

Spring 2023  
***At-a-Glance Program Schedule***  
*Learn. Connect. Share.*



Strasbourg Cathedral - George Meyer

**How to Contact Us -**

Renaissance Society Office:

350 University Ave., Ste. 108, Sacramento, CA 95825, 916-758-5133, [renaissa@csus.edu](mailto:renaissa@csus.edu)

Renaissance Society Website: [www.csus.edu/org/rensoc](http://www.csus.edu/org/rensoc) or Google: Renaissance Society Sac State.

# Welcome to the Renaissance Society of Sacramento



It's almost here! The launch of a new semester fills us with excitement and anticipation. Our theme for this semester is "Transitions and Traditions" as new courses and new approaches combine with familiar programs and practices. It all promises to be fulfilling and fun, with plenty to help us stay sharp and thrive.

There are plenty of reasons to join and invite your friends. Indulge your passion for music, arts, history, and fascinating speakers on a wide variety of topics, or dip into the first-ever "Wednesday Science Series" on Zoom. If a bit goes over your head, just access the recording!

We continue the transition back to campus along with students and the entire Hornet Family. And you can take advantage of some additional opportunities. Shuttered during Covid, the Library Book Bin offers incredible sales on every imaginable book. With a doctor's note, you can join the Cardiovascular Wellness Center for exercise and nutrition classes. Or have your hearing tested at the Audiology clinic.

We are pleased to follow in our many fine traditions. We continue to award our annual scholarships to seven deserving students, and we remain generous in giving to the ASI Food Pantry to assist food-insecure students and their families. Members also contribute to help fund our general operations so we can keep our membership dues at the low rate of \$60 for the entire Spring semester.

Meaningful traditions such as mentoring Gerontology students or working with Physical Therapy students are back in person. The U Mentor program is back also and opportunities to usher student music and dance productions once again abound.

Did I mention parties? We will be making up for some lost "Covid" time with our First Friday Pizza gatherings at the Round Table in the University Union and an end-of-the-semester celebration.

We tell you all about these upcoming events on our social media sites, the Renaissance website, the monthly *Recorder* newsletter, and the *Wednesday Weekly Updates*.

Do you really want to take full advantage of all that Renaissance has to offer? Get involved! At our Open House on January 13, we will fill the room with informational tables and treats. Come find out about committees to join, volunteer opportunities on campus, and a wide variety of community events and opportunities.

Don't miss out! Mark these key dates on your calendar:

- ❖ January 13: Orientation and Open House
- ❖ January 16: Class enrollments begin
- ❖ January 20: Program Leaders Workshop
- ❖ February 6: Spring classes begin

Come join us to Learn. Connect. And Share!

*Deborah Seiler*  
Board President

# At-a-Glance Program Schedule

This At-a-Glance Program Schedule organizes programs by day of week, time of day, and type of program. Use the Abbreviation Key to identify each program's delivery format and recording status.

**Seminars:** led by one or more Renaissance Society members, range from 3–12 weeks and focus on one subject.

**Shared Interest Groups [SIGs]:** led by one or more Renaissance Society members, offer activities centered on what people enjoy doing together. These groups usually meet off campus or on Zoom.

**One-Time Presentations:** feature a variety of speakers by Renaissance Society members and guest presenters. *Community Presentations* and *Monday Big History Series* program enrollments are open to non-members. *Tuesday Speakers Series*, *Wednesday Science Series*, and *Friday On-campus Speakers Series* programs require membership.

**Forums:** Friday's premier speaker program held at 3 pm, features prominent community leaders who address newsworthy issues.



## Program Identifiers and Delivery Formats

**Overlapping Enrollment (OE)** allows members to enroll in Monday – Thursday, Zoom-only programs, even if they overlap in time.

**Sponsored programs (SP)** are currently full and are listed for informational purposes only. If you have questions about these programs, contact the program leaders directly.

**Walk-in programs (WI)** on campus do not require enrollment.

### Think You Still Need a Paper Schedule? Think Again!

Find in-depth program descriptions and leader bios on our website. Both the flipbook and the PDF Catalog versions allow you to print any page. Reducing our printing and mailing costs allows us to fund other Renaissance Society projects without raising membership dues.

### Parking on Campus Now Virtual!

Sac State no longer issues parking stickers. To find information about the new License Plate Recognition system, Google: *Renaissance Society Sac State* and click: *Virtual Parking Permits*.

