

 STOCKTON INSTITUTE FOR CONTINUED LEARNING		STOCKTON INSTITUTE FOR CONTINUED LEARNING (SICL)		
		FALL 2026 SCHEDULE OF WORKSHOPS & TOURS		
		Monday, Sept. 14 – Friday, Nov. 20, 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
NEW!! Joseph Maes Vietnam Veteran and author of "My Spiritual Work as a Wolfhound in Vietnam"	1	Sep. 14	10:00am - 12:00 pm	Joseph F Maes Susan J Maes
Joe Maes is a Native American author and Veteran in the Vietnam War. He shares his book which chronicles his experiences in Vietnam and the various medals (Purple Heart) he earned. He and his wife will share their native beadwork.	Limit: 20		In-Person Holt 123	Joseph Maes Vietnam Veteran and author of "My Spiritual Work as a Wolfhound in Vietnam"
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SICL Goes to the Movies: 1930's Edition	10	Sep. 14, 21, 28, Oct. 5, 12, 19, 26, Nov. 2, 9, 16	1:30 pm - 4:00 pm	David Scheffer
This semester will concentrate on classic movies from the decade of the 1930s. The format will be the same as previous semesters with some background information on the film, perhaps a cartoon or short, the screening of the feature film of the week, and, if time permits, questions and/or reactions to the movie.			Zoom	Dave has been a classic movie buff my entire life and enjoys bringing the enjoyable ones to others and discussing the story and facts behind the movie being shown.
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NEW!! Beginner Watercolor Painting: Let's Paint Postcards	1	Oct 5	10:00am - 12:00 pm	Sylvia Chavez
In this workshop we will paint two postcards using some basic and fun watercolor techniques.	Limit: 20		In-Person Holt 123 \$12 Supplies Fee collected at the beginning of the workshop.	Sylvia Chavez, a life-long artist, has been painting in watercolor for six years and enjoys sharing her craft with others.
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Labyrinths	1	Nov. 2	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. In honor of our ancestors we will celebrate Dia de los Muertos/ All Souls Day by creating an altar to commemorate their lives. Please bring a small reminder of a deceased loved one to place on this altar.	Limit: 20	In-Person *The backyard labyrinth is a turf style imbedded in lawn and can be an uneven surface so please wear walking shoes.* Location: Stockton		Debra Is a certified labyrinth facilitator. She completed the certification process in 2016 from Veriditas, a worldwide labyrinth organization.
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Understanding and Navigating Medicare	2	Nov. 9, 16	10:00am - 12:00 pm	Carolynn Washington
The education and information topics include all things related to Medicare for; Medicare Enrollment and Special Enrollment Periods, Medicare coverage and options, Original Medicare (Part A,B,D, & Medigap Plans), Part C Medicare Advantage, including an important topic Medicare Fraud & Abuse.	Limit: 20		In-Person Holt 123	Carolynn is the Education and Outreach Coordinator and Volunteer Coordinator for HICAP (Health Insurance Counseling and Advocacy Program). HICAP provides free unbiased counseling, advocacy, education and information to help Medicare Beneficiaries
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Tuesday				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
Introduction to Drones	1	Sep. 15	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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Mahjong	5	Sep. 15, 22, 29, Oct. 6, 13	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 over 10 years, after participating in the SICL class.
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NEW!! Meditation and Sound Bath Relaxation Session	1	Sep. 15	6:00 pm - 7:30 pm	Andi Bee
An immersive, guided sound bath using crystal singing bowls and other resonant instruments to guide the body and mind into deep relaxation.	Limit: 25	In-Person (Wear comfortable clothes) Troke Library, 502 W. Benjamin Holt Drive, Stockton, in the Community Room. \$5 facilities charge due prior to first workshop. Payment information will be sent after registration. Once payment is received, the registration will be confirmed.		Andi is a Reiki practitioner and CEO of Relax Meditation Lab.
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Genealogy Boot Camp	4	Sep. 29, Oct. 6, 13, 20	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	Jacqi Stevens currently serves as President of the San Joaquin Genealogical Society and is a daily family history blogger on "A Family Tapestry." Sue McCormack, newsletter editor for the San Joaquin Genealogical Society, brings 30+ years experience as a real estate appraiser using county land records, parcel maps and tax documents to identify ancestors' properties.
