



The Renaissance
Society of Sacramento
spring.catalog.2026

welcome



We hope you had wonderful holidays filled with family, friends, and great food and fun! 2026 marks the 40th Anniversary of the Renaissance Society, and we have much to look forward to.

We hope to reach 2,000 members by the end of the Spring semester, when we wrap up our 2025-2026 year. Please help us reach this goal by sharing your enjoyment with friends, family members, and neighbors. Remember, we have no age limits, no geographic limits, and we offer topics so broad that everyone can find something of interest to them. Membership makes a great gift at only \$70 for the Spring semester. We also have a Tuition Assistance Program (TAP). Learn more here, including eligibility requirements and to get an application.

We continue to add community partners and are looking forward to offering a broader variety of programs. If you frequent specific types of entertainment venues, let us know, and we will reach out to them.

We appreciate the calls and emails we've gotten from many of you. You are telling us what we are doing right, and most importantly, where we can improve. Please continue! Again, thank you for all you do and for your generosity. Please introduce yourself to me—in person or on Zoom. During the rain and fog, remember—Spring will be blooming soon!!

We have an exciting semester ahead, with lots of great presentations, seminars, Forum speakers, and plenty of fun. Thank you for all you do! We look forward to seeing you in class or on Zoom!

Deanna Hanson, Renaissance Society President

the program committee covenant

"Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young."

— Howard Zinn, 2005

The Renaissance Society Program Committee and staff work diligently to provide Renaissance Society members with a variety of program options in our sustaining efforts to support our members' aspirations to expand their understanding of the nuances of the changing world around us that affect how we navigate life in this contemporary society.

Our Mission also coincides with the former Surgeon General's identification that Seniors need to be able to make social connections to remain healthy. So, in addition to learning, our members have many opportunities to socialize and make connections with other members in One-time Presentations, Seminars, and Shared Interest Groups. We hope you enjoy the program offerings for the Spring.

—**Jackie Lamb**, Program Committee Chair

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calendar of events

IMPORTANT DATES FOR SPRING 2026 SEMESTER

JANUARY 12, 2026

Spring 2026 Catalog Posted to Website

JANUARY 16

Orientation and Open House

JANUARY 19

Martin Luther King Day–Campus Closed

JANUARY 20

Program Sign Up Begins

FEBRUARY 2

Spring 2026 Programs Begin

FEBRUARY 16

President’s Day–Campus Closed

MARCH 23-27

Spring Recess–Campus OPEN for Renaissance Society programs

MARCH 31

Cesar Chavez Day–Campus Closed

DATE TO BE ANNOUNCED

Program Leaders’ Workshop (Fall 2026)

MAY 8

Spring 2026 Programs End–Annual Meeting

MAY 18–21

Sac State Finals Week

JUNE 1

Annual Renaissance Society Membership Registration Begins

Note: The Spring 2026 Semester will last for 14 weeks. The campus is open for Renaissance Society programs during Spring Recess, which means there are 14 weeks available for Friday programs.

IMPORTANT DATES FOR FALL 2026 SEMESTER

AUGUST 10

Fall 2026 Catalog Published

AUGUST 14

Orientation and Open House

AUGUST 17

Fall 2026 Program Sign Up Begins

DATE TO BE ANNOUNCED

Program Leaders’ Workshop (Spring 2027)

AUGUST 31

Fall 2026 Programs Begin

SEPTEMBER 7

Labor Day–Campus Closed

NOVEMBER 11

Veterans Day

NOVEMBER 16

Mid-year Renaissance Society Membership Registration Begins

NOVEMBER 26 & 27

Thanksgiving Holiday–Campus Closed

DECEMBER 4

Fall 2026 Programs End

DECEMBER 28–JANUARY 1

Winter Recess–Campus Closed

Note: The Fall 2026 Semester will last for 14 weeks. However, the campus is closed for Thanksgiving, which means there are 13 weeks available for Friday programs.

our various learning programs

We are lucky to be living in a technology-friendly era and will continue to use these tools to deliver our programs, either in-person or hybrid mode on campus, or by Zoom in the safety and comfort of our own homes. Zoom is not difficult to use, and you'll discover new avenues of connecting with classmates through discussion groups, breakout rooms, and other interactive tools. You will get directions from your program leaders, co-leaders, or tech hosts, or in the user-friendly materials developed by our Tech Committee. As a note, many of our programs will also be recorded and available for viewing later on our member website. We offer four types of programs—Seminars, Shared Interest Groups (SIGs), One-time Presentations, and Forums.

SEMINARS	SIGs (Shared Interest Groups)	ONE-TIME PRESENTATIONS	FORUMS
<ul style="list-style-type: none"> Series of classes initiated and led by fellow RS Members Wide-ranging subject areas: arts, entertainment, literature, history, social justice, science, technology, contemporary thought, etc. Weekly courses generally meet for 3 to 13 weeks / semester... starting either in the morning or afternoon Currently meeting via Zoom or in-person off-campus (M-Th) or in-person on-campus (F) 	<ul style="list-style-type: none"> Groups initiated and facilitated by fellow RS Members sharing common interests and ideas Activities typically include writing, art, literature, games, foreign language, food, health, and travel Meeting times and frequency are set by the SIG facilitator and group Usually meet off campus, in a variety of settings or on Zoom 	<ul style="list-style-type: none"> Single, one-time presentations given by RS Members or community-at-large speakers Wide-ranging, varied topics Typically, last 1 to 1.5 hours Partnering with local groups such as ACC, Sac Archaeological Society, Big History Currently meeting via Zoom or in-person off-campus (M, Tu) or in-person on-campus (F) 	<ul style="list-style-type: none"> Highly acclaimed speakers, community leaders, and recognized topic experts Addressing diverse issues of critical concern and intense interest Fridays—3-4 pm (no schedule conflicts with any other programs) Presentations with interactive Q & A Currently meeting on campus in hybrid mode

at-a-glance program schedule

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

D = Diversity program; **Z** = Zoom-only; **IP**=In-person only; **H** = Hybrid (IP + Z) program; **IP+R** = In-person (live) & recorded; **R** = Program recorded; **NR** = Program not recorded; **WI** = Walk-in program—enrollment helps us notify you of changes, seats available first-come/first-served

Program Definitions

Seminars—led by one or more members, range from 3-14 weeks, and focus on one subject.

Shared Interest Groups (SIGs)—facilitated by 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 single presentations by member and guest speakers.

- Monday Big History Series, Tuesday Speaker Series, Friday Morning Series; and Friday Afternoon Series.

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

Program Identifiers and Delivery Formats

Changes this Semester: You can't be in two places at once. Programs will be grouped based on date and time, and members can only enroll in one of the programs in each grouping. Starting this semester, for all programs that are recorded, there will be a Recording-Only option in the registration system. There is no limit to the number of programs you can enroll in using the Recording-Only option, and there will be no maximum number of participants or waitlists for that option. Our goal is to get an accurate picture of live attendance so we can accommodate as many members as possible.

Diversity (D) programs address in detail or in part, issues encompassing various aspects of culture, race, ethnicity, religion, gender, age, ability, sexual orientation, or social economics, to foster mutual understanding. This understanding is essential for creating inclusive environments where all individuals feel valued and respected.

In-person and Recorded (IP+R) programs are offered live in-person but not live on Zoom. They are recorded for future viewing.

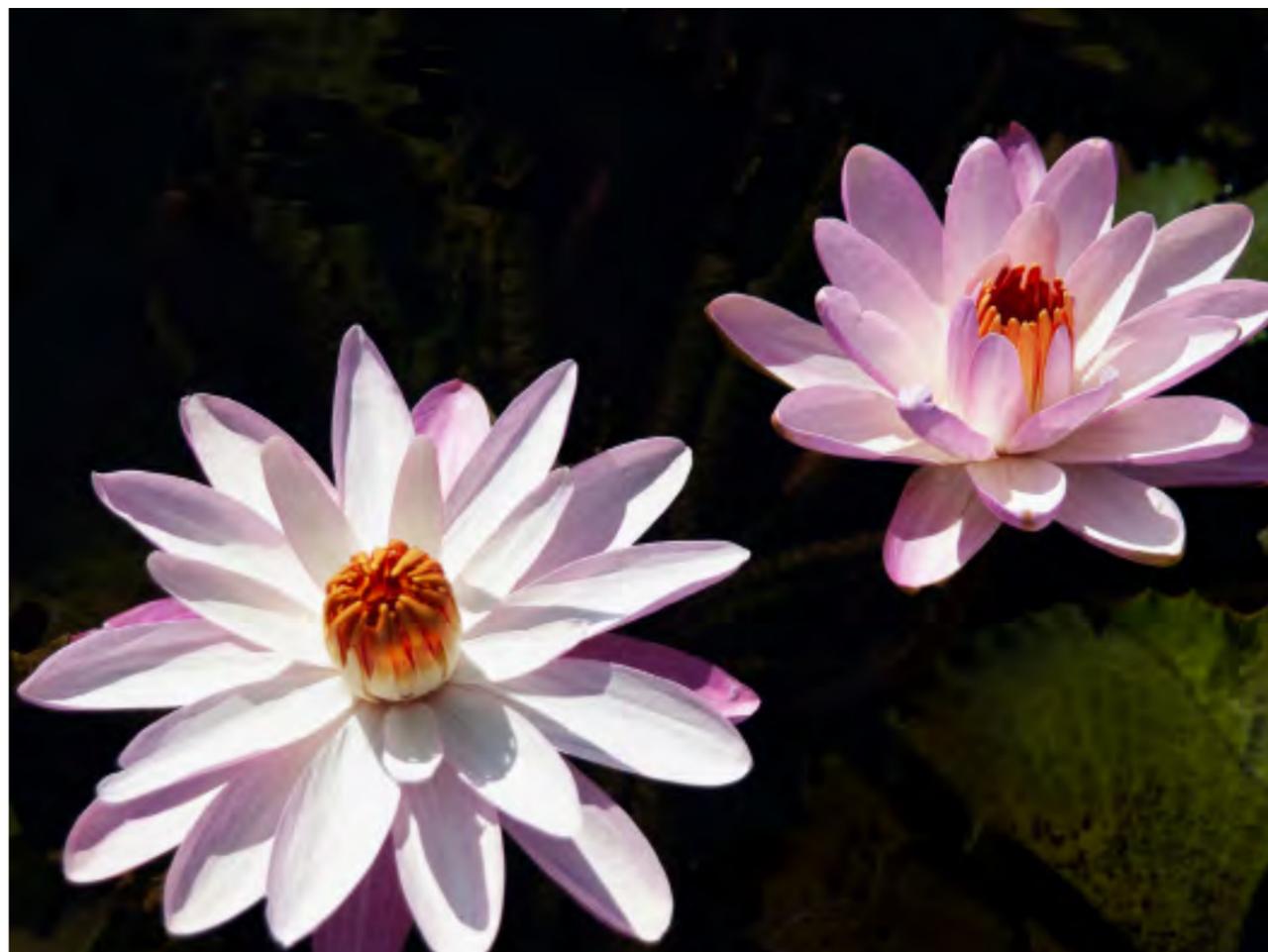
Walk-in (WI) programs allow you to enroll in advance, which allows us to notify you of last-minute program changes. However, available seats are first come/first served.