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### Abbreviation Key

Z=Zoom only; H=Hybrid; IP=In person only; NR=Program not recorded; R=Program recorded  
OE=Overlapping enrollment; SP=Sponsored program; WI=Walk-in program

# SPRING 2023 AT-A-GLANCE PROGRAM SCHEDULE

See Abbreviation Key for Delivery Formats. Page No. refers to the program description in the online catalog.

DELIVERY FORMATS	MONDAY PROGRAMS AT A GLANCE				PAGE #
	Time	Program Title	Leader Name	Dates	
	<b>Seminars [Allan Keown/Pam O'Brien]</b>				
Z/NR/OE	9–11 am	Honest and Authentic Conversations around Racism and White Supremacy	Gretchen Jung Pat Paul	Feb 6– May 1	21
Z/NR/OE	10 am– 12 pm	The Wisdom Questions	Mimi Dixon	Feb 6– Apr 17	23
<b>Cancelled</b>		Great Expectations: The Book and The Movie	<b>Cancelled</b>		
Z/R/OE	1– 2:30 pm	Gender Identity, Sexuality, and the Human Condition	Dolores Eitel	Feb 6– Apr 10	19
<b>Shared Interest Groups [Bill Fackenthal/Dan Rooney]</b>					
IP/NR	10:30– 12:30pm	Friends of <i>The New Yorker</i> magazine <b>(Year-round weekly)</b>	Ronald Meyer Judy Day	Feb 6– May 8	34
IP/NR	12–2 pm	Interrupting Racism and Promoting Social Justice through Conversation, Friendship, and Activities	Allan Keown Pat Paul	Feb 13– Apr 24	36
Z/NR/OE	2–4 pm	Book Group–Great Books Discussion Group <b>(Monthly)</b>	Steven DeBry	Feb 6– May 1	35
Z/R/OE	3–4 pm	Qi Gong–Zoom	Diana Loo	Feb 6– May 8	37
<b>One-Time Presentations - Monday Big History Series [Ranny Eckstrom/Dave Lewis]</b>					
Z/R/OE	10– 11:30 am	Big History from the Big Bang to the Anthropocene Epoch	David Lewis	Feb 6	46
Z/R/OE	10– 11:30 am	CE 1215: A Year of Big Changes	Ruth McElhinney	Feb 13	46
Z/R/OE	10– 11:30 am	Southern African Civilizations	Paul K. Davis	Feb 20	47
Z/R/OE	10– 11:30 am	Mississippian: A Thriving Civilization in North America During the Middle Ages	Jan Johansen	Feb 27	47
Z/R/OE	10– 11:30 am	Language Change: Progress or Decay?	Doug Brown	Mar 6	47
Z/R/OE	10– 11:30 am	Genghis Khan and the Asian Continent	Karun Yee	Mar 13	47
Z/R/OE	10– 11:30 am	Indigenous Peoples: Olmec, Mayan, Aztecs	Marggi Holtze	Mar 20	47
Z/R/OE	10– 11:30 am	Book Reviews	Ranny Eckstrom Jerry Steinman Ruth McElhinney Rick Hetke Martha Lewis	Mar 27	47
Z/R/OE	10– 11:30 am	History and DNA	David Lewis	Apr 3	48
Z/R/OE	10– 11:30 am	Improbable Humans?	Ranny Eckstrom Ruth McElhinney Paul Davis Jan Johansen Jerry Steinman	Apr 10	48

**Our Monday Programs continue on the next page...**

See Abbreviation Key for Delivery Formats. Page No. refers to the program description in the online catalog.

DELIVERY FORMATS	<b>MONDAY PROGRAMS AT A GLANCE [contd.]</b>				PAGE #
	Time	Program Title	Leader Name	Dates	
	<b>One-Time Presentations - Monday Big History Series (contd.)</b>				
Z/R/OE	10–11:30 am	White Sands–Tracking the First Americans	Vance Holliday	Apr 17	48
Z/R/OE	10–11:30 am	Central Asia	Ranny Eckstrom Martha Lewis Ruth McElhinney Jerry Steinman Marty Keale Rick Hetke Karun Yee	Apr 24	48
Z/R/OE	10–11:30 am	The History of Food	Jerry Steinman	May 1	48
Z/R/OE	10–11:30 am	Elemental History	Paul K. Davis	May 8	48