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NEW!! Artificial Intelligence, Real Simple: What it is, How it Helps, and How to Stay Safe	1	Oct. 20	1:00 pm - 3:00 pm	Chad Sublet
Artificial intelligence is everywhere in the news, but what does it actually mean for you? Join us for a relaxed, no-pressure session where we'll pull back the curtain on AI: what it really is, how it already shows up in your everyday life (think phones, photos, and voice assistants), and simple ways to try it yourself if you'd like. No experience needed; no tech background required. Come, listen, learn and ask questions. Coffee and curiosity welcome.	Limit: 20		In-Person Holt 123	Chad Sublet is VP Sales & Relationships at Verve IT. Dating back to the US Air Force in 1992, Chad brings over 20 years experience helping companies digitally transform
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NEW!! Learn a new, simple method to make a colorful quilt. A perfect gift!	4	Oct. 27, Nov. 3, 10, 17	9:30am - 12:00 pm	Allison Wegner
Learn a simple method of making a fabric and fleece blanket/quilt, using lots of fun fabrics that are already matched for you! This will be an in-person class--there is a \$25 fee and all material needed are included. Basic sewing skills are needed and sewing machines will be available for use during workshop.	Limit: 20		In-Person Holt 123 Cost: \$25 fee for quilt kit	Allison Wegner is a former teacher and home economics instructor and taught sewing to 7th/8th graders many moons ago. She has taught 5 sewing 101 workshops on Zoom
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Wednesday				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
Express Yourself Through Writing	10	Sep. 16, 23, 30, Oct. 7, 14, 21, 28, Nov. 4, 11, 18	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.
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NEW!! History of the Great Depression	5	Sep. 16, 23, 30, Oct. 7, 14	10:00am - 12:00 pm	Gregory R. Gores
This class explores the end of the Great War , the "Roaring 20's," Prohibition and subsequent crime wave and finally... The Great Depression, its cause, effects and what finally brought it to an endyou may be surprised on that last point.	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 traveled extensively in USA, Europe, and South Africa.
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* Three Simple Practices for Better Health: Tai Chi Qigong 18, Meditation, and Stretching *	4	Sep. 16, 23, 30, Oct. 7	1:00pm - 2:30 pm	Dr. Raymond Tom
This 90-minute wellness class combines a simple meditation practice, 18 slow and gentle Tai Chi Qigong exercises, and a series of stretches for the entire body. Designed to be accessible to a wide range of participants, most of the class is performed while seated, with approximately 15 minutes devoted to standing Tai Chi Qigong 18 movements that promote balance, coordination, and relaxation.	Limit: 25-30	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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NEW!! Wellness - Chair Yoga & Self-Love Meditation	5	Oct. 14, 21, 28, Nov. 4, 18 (library closed Nov. 11)	1:00pm - 2:30 pm	Hymavathi Kunamneni
Learn to relax your body and mind with chair yoga and breathing techniques. Then deepen your connection with your heart with meditation, and experience self-love for joyful living!	Limit: 25	In-Person Troke Library, 502 W. Benjamin Holt Drive, Stockton, in the Community Room. \$25 facilities charge due prior to first workshop. Payment information will be sent after registration. Once payment is received, the registration will be confirmed.		Hymavathi is a licensed psychologist and a wellness coach teaching powerful practical tools to improve health, reduce stress and learn to love oneself for over 3 decades.
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Wednesday Continued				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
Beginning Ukulele	5	Oct. 14, 21, 28, Nov. 4, 18 (campus closed Nov. 11)	1:30pm - 3:30 pm	Clair Trujillo Roxane Willis Jan Vernor-Howard
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 been playing ukulele together and having fun with it since 2017. They began teaching at SICL in the Fall of 2020. This year Jan will round out the instruction team. She has played ukulele for many years and is one of the leaders of the bi-monthly ukulele jam.
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Cucina Giovanetti	3	Oct. 21, 28, Nov. 4	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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Thursday				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
Savoring San Joaquin The Boat House at River Islands	1	Sep. 17	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 The Boathouse at River Islands 960 Lakeside Dr. Lathrop, 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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Rio Vista Walking Tour plus Museum	1	Oct. 1	9:30 am - 2:00 pm	Dave Scheffer Allison Wegner
Take a walking tour of historic Rio Vista. This includes a private visit to the Rio Vista Museum, walk past the Victorian homes, and your choice for lunch. Join your friends for a fun and informative day.	Limit: 25	In-Person We will meet at the Rio Vista Museum, 16 N Front Street, Rio Vista, 94571. Please carpool if you can.		Dave is SICL's Board President and Allison is the Hospitality Chair. Both willing volunteers!