See Abbreviation Key for Delivery Formats

Link to a [Page No.](#) for the course description

MONDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	Pg#
Seminars					
Z/R	11 am to 12:30 pm	Heterodox Economics: Modern Money Theory (6 weeks)	Mark Dempsey	Feb 2 to Mar 9	16
Z/R	12 to 1 pm	Your Money, Investments, and Markets: How to Invest Now (7 weeks)	Sanjay Varshney	Mar 23 to May 4	16
Shared Interest Groups					
Z/NR	9:30 to 11 am	Third Monday Book Club (Year-round monthly)	Marian Kile	Feb 16 to Apr 20	31
D/IP/NR	10:30 am to 12:30 pm	Friends of The New Yorker Magazine (Year-round weekly) (KOH Library, The Center at 2300)	Judy Day David Bowles	Feb 2 to May 4	30
D/Z/R	3 to 4 pm	Qi Gong	David Mitchell Marilyn Bradford	Feb 2 to May 4	30
One-Time Presentations—Monday Big History Series					
D/Z/R	10–11:30am	Monday Big History Series	Ranny Eckstrom	Feb 2 to May 4	41



See Abbreviation Key for Delivery Formats

Link to a [Page No.](#) for the course description

TUESDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	Pg#
Seminars					
D/R/Z	10 to 11 am	Genetics: The Past, Present, and Future	David Lewis	Feb 3 to Apr 21	17
Z/R	1 to 2:30 pm	You're Dead. Now What? (5 weeks)	Patricia Pavone	Feb 10 to Mar 10	17
Z/R	1 to 3:30 pm	Movies to Devour	Chip Zempel	Feb 3 to May 5	17
Shared Interest Groups					
Z/NR	9:30 to 11 am	Third Tuesday of the Month Book Club (Year-round monthly)	Marian Kile	Feb 17 to Apr 21	32
Z/NR	10 to 11:30 am	First Tuesday Book Club (Year-round monthly)	Linda Rahn	Feb 3 to May 5	32
D/IP/NR	10 am to 12 pm	Digital Photography—A Creative Journey (Location to be Announced)	Jay McKeeman	Feb 10 to Apr 28	31
IP/NR	1 to 3 pm	Tuesday Afternoon Chess Club (Year-round bi-monthly) (Raleys, Fair Oaks/Howe Ave., 2nd Floor)	Ivy Hendy	Feb 3 to May 5	32
D/IP/NR	7 to 9 pm	Do You See What I See? Exploring the Art of Self-Portrait (6 weeks) (Location to be Announced)	Julia Stagg Linda Stagg-Brown	Feb 3 to Mar 10	31
One-Time Presentations—Tuesday Speaker Series					
Z/R	1 to 2:30 pm	Poetry: An Antidote for When Media Makes You Nuts	Marc Ely	Feb 10	41
Z/R	1 to 2:30 pm	Six Pillars of Brain Health	Kris Ritualo	Feb 17	41
Z/R	1 to 2:30 pm	Advance Care Planning and End of Life Options in California	Reina Galanes	Feb 24	42
Z/R	1 to 2:30 pm	Cancer Prevention and Survival: Replacing Dairy and Meat	Linda Middlesworth	Mar 10	42
Z/R	1 to 2:30 pm	Is American Democracy failing?	Jeff Ferreira-Pro	Apr 7	42

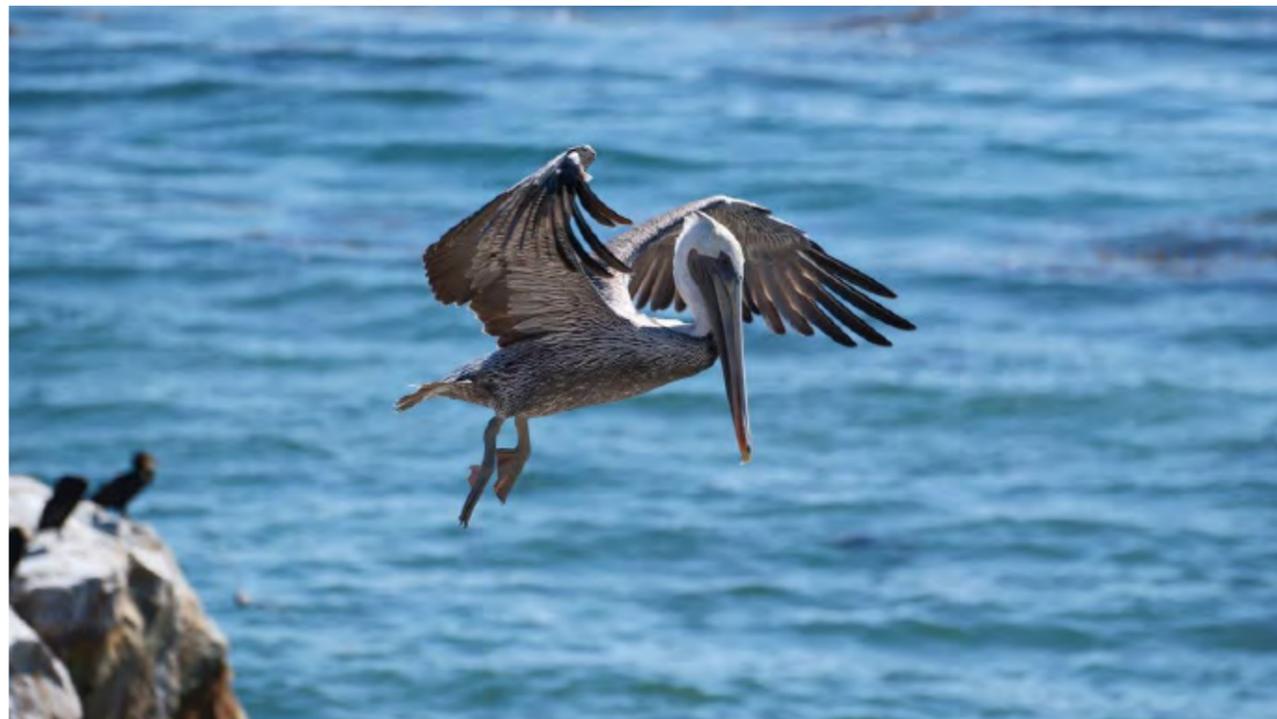


See Abbreviation Key for Delivery Formats

Link to a **Page No.** for the course description

WEDNESDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	Pg#
Seminars					
Z/R	1 to 3 pm	Reversal and Prevention of Chronic Conditions (6 weeks)	Don Forrester	Mar 25 to Apr 29	18
Z/R	1 to 3 pm	Climate and Individual Actions (3 weeks)	Don Forrester	Feb 4 to Feb 18	18
Z/R	3:30 to 5 pm	Why Do We Do What We Do? (6 weeks)	Lorill Bean	Feb 4 to Mar 11	19
Shared Interest Groups					
IP/NR/	9:25 to 11:30 am	Walkabouts	Donna Eash Alan Wong	Feb 4 to May 6	34
Z/NR	9:30 to 11:30 am	Wednesday Writers Group (Year-round weekly)	Marian Kile	Feb 4 to May 6	34
D/IP/ NR	10 to 11:30 am	Singing For Fun (Location to be Announced)	Michael Hersher	Feb 4 to May 6	34
Z/NR	10 am to 12 pm	iPhone Photography 101	Carolyn Monson	Feb 4 to May 6	33
IP/NR	10 am to 12 pm	Le Cercle Français (Year-round weekly) (Campus Commons Clubhouse)	Ruth Scodel Ana Facio	Feb 4 to May 6	33
D/IP/ NR	5:30 to 7:30 pm	Dining Together (Year-round monthly) (Second Wednesdays) (Location varies)	Susan Wheeler Marge Tarbell Susie Fogg	Feb 11 to Apr 8	33



See Abbreviation Key for Delivery Formats

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THURSDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	Pg#
Seminars					
Z/R	1 to 2:30 pm	A Wine Journey: From the Grape to the Glass (8 weeks)	Lester Bennett	Feb 12 to Apr 2	20
Z/NR	1 to 3 pm	Relationships: How to Build Strong, Healthy, Loving Relationships	Nanci Kuzins Anamaria Pasquiers	Feb 5 to Apr 28	19
Shared Interest Groups					
H/NR	10 am to 12 pm	Procreate iPad Art Workshop	Melissa Green Cynthia Nicholson	Feb 5 to Apr 30	36
IP/NR	12:30 to 1:30 pm	Intermediate Contract Bridge (Sierra 2 Center for the Arts/Community)	Trent Levinson	Feb 5 to May 7	35
Z/NR	3:30 to 5 pm	The Music of <i>Your</i> Life	Loretta Burdeaux Lester Bennett	Feb 5 to May 7	35
Z/NR	7 to 8:30 pm	The Economist	Wayne Luney	Feb 5 to May 7	35



D = Diversity program; **Z** = Zoom-only; **IP**=In-person only; **H** = Hybrid (IP + Z) program; **IP+R** = In-person (live) & recorded; **R** = Program recorded; **NR** = Program not recorded; **WI** = Walk-in program—enrollment helps us notify you of changes, seats available first-come/first-served

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FRIDAY PROGRAMS AT A GLANCE

	Time	Title	Leader Name	Dates	Pg#
Seminars					
D/IP/NR	9:30 to 11 am	TransForMission (6 weeks)	Donna Apidone	Feb 6 to Mar 13	28
D/H/R/WI	9:45 to 11:30 am	From Gregorian Chants to Bohemian Rhapsody: Evolving Vocal Groups	Mike Agron	Feb 6 to May 8	24
IP+R	9:45 am to 12 pm	Delving into Dementia: The science, The caring, The hope	Mynga Futrell	Feb 6 to May 8	23
IP/NR/WI	10 to 10:45am	Life-improving Skills	Richard Kowaleski	Feb 6 to May 8	26
IP/NR	10 to 11:30 am	Chess For Beginners (7 weeks)	Ivy Hendy	Feb 6 to Mar 20	21
IP/NR/WI	10 to 11:30 am	Improving Your Learning and Memory Skills (3 weeks)	Rob Crutcher	Feb 6 to Feb 20	25
H/R/WI	10 to 11:30 am	Topics in Revolutionary America (9 weeks)	Cathy Minicucci Kevin Collins	Mar 6 to May 1	28
IP/NR	12 to 2 pm	Coming Together: From Conflict to Connection (7 weeks)	Jerry Talley	Feb 6 to Mar 20	22
H/R	12 to 2:30 pm	Transitions: What will I do with the rest of my life?	Ken Cross	Feb 6 to May 8	29
D/IP/NR/WI	12 to 2:45pm	Favorite Films of Mine I've Yet to Feature	Alan Miller	Feb 6 to May 8	24
IP/NR	12:30 to 2:45 pm	Classical Music	Gordon Garcia Leo Eylar	Feb 6 to May 8	22
D/IP/NR/WI	1 to 2 pm	A More Perfect Democracy: Modernizing the US Constitution	Raymond Leo Blain	Feb 6 to May 8	26
H/R/WI	1 to 2:30 pm	Golden Years Masterclass: Health And Family Caregiving (Monthly)	Lou Basinal Helen Justice	Feb 20 to May 8	25
H/R/WI	1 to 2:30 pm	Retirement Money Mastery	Nash Bailey Bill Bailey	Feb 6 to May 1	27
D/H/R/WI	1 to 2:30 pm	The Middle East: The Impact of Religion, Empire, and Colonialism	Norv Wellsfry	Feb 6 to May 8	26
IP/NR/WI	1 to 2:30 pm	The Beatles: Like You've Never Heard Them Before	David Abelson	Feb 6 to May 1	21
D/IP+R/WI	1 to 2:30 pm	Power of Presence: Being. Belonging. Becoming (3 weeks)	Maureen White	Apr 10 to Apr 24	27
IP/NR/WI	1 to 2:45 pm	Critical Thinking	Richard Kowaleski	Feb 6 to May 8	23
IP/NR/WI	1 to 2:45 pm	Conversations (8 weeks)	Maryellen Burns	Mar 20 to May 8	23

See Abbreviation Key for Delivery Formats

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FRIDAY PROGRAMS AT A GLANCE (CONT.)

