



**STOCKTON INSTITUTE FOR CONTINUED LEARNING (SICL)
SCHEDULE OF CLASSES AND SPEAKERS
SPRING 2022 Term: February 28 - May 6**

Classes are **FREE and AVAILABLE ONLY** to 2018 - 2021 registered SICL members (and their friends & family). Speaker Series is FREE and Open to the Public. Classes and the Speaker Series will be held online using Zoom, except for three in-person classes. **Priority Registration begins on February 7 for previous members. Registration for family and friends begins on February 14.** Online registration is ongoing throughout the term. Maximum Registration is 100 students, unless otherwise indicated.

MONDAY

CLASS TITLE	#	DATE(S)	TIME	INSTRUCTOR(S)
NEW! Connecting Art with the Actual Places of Origin	1	Feb. 28	10:30 a.m. -12 p.m.	Renata Bricka
Award-winning artist and returning instructor Renata Bricka will present several paintings from our own Haggin Museum and connect them with the actual places they represent. She will discuss the reasons and circumstances of the creation of these paintings using her extensive education, knowledge, and personal travel to these places of origin.				Renata Bricka holds an M.A. in Fine Arts, History of Art, and Russian Language and Literature. She has received several awards and nominations for her art, opera, and costume design.
Book Club	3	Feb. 28, Mar. 28, May 2	1 - 2:30 p.m.	Carolyn Wischhusen and Veray Wickham
The Book Club will read three books this term. The book to be discussed on Monday, February 28, is <i>The Man Who Died Twice</i> by Richard Osman. It is not necessary to read Osman's first book <i>The Thursday Murder Club</i> to enjoy this sequel.				Carolyn has taught classes for SICL since 2015 and currently serves on the SICL Council. Veray has been a Speaker in the Speaker Series and co-chair of the Speaker Series for several years.
Coffee and Conversation	4	Mar. 7, 14, 21, 28	10 - 11:30 a.m.	Meredith McMIndes and Allison Wegner
If you miss seeing your SICL friends and the opportunity to meet new and interesting people, grab your coffee cup and join us. This will be an informal get-together to share ideas, laugh, and have good conversations on a variety of topics you would like to discuss.				Meredith has been an active SICL member for five years and is currently SICL's Curriculum Chair. Allison is a former teacher and teaches Sewing 101 for SICL. They are sisters who grew in Stockton and enjoy each other's company.

MONDAY (Continued)

CLASS TITLE	#	DATE(S)	TIME	INSTRUCTOR(S)
Cucina Giovanetti - Italian Cooking with Gary Giovanetti	3	Mar. 7, Apr. 4, Apr. 18	1 - 2:30 p.m.	Gary Giovanetti
Watch award-winning cook, Gary Giovanetti, prepare three classic Italian 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.			<i>A complete list of ingredients will be emailed to you after you register and several days before each class.</i>	Gary has won numerous cooking contests and gives his time to do Zoom cooking classes for SICL and The Pacific Italian Alliance. A self-taught chef, he combines his family history and his love of cooking.

<i>NEW!</i> Master Gardener Series	3	Apr. 4, 11, 18	10 a.m. - 12 p.m.	UC Master Gardeners
Join University of California Master Gardeners for a series of three classes: <i>Pollinators:</i> Learn how to maximize your garden's potential for supporting a variety of pollinators. <i>Houseplants:</i> A solid understanding of houseplant cultural requirements to have healthy and beautiful indoor plants. <i>Succulents:</i> Easy to grow; will cover basic succulent care, propagation methods, pest management, and varieties that do well in our area.				UC Master Gardeners are volunteers who have gone through extensive training on various home horticultural topics.

TUESDAY

CLASS TITLE	#	DATE(S)	TIME	INSTRUCTOR(S)
U.S. History, <i>The War to End All Wars</i> to WWII	8	Mar. 1, 8, 15, (Skip Mar. 22, 29), Resume Apr. 5, 12, 19, 26, May 3	10 a.m. - 12 p.m.	Gregory Gores
Follow the US in 1917 as she entered the <i>war to end all wars</i> , emerging victorious, plunging into Prohibition, the Roaring Twenties, and the catastrophic Great Depression. At the far end of the 1930s, America, along with the rest of the world, realized that The Great War was but a prelude for a far greater and more destructive conflict, World War II.				Greg taught U.S. History and U.S. Government for 34 years as a secondary teacher in Lodi Unified School District.