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Savoring San Joaquin Yen Du Restaurant	1	Oct. 8	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 Yen Du Restaurant 702 Porter Ave Ste E 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	Oct. 15	11:30 am - 2:30 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".
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Thursday Continued				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
NEW!! A bus trip to the Culinary Institute of America, at Greystone/Christian Bros Estate, in St. Helena	1	Oct. 22	9:00am - 6:00pm approx.	Barbara Scott Sharon Jarvis
Traveling via Storer coach, we will journey to beautiful St. Helena, CA. There we will tour CIA's historic building, visit the Museum and Spice Island Marketplace. We will have lunch at the Bakery Cafe, which is operated by graduating CIA students , who also prepare all the food. Culinary Institute of America, Greystone/Christian Bros Estate, 4555 Main Street, St. Helena	Limit: 40	In-Person Coach Bus Tour from SJDC to St. Helena Cost: \$75 Payment information will be sent after registration. Once payment is received, the registration will be confirmed.		Barbara Scott is SICL's long-time tour planner and leader. This term she is joined by SICL board member Sharon Jarvis. Together they plan and organize SICL's awesome bus tours.
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NEW!! Modern Scams and How to Outsmart Them	1	Oct. 29	10:00am - 12:00pm	Rochelle Brown Amanda Rego
Scammers are out there and we are all aware that they are! Rochelle will discuss the types of scams in our community, How to spot them, What to do if you get scammed.	Limit: 20		In-Person Holt 123	Rochelle Brown is a highly accomplished banking executive and community leader serving as an AVP, Community Branch Manager at Bank of Stockton's Quail Lakes branch. With more than 30 years of experience in the banking industry, Rochelle's impact extends well beyond the banking industry through her longstanding commitment to community leadership and civic engagement.
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NEW!! Modern Scams and How to Outsmart Them	1	Nov. 5	10:00am - 12:00pm	Rochelle Brown Amanda Rego
Scammers are out there and we are all aware that they are! Rochelle will discuss the types of scams in our community, How to spot them, What to do if you get scammed.	Limit: 20		In-Person Holt 123	Rochelle Brown is a highly accomplished banking executive and community leader serving as an AVP, Community Branch Manager at Bank of Stockton's Quail Lakes branch. With more than 30 years of experience in the banking industry, Rochelle's impact extends well beyond the banking industry through her longstanding commitment to community leadership and civic engagement.
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Savoring San Joaquin Nona's Restaurant	1	Nov. 12	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 Nona's Restaurant 1110 Kettleman Ln., Ste 18 Lodi, 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!! Angels on high and Gnomes in the home	1	Nov. 19	1:00 pm - 3:00 pm	Debra Bohnett
In this workshop participants will create 2 Christmas themed decorations: a ribbon Angel and a yarn gnome.	Limit: 20	In-Person Holt 123 Bring scissors and a hot glue gun Cost: \$5 due the day of class		Debra enjoys crafting... the simpler the better.