	Time	Title	Leader Name	Dates	Pg#
Shared Interest Groups					
IP/NR	9:30 to 11:30am	Knitting with Friends	Barbara Kletzman	Feb 6 to May 8	37
IP/NR	10 to 11:30 am	Exploring Spanish (Year-round weekly)	Sandy Britton	Feb 6 to May 8	37
IP/NR	10 to 11:30 am	Protecting Democracy	John O'Neal Ken Cross	Feb 6 to May 1	38
D/IP/NR	10 to 11:30 am	Travel and Adventure	Frederick Chapman Cindi Matsumoto	Feb 6 to May 8	39
IP/NR/WI	12 to 12:45 pm	Social Dancing	Richard Kowaleski	Feb 6 to May 8	39
D/IP/NR/WI	12 to 2:30 pm	Watercolor Studio	Judy Hawkins Kathleen Ellertson	Feb 6 to May 8	40
D/IP/NR/WI	12 to 2:45 pm	Do You See What I see? Art Exhibition (1 day)	Julia Stagg Linda Stagg-Brown	Mar 13	36
D/IP/NR	12:45 to 2:45 pm	Meeting Each Other Through Sharing Life Stories (6 weeks)	Karen Gierlach	Feb 6 to Mar 13	38
IP/NR/WI	1 to 2 pm	English and Scottish Country Dance (Year-round weekly)	Ruth Scodel	Feb 6 to May 8	37
IP/NR	1 to 3 pm	Take your best shot: Digital Photography 101 (8 weeks)	Sandy Britton	Feb 6 to Mar 27	39
One-Time Presentations—Friday MORNING Series					
IP+R/WI	10 to 11:30 am	Science vs. Regulation: An Oceano Dunes Case Study	Will Harris	Feb 6	43
IP+R/WI	10 to 11:30 am	Advance Care Planning and End of Life Options in California	Reina Galanes	Feb 13	43
IP+R/WI	10 to 11:30 am	Static in the Attic: Understanding Memory and How to Preserve and Enhance It	Alice Vestergaard	Feb 20	44
D/IP+R/WI	10 to 11:30 am	Australian Aboriginal Rock Art: Stories in Stone	Anne Rewell	Feb 27	44
D/IP+R/WI	10 to 11:30 am	Return to Gold Mountain: Rails Over the Sierra	Phil Sexton	Mar 6	44
IP+R/WI	10 to 11:30 am	A History of US-Canada Relations	Milo Turaylich	Mar 13	45
IP+R/WI	10 to 11:30 am	Politics and Scandal: The Abdication of King Ludwig I of Bavaria	Marjorie Wade	Mar 20	45
IP+R/WI	10 to 11:30 am	Returning to Nature: The Benefits of Green Burial	Stephanie Brow	Mar 27	46
IP+R/WI	10 am to 12 pm	Drinking in the Sunshine	Mary Jane Sutliff	Apr 3	46

See Abbreviation Key for Delivery Formats

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FRIDAY PROGRAMS AT A GLANCE (CONT.)

	Time	Title	Leader Name	Dates	Pg#
One-Time Presentations—Friday MORNING Series (cont.)					
IP+R/WI	10 to 11:30 am	John Wesley Powell: Exploration of the Grand Canyon	David Abelson	Apr10	46
IP+R/WI	10 to 11:30 am	What Is a Fiduciary and Do You Need One?	Nashoba Bailey	Apr 17	47
IP+R/WI	10 to 11:30 am	Navigating the Senior Care Maze	Christine Grmolyes	Apr 24	47
IP+R/WI	10 to 11:30 am	Managing Electronic Screens in Your Life	Alan Candee	May 1	47
IP+R/WI	10 to 11:30 am	Leviathans of Lake Tahoe: Lahontan Cutthroat Trout	David Abelson	May 8	48
One-Time Presentations—Friday AFTERNOON Series					
D/H/NR/WI	1 to 2:30 pm	The Fantastical History of the Swastika	Gopal Kapur	Feb 6	48
D/H/R/WI	1 to 2:30 pm	The Folk Singers, the FBI, and the Second Red Scare	Aaron J. Leonard	Feb 13	49
D/H/R/WI	1 to 2:30 pm	When Bodhidharma comes to China	Mrea Csorba	Feb 20	49
D/H/R/WI	1 to 2:30 pm	When Tea comes to Japan	Mrea Csorba	Feb 27	50
D/H/R/WI	1 to 2:30 pm	California Reparations: What's Now, What's Next!	Christopher Lodgson	Mar 6	50
D/H/R/WI	1 to 2:30 pm	Contemporary Challenges of a College Presidency I	Luke Wood	Mar 13	50
D/H/R/WI	1 to 2:30 pm	Contemporary Challenges of a College Presidency II	Luke Wood	Mar 20	51
D/H/R/WI	1 to 2:30 pm	Contemporary Challenges of a College Presidency III	Luke Wood	Mar 27	51
D/H/R/WI	1 to 2:30 pm	Contemporary Challenges of a College Presidency IV	Luke Wood	Apr 3	51
D/H/R/WI	1 to 2:30 pm	The United Arab Emirates	Milo Turaylich	Apr 10	52
D/H/R/WI	1 to 2:30 pm	The Amazing Ancient Cave Art of Lascaux, France	Theo Goodwin	Apr 17	52
D/H/R/WI	1 to 2:30 pm	What Does History Teach Us About Preserving Democracy in America?	Jeff Ferreira-Pro	Apr 24	52
D/H/R/WI	1 to 2:30 pm	Cultivating a Culture of Conversation	Kyle Williams	May 1	52

See Abbreviation Key for Delivery Formats

Link to a **Page No.** for the course description

FRIDAY PROGRAMS AT A GLANCE (CONT.)

Forums					
H/R/WI	3 to 4 pm	Survivors and Heroes Expedition: The Stephens-Townsend-Murphy Story	Bob Crowley	Feb 6	54
H/R/WI	3 to 4 pm	Building the Future of Public Media	Chris Bruno	Feb 13	54
D/H/R/WI	3 to 4 pm	Latino Politics	Mike Madrid	Feb 20	55
D/H/R/WI	3 to 4 pm	Her Side of the Story	Marcia A. Eymann	Feb 27	55
D/H/R/WI	3 to 4 pm	Accomplishments and Challenges	Jim Cooper	Mar 6	55
H/R/WI	3 to 4 pm	Fraud and Scams	Katie Carruesco	Mar 13	56
H/R/WI	3 to 4 pm	To Be Announced	To Be Announced	Mar 20	56
H/R/WI	3 to 4 pm	Challenges, Accomplishments, and Future Opportunities	Lisa Kaplan	Mar 27	56
H/R/WI	3 to 4 pm	To Be Announced	To Be Announced	Apr 3	57
H/R/WI	3 to 4 pm	How the Gold Rush Shaped Today's Medical Practices	John Vallee	Apr10	57
D/H/R/WI	3 to 4 pm	WWII Japanese American incarceration: Lessons to Protect Democracy	Julie Thomas	Apr 17	57
H/R/WI	3 to 4 pm	Path to Sacramento Police Department	Sabrina Briggs	Apr 24	57
D/H/R/WI	3 to 4 pm	Mayan Art: A Deep Dive Into the Tomb Lid of Pakal	Mya Dosch	May 1	58
H/R/WI	3 to 4 pm	Annual Meeting	Luke Wood Deanna Hanson	May 8	58



programs

seminars

MONDAY TO THURSDAY SEMINARS

Heterodox Economics: Modern Money Theory (Z/R)

Mark Dempsey
Monday, Feb 2 to Mar 9 (6 weeks)
11am to 12:30 pm

Modern Money Theory (MMT) predicted the Great Recession; orthodox economists from the right (Mankiw) to the left (Krugman) did not. MMT offers some surprising remedies to current social problems, providing seldom-heard solutions for the “problem” of National Debt. So, it’s not business as usual, and the class meets for only six sessions. People who have taken this seminar have said, “I’ll never look at the economy the same way again.”

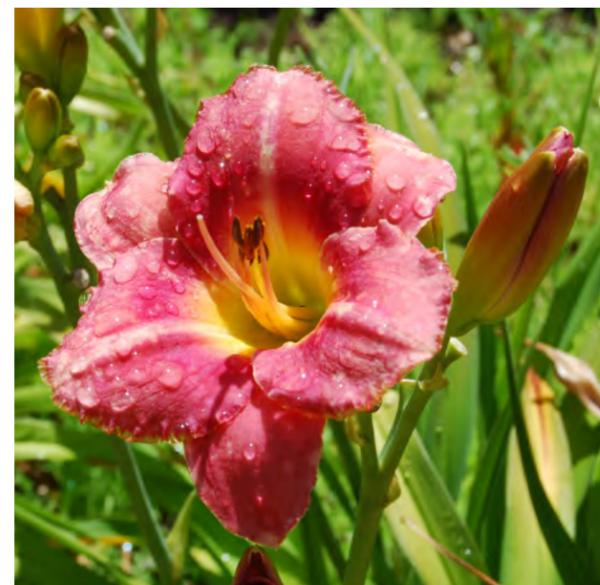
Mark Dempsey is a former technical writer and loan officer whose research led to this class. He enjoys explaining complex topics in an understandable way.

Your Money, Investments, and Markets: How to Invest Now (Z/R)

Sanjay Varshney
Monday, Mar 23 to May 4 (7 weeks)
12 to 1 pm

The economy in 2025 was stronger than predicted. As expected, the Federal Reserve resumed cutting rates, bringing down the Fed Funds rate. The rate cuts will serve as tailwinds for both the economy and corporate profits, offsetting impacts from tariffs and other factors slowing down the economy. The labor market does not look good. Today there are more people unemployed than the number of job openings. Only some time ago, there were almost two job openings for every job seeker. The consumer has slowed down, and the housing market has weakened. The stock market is clearly stretched and richly valued promoting conversations about a possible bubble. The market remains highly concentrated with the majority of the gains coming only from fewer than 10 firms in the S&P500.

Sanjay Varshney, PhD, CFA brings three decades of proven investment expertise and sophistication to his clients. Prior to founding Goldenstone, he was a senior wealth management executive for several years at Wells Fargo Private Bank, serving as a Senior Vice President and a Senior Investment Strategist for California and Nevada. He has also served as Vice President for Economic and Regional Partnerships and Dean of the college of Business Administration at Sac State for 10 years, is also a Professor of Finance at Sac State, and Founder/Chief Economist of the Sacramento Business Review.



Genetics: The Past, Present, and Future (D/Z/R)

David Lewis
Tuesday, Feb 3 to Apr 21 (12 weeks)
10 to 11 am

Humans have most likely wondered from time immemorial where babies come from. It wasn’t until 1869 that DNA was isolated. Then in 1953 Watson and Crick determined the structure of DNA. But it wasn’t until 2001 that sequencing of DNA was finally achieved. In 2012, Ancestry offered to analyze your DNA in a couple of weeks. Then along came Epigenetics and most recently Proteomics. What’s next? Let’s explore and find out. This is a Zoom only class and all sessions are recorded.