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| DELIVERY FORMATS                                           | <b>TUESDAY PROGRAMS AT A GLANCE</b>       |                                                                   |                                   |               | PAGE # |
|------------------------------------------------------------|-------------------------------------------|-------------------------------------------------------------------|-----------------------------------|---------------|--------|
|                                                            | Time                                      | Program Title                                                     | Leader Name                       | Dates         |        |
|                                                            | <b>Seminars [Allan Keown/Pam O'Brien]</b> |                                                                   |                                   |               |        |
| Z/R/OE                                                     | 9:45–11:30 am                             | Civil Rights in America                                           | Ron Tochterman<br>Michael Hersher | Feb 7–Apr 11  | 16     |
| Z/NR/OE                                                    | 10–11:30 am                               | Cracker Barrel–Zoom                                               | Anita Fante                       | Feb 7–May 9   | 17     |
| Z/R/OE                                                     | 10 am–12 pm                               | Vegetable Gardening in Sacramento                                 | Bonnie Gault-Blue                 | Feb 21–Mar 14 | 22     |
| Z/R/OE                                                     | 1–3:30 pm                                 | Dance Movies - Dramas, Comedies, Romances and more!               | Chip Zempel                       | Feb 7–May 9   | 17     |
| Z/NR/OE                                                    | 1–4 pm                                    | The Great Directors, Part Two: The Films of Alfred Hitchcock      | Gerry Camp Fred Chapman           | Feb 7–May 9   | 19     |
| Z/R/OE                                                     | 2–3:30 pm                                 | The Great Hunger and Irish Immigration to the United States       | Catherine Minicucci               | Feb 7–Feb 21  | 20     |
| Z/R/OE                                                     | 2–3:30 pm                                 | Evolution of "World" Trade                                        | Marty Keale                       | Mar 28–May 2  | 18     |
| <b>Shared Interest Groups [Bill Fackenthal/Dan Rooney]</b> |                                           |                                                                   |                                   |               |        |
| Z/NR/OE                                                    | 9:30–11 am                                | Book Group–Third Tuesday Book Club<br><b>(Year-round monthly)</b> | Marian Kile                       | Feb 21–May 16 | 40     |
| Z/NR/OE                                                    | 10–11 am                                  | Book Group–First Tuesday Book Club<br><b>(Year-round monthly)</b> | Gwen Bedient                      | Feb 7–May 9   | 34     |
| IP/NR                                                      | 10–11:30 am                               | Digital Photography                                               | Jay McKeeman                      | Feb 7–May 9   | 34     |
| IP/NR                                                      | 12–2 pm                                   | Writer's Workshop II                                              | Anita Adams<br>Lani Hahn          | Feb 7–May 9   | 40     |

**Our Tuesday Programs continue on the next page...**

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| DELIVERY FORMATS | <b>TUESDAY PROGRAMS AT A GLANCE [contd.]</b>                            |                                               |                              |        | PAGE # |
|------------------|-------------------------------------------------------------------------|-----------------------------------------------|------------------------------|--------|--------|
|                  | Time                                                                    | Program Title                                 | Leader Name                  | Dates  |        |
|                  | <b>One-Time Presentations - Tuesday Speakers Series [Jack Jennings]</b> |                                               |                              |        |        |
| Z/R/OE           | 2–<br>3:30 pm                                                           | Cuba Today                                    | Paul Bardwil                 | Feb 7  | 49     |
| Z/R/OE           | 2–<br>3:30 pm                                                           | The Secrets of Financial Success              | Sanjay Varshney              | Feb 14 | 49     |
| Z/R/OE           | 2–<br>3:30 pm                                                           | The Women of Iran                             | Sahar Razavi                 | Feb 21 | 49     |
| Z/R/OE           | 2–<br>3:30 pm                                                           | How Britain Lost America                      | Cathy Minicucci              | Feb 28 | 49     |
| Z/R/OE           | 2–<br>3:30 pm                                                           | The Four Pillars of Health                    | Linda Paumer<br>Debbie Lucus | Mar 7  | 50     |
| Z/R/OE           | 2–<br>3:30 pm                                                           | The 1893 Chicago World's Fair                 | Carol Dabrowiak              | Mar 14 | 50     |
| Z/R/OE           | 2–<br>3:30 pm                                                           | The Pritzker Prize: The Buildings and Winners | Anne Rewell                  | Mar 28 | 50     |
| Z/R/OE           | 2–<br>3:30 pm                                                           | How Food Helps Us Prevent and Survive Cancer  | Linda Middlesworth           | Apr 4  | 51     |
| Z/R/OE           | 2–<br>3:30 pm                                                           | The History of Human Rights                   | Corrine Venema-Tucker        | Apr 11 | 51     |
| Z/R/OE           | 2–<br>3:30 pm                                                           | China, Russia, Iran, North Korea–Update       | Jerry Glasser                | Apr 18 | 51     |
| Z/R/OE           | 2–<br>3:30 pm                                                           | What is Cryptocurrency?                       | Sanjay Varshney              | Apr 25 | 51     |
| Z/R/OE           | 2–<br>3:30 pm                                                           | Marijuana Today                               | Jack Jennings                | May 2  | 51     |