TUESDAY (Continued)

CLASS TITLE	#	DATE(S)	TIME	INSTRUCTOR(S)
Understanding and Navigating the Medicare System	2	Mar. 22, Mar. 29	10 a.m. - 12 p.m.	Carolynn Washington
If you or someone you know is soon to become eligible for Medicare, it's important for you to understand Medicare and how to navigate the Medicare system. This class will provide you with an overview of key issues including eligibility, when to enroll, how to select a plan that's right for you, and the cost of Medicare plans. We will also talk about how to save money on Medicare and where to get free, unbiased individualized counseling on all aspects of Medicare.				Carolynn is the Education and Outreach Coordinator for HICAP (Health Insurance Counseling and Advocacy Program) Services of Northern California. She entered the Medicare Health Insurance industry searching for an opportunity to help others advocate for themselves.
Taste of Stockton <i>**In-Person Class**</i>	4	Mar. 22, 29, Apr. 5, 12	1:30 - 3:30 p.m.	Linda Webb
Attention Foodies and adventurous eaters! Taste of Stockton is back! If you enjoy eating out, come join some old and new friends to visit local restaurants, hear their stories, and taste their food. <i>We will meet at different restaurants.</i>		<i>Class Limit: 20 Approved registered members will be emailed a list of restaurants and addresses prior to the start of the class. Masks and Proof of Vaccine Required</i>		Linda was a teacher and Program Specialist for 39 years. She is retired from Stockton Unified School District. Presently she is Co-Chair of the Curriculum Committee on the SICL Board.
Delving into DNA	4	Mar. 22, 29, Apr. 5, 12	2 - 4 p.m.	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 class, developed for SICL by special request, will help you decipher your DNA test results and guide you through the next steps in applying the information to your family tree.				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 serves as Director of Communications for the San Joaquin Genealogical Society. He has been researching his family history for 25 years.

WEDNESDAY

CLASS TITLE	#	DATE(S)	TIME	INSTRUCTOR(S)
Continuing Ukulele Jams	4	Mar. 2, 9, 16, (Skip Mar. 23, 30) Resume Apr. 6	1:30 - 3 p.m.	Judith Gores
Dust off your ukulele and join us for a little teaching, a little jamming, and a lot of fun. Music selected will be with the intermediate or advanced beginner in mind.				Judith and friends taught Beginning Ukulele in the fall of 2019 and Continuing Ukulele Jam in the fall of 2021. They look forward to more uke fun with SICL members.
NEW! Relaxing into Presence in Nature **In-Person Class**	3	Apr. 13, 20, 27	10 a.m. - 12 p.m.	Dorbea Cary
Nature-based practices allow us to relax into the present moment and awake to the joy of the natural world. It can calm our nervous system and cultivate a deeper awareness of ourselves. In this class, we will be attuning our senses to the earth, grass, sky, and trees through a series of meditation exercises.		Class Limit: 30 This class is appropriate for experienced meditators and those trying it for the first time. We will be meeting in a park in Stockton. The park's location will be emailed to registered students.		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!
Sewing 101: How to Make an Easy "Burrito" Pillowcase	1	Mar. 9	10 a.m. - 12 p.m.	Allison Wegner
Learn an easy method to make a colorful pillowcase with your favorite fun fabrics. Super simple to make in multiples and give as gifts.				Allison is a retired Special Education teacher. She holds a B.A. in Home Economics and taught sewing. She started sewing at age nine and spends lots of time behind her sewing machine.
Express Yourself Through Creative Writing	8	Mar. 16, 23, 30, Apr. 6, 13, 20, 27, May 4	10 a.m. - 12 p.m.	Jean Sahyoun
This class is for those who wish to write stories, poems, and memoirs. We share our stories aloud and get positive, helpful feedback from classmates and instructor. Your short work can be non-fiction or fiction.				Jean taught English for 37 years at the secondary level. She has been teaching Creative Writing for SICL since 2011.