David Lewis retired after 35 years in Silicon Valley, making computer chips. He then moved to Sun City Lincoln Hills, where he taught DNA classes for the Genealogy Club. Next, he joined Ranny Eckstrom and the Big History Club, where he is currently the co-Leader and tech host. This is his fourth year with the Renaissance Society as a presenter and tech host.

**CLICK HERE TO ENROLL
IN ANY PROGRAM
Starting on January 20 @ 8am**

Movies to Devour (Z/R)

Chip Zempel
Tuesday, Feb 3 to May 5 (14 weeks)
1 to 3:30 pm

It’s dark. On the screen before you, a delicious movie about chefs, or food, or banquets. You look at the bucket in your lap, and think to yourself, sometimes popcorn is not enough. Two brothers prepare for their restaurant’s big night. A young misfit makes Thanksgiving dinner for her dysfunctional family in a rundown Manhattan apartment. A taisho in a Tokyo subway station dreams of sushi. A younger sister bakes a wedding cake—her secret ingredient: heartbreak. A disgraced chef finds redemption selling Cuban sandwiches from a food truck. A woman in a boring job decides to master the art of French cooking. Or maybe you’ve won the Golden Ticket! Eat your fill before class... because sometimes, popcorn is not enough.

Chip Zempel is a world-renowned scholar and film historian. (Just kidding, he loves watching movies and talking about them.) He’s in his eleventh year leading film appreciation seminars for the Renaissance Society, and they still haven’t kicked him out. His eclectic tastes are reflected in the topics his seminars have covered, including romcoms, samurai films and Westerns, time travel, documentaries, classic horror and sci-fi, film noir, coming-of-age movies, animation, magical realism, dance, and more!

You’re Dead. Now What? (Z/R)

Patricia Pavone
Tuesday, Feb 10 to Mar 10 (5 weeks)
1 to 2:30 pm

This five-session seminar is about the adventures of a lay Estate Executor/Trustee and the many unintended (sometimes inexplicable) consequences of your best intentions. We will discuss the administrative burdens and issues of managing an estate, the paperwork challenges, and the pitfalls of leaving a lot of your precious stuff to be sorted out by others. We will also discuss some things that you may want to consider (or reconsider) to make life a little easier for the people you leave behind.

ABBREVIATION KEY

D	Diversity program
Z	Zoom-only
IP	In-person only
H	Hybrid (IP + Z) program
IP+R	In-person (live) and recorded
NR	Program not recorded
R	Program is recorded
WI	Walk-in program—enrollment helps us notify you of changes, seats

Patricia Pavone is a retired public administrator. She worked for the State of California for 35 years and served as Chief of the Benefits Division at the Department of Personnel Administration and Chief of the Filing Services Bureau at the Franchise Tax Board. Patricia also taught Public Administration at both Sac State and USF. She has been a lay Estate Executor and Trust Administrator three times, as well as Grantor and Advisor for a Special Needs Trust.

Climate and Individual Actions (Z/R)

Don Forrester
Wednesday, Feb 4 to Feb 18 (3 weeks)
1 to 4 pm

These three two-hour sessions will briefly overview the science of climate in week 1, and then focus on the various options for individuals to help reduce their impact on our environment, weeks 2 and 3. We will explore options for individual action in the home and working with advocacy groups especially in the Sacramento area, and we will have guest speakers. Each session will consist of a 1-½ hour presentation followed by a Q & A period. Don is looking forward to giving this course for the sixth time and encourages previous enrollees to attend as the course improves with “age” and the climate warms. He believes that we all need to prepare for the greatest challenge our species has ever faced!

Don Forrester MD is a retired family medicine physician. He worked for the Permanente Medical Group for 30 years, then 10 years gaining expertise in the prevention and reversal of chronic conditions at the McDougall Clinic and Switch Healthcare. He has training in quality improvement and is a Fellow with the American College of Physician Executives. He volunteers on boards of NutritionFacts.org and True North Health Foundation. He has instructed for the Renaissance Society since 2019.

Reversal and Prevention of Chronic Conditions (Z/R)

Don Forrester
Wednesday, Mar 25 to Apr 29 (6 weeks)
1 to 3 pm

Most chronic conditions can be prevented and often reversed by nutrition and/or exercise. Knowing the best, most relevant science is the first step toward making informed decisions for you to maintain a healthy quality of life while avoiding disability. This presentation will review the latest science on the most common chronic conditions (e.g., diabetes, obesity, high blood pressure, Alzheimer’s). I frame the science with concepts to help individuals navigate our toxic information system.

Don Forrester MD is a retired family medicine physician. He worked for the Permanente Medical Group for 30 years, then 10 years gaining expertise in the prevention and reversal of chronic conditions at the McDougall Clinic and Switch Healthcare. He has training in quality improvement and is a Fellow with the American College of Physician Executives. He volunteers on boards of NutritionFacts.org and True North Health Foundation. He has instructed at Renaissance since 2019.



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Starting on January 20 @ 8am

Why Do We Do What We Do? (Z/R)

Lorill Bean
Wednesday, Feb 4 to Mar 11 (6 weeks)
3:30 to 5 pm

This program explores how ideas about motivation have changed over the past 100 years, from Freud’s early theories to today’s approaches to understanding and shaping behavior. The class will explore how influential theories and recent scientific findings offer insights into the choices we make, how we manage life challenges, and how external forces in society and technology affect behavior and goals. Guided readings and opportunities for reflection will support students’ particular interests.

Lorill Bean is a behavioral scientist and Sac State alumna with advanced training from the University of Chicago. She has taught and published on personality, motivation, and adult development in academic, government, and corporate settings. Drawing on leading research, Lori brings fresh insight to the timeless question of human behavior, “why we do what we do,” and how those answers shape our lives.

Relationships: How to Build Strong, Healthy, Loving Relationships (Z/NR)

Nanci Kuzins
Anamaria Pasquiers
Thursday, Feb 5 to Apr 28 (13 weeks)
1 to 3 pm

Learn compassionate communication skills to bring joy and meaning into your relationships. We use games, role-playing, and exercises woven in with *Nonviolent Communication: a Language of Life* by Marshall B. Rosenberg; *The Four Agreements* by Don Miguel Ruiz; *Change Your Thoughts, Change Your Life* by Wayne Dyer; and other resources. This new language of life can reduce stress, decrease anxiety, clear up misunderstandings, and heal old conflicts. Learn how to interrupt when necessary, release resentment when you hear NO, and let go of any shame, guilt, or fear when you need to say NO to yourself or someone else.

Nanci Kuzins is committed to helping people find their self-empowerment and voice so they may develop skills to enrich their lives and those of others through Compassionate Communication. She co-founded Community Skill Exchange Sacramento, a time bank where members exchange skills and services for time instead of money, and all are equal.

Anamaria Pasquiers is committed to helping people gain a deeper understanding of themselves and others. She consults on self-healing methods and spiritual counseling. As a social activist and an interfaith minister, Anamaria has served as a prayer chaplain and has led spiritual growth groups on Taoism, Kundalini Yoga, and *A Course in Miracles*.



A Wine Journey: From the Grape to the Glass (Z/R)

Lester Bennett

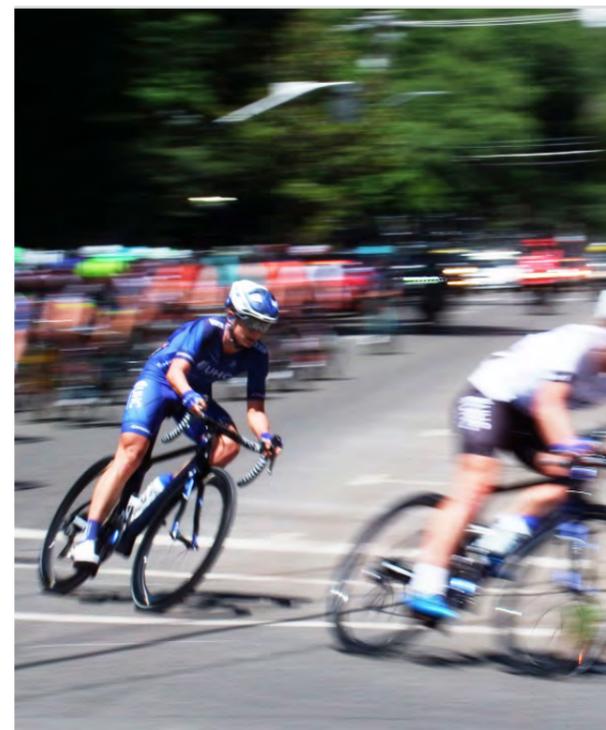
Thursday, Feb 12 to Apr 2 (8 weeks)

1 to 2:30 pm

Whether you're a wine enthusiast or simply curious to learn more, this course offers a comprehensive introduction to the world of wine. Designed for adult learners, *A Wine Journey: From Grape to Glass* explores the journey of wine from the vineyard to your glass. You'll gain an understanding of grape varieties, vineyard practices, winemaking techniques, and the key factors that shape a wine's taste and character. Through engaging lectures and hands-on tast-

ing sessions, you'll learn how to assess wine using sensory evaluation techniques, navigate domestic and international wine labels, and taste table and sparkling wines. The course also includes practical tips on food and wine pairing to enhance your dining experiences.

Lester Bennett has an MS in Enology from Fresno State and was a commercial winemaker for five years. He was initially a high school biology teacher and also a technical trainer in the software industry. Although he no longer makes wine, he enjoys sharing his knowledge and enthusiasm with others and helping them learn how the appreciation of wine can enrich one's life.



FRIDAY SEMINARS

The Beatles: Like You've Never Heard Them Before. (IP/NR/WI)

David Abelson

Fridays, Feb 6 to May 1 (12 weeks)

1 to 2:30 pm

Classroom to be Announced

The Beatles are perhaps the best known and loved band in popular music history. Whether you're 80 or 8 years old, you most likely know the words and melody to some (if not all) of their songs. This seminar will explore the many unique features that make the Beatles' music so timeless and compelling. Each week, we'll listen to several songs that reflect their ever-evolving musical style from 1962 to 1970. Then, with the help of videos and expert analysis, we'll explore the harmonies, instrumentation, and lyrics that created the "magic" these uniquely gifted artists gave to all of us. You don't need any musical training for this seminar, so just enroll and enjoy *The Beatles: Like You've Never Heard Them Before*.

David Abelson is a retired attorney who specialized in environmental law. He has taught a number of semester-long courses and given numerous presentations on topics including *The Beatles, Bob Dylan, and Water In California*. David has a deep passion for lifelong learning, and his seminars and presentations have been well received by a wide variety of audiences.

Chess For Beginners (IP/NR)

Ivy Hendy

Fridays, Feb 6 to Mar 20 (7 weeks)

10 to 11:30 am

Classroom to be Announced

Have you always wanted to learn to play chess? Or perhaps you have played chess and would like a refresher? This non-competitive class offers many benefits. Chess is more than just a game; it can be a powerful tool for personal growth. For instance, chess challenges your thinking and reduces stress by taking your mind off worrying. Also, when you're playing face-to-face with others, chess provides a congenial social setting. PowerPoint slides and short videos will be used in each class. After a few weeks, a portion of the class will be devoted to playing a game with a fellow classmate. Chess is better than chocolate and a lot less fattening!

Ivy Hendy has played chess since childhood. Chess can be played many ways, but Ivy prefers a non-competitive, friendly game. She thinks that face-to-face chess is more fun and more relaxing than playing on the computer. After all, when the game is over, you can't shake hands with a computer! Ivy has led various Renaissance seminars. This will be the second time she has given the beginner chess class. It is a privilege for her to show some of the many advantages of playing chess.