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| DELIVERY FORMATS | <b>WEDNESDAY PROGRAMS AT A GLANCE</b>     |                                                                       |                |                   | PAGE # |
|------------------|-------------------------------------------|-----------------------------------------------------------------------|----------------|-------------------|--------|
|                  | Time                                      | Program Title                                                         | Leader Name    | Dates             |        |
|                  | <b>Seminars [Allan Keown/Pam O'Brien]</b> |                                                                       |                |                   |        |
| Z/R/OE           | 10–<br>11:30 am                           | Heterodox Economics (Modern Money Theory)                             | Mark Dempsey   | Feb 15–<br>Mar 22 | 20     |
| Z/SP/NR          | 10 am–<br>12 pm                           | Photography as Art<br><b>(Program is full)</b>                        | Roger Klemm    | Feb 1–<br>Apr 26  | 42     |
| Z/R/OE           | 12–<br>1:30 pm                            | The Dark Ages                                                         | Ed Sherman     | Mar 29–<br>May 3  | 18     |
| Z/R/OE           | 1–2 pm                                    | Master Mind Master Life–Meditation<br>Introduction for Gentle Mastery | Norman Plotkin | Feb 8–<br>Apr 26  | 22     |

**Our Wednesday Programs continue on the next two pages...**

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| DELIVERY FORMATS                                                                                                                                             | <b>WEDNESDAY PROGRAMS AT A GLANCE [contd.]</b>             |                                                                                       |                                                |                   | PAGE # |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|---------------------------------------------------------------------------------------|------------------------------------------------|-------------------|--------|
|                                                                                                                                                              | Time                                                       | Program Title                                                                         | Leader Name                                    | Dates             |        |
|                                                                                                                                                              | <b>Shared Interest Groups [Bill Fackenthal/Dan Rooney]</b> |                                                                                       |                                                |                   |        |
| IP/NR                                                                                                                                                        | 9:25–11 am                                                 | Walkabouts <b>(Year-round weekly)</b>                                                 | Lance Muller<br>Brady Torres                   | Feb 8–<br>May 9   | 40     |
| Z/NR/OE                                                                                                                                                      | 10 am–12 pm                                                | Dark Tales by Shirley Jackson                                                         | Louise DiMattio                                | Feb 8–<br>Mar 15  | 33     |
| IP/NR                                                                                                                                                        | 10 am–12 pm                                                | Cercle Français (Conversational French)<br><i>(Campus Commons Clubhouse)</i>          | Gerard Lagomarsino<br>Debra da Costa           | Feb 8–<br>May 10  | 33     |
| IP/NR                                                                                                                                                        | 1–2:30 pm                                                  | Sing a-long/Jam <b>(Year-round monthly)</b><br><i>(Rollingwood YMCA of Fair Oaks)</i> | Al Zagofsky                                    | Feb 15–<br>May 10 | 38     |
| Z/NR/OE                                                                                                                                                      | 7–8:30 pm                                                  | <i>The Economist</i> <b>(Year-round weekly)</b>                                       | Wayne Luney                                    | Feb 8–<br>May 10  | 39     |
| <b>One-time Presentations - Community Presentations [Kathy Hart/Maryellen Burns]</b>                                                                         |                                                            |                                                                                       |                                                |                   |        |
| H/R/OE                                                                                                                                                       | 10–11:30 am                                                | Morning Coffee–Addicted: Sacramento's Coffee Scene                                    | Kelsey Maher<br>Maryellen Burns<br>Kathy Hart  | Feb 1             | 45     |