WEDNESDAY (Continued)

CLASS TITLE	#	DATE(S)	TIME	INSTRUCTOR(S)
Tai Chi Qigong 18, Meditation, and Stretches	4	Apr. 13, 20, 27, May 4	2 - 3:30 p.m.	Dr. Ray Tom
Learn the ancient art of exercise that involves a soft approach to achieving a healthy body and mind. This is an introduction to the Chinese wellness exercise of Qigong. The sessions will include meditation, the 18 Qigong exercises performed in sitting and standing positions, and a set of stretches that stretch most of the body's muscles.				Dr. Tom is a certified instructor for the International Yang Family Tai Chi Chuan Association. He has been teaching Tai Chi Chuan and Qigong in the Stockton area since 1983.

THURSDAY

CLASS TITLE	#	DATE(S)	TIME	INSTRUCTOR(S)
How to Implement a Whole Food Plant-based Diet to Prevent and Reverse Chronic Disease	5	Mar. 3 (Skip Mar. 10) Resume Mar. 17, 24, 31, Apr. 7	9 - 10:30 a.m.	Hugh Lilly
Learn about Lifestyle Medicine and Self-care, using a wholefood plant-based diet to prevent and reverse chronic disease. Learn why Lifestyle Medicine and Self-care is often better than drugs alone. I am passionate about helping people achieve optimal health and vitality. Learn about my story and how I have reversed my type 2 diabetes, hypertension, and obesity.				Hugh is a certified health coach and recently completed a course in Plant-Based Nutrition through eCornell.

Film Club: Romance in Film	5	Mar. 3, 10, 17, 24, 31	1:30 - 4:00 p.m.	John Dierking
The Film Club continues its viewing of award-winning films for a third-term offering. This term, the SICL Film Club will view five award-winning films, one each week. The common theme for the films selected is <i>Romance</i> . In addition to enjoying the films, class members will have an opportunity to share opinions in the discussion following each film. Get your popcorn ready and join in watching these films!				John is a casual film buff and enjoys watching both old and new movies during his free time. An active member of SICL for over 13 years, he has held numerous leadership positions and taught several different classes.

THURSDAY (Continued)

CLASS TITLE	#	DATE(S)	TIME	INSTRUCTOR(S)
Current Events and Topics	5	Apr. 7, 14, 21, 28, May 5	2:00 - 3 :30 p.m.	Anita Kelly and Greg Gores
Join us for discussions on current events and topics in a safe and friendly atmosphere. Let's get back to sharing our thoughts and opinions in a non-confrontational and friendly manner on local, national, and world events to foster tolerance and understanding between ourselves instead of division. Our two moderators each come from different political backgrounds to present a varied and interesting collection of belief systems and viewpoints.				Anita has been an instructor for SICL and an active member of the Council for many years. She is currently Interim Vice President. Greg has a B.A. in history and taught high school history for 34 years. He currently teaches popular history classes for SICL and is very knowledgeable regarding current events and political topics.

FRIDAY

CLASS TITLE	#	DATE(S)	TIME	INSTRUCTOR(S)
Matisse Cutouts, Part 2	1	Mar. 11	10 a.m. - 12 p.m.	Ronda Sanders
In this class, we will use images of dancers and circus performers, plus Henri Matisse's stained-glass windows to "paint with scissors." A variety of papers, scissors and a glue stick are all you need to create your own art collage. Participation in Matisse, Part 1, is not required.				Ronda is an award-winning artist and SICL Acrylic Painting instructor. She brought her skills and fun to students in last term's class <i>Matisse Online: Painting with Scissors</i> .
<i>NEW!</i> Color and Composition with Georgia O'Keeffe	2	Mar. 18, 25	10 a.m. - 12 p.m.	Ronda Sanders
Through hands-on activities, students will learn how Georgia O'Keeffe approached composition and color in her paintings. Only materials needed are plain white paper and colored pencils or crayons.				Ronda is an award-winning artist and SICL Acrylic Painting instructor.