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Friday				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
Book Club	3	Sep. 18, Oct. 16, Nov. 13	1:30 pm - 3:00 pm	Lisa Taylor Churchill Suzanne Daveluy Sheri Grimes
9.18 Suzy Daveluy hosts. "Hidden Figures" by Margot Lee Shetterly is a non-fiction book about African American women mathematicians who worked as NASA computers (a NASA job description at that time), providing the calculations that supported major U.S. space missions. Set from the 1930s through the 1960s, the book highlights the women's extraordinary contributions and the racial and gender barriers they faced. 10.16 Lisa Churchill hosts. "We The Women" by Norah O'Donnell and Kate Anderson Brower is a vivid portrait of American women, who fought for equality and shaped history from 1776 to today. Organized into five eras, a diverse collection of patriots and fierce freedom fighters are introduced, all women who played a decisive role in our nation's history. 11.13 Sheri Grimes hosts. "The First Ladies" by Marie Benedict, Heather Terrell, and Victoria Christopher Murray. A fictionalized account of the real-life friendship between First Lady Eleanor Roosevelt and Mary McLeod Bethune, known as the First Lady of the Struggle, an unlikely partnership that impacted the world. Told in alternating viewpoints, the book gives insight into a riveting yet complicated story of two agents of progress in a changing nation.	Limit: 15		In-Person Holt 123	Lisa is an eclectic, avid reader of most genre with no love lost for gore and horror. Lisa is a retired college professor of Law and Marketing. Suzy is a returning member of SICL and the SICL Book Club instructors. Suzy is a retired librarian. Sheri is also a returning member of SICL and the SICL Book Club instructors. Sheri has also served on the SICL Curriculum Committee. Sheri is a retired marketing professional
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Mindfulness in Nature: A Day at Lodi Lake	1	Sep. 25	10:00am - 3:00pm	Dorbea Cary
We are Nature. Our fingerprints echo tree rings, our lungs mirror the shape of forests. Our bodies naturally relax when step out into the natural world. Come join me for a day of mindfulness at Lodi Lake. We will spend some time engaging all our senses, walking, sitting listening, smelling and tasting (bring a lunch). All are welcome whether you have experience with meditation or are a beginner.	Limit: 25		In-Person Lodi Lake Park 1101 W. Turner Rd, Lodi, 95242 Bring lunch and a chair	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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NEW!! Ceramic workshop: Pumpkin Sculpture	1	Oct. 2	11:00 am - 1:30 pm	Alicia van de Bor
Participants will sculpt their own ceramic pumpkin lantern, adding carved details and cut outs that cast beautiful light when illuminated. A variety of underglaze colors will be available for decorating each piece. Each luminary becomes a festive autumn keepsake perfect for seasonal décor.	Limit: 12		In-Person Holt 123 Cost \$25 using cash or check (Materials fee)	Alicia van de Bor is a local ceramic artist who teaches community based pottery throughout the region. She holds a BFA in Studio Art from the University of Pacific and is currently completing her Masters in Art Education at Massachusetts Dartmouth, with a focus on creative well being and lifelong learning.
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Friday Continued				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
Rock Painting for Kindness and Sharing	1	Oct. 9	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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Black Box Theatre Production "Other Desert Cities" at Stockton Civic Theatre	1	Oct. 16	7:30 PM	Meredith McMIndes
Other Desert Cities is a sharp and emotionally charged family drama set during a holiday gathering in Palm Springs. When a daughter returns home with a memoir that reveals long-buried family secrets, political differences and painful memories erupt, forcing the family to confront truth, loyalty, and the past. Both witty and deeply moving, the play explores how the stories we tell shape the people we love.	Limit: 25	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. The Pam Kitto Black Box Theatre is an intimate, alternative performance space at the Stockton Civic Theatre. It typically hosts 3 contemporary and experimental productions each year, distinct from the larger mainstage season.
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NEW!! Ceramic workshop: Christmas Tree Luminary	2	Oct. 30, Nov. 20	1:00 pm - 3:00 pm	Alicia van de Bor
Participants will handbuild their own ceramic Christmas tree luminary using simple slab and carving techniques. Students will cut out designs that cast beautiful light when illuminated, then decorate their piece with a selection of underglaze colors. This workshop offers a cozy, creative way to welcome the holiday season.	Limit: 12		In-Person Holt 123 Cost \$25 using cash or check (Materials fee)	Alicia van de Bor is a local ceramic artist who teaches community based pottery throughout the region. She holds a BFA in Studio Art from the University of Pacific and is currently completing her Masters in Art Education at Massachusetts Dartmouth, with a focus on creative well being and lifelong learning.
https://us06web.zoom.us/meeting/register/Yv5Fk65RG6moJfHr27RwQ				
NEW!! Kokedama Ball Making	1	Nov. 6	10:00am - 12:00pm	Caleb Mize Alexis Berry
Kokedama- literally "moss ball" in Japanese- is a centuries-old bonsai technique that encases a plant's root ball in a sphere of soil and sheet moss, secured with twine. In this class, participants will learn the art of constructing kokedama moss balls, a beautiful way to contain your treasured plants.	Limit: 20		In-Person In Season Market & Nursery 215 E Alpine Ave Stockton, 95204 \$35 class fee payable that day at class	Caleb is a native of Stockton and owns In Season Market & Nursery with his wife Tina. He has been growing plants for almost 20 years. Alexis is a graduate of Delta college's horticulture program, and is also a garden consultant.
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Curious about the Paintings of the Haggin Museum? Part 3	2	Nov. 13, 20	10:00am - 12:00pm	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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