| H/R/OE                                                                                                                                                       | 10–11:30 am                                                | Morning Coffee–Eat. Drink. Be Literary                                                | Maryellen Burns<br>Jennifer Bayse<br>Sander    | Mar 1             | 6      |
| Z/R/OE                                                                                                                                                       | 10–11 am                                                   | Say "NO" to Phone Scams                                                               | Danny Lee                                      | Mar 8             | 43     |
| Z/R/OE                                                                                                                                                       | 11 am–12 pm                                                | Watercolor Tutorial: Easy Spring Floral                                               | Kathy Hart                                     | Mar 15            | 44     |
| H/R/OE                                                                                                                                                       | 10–11:30 am                                                | Morning Coffee–We Are Where We Eat                                                    | Maryellen Burns<br>Elaine Corn<br>David SooHoo | Apr 5             | 46     |
| Z/R/OE                                                                                                                                                       | 11 am–12 pm                                                | Watercolor Tutorial: Easy Bamboo and Birch Trees                                      | Kathy Hart                                     | Apr 12            | 44     |
| <b>One-Time Presentations - Wednesday Science Series [David Lewis]</b>  |                                                            |                                                                                       |                                                |                   |        |
| Z/R/OE                                                                                                                                                       | 2–3:30 pm                                                  | Kickoff Meeting                                                                       | David Lewis                                    | Feb 8             | 52     |
| Z/R/OE                                                                                                                                                       | 2–3:30 pm                                                  | The Science and Prevention of Chronic Conditions                                      | Don Forrester                                  | Feb 15            | 52     |
| Z/R/OE                                                                                                                                                       | 2–3:30 pm                                                  | Climate Science and the Individual                                                    | Don Forrester                                  | Feb 22            | 52     |
| Z/R/OE                                                                                                                                                       | 2–3:30 pm                                                  | A Small Dose of Toxicology                                                            | Mari Golub                                     | Mar 1             | 53     |
| Z/R/OE                                                                                                                                                       | 2–3:30 pm                                                  | How the Invention of Carbon-14 Dating Transformed Archeology from an Art to a Science | Martha Lewis                                   | Mar 8             | 53     |
| Z/R/OE                                                                                                                                                       | 2–3:30 pm                                                  | Cosmic Origins of Earth's chemical elements                                           | Paul K. Davis                                  | Mar 15            | 53     |
| Z/R/OE                                                                                                                                                       | 2–3:30 pm                                                  | How About Phages: Predators You Should Meet                                           | Jerry Steinman                                 | Mar 22            | 54     |
| Z/R/OE                                                                                                                                                       | 2–3:30 pm                                                  | DNA Series Part 1–History, Crops to CRISPR                                            | David Lewis                                    | Mar 29            | 54     |
| Z/R/OE                                                                                                                                                       | 2–3:30 pm                                                  | DNA Series Part 2–How it Works in Your Body                                           | David Lewis                                    | Apr 5             | 54     |

