them to help them get sleepy before we put them away for the night. This event includes approx. 30 minutes of baby goat time, followed by milk & cookies for us. There is also wine & cheese available for purchase.	Limit: 20	In-Person: Spenker Family Farm 17291 Devries Rd., Lodi CA Cost: \$25 Payment information will be sent after registration. Once payment is received, the registration will be confirmed.		Linda is a SICL Board member and Curriculum Assistant. She loves finding new and interesting places to visit.
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NEW! Tour the USS Lucid/ Stockton Maritime Museum	1	April 16	10 - 11:30am	David Rajkovich
Take a one-hour tour of the USS Lucid, the last wooden hull minesweeper of its class, which was built in Stockton. Members joined the Zoom program that was presented last term. The Lucid continues to be restored and will eventually be housed on Stockton's Waterfront as the Stockton Maritime Museum.	Limit: 24		In-Person: Building Futures Academy 3100 Monte Diablo Ave Stockton, 95203	David is the President of the Stockton Maritime Museum, home of the USS Lucid. He is the son of a WWII sailor and a 3rd-generation California farmer. shmm.info@gmail.com
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Tuesday Continued				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
NEW! Backyard Hazards to Pets	1	Apr 16	2 - 3pm	Kelley Gelderman
Various hazards to dogs and cats present in the garden and landscapes will be covered.			Zoom	Kelly retired after 33 years practicing small animal medicine and surgery, and promptly started Master Gardener training. She began gardening as a child, helping her Dad cultivate a small garden in central Oregon. She has gardened in the Pacific Northwest and California.
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NEW! Two Women Cubists	1	April 23	10 - 11:30am	Renata Bricka
We will talk about two lesser-known women Cubists from different countries. They made an impact on their contemporaries and stood out with their original personal style and philosophy.	Limit: 20		In-Person Holt 123	Renata has an MA in Fine Arts and Art History, taught costume design in the Theater Arts Department at UOP and S.J. Delta College, designed for these establishments, as well as for the Stockton Opera, CSU Stanislaus, Gallo Center and others. She has received awards from the Stockton Arts Commission, Sarta in Sacramento, Stockton Opera Guild, and others.
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Wednesday				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
History Goes to the Movies, Part 2	5	Feb 28, Mar 6, 13, 20, 27	10am - 12pm	Greg Gores and Judith Gores
Do films based on history educate or merely entertain? You'll be able to answer this question when you join us for a presentation and in-person discussion of the actual events behind the movie seen two days earlier. This class also requires registration in Zoom class, History Goes to the Movies, Part 1.	Limit: 20		In-Person Holt 123	Greg taught History and U.S. Government for 34 years as a secondary teacher in Lodi Unified School District. With the assistance of Judith, a former middle school History teacher, his popular workshops have made history come alive for SICL members.
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Cucina Giovanetti	3	Mar 6, 13, 20	1 - 2pm	Gary S. 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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Wednesday Continued				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
Tai Chi Qigong 18, A Chinese Health and Wellness Exercise	4	Mar 6, 13, 20, 27	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.
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Thursday				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
Gary Giovanetti's Lunch and Bocce Ball	1	March 21	11 - 2:30 pm	Gary S. Giovanetti
Join us at the Italian Athletic Club to have lunch and learn to play bocce! Gary will be our host and bocce instructor.	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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Gary Giovanetti's Lunch and Bocce Ball	1	April 18	11 - 2:30 pm	Gary S. Giovanetti
Join us at the Italian Athletic Club to have lunch and learn to play bocce! Gary will be our host and bocce instructor.	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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NEW! Mindfulness in Calaveras Big Trees	1	May 2	8:30-5 pm	Dorbea Cary
Join us for a half-day hike of mindfulness practices in the Giant Sequoias. Nature-based practices allow us to rediscover our senses and cultivate a closer connection to ourselves and the natural world. We will be practicing sitting and walking meditation. Bring a lunch, sunscreen, a lawnchair/yoga mat, and sturdy shoes.	Limit: 10	Level of hiking difficulty is moderate, hiking a total of 3.5 miles on a smooth dirt trail.	Car pooling to Calaveras planned. Further details closer to event	Dorbea received her Mindfulness Teacher Accreditation through a year-long program at the Mindfulness Training Institute. She has taken meditation courses in mindfulness in nature and mindfulness self-compassion. She has a daily meditation practice and enjoys hiking, being outdoors, and seeing her grandkids!