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Starting on January 20 @ 8am**

Classical Music (IP/NR)

Gordon Garcia
 Leo Eylar
 Fridays, Feb 6 to May 8 (14 weeks)
 12:30 to 2:45 pm
 Classroom to be Announced

This long-term Seminar was begun by Bob Seyfried more than 20 years ago. The torch was passed to Gordon Garcia in Fall 2025, who, along with Maestro Leo Eylar, will survey the rich history of this art form by examining its major compositional eras, specific composers, pieces, and performers. Lectures include slides, YouTube videos, and live performances by Sac State music school faculty, students, and local musicians. **Note:** This Seminar has historically been extremely popular, with enrollment filling in less than two minutes once the enrollment portal opens.

Gordon Garcia is a long-time amateur musician, has played viola since middle school. He is a current member of the Camellia and Folsom Lake Symphonies and is also active as a chamber musician. In Fall 2025, he enrolled at American River College to study music and plays violin with Mariachi Los Rios.

Leo Eylar has co-led the Classical Music Seminar since 2015. He was on the full-time faculty of the Sac State School of Music for 30 years and is now Professor Emeritus. His musical background includes playing violin, conducting, and composing. He has served as the Conductor and Music Director of the California Youth Symphony for 35 years.

**Coming Together: From Conflict to Connection (IP/NR)**

Jerry Talley
 Fridays, Feb 6 to Mar 20 (7 weeks)
 12 to 2 pm
 Classroom to be Announced

In today's fractured environment, too many conversations slide into competitive, caustic, and even hostile exchanges. We need to find ways to re-create community and connection, even as we explore the many differences that divide us. The need for dialogue is most visible on the political stage, but it is more frequent in teams at work and among friends and family. This course will explore how to move from debate to dialogue, and from competition to cooperation. We need to think together to find the best solutions and the will to act. We will use a combination of simulations, role-plays, and discussions to learn how to find the candid, constructive, and caring conversations needed to navigate the high-twitch topics so rampant today.

Jerry Talley started his professional life as an Adjunct Professor of Sociology at Stanford University. He also spent 10 years working as a licensed couples therapist. He started organization development (OD) consulting in 1978. He has consulted with almost every segment of the economy, with clients from New York to New Zealand, but most companies were in Silicon Valley. He specializes in coaching and mentoring the next generation of OD consultants.

Conversations (IP/NR/WI)

Maryellen Burns
 Fridays, Mar 20 to May 8 (8 weeks)
 1 to 2:45 pm
 Classroom to be Announced

Join us for a lively new six-week series that invites participants to think, speak, and engage. Conversations offer timely discussions on regional and national issues—politics and media to culture and community life. Each week, a special guest, such as Pulitzer Prize-winning cartoonist Jack Ohman, Amatoria Bookstore owner Miranda Culp, a former mayor, or a noted local author, will launch the discussion. Rather than a lecture or formal Q&A, these sessions emphasize dialogue, a chance to exchange perspectives, explore ideas in depth, and even imagine solutions to the challenges shaping our world today.

Maryellen Burns is a cultural historian, author, and presenter whose work often explores the intersections of food, history, humor, and community. She has developed dozens of museum exhibits, talks, and publications on Sacramento's culinary and cultural heritage. Through her programs, she sparks conversation about how stories shape our sense of place.

Critical Thinking (IP/NR/WI)

Richard Kowaleski
 Fridays, Feb 6 to May 8 (14 weeks)
 1 to 2:45 pm
 Classroom to be Announced

Hone your decision-making skills to enhance relationships and become a better consumer, voter, and investor. Learn easy-to-remember skills to improve every facet of your life. A very popular Renaissance Society seminar for more than 18 years!

Richard Kowaleski is faculty emeritus at Sac State's College of Engineering and Computer Science. He previously taught engineering and mathematics at the United States Air Force Academy.

Delving into Dementia: The science, The caring, The hope (IP+R)

Mynga Futrell
 Fridays, Feb 6 to May 8 (14 weeks)
 9:45 am to 12 pm
 Classroom to be Announced

This seminar promises a "deep dive" into its unwelcoming subject. It blends a scholarly approach with lively stories, all grounded in the instructor's wide-ranging personal experiences. Aspects would be helpful to caregivers, but the material is really for everyone with an interest in the topic. You'll be better prepared should anyone's cognitive decline affect your circles of acquaintance. We directly confront a broad range of cognitive impairment issues (e.g., Alzheimer's, Mild Cognitive Impairment, medical diagnostics) that are of escalating relevance to our age demographic. Lectures and videos are to tamp down your personal anxieties, clarify key medical aspects, develop practical savvy, and help smooth whatever lies ahead for you or yours.

Mynga Futrell's professional career was interrupted in the early 1990s, delivering a "learn-from-scratch" dementia-care experience (her mother had Alzheimer's). Then dementia hit again (her husband died in 2020). Besides caregiving, she has volunteered for 25 years to bolster the Alzheimer's Association's local educational programs. She has acquired a LOT to share in a seminar about dementia. To ease a serious probing of dismal topics, Mynga favors inoculation with humor (abundant cartoons).

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Favorite Films of Mine I've Yet To Feature (D/IP/NR/WI)

Alan Miller
 Fridays, Feb 6 to May 8 (14 weeks)
 12 to 2:45 pm
 Classroom to be Announced

Those students who have been in my previous film classes should enjoy these, including: *The Prime of Miss Jean Brodie*, *Out of Africa*, *Something's Gotta Give*, *The Long Hot Summer*, *Margin Call*, *Wall Street*, *State of Play*, *Spy Game*, and *Dead Poets Society*.

Alan Miller is an award-winning editorial writer, writing for *The Detroit News* from 1982-1984 and *The San Diego Union-Tribune* from 1984-2004. His freelance opinion pieces have appeared in *National Review*, *The New Republic*, *The Christian Science Monitor*, *The Saturday Review*, *The Sacramento Bee*, and the *Atlanta Journal-Constitution*. He's guest-lectured at Eastern Michigan University, UC San Diego, UC Davis, and taught several semesters at Monroe County Community College, Sac State, and American River College.

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From Gregorian Chants to Bohemian Rhapsody: Evolving Vocal Groups (D/HR/WI)

Michael Agron
 Fridays, Feb 6 to May 8 (14 weeks)
 9:45 to 11:30 am
 Classroom to be Announced

This multimedia seminar revisits the course that first inspired Mike Agron's passion for celebrating how voices can blend to create the emotional power of harmony. Returning with new depth and direction, it traces how the human voice—layered, or in unison—shaped music for nearly a thousand years. Designed for music lovers, we'll explore the evolution of vocal groups—trios, quartets, and larger ensembles—across multiple styles and genres, celebrating the legacy of iconic performers and how their spirit lives on through today's digital-age innovators who continue to unite, inspire, and move us with their vocal magic.

Music Aficionado **Mike Agron**, raised in LA's entertainment scene, is a former high-tech exec and entrepreneur turned storyteller who crafts dynamic seminars on music and film. He's led hundreds of engaging sessions for the Sacramento Renaissance Society, numerous OLLIs nationwide, Osher Online, Encore Learning, and other live programs, and this spring, he returns for his seventeenth seminar series with the Renaissance Society.

Golden Years Masterclass: Health And Family Caregiving (H/R/WI)

Lou Basinal
 Helen Justice
 Fridays, Feb 20 to May 8 (Monthly)
 1 to 2:30 pm
 Classroom to be Announced

Empowering older adults to navigate aging with clarity and confidence, explore fall recovery, vital family conversations, living legacy, and the realities of caregiving at home—giving you the insight, tools, and peace of mind to live well. Part 1 explains what happens after a hospitalization, how to plan for discharge, and choose the right level of care. Part 2 helps you face tough questions often postponed about health and future planning. Part 3 guides you in defining your values, telling your story, and creating a living legacy. Part 4 explores readiness, boundaries, and realistic expectations when aging parents move in. **Note:** See the table below for the dates of each session.

DATE	TITLE	PRESENTER
Feb 20	After the Fall: What Families Need to Know Today	Dr. Louie Oberman, DPT
Mar 20	Conversations We Avoid: Health and Aging Parents	Helen Justice, GCM
Apr 17	Legacy Living: The Story You'll Leave Behind	Lou Basinal, RN, MSN
May 8	Love, Marriage, and Caregiving: When Parents Move In	Lou Basinal, RN, MSN

Lou Basinal, MSN, RN, is a Geriatric Wellness Nurse Specialist and founder of CIMAH Care Management Associates and Age In Place Sacramento, guiding high-profile families through life's most sensitive seasons. As Area Director of the Northern California Care Planning Council, Lou leads a network of professionals helping families and corporations navigate the challenges of aging with excellence and discretion.

Helen Justice is a veteran, educator, and Certified Geriatric Care Manager. With 18 years of experience, she helps families make

informed decisions, find funding and public benefits to pay for care, and guides them through the continuum of aging. She specializes in helping older adults discover where and how to live—bringing peace of mind and confidence to every stage of life's journey.

Improving Your Learning And Memory Skills (IP/NR/WI)

Rob Crutcher
 Fridays, Feb 6 to Feb 20 (3 weeks)
 10 to 11:30 am
 Classroom to be Announced

This three-session seminar explores how our minds learn and remember, and what we can do to enhance our learning and memory skills at any age. We'll look at how our different memory systems work, why we remember some things so easily but forget others despite how hard we try not to, and how forgetting can sometimes serve a useful purpose. Some topics include age-related changes in memory, cognitive reserve, and its role in protecting the brain from diseases such as Alzheimer's and practical ways to strengthen learning through everyday habits. We'll discuss mnemonics and other research-based techniques for improving our memory for names and how to exploit our strong visual and spatial abilities to enhance learning and memory. **Note:** If you haven't attended the earlier sessions, there likely will be material in the later sessions that builds on things that were presented in the earlier sessions.

Rob Crutcher is a cognitive psychologist whose academic career has centered on the scientific study of mind and cognition, especially memory, learning, and language processes. He held faculty positions at the University of Illinois, Chicago, and the University of Dayton, where he conducted research on memory as a modifiable skill rather than a static ability. His teaching integrates rigorous scientific findings with accessible guidance, enabling learners to apply cognitive principles to improve memory, enhance learning, and gain deeper insight into their own mental processes.

Life-improving Skills (IP/NR/WI)

Richard Kowaleski
 Fridays, Feb 6 to May 8 (14 weeks)
 10 to 10:45 am
 Classroom to be Announced

Practical tips on personal finance, health issues, relationships, and more. A much requested sequel to my very popular seminar on critical thinking. Register early to avoid disappointment!

Richard Kowaleski is emeritus faculty at Sac State's College of Engineering and Computer Sciences. He previously taught at the United States Air Force Academy.

The Middle East: The Impact of Religion, Empire, and Colonialism (H/R/WI)

Norv Wellsfry
 Fridays, Feb 6 to May 8 (13 weeks)
 1 to 2:30 pm
 Classroom to be Announced

There are multiple major forces that have resulted in the modern Middle East. To understand the Middle East, it is necessary to know the many cultural and political issues that have formed it. Today's Middle East has resulted from historic political, economic, and cultural influences. This seminar will explore how religion, empire, and colonialism have shaped the region's structure and politics. Topics will include the development of Islam, the expansion of the Islamic Empires, the impact of European Colonialism, and the formation of the State of Israel.