See Abbreviation Key for Delivery Formats. Page No. refers to the program description in the online catalog.

| DELIVERY FORMATS | <b>WEDNESDAY PROGRAMS AT A GLANCE [contd.]</b>                    |                                           |               |        | PAGE # |
|------------------|-------------------------------------------------------------------|-------------------------------------------|---------------|--------|--------|
|                  | Time                                                              | Program Title                             | Leader Name   | Dates  |        |
|                  | <b>One-Time Presentations - Wednesday Science Series (contd.)</b> |                                           |               |        |        |
| Z/R/OE           | 2–3:30 pm                                                         | DNA Series Part 3–Epigenetics (RNA World) | David Lewis   | Apr 12 | 55     |
| Z/R/OE           | 2–3:30 pm                                                         | DNA Series Part 4–Microbiome–Gut to Brain | David Lewis   | Apr 19 | 55     |
| Z/R/OE           | 2–3:30 pm                                                         | A Science Mystery Guest Speaker           | Mystery Guest | Apr 26 | 55     |

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| DELIVERY FORMATS                                           | <b>THURSDAY PROGRAMS AT A GLANCE</b>      |                                                                                                    |                                      |              | PAGE # |
|------------------------------------------------------------|-------------------------------------------|----------------------------------------------------------------------------------------------------|--------------------------------------|--------------|--------|
|                                                            | Time                                      | Program Title                                                                                      | Leader Name                          | Dates        |        |
|                                                            | <b>Seminars [Allan Keown/Pam O'Brien]</b> |                                                                                                    |                                      |              |        |
| Z/NR/OE                                                    | 10 am–12 pm                               | The Authoritarian Challenge to Our Democracy: What is to be done?                                  | Duane Campbell                       | Feb 9–May 11 | 16     |
| Z/NR/OE                                                    | 10 am–12 pm                               | World of Engineering                                                                               | Richard Dabrowiak                    | Feb 9–May 4  | 23     |
| Z/NR/OE                                                    | 1–3 pm                                    | <i>Relationships: How to Build Strong, Healthy, Loving Relationships</i>                           | Nanci Kuzins<br>Anamaria Pasquiers   | Feb 9–May 11 | 22     |
| Z/R/OE                                                     | 2–3 pm                                    | Dust Off that Manuscript(s) and Get Your Book Ready to Publish!                                    | Norman Plotkin                       | Feb 9–Apr 27 | 18     |
| Z/R/OE                                                     | 2–3:30 pm                                 | Acoustic Activism: Expanding Hearing Accessibility in Public Spaces                                | Anne Geraghty                        | Mar 9–Mar 30 | 16     |
| Z/NR/OE                                                    | 6–7 pm                                    | Homer's Iliad                                                                                      | Ruth Scodel                          | Feb 9–May 11 | 20     |
| <b>Shared Interest Groups [Bill Fackenthal/Dan Rooney]</b> |                                           |                                                                                                    |                                      |              |        |
| Z/SP/NR                                                    | 9:30–11:30 am                             | Writer's Group I <b>(Program is full)</b>                                                          | Curtis Nelson<br>Marian Kile         | Feb 9–May 11 | 42     |
| Z/SP/NR                                                    | 10 am–12 pm                               | iPhone Studio–Multimedia <b>(Program is full)</b>                                                  | Melissa Green                        | Mar 2–Apr 6  | 41     |
| IP/NR                                                      | 10 am–12 pm                               | Spanish Conversation, Advanced <b>(Prerequisite required)</b><br><i>(Campus Commons Clubhouse)</i> | Béatrice Hildebrand<br>Susan Dlugach | Feb 9–May 11 | 39     |
| IP/NR                                                      | 1–4 pm                                    | Games for Entertainment                                                                            | Roberta Frieze<br>Judy Keaton        | Feb 9–May 11 | 35     |
| IP/SP/NR                                                   | 1:30–2:30 pm                              | Book Group – Partners in Crime <b>(Program is full)</b>                                            | Lynda Cassady<br>Pat Stokes          | Feb 9–May 11 | 41     |
| Z/SP/NR                                                    | 2–4 pm                                    | Book Group–Great Books Shared Interest Group <b>(Program is full)</b>                              | Jean Cawood<br>Dan Rooney            | Feb 9–May 11 | 41     |
| Z/NR/OE                                                    | 3:30–5 pm                                 | The Music of <b>Your</b> Life                                                                      | Beth TenPas<br>Lester Bennett        | Feb 9–May 11 | 37     |

**Our Thursday Programs continue on the next page...**

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| DELIVERY FORMATS | <b>THURSDAY PROGRAMS AT A GLANCE [contd.]</b>                             |                                                                                         |                                     |                         | PAGE # |
|------------------|---------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-------------------------------------|-------------------------|--------|
|                  | Time                                                                      | Program Title                                                                           | Leader Name                         | Dates                   |        |
|                  | <b>One-Time Presentations - Community Presentations [Maryellen Burns]</b> |                                                                                         |                                     |                         |        |
| Z/R/OE           | 10–11:30 am                                                               | Preparing for Life's Last Chapter: Options for Care                                     | Dolores Eitel                       | Mar 9                   | 43     |
| Z/R/OE           | 10–11:30 am                                                               | Preparing for Life's Last Chapter: Medical Aid in Dying                                 | Dolores Eitel                       | Apr 6                   | 43     |
| H/R/OE           | Varies                                                                    | Alter Egos Reader's Theater<br><b>(See catalog for detailed information)</b>            | Maryellen Burns<br>Christie Braziel | Days, dates, times vary | 44     |
| IP/NR            | Varies                                                                    | A Cook's Tour of Sacramento and Beyond<br><b>(See catalog for detailed information)</b> | Maryellen Burns<br>Marge Tarbell    | Days, dates, times vary | 45     |