FRIDAY (Continued)

CLASS TITLE	#	DATE(S)	TIME	INSTRUCTOR(S)
Go Out and Grow Something "In-Person Class"	4	Mar. 25, Apr. 1, 8, 15	12:30 - 2 p.m.	Julie Morehouse
Let's celebrate this seasonal change with a little dirt therapy! We will discuss fertilizers and pest problems, spring color and opportunities, and create a spring garden project for you to take home.		Class Limit: 25 Class will be held outdoors at "In Season Market and Nursery," 215 E Alpine Ave., Stockton, 209-949-2499.	Class materials fee \$20 (cash or check only) due to instructor at first class.	Julie is a horticulturalist with 30 years in the nursery and landscape industry. A former Delta College Horticulture instructor and landscape designer, she now co-owns In Season Market and Nursery in Stockton.

Conversational Spanish	6	Apr. 1, 8, 15, 22, 29, May 6	10 - 11 a.m.	Judi Craig
Come "charlar" with other intermediate Spanish speaking students to practice your conversational Spanish. This class is not for beginners or non-Spanish speakers as we conduct the entire class in the Spanish language. We will discuss topics of interest presented by the instructor and participants.				Judith is a 30-year educator, who learned her Spanish in the Peace Corps in Venezuela in the 1960s. She enjoys the language and always needs the practice!

FRIDAY SPEAKER SERIES

TOPIC	#	DATE	TIME	SPEAKER
Our Changing Ocean: Exploring Causes, Consequences, and Solutions	1	Mar. 4	3 p.m.	Dr. Kate Mackey
Global change presents an array of challenges for the Earth and its inhabitants to overcome. The world's oceans, covering 70% of Earth's surface, represent an expansive region over which global change can influence ecosystem health, the planet's heat and energy balances, and climate feedback processes. No advanced background in science is necessary to understand the talk, so please come and enjoy learning about the future of our oceans!				Dr. Kate Mackey is the Clare Boothe Luce Associate Professor of Earth System Science at the University of California, Irvine. She received her M.S. and Ph.D. in Environmental Engineering from Stanford University and held graduate research fellowships from both the National Science Foundation and the Department of Energy. Mackey completed postdoctoral research at the Woods Hole Oceanographic Institution and the Marine Biological Laboratory in Cape Cod Massachusetts.

FRIDAY (Continued)

SPEAKER SERIES (Continued)

TOPIC	#	DATE	TIME	SPEAKER
Road Trips for the Spring	1	Mar. 11	3 p.m.	Tim Viall
Enjoy an armchair tour of a half-dozen road trips from San Joaquin County, looking north, east, south or west, perfect for springtime. They include a gold rush tour, a spring wildflowers destination tour, intriguing state, and national parks. They also include the lovely hills of the east bay, the eastern Sierra, special attractions just to our southwest and road trips themed to interesting landmarks such as covered and historic bridges.				Tim Viall spent his early career in advertising sales and management for five daily newspapers (Stockton Record, Sacramento Bee, Palo Alto Times Tribune, Spokane Spokesman-Review, and Toledo Blade), and 20 years as a nonprofit executive, retiring from the Emergency Food Bank nine years ago. For the past eight-plus years, he has appeared in the Record newspaper each Tuesday as their regional travel writer, focusing on the Valley, California, and nearby western states.
Colonial Williamsburg: A Walk Down Duke of Gloucester Street	1	Mar. 18	3 p.m.	Veray Wickham
Colonial Williamsburg is the largest outdoor living museum in the country, where you can enjoy and learn from immersive, authentic 18th-century experiences and programming. Take a walk with our speaker down the streets of this national treasure to learn of its unique history and visit its picturesque buildings, gardens, and historic interpreters.				Veray Wickham retired from San Joaquin County Office of Education where, among the many programs and collaborations she coordinated, it was her privilege to administer The Bob and Marion Wilson Teacher Institute scholarships, which were provided to teachers from the San Joaquin area.

Disclaimer: SICL reserves the right to make changes in the schedule, if necessary.

IF COVID restrictions change, registered members, who are affected for the in-person classes, will be notified.

For questions or more information, email: sicl@deltacollege.edu

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