Norv Wellsfry has a Bachelor's degree from the University of Wisconsin, Madison, an MBA from Old Dominion University, an EdD from Virginia Tech, and completed postgraduate work in Accounting and Finance that led to his completion of the CPA examinations. He had a 41-year career that included service as an administrator and professor at multiple community colleges in Virginia and California, and work and leadership with multiple higher education organizations both within California and nationally.

A More Perfect Democracy: Modernizing the United States Constitution (D/IP/NR/WI)

Raymond Leo Blain
 Fridays, Feb 6 to May 8 (14 weeks)
 1 to 2 pm
 Classroom to be Announced

This presentation examines key factors that have shaped current governance structures and identify needed reforms to modernize the system and address longstanding vulnerabilities. Proposed revisions aim to strengthen public oversight of decisions, policies, and ethical practices by expanding civic tools such as recall, revision, veto, citizen-initiated constitutional amendments, and impeachment proceedings conducted through civil or criminal courts. Additional suggestions for improving voting, representation, and procedural equity will also be explored. Attendees may ask questions and offer alternative ideas during class discussions or submit them in writing to the presenter.

Raymond Leo Blain, MD, earned degrees from UMass Amherst, Georgetown, and USC, and completed pediatric training at Wilford Hall. A former USAF Major, he taught at UC Davis, practiced pediatrics in Roseville, and later advised Medi-Cal and Social Security Disability. An author of four novels and *A More Perfect Democracy*, he now focuses on constitutional reform and civic engagement.

**Power of Presence: Being, Belonging, Becoming (D/IP+R/WI)**

Maureen White
 Fridays, Apr 10 to Apr 24 (3 weeks)
 1 to 2:30 pm
 Classroom to be Announced

Relationships and community are how we thrive. Health professionals, spiritual leaders, and a US Surgeon General caution about a crisis of loneliness and distraction, disconnecting us from being present with and for others. The healing power of sharing stories and practicing presence with compassion and curiosity = co-creating cultures with conscious connection and transformative ways that provide belonging within, with others, in communities. Discern when, where, and how to be with the discomfort and vulnerability of pain, grief, loss, trauma, confusion, conflict, overwhelm, diversity, diagnosis, hope, and how to hold sacred space for what's next for healing and who we are becoming in the process.

Rev. Maureen White, EdD, SPHR, is an interfaith minister who served as a Clinical Chaplain at Kaiser Hospital during the pandemic, holding sacred space with patients, families, and healthcare heroes. A retired educator and consultant, her expertise was in HR, workforce, economic, organizational, and career development. She has managed programs and projects across public, nonprofit, and private sectors and taught conflict mediation, change management, intercultural communication, customer service, leadership, and team development skills.

Retirement Money Mastery (H/R/WI)

Nash Bailey
 Bill Bailey
 Fridays, Feb 6 to May 1 (12 weeks)
 1 to 2:30 pm
 Classroom to be Announced

Take complete control of your financial future with this practical 12-week seminar designed specifically for retirees who want to understand every aspect of their financial plan. Whether managing investments independently or working with an adviser, you'll master building portfolios, optimizing income, minimizing taxes, and legacy planning. This hands-on course empowers you to make informed retirement decisions, evaluate professional recommendations, and identify when you need expert guidance. Learn to understand every aspect of your financial plan with confidence. By the end, you'll have the knowledge and tools to own your financial strategy and navigate retirement with greater peace of mind and control.

Nashoba "Nash" Bailey is an Advisory Associate with Wealth Strategies Retirement Asset Management and Chartered Financial Consultant specializing in customized retirement solutions. With over 8 years of experience, he has earned multiple certifications and excels in portfolio construction and understanding client behavioral motivators. Nash teaches workshops across local communities, empowering retirees with the financial knowledge needed to make confident, informed decisions.

Bill Bailey has proudly served as a Financial Adviser to the Sacramento area for over 40 years. He holds a Master of Science in Financial Services, has authored several books, and enjoys teaching and sharing his knowledge through the Renaissance Society and other local workshops. Bill's years in the business have seen him through all kinds of market conditions, life events, and learning opportunities. As a result, he brings a wealth of experience, empathy, and compassion to his work.

Topics in Revolutionary America (H/R/WI)

Catherine Minicucci

Kevin Collins

Fridays, Mar 6 to May 1 (9 weeks)

10 to 11:30 am

Classroom to be Announced

The year 2026 marks the 250th anniversary of the Declaration of Independence. This eight-session class will offer more topics relating to the American Revolution, including turning points in the War, the colonial economy, the British Army, Massachusetts Privateers, the French connection, American invasions of Canada, and the Loyalist exodus after the War. Each week will feature a different speaker. This is the third semester these presenters have collaborated to present topics relating to the American Revolution.

Cathy Adams Minicucci graduated from UCLA with a BA in Anthropology and received a Master's degree from Harvard. She served as education policy staff for the California Senate and Assembly. For 30 years, she led Minicucci Associates, an evaluation consulting firm focused on programs for children and youth. Cathy has led Renaissance Society seminars on *Turning Points in American History*, *Profiles in American Leadership*, *The Great Famine*, *Irish Immigration to America*, and topics on the American Revolution.

Kevin Collins has a lifelong interest in the American colonial experience and has spent 30 years participating in the Colonial America Living History community. He is a current member of the Lexington Minute Men and the King's Own 4th Regiment of Foot. Although he recently moved to Lincoln to escape the New England winters, he is looking forward to participating in events commemorating the 250th anniversary of the start of the American experiment. In previous semesters, he has offered presentations on colonial militia, the Continental Army, and the Battle of Bunker Hill.



TransForMission (D/IP/NR)

Donna Apidone

Fridays, Feb 6 to Mar 13 (6 weeks)

9:30 to 11 am

Classroom to be Announced

Purpose: It inspires us. It connects us. It makes life worth living. TransForMission is a process that helps you uncover your purpose and answer these questions: What is the role of resilience in purpose? What can I do for my community? What are the values I share with my family and friends? How do I maximize my health? How do I find balance? What will I do in retirement? How can I navigate the state of the world?

Donna Apidone has been leading TransForMission groups since 2005. Donna writes a column called Coming of Age for Abridged.org, published by PBS KVIE. She serves as an on-air auctioneer for KVIE's annual Art Auction and has written for the station's other productions. Before that, Donna was the regional host of Morning Edition on CapRadio for 22 years. She also wrote for NextAvenue.org (Twin Cities PBS). She was honored with an Artistic License Award from California Lawyers for the Arts. Donna launched recorded meditations on Substack in 2023 and continues to present motivational talks around the region. She is the author of *TransForMission* and *Drive-Time Meditations*. <https://www.donnaapidone.com/>

Transitions: What will I do with the rest of my life? (H/R)

Ken Cross

Fridays, Feb 6 to May 8 (13 weeks)

12 to 2:30 pm

Classroom to be Announced

Who am I? Why am I here? What's my life's purpose? How do I live in balance with mind/body/spirit, relationships, retirement/avocation, fun/leisure? What does my heart tell me to do with my life? Whether retired or approaching retirement, help design the "Next Chapter" of your life. Reconnect with your talents, skills, aptitudes, and abilities for your new life's path. Tap into your wisdom and experience to live a rich, fun, meaningful, and purposeful life. Share your gifts and make a difference through service. Use film, books, exercises, discussion, expert speakers, and introspection, and start visioning and living this new life's chapter! **Notes:** There will be a Meet and Greet on Jan 30. Look for an email from your leader to get details. No class on Mar 27.

Ken Cross is a 1974 US Military Academy graduate from West Point, NY. He served as a

US Army airborne ranger, armor officer. Ken was a financial planner, manager, and corporate trainer serving career military service members. His final career was as CEO of Habitat for Humanity of Greater Sacramento. In midlife, Ken and his wife Christine took a year sabbatical traveling through 42 US states, searching for their life's purpose. Ken has led Life's Purpose workshops since 1998.

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shared interest groups (SIGs)

MONDAY TO THURSDAY SIGS

Friends of the New Yorker Magazine (D/IP/NR)

Judy Day
David Bowles
Monday, Feb 2 to May 4 (Year-round weekly)
10:30 am to 12:30 pm
KOH Library, inside The Center at 2300

This discussion group is for those who enjoy reading the New Yorker magazine. Participants read each week's issue in advance of the meeting. We meet for intellectual discussion, but are also a social group—we discuss the articles, enjoy each other's company, and have a good time. **Note:** We meet every Monday, all year long, in the KOH Library, inside The Center at 2300, located at 2300 Sierra Blvd, Sacramento. Group members pay an annual membership fee of \$18 to the Library to use the facility; we can also check out books.

Judy Day is a California native who grew up in the Bay Area. She graduated from UC Berkeley with a BA in Social Sciences and an MA in Public Policy. She retired in 2005 from the State Department of Finance, where she was a budget and program analyst. Her current interests include reading and politics.

David Bowles recently retired after a 35-year career with Verizon. His focus was executive training, from frontline supervisors to the vice president level. He has led over 75 different classes on a wide variety of topics. He enjoys live music, reading, gardening, and riding his motorcycle.



Qi Gong (D/Z/R)

David Mitchell
Marilyn Bradford
Monday, Feb 2 to May 4 (14 weeks)
3 to 4 pm

Qi Gong is an ancient Chinese healing art and practice that combines slow breathing with gentle movement and stretching. It is an excellent way to stay healthy as we age.

David Mitchell has been teaching Qi Gong in the Sacramento area since 2013. A retired airline pilot and Air Force pilot, David discovered Qi Gong through a life-threatening illness in 2011. He received his teacher certification from Lee Holden, a noted Qi Gong master, in June 2013. David is passionate about helping people.

Marilyn Bradford is a retired counselor for Hospice and has integrated different healing modalities, including Reiki, Pranic Healing, and Qi Gong into her healing practice. She is a certified Qi Gong instructor and has taught at numerous venues in the Sacramento area since 2019. Qi Gong is a perfect complement to all healing modalities.

Third Monday Book Club (Z/NR)

Marian Kile
Monday, Feb 16 to Apr 20
(Year-round monthly)
9:30 to 11 am

The members of the group rotate selecting a book for everyone to read and discuss in an intelligent yet comfortable manner. We review a wide variety of fiction and nonfiction books that are available in the Sacramento Public Library system.

Marian Kile joined the Renaissance Society in 2006 and immediately joined a book club. The next year she started a new book club closer to her so she didn't have to travel so far. When that book club was in high demand, she helped start another book club by mentoring a new leader and tech host for a year. Then she started this book club to help meet the demand. She enjoys the variety of genres that the clubs provide.

Digital Photography—A Creative Journey (D/IP/NR)

Jay McKeeman
Tuesday, Feb 10 to Apr 28 (12 weeks)
10 am to 12 pm
Location To Be Announced

Digital Photography—A Creative Journey is offered to hone photographers' skills in digital photography, including the use of cameras, shot variety, and practice in editing software. Basic photography experience is needed; an alternate class is offered for beginners. Equipment includes smart phones to SLR units. Video photography is not covered. Classes alternate between in-class instruction and field trips. Sessions and field trips usually start at 10 am but may vary due to location and other variables. Field trips are optional and personal transportation is required. **Note:** A \$5 student donation is requested to cover class expenses. See the following table for dates.

INSTRUCTION DATES	FIELD TRIP DATES
Feb 10	Feb 17
Feb 24	Mar 3
Mar 10	Mar 17
Mar 24	Mar 31
Apr 7	Apr 14
Apr 21	Apr 28

Jay McKeeman has lived entirely in Northern California. He was born and raised in San Francisco and had his initial education there. He attended CSU Chico (BA) and USC (MPA in Public Administration). He has been involved in local government, land use planning, government advocacy, and trade association administration during his professional career. He has a lifelong fascination with photography.