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DELIVERY FORMATS	<b>FRIDAY PROGRAMS AT A GLANCE</b>				PAGE #
	Time	Program Title	Leader Name	Dates	
	<b>Seminars [Allan Keown/Pam O'Brien]</b>				
IP/NR	9:30–11:30 am	Delving into Dementia: The science, the caring, the hope <b>(MRP 1010) *</b>	Mynga Futrell	Feb10–May 12	27
IP/NR	9:30–11:50 am	Did it Really Happen? Can it happen Again? America's Civil War Revisited <b>(TAH 1026) *</b>	Douglas Bonetti	Feb10–May 12	27
IP/WI/NR	10–10:45 am	Android Basics <b>(DLH 212) *</b>	Carol Limbaga	Feb10–May 12	24
IP/NR	10–11 am	The History of Eastern Europe: Why you don't know much about it and why it is important today <b>(HMB 202) *</b>	Helena Kanderka	Feb 3–Feb 24	29
IP/WI/NR	10–11:30 am	Cracker Barrel <b>(TAH 1025) *</b>	Anita Fante Per Ostlund	Feb10–May 12	26
IP/NR	10–11:30 am	England, from the Fall of Rome to the Norman Conquest—the Birth of the Anglo-Saxons <b>(ALP 235) *</b>	Jeff Hendy	Feb10–May 12	27
H/R	10–11:30 am	The Native American Experience: From Wonder and Welcome to Genocide <b>(BRH 104) *</b>	Greg Beale	Feb10–May 12	30
IP/NR	10–11:30 am	Travel and Adventure <b>(LIB 3021) *</b>	Terry Moss Richard Fuller	Feb10–May 12	31
H/R	10–11:45 am	The Best of Mike Agron's Celebrating Music & Entertainment Seminars <b>(KDM 145) *</b>	Michael Agron	Feb10–May 12	24
IP/NR	10–11:45 am	Delaying Death and Avoiding Disability <b>(SHS 240) *</b>	Donald Forrester	Feb 10–Mar 17	26
IP/NR	10–11:45 am	Great American Trials and Constitutional Law <b>(EUR 106) *</b>	Joel Primes William Vizzard	Feb10–May 12	28
IP/NR	10–11:45 am	Mastering the Spanish Subjunctive through Spanish and Latin American Poetry <b>(ARC 1010) *</b>	Sandra Carter	Apr 21–May 12	29

**Notes: (1) \* See catalog for whole room name (2) Our Friday Programs continue on the next page...**

DELIVERY FORMATS	FRIDAY PROGRAMS AT A GLANCE [contd.]				PAGE #
	Time	Program Title	Leader Name	Dates	
	<b>Seminars (contd.)</b>				
IP/NR	10 am–12 pm	More Fun with Jane: Persuasion on Page and Screen ( <b>TAH 1004</b> ) *	PJ Jones Gretchen Jung	Apr 7– May 12	30
IP/NR	12–2:30 pm	Cinematic classics: Themes and Variations ( <b>CLV 145</b> ) *	Alan Miller	Feb10– May 12	25
IP/NR	12–2:30 pm	Classical Music ( <b>CPS 223</b> ) *	Bob Seyfried Leo Eylar	Feb10– May 12	25
H/R	12–2:30 pm	Transitions: What Will I Do with the Rest of My Life? ( <b>RVR 1015</b> ) *	Ken Cross	Feb10– May 12	31
IP/NR	1–1:45 pm	English Country Dance ( <b>YSM 183</b> ) *	Ruth Scodel	Feb10– May 12	28
IP/NR	1–2:30 pm	Adventure Trekking with Richard Fuller ( <b>MND 3013</b> ) *	Richard Fuller	Feb10– May 12	32
H/R	1–2:30 pm	Water in California: Part II: Current Challenges and Options for the Future ( <b>ARC 3009</b> ) *	David Abelson	Feb 10– Mar 17	32
IP/R	1–2:45 pm	<i>Real Rock, Part 2 '60s &amp; '70s</i> ( <b>MND 1003</b> ) *	Bob Lang	Feb10– May 12	30
IP/NR	1–2:45 pm	Critical Thinking ( <b>DH 208</b> ) *	Richard Kowaleski	Feb10– May 12	26
IP/NR	1–2:45 pm	Active Retirement Investing ( <b>DH 106</b> ) *	Bill Bailey Marsha Holland	Feb10– May 12	24
<b>Shared Interest Groups [Bill Fackenthal/Dan Rooney]</b>					
IP/NR	9:30–11:15 am	Knitting with Friends ( <b>ARC 1011</b> ) *	Barbara Kletzman Kristen Strand	Feb10– May 12	37
IP/NR	11:30 am–12:15 pm	A Guided Tour of the University Arboretum	Donna Eash Michael Baad	Apr 7	36
IP/NR	11:30 am–12:15 pm	A Guided Tour of the University Arboretum	Donna Eash Michael Baad	Apr 14	36
IP/NR	11:30 am–12:15 pm	A Guided Tour of the University Arboretum	Donna Eash Michael Baad	May 12	36
IP/NR	12–12:45 pm	Social Dancing ( <b>YSM 183</b> ) *	Richard Kowaleski	Feb10– May 12	38
IP/NR	12–12:45pm	Qi Gong ( <b>YSM 187</b> ) *	Diana Loo	Feb10– May 12	38
<b>One-time Presentations - Friday On-Campus Speakers Series [Beth Mann]</b>					
IP/WI/NR	10–11:30 am	Beautiful Parks + Women Founders ( <b>EUR 107</b> ) *	Carolyn Martin	Feb 10	56
IP/WI/NR	10–11:30 am	Media Meltdown: The Ominous Decline of Print Journalism ( <b>EUR 107</b> ) *	Alan Miller	Feb 17	56
IP/WI/NR	10–11:30 am	Hidden History: Women in Sacramento's Food Story ( <b>EUR 107</b> ) *	Maryellen Burns	Feb 24	56