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Friday				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
Tea at The Hidden Tea Room	1	March 22	1 - 3 pm	Linda Webb
Let's have a Spring Tea Party! Join us at The Hidden Tea Room for a Queen's Tea Tower .This includes scones with homemade sweet butter, jam and lemon curd, tea sandwiches, petite quiches, assorted desserts and a pot of tea. Wear a hat or fascinator, or borrow one there!	Limit: 24	In-Person The Hidden Tea Room, 310 N California St, Lodi Cost: \$30 per person		Linda is a SICL Board member and Curriculum assistant. She loves finding and visiting new or "new to her" restaurants, tasting new foods and sharing time with friends.
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NEW! Wood Duck Nesting Box Tour at Cosumnes River Preserve	1	April 12	9am - 12pm	Nancy Sage
See the nesting boxes along the trails at the Cosumnes River Preserve and learn about these beautiful wild ducks.	Limit:15	The tour will involve a 3-mile walk on unpaved flat trails, leaving from the Visitor's Center.	In-Person Cosumnes River Preserve, 13501 Franklin Blvd., Galt 95632	Nancy is a Volunteer Naturalist with the Cosumnes River Preserve. She has been involved with the Wood Duck Nesting Box Program for 25 years.
https://us06web.zoom.us/j/8456432432				
Understanding Medicare	2	Apr 19, 26	1 - 3pm	Carolynn Washington
Health Insurance Counseling and Advocacy Program (HICAP) is a program of Legal Services of Northern California, a non-profit organization that provides free unbiased information to help Medicare beneficiaries and those with disabilities, understand Medicare and decide what's best for their individual healthcare insurance needs.			Zoom	Carolynn is the Education and Outreach Coordinator for HICAP (Health Insurance Counseling and Advocacy Program). Carolynn has 25 years of experience in the nonprofit sector. She uses the skills she has acquired over the years to educate individuals on how to skillfully navigate the Medicare system and to identify Medicare health care plans that meet their specific needs, enabling them to thrive.
https://us06web.zoom.us/j/8456432432				

TOURS				
TOUR TITLE	#	DATE(S)	TIME	TOUR HOSTS
Santa Rosa, Charles Schulz Museum & Sonoma History and Art Museum	1	April 3	8:30am - 6pm	Barbara Scott & Katie Walter
Join us for a trip to Santa Rosa. Our first stop is the Sonoma History and Art Museum. With lunch planned after right in old town. We will leave there for the Schulz Museum (Charlie Brown and Peanuts).	Limit: 40. Location: Charles Schulz Museum 2301 Hardies Lane Santa Rosa, CA 95403 Cost: \$80, lunch on your own in Old Town Santa Rosa. Payment information will be sent after registration. Once payment is received, the registration will be confirmed.		Barbara is the Tours Committee Chair. Katie is on the Tour Committee and Digital Coordinator on Technology Committee.	
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Little Shop of Horrors	1	April 25	8:30am - 6:30pm	Allison Wegner
See <i>Little Shop of Horrors</i> at Fallon House Theater in Columbia. with enough time to stroll and have lunch.	Limit: 45. Location: Fallon House 11175 Washington Street Columbia, CA 95310 Cost: \$75, lunch on your own in Columbia. Payment information will be sent after registration. Once payment is received, the registration will be confirmed.		Allison serves on the SICL board as Hospitality Chair and is a member of the Tours Committee.	
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As of 2/5/24				