Do You See What I See?: Exploring the Art of Self-Portrait (D/IP/NR)

Julia Stagg
Linda Stagg-Brown
Tuesdays, Feb 3 to Mar 10 (6 weeks)
7 to 9 pm
Location to be Announced

Join us for a unique and inspiring 6-week journey into self-expression through artistic self-portraiture in painting, drawing and mixed-media. This group workshop is designed to help you explore identity, creativity, and visual storytelling. No experience necessary.

Julia Stagg is a Sacramento-based visual artist whose work explores narrative and figurative themes through painting, drawing, and mixed media. She reinterprets classic tales, mythology, and social ideas through a contemporary lens. Beyond the gallery, Stagg is active in community art initiatives and arts education within the local school district.

Linda Stagg-Brown is a semi-retired college professor enjoying life on the Oregon coast. She loves exploring the intersections of art and technology and is currently becoming proficient in vegan cookery.



shared interest groups

First Tuesday Book Club (Z/NR)

Linda Rahn
Tuesday, Feb 3 to May 5 (Year-round)
10 to 11:30 am

The members of the group choose the books to read. The discussion leader is rotated each month and is based on who recommended the chosen book. We read and discuss a wide variety of books, both fiction and nonfiction, that are available in the Sacramento Public Library system. Members engage in intelligent discussions that are non-contentious and comfortable that may include author's background, research, plot, and character development.

Linda Rahn is a California native. During her 33-year career in Social Services, she worked for three different counties,. The last one was Placer County, where she worked for 18 years until she retired.. Linda and her spouse moved to Sacramento 36 years ago, settling in the Carmichael area. She attended her first book club 14 years ago and is still a member. Linda loves to read, listen to music, and travel.

Third Tuesday of the Month Book Club (Z/NR)

Marian Kile
Tuesday, Feb 17 to Apr 21 (Year-round)
9:30 to 11 am

The members of the group rotate selecting a book for everyone to read and discuss in an intelligent yet comfortable manner. We review a wide variety of fiction and nonfiction books that are available in the Sacramento Public Library system.

Somewhere around age 30, **Marian Kile** started enjoying reading more and more. When she retired, she had time to join her first book club here at the Renaissance Society and then start this one and another one on Mondays. She enjoys the variety of genres and books that she never would have read without the book clubs.

Tuesday Afternoon Chess Club (IP/NR)

Ivy Hendy
Tuesday, Feb 3 to May 5
(Year-round bi-monthly)
1 to 3 pm
Raley's Supermarket, 2nd Floor

This group is for chess players who already know the basic fundamentals of chess. We meet the first and third Tuesdays of each month for face-to-face chess-playing, camaraderie, and fun. We enjoy working on improving our skill level in a non-competitive environment. Along the way we have the benefit of building friendships. There are a variety of people who attend, all with different perspectives about how to play the game. As long as you can play chess, even if only in a rudimentary way, please think about joining our group and having the experience of playing chess in a cheerful, supportive environment. Non-chess players are welcome to come and observe. **Note:** We meet at the Raley's Supermarket, 2075 Fair Oaks Blvd., Sacramento, on the corner of Howe and Fair Oaks Blvd,

Ivy Hendy has played chess since childhood. Chess can be played many ways, but Ivy prefers a non-competitive, friendly, face-to-face game. Ivy has led various Renaissance seminars. Recently, she led the beginning chess seminar. Ivy enjoys seeing everyone's smiling faces, but the lesson of chess is always the same: playing chess is like living a life, win a few, lose a few.

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IN ANY PROGRAM
Starting on January 20 @ 8am**

Dining Together (D/IP/NR)

Susan Wheeler
Marge Tarbell
Susie Fogg
Wednesday, Feb 11 to Apr 8
(Year-round monthly)
5:30 to 7:30 pm
Location Varies

Dining Together is an opportunity to socialize with fellow Renaissance Society members in an informal, evening setting. We meet year-round on the second Wednesday of the month at a local restaurant at 5:30 pm. Members are encouraged to volunteer to arrange dinners at local restaurants. We try to choose reasonably priced, interesting restaurants, focusing on different cultures. To attend, it is required to be a Renaissance Society member and to RSVP for each dinner. If attendance at a particular dinner is limited, preference will be given to those folks who have signed up for the Dining Together SIG and spots will be reserved in order of RSVPs received. Make sure to note the number of attendees in your group when you RSVP.

Susan Wheeler loves trying new restaurants and sharing her love of food with others. She teaches entrepreneurship classes part-time at American River College. Two years ago, she retired from SMUD where she managed programs that helped people learn about, prepare for, and obtain careers in energy and STEM.

Marge Tarbell has been a Renaissance Society member for seven years, enjoying classes and organizing dining events for A Cook's Tour. Her career included 34 years with San Juan USD, 25 of which were as an Elementary School Principal. Since retirement 22 years ago, she has been traveling and volunteering.

Susie Fogg is relatively new to Sacramento and the Renaissance Society. She enjoys getting to know the area, the restaurants, and meeting and socializing with a wide group of people.

iPhone Photography 101 (Z/NR)

Carolyn Monson
Wednesday, Feb 4 to May 6 (14 weeks)
10 to 11:30 am

Join other Apple enthusiasts to conquer the many features in your iPhone's (new or old) camera app. We will learn together by watching a series of informative, well-designed, and inspirational iPhone Photography videos during Zoom sessions, and then putting the lessons into practice. The sharing of our photos, submitted to an Apple Shared Album, will provide valuable feedback, build skills, and is guaranteed to enhance your creative eye.

Carolyn Monson is a longtime Apple device enthusiast and has always stayed current with new technology, that is until the explosive growth of iPhone camera features. After discovering an incredible video series that demystified these powerful tools, she was inspired and now will share this critical knowledge in a Renaissance Society program.

Le Cercle Français (IP/NR)

Ruth Scodel
Ana Facio
Wednesday, Feb 4 to May 6
(Year-round weekly)
10 am to 12 pm
Campus Commons Clubhouse

We meet weekly at the Campus Commons Clubhouse to practice French conversation, using Francophone literature, journalism, podcasts, and topics of general interest to stimulate discussion in a friendly and supportive atmosphere. **Note:** This SIG is for intermediate French speakers. Please contact one of the leaders before signing up. We meet at the Campus Commons Clubhouse, 650 Commons Drive, Sac, 95825

Ruth Scodel is a retired professor of Greek and Latin. In this special interest group, her role is to suggest topics for discussion, reading materials, or podcasts.

Ana Facio first learned French in school, and has continued to practice French by attending summer courses.

Singing For Fun (D/IP/NR)

Michael Hersher
 Wednesday, Feb 4 to May 6 (14 weeks)
 10 to 11:30 am
 Location To Be Announced

We will sing songs from all different genres together with instrumental accompaniment. Songs are chosen by the group. We occasionally perform in singalong style for elderly residences. No special musical ability is required, just enthusiasm.

Michael Hersher is a retired lawyer and lifelong folk singer. He has led a group of enthusiastic singers called *Singing For Fun* for several semesters.

Walkabouts (IP/NR)

Donna Eash
 Alan Wong
 Wednesday, Feb 4 to May 6 (14 weeks)
 9:25 to 11:30 am
 Location Varies

Walkabouts is a social walking group meeting Wednesday morning, with stretches at 9:25. Each week we meet in a different location. The locations vary from nature walks to strolls through a city. Volunteer walk leaders design the route and pick a convenient restaurant for walkers who would like to have lunch together. It is a great way to get exercise and socialize with a friendly group of people.

Donna Eash is an enthusiastic walker and Renaissance Society member who has co-taught a number of Renaissance Society classes and attended many more fascinating classes.

Alan Wong is an excellent co-leader for the walkabouts, providing weekly walk flyers. He also teaches other Renaissance classes, volunteers in his community, and is an avid walker and biker.

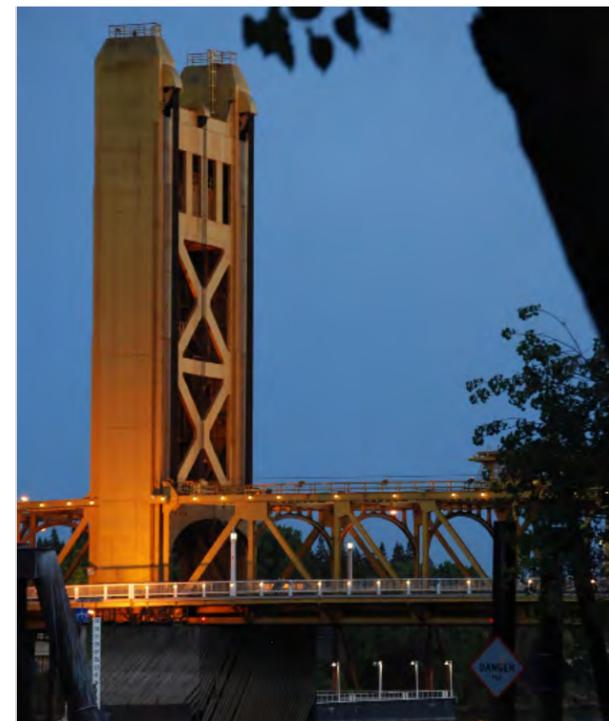
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Wednesday Writers Group (Z/NR)

Marian Kile
 Wednesday, Feb 4 to May 6
 (Year-round weekly)
 9:30 to 11:30 am

This new group will meet every Wednesday at 9:30 for two hours. The writers not only share their writing but will help polish each other's writing. No one will be an expert, but they are encouraged to share what they feel would improve the writing. It is the same as not having to be a chef to know if you like the food. The writing can be essays, personal stories, poems, novels or anything else. We will only review about four pages of one writing at a time. There will be a limited number of members so please don't sign up unless you are seriously committed to writing about twice a month.

Marian Kile joined a Renaissance Society Writers group in 2007 so she could write short stories about her and her family's personal life for her grandchildren. Since then she has written over 250 stories and self-published over eight books. She is still a member of the original group and continues to learn from them. This is a new group she started so more members can learn to write their own stories or poems.

**The Economist (Z/NR)**

Wayne Luney
 Thursday, Feb 5 to May 7 (14 weeks)
 7 to 8:30 pm

The Economist is arguably the best and most comprehensive weekly news magazine in the English language. It was founded in England in 1843 to advocate for the repeal of the Corn Laws. Today it is global in its coverage. Class members will be asked to read and be prepared to discuss selected articles appearing in the current issue.

Wayne Luney graduated from the UC Berkeley with a degree in Economics. He has facilitated the SIG on *The Economist* for the Renaissance Society since the Fall 2019 semester. During his career with Caltrans, he worked on regional traffic and motor vehicle emissions modeling.

Intermediate Contract Bridge (IP/NR)

Trent Levinson
 Thursday, Feb 5 to May 7 (14 weeks)
 12:30 to 1:30 pm
 Sierra 2 Center for the Arts and Community

Each class will be a discussion of a topic relevant to improving your understanding of bidding and playing hands. Participation in discussions is encouraged but not required. Topics may be suggested by members. Each class is followed by free play bridge for several hours. The attitude toward the game is casual, with an emphasis on fun. There is a lot of "table talk" permitted as players enhance their understand-

ing of the meaning of their partner's bids (and their own bids). Most players change partners several times during free play, although some may prefer to work on communication with a regular partner. Players come and go according to their schedules. **Note:** Location is Sierra 2 Center for the Arts and Community, 2791 24th St., Sacramento, 95818.