**Notes: (1) \* See catalog for whole room name (2) Our Friday Programs continue on the next page...**

DELIVERY FORMATS	FRIDAY PROGRAMS AT A GLANCE				PAGE #
	Time	Program Title	Leader Name	Dates	
<b>One-time Presentations - Friday On-Campus Speakers Series (contd.)</b>					
IP/WI/NR	10 – 11:30 am	Take Your Garden into the Future ( <b>EUR 107</b> ) *	Mary Jane Sutliff	Mar 3	57
IP/WI/NR	10– 11:30 am	The Supremacy Clause: Trial of Abraham: Live Theater ( <b>MND 1005</b> ) *	Ron Tochterman	Mar 10	57
IP/WI/NR	10– 11:30 am	St. Patrick’s Day Reading ( <b>EUR 107</b> ) *	Mike Storey	Mar 17	57
IP/WI/NR	10– 11:30 am	Preparing to Invest ( <b>EUR 107</b> ) *	David Bach	Apr 7	58
IP/WI/NR	10– 11:30 am	Edible Architecture: Food on the Road in 20th Century America ( <b>EUR 107</b> ) *	Maryellen Burns	Apr 14	58
IP/WI/NR	10– 11:30 am	The Origin and Development of Cancer/Interdiction of Metastases ( <b>EUR 107</b> ) *	Ijaz Jamall	Apr 21	59
IP/WI/NR	10– 11:30 am	Corporate Financial Analysis and Stock Valuation ( <b>EUR 107</b> ) *	David Bach	Apr 28	59
IP/WI/NR	10– 11:30 am	The Evolution of the American Flag ( <b>EUR 107</b> ) *	Milo Turaylich	May 5	59
IP/WI/NR	10– 11:30 am	"No." is a Complete Sentence: Live Theater ( <b>MND 1005</b> ) *	Malina Walker	May 12	59
<b>Forums [Michele Finnerty]</b>					
H/R	3– 4 pm	Because Our Fathers Lied – A Conversation ( <b>MRP 1000</b> ) *	Craig McNamara Larry Berman	Feb 10	60
H/R	3– 4 pm	Nature’s Value and the Future of California’s Working Landscapes ( <b>MRP 1000</b> ) *	Lynn Huntsinger	Feb 17	60
H/R	3– 4 pm	Priorities for California Water: Thriving with Less ( <b>MRP 1000</b> ) *	Jeffrey Mount	Feb 24	61
H/R	3– 4 pm	The Future of the Supreme Court ( <b>MRP 1000</b> ) *	Aaron Tang	Mar 3	61
H/R	3– 4 pm	Solving the Sacramento Homeless Crisis ( <b>MRP 1000</b> ) *	Amani Sawires-Rapaski	Mar 10	61
H/R	3– 4 pm	The Business Climate in California Following the November 8, 2022 Election ( <b>MRP 1000</b> ) *	Robert Lapsley	Mar 17	61
H/R	3– 4 pm	Wine Quality and Climate Change ( <b>MRP 1000</b> ) *	Andrew Waterhouse	Apr 7	62
H/R	3– 4 pm	Reparations ( <b>MRP 1000</b> ) *	Shirley Weber	Apr 14	62
H/R	3– 4 pm	Protect Yourself from Fraud ( <b>MRP 1000</b> ) *	Fernando Ponce	Apr 21	62
H/R	3– 4 pm	The Healing Journey of Restorative Justice ( <b>MRP 1000</b> ) *	Gunner Johnson Christian Branscombe	Apr 28	63
H/R	3– 4 pm	Capital Hooverilles: Sacramento’s Depression Era Communities ( <b>MRP 1000</b> ) *	James Scott	May 5	63
H/R	3– 4 pm	Renaissance Society Annual Meeting ( <b>MRP 1000</b> ) *	Deborah Seiler	May 12	63

**Note: (\*) See catalog for whole room name**

California State University, Sacramento  
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