Trent Levinson has been playing bridge for over 50 years, learning it first from his grandfather, and then from fellow college students. He has both BS and MS degrees in psychology, and he would have gotten them sooner were it not for his long-standing commitment to learning and sharpening his game. He started teaching in September 2025. He knows the game well enough to recognize when someone else knows the game better and to welcome them to his class.

The Music of Your Life (Z/NR)

Loretta Burdeaux
 Lester Bennett
 Thursday, Feb 5 to May 7 (14 weeks)
 3:30 to 5 pm

The Music of Your Life is a SIG for exploring a wide variety of music and connecting with others. Join us on Zoom each week to listen to old favorites and new music too, as group members take turns sharing song picks and the stories behind their selections. A sampling of some recent topics include: Folk, Country, Classical, Singer-Songwriters, along with individual artists selected by the group each semester. Live performances of your song pick are welcome too, if you like to sing and/or play an instrument. Send in the YouTube link for your selection each week and we'll do all the screen sharing for you. New friendships and lots of good music await!

Loretta Burdeaux is a retired educator who enjoys water aerobics, Tai Chi, playing the ukulele, singing with Threshold Choir, and taking Renaissance Society classes.

Lester Bennett, a winemaker and retired educator, has a strong interest in the history of Pop and Rock and Roll, but listens to and loves other genres as well.

Procreate iPad Art Workshop (H/NR)

Melissa Green
Cynthia Nicholson
Thursday, Feb 5 to Apr 30 (12 weeks)
10 am to 12 pm
On Zoom and in Fair Oaks, CA

Create digital art—no artificial intelligence involved! This two-semester, peer-led workshop explores Procreate on Apple iPad for photo editing, illustration, watercolor, and more. No prior Procreate experience needed, but participants should be comfortable taking and editing photos on an iPhone and iPad. **Semester One:** Everyone learns together through YouTube tutorials, shared demonstrations, and peer critiques. **Semester Two:** Returning participants continue to mentor each other as our community builds additional skills. Procreate is a \$13 iPad app; Apple Pencil highly recommended. Sessions mix Zoom, in-person study halls, and photo field trips arranged by participants. **Note:** (1) Please visit <https://rs-art-workshop.blogspot.com> for more information. (2) No class March 26th. (3) Semester One (Spring 2026) participation is required to enroll in Semester Two (Fall 2026), which is a continuation of Semester One in 2026. In 2027, Semester One (Spring 2027) opens up to new people who will also attend Semester Two (Fall 2027).

Melissa Green joined the Renaissance Society in 2012 with an interest in digital photography and the Apple iPad and iPhone seminars. She is a retired instructional development coordinator from Sacramento City College. At Renaissance Society, Melissa facilitated the *iPhone Photography Studio* seminar from 2017 through 2025, and was part of the team presenting *iPad/iPhone Basics*. Now she is eager to learn about sketching and painting techniques.

Cynthia Nicholson has been a Renaissance Society member since 2017, taking courses like *Photography as Art*, *Digital Photography—A Creative Journey*, and *iPhone Photographic Studio*. With a background in medical imaging, graphic design, and photography, she enjoys lifelong learning and exploring creative ways to merge photography and digital art.

FRIDAY SHARED INTEREST GROUPS

Do You See What I See? Art Exhibition (D/IP/NR/WI)

Julie Stagg
Linda Stagg-Brown.
Fridays, Mar 13 to Mar 13 (1 day)
12 to 2:45 pm
Classroom to be Announced

We invite you to enjoy an elegant showcase of artwork developed in our six-week workshop. Guests are welcome to view the finished drawings, painting or 3D work; and to recognize the creativity and commitment of the Renaissance Society artists who took part. This event is open to the public, come join us.

Julia Stagg is a Sacramento-based visual artist whose work explores narrative and figurative themes. She enjoys participating in exhibitions of her own artwork and joining with other artists to share and showcase their work.

Linda Stagg-Brown is a semi-retired college professor enjoying life on the Oregon coast. She loves exploring the intersections of art and technology and is currently becoming proficient in vegan cookery.



English and Scottish Country Dance (IP/NR/WI)

Ruth Scodel
Fridays, Feb 6 to May 8 (Year-round weekly)
1 to 2 pm
Classroom to be Announced

If you've seen movies based on Jane Austen's novels, you've seen country dance. It is an excellent activity for mobile seniors because it uses cognitive and motor abilities at the same time, it's social, it's fun, and the music is beautiful. You dance with a partner, who changes for every round, and with the rest of the group at the same time. This course will include both English and Scottish country dance styles. Here are links to a video of "Alice," a modern dance by Philippe Callens, <https://www.youtube.com/watch?v=4C4BR4bTfxc> and "Widows Shall All Have Husbands" from 1713, <https://www.youtube.com/watch?v=oMgfKV6V7ls>

Ruth Scodel has been active in English and Scottish Country dance for over forty years and has attended many advanced classes and workshops.

Exploring Spanish (IP/NR)

Sandy Britton
Fridays, Feb 6 to May 8 (Year-round weekly)
10 to 11:30 am
Classroom to be Announced

Build your Spanish skills and boost your confidence in a fun and relaxed atmosphere. Improve your Spanish grammar, vocabulary, and pronunciation with interactive practice—listening, speaking, reading, and writing. For the best experience, participants should already have a basic Spanish vocabulary and understand elementary Spanish language concepts such as verb conjugation and noun gender, i.e., high beginner to intermediate level.

Sandy Britton recently returned from 12 years living in Mexico, where she immersed herself in the language and culture while working to become fluent in Spanish. For the past eight years, she has also been teaching Spanish. She draws on her own experience of learning the language to help English speakers navigate the challenges of learning Spanish.



Knitting With Friends (IP/NR)

Barbara Kletzman
Fridays, Feb 6 to May 8 (14 weeks)
9:30 to 11:30 am
Classroom to be Announced

Bring your knitting or crocheting and spend two hours on your craft while chatting with your fiber friends at all levels of experience. There are no instructions on how to knit or crochet, but always help or advice. Join us and meet some new friends.

Barbara Kletzman joined the Renaissance Society in 1999. She has co-led or led several classes, which include Museums of the World, TED Talks, and Knitting groups. Her mom taught her to knit when she was 12. In 2005, she started a ten-year project recruiting volunteers to knit baby blankets for the less fortunate. Each month, twenty-five blankets were delivered to local hospitals. Currently, she knits scarves for the homeless.

Meeting Each Other Through Sharing Life Stories (D/IP/NR)

Karen Gierlach
Fridays, Feb 6 to Mar 13 (6 weeks)
12:45 to 2:45 pm
Classroom to be Announced

An opportunity to meet other Renaissance Society members by sharing and listening to each other's rich and at times challenging life experiences. The six sessions will provide a framework for a life review by connecting today with many past experiences, from the earliest to the most recent. And, we will look ahead. We'll use poetry, art cards, journaling, and quick sketches to guide small-group sharing. We agree to listen openly without interrupting, keep what's shared confidential, and speak only if it feels right.

Karen Gierlach was born in England, grew up in Germany, and graduated from London University. For many years, she taught in Waldorf Schools in the US. After retiring, she began facilitating biography and social art workshops for Waldorf teachers and parents, and for people in many other settings, including overseas. She is married and has two adult children. Karen has greatly enjoyed hearing the rich and interesting life stories of Renaissance Society members over the several years that she has taught this class. She is inspired by their interest, appreciation, and understanding, all of which make for a very enjoyable experience.

Protecting Democracy (IP/NR)

John O'Neal
Ken Cross
Fridays, Feb 6 to May 1 (12 weeks)
10 to 11:30 am
Classroom to be Announced

This SIG is a continuation of the seminar *Preserving Democracy* in the fall semester, led by Ken Cross. Thus, the purpose of this SIG is to gather together members of the Renaissance Society who share our values about democracy and believe everyone in our society should be treated with respect and without bigotry. We seek ways to support each other as we seek

social justice and work to protect our democratic government and institutions. Our task: to support each other, and to identify, explore and share information about opportunities for activism. The SIG will be led by a team of six people from the Preserving Democracy class.

Note: No class on March 27.

John O'Neal is a retired psychiatrist who worked in Sacramento for over thirty-five years. He earned an MD from the University of Washington and a Master's in Clinical Psychology and Public Practice from Harvard University. He has attended classes led by Duane Campbell and Ken Cross and led a SIG on *Preserving Democracy* during the summer of 2025. He has been active in Indivisible.

Ken Cross graduated in 1974 from the US Military Academy at West Point, NY. He served as an airborne ranger and armor officer in the US Army. Ken worked as a financial planner, manager, and corporate trainer serving career military service members. His final career was as CEO of Habitat for Humanity of Greater Sacramento. In midlife, Ken and his wife Christine took a year-long sabbatical traveling through 42 US states, searching for their life's purpose. Ken has led Life's Purpose workshops since 1998.

ABBREVIATION KEY

D	Diversity program
Z	Zoom-only
IP	In-person only
H	Hybrid (IP + Z) program
IP+R	In-person (live) and recorded
NR	Program not recorded
R	Program is recorded
WI	Walk-in program—enrollment helps us notify you of changes, seats available first-come/first-served

Social Dancing (IP/NR/WI)

Richard Kowaleski
Fridays, Feb 6 to May 8 (14 weeks)
12 to 12:45 pm
Classroom to be Announced

Learn or improve your dance skills in swing, Latin, country, and more. For beginners and experienced dancers alike. No partner required. A noon-time favorite for more than 18 years!

Richard Kowaleski teaches dance throughout the Sacramento area and serves as a dance host at local dances. With his unique teaching methods and delightful sense of humor, you can quickly and easily learn patterns that look great on the dance floor.

Take Your Best Shot: Digital Photography 101 (IP/NR)

Sandy Britton
Fridays, Feb 6 to Mar 27 (8 weeks)
1 to 3 pm
Classroom to be Announced

Discover how to take control of your camera and bring your creative vision to life in your photographs. This course covers the fundamentals of digital photography, including how to use manual settings such as aperture and shutter speed, principles of photo composition, and an introduction to photo editing software. While the focus is on digital cameras with adjustable settings, many principles also apply to smartphone cameras. Each session combines classroom instruction with hands-on practice (bring your camera to class!) to help you build skills and confidence behind the lens.

Sandy Britton has been an avid digital photography enthusiast since obtaining her first digital SLR camera 15 years ago. She enjoys sharing what she has learned over the years with those who want to expand their photography skills.

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Starting on January 20 @ 8am**

Travel and Adventure (D/IP/NR)

Frederick Chapman
Cindi Matsumoto
Fridays, Feb 6 to May 8 (14 weeks)
10 to 11:30 am
Classroom to be Announced

There has been a Travel and Adventure class since 1999. Guest speakers are generally class members who share their experiences traveling the US and countries from around the world. Slide shows and videos are a significant part of each class. There is a question and discussion period after each presentation. While participation is a must in presentations and discussions, there is no requirement for individual students to give presentations. Everyone who loves to travel will find the class very entertaining and informative. **Note:** No class on March 27th.

Frederick Chapman has been a Renaissance Society member since 2009 and has hosted or co-hosted three different Renaissance classes since then. He is a frequent traveler both in the US, Europe, and other areas of the world, including mountaineering expeditions to the Andes and Himalayas, and a three and one-half month world cruise in 2019.

Cindi Matsumoto is relatively new to the Renaissance Society, but has been a co-leader for *Travel and Adventure* for the last three semesters.





Watercolor Studio (D/IP/NR/WI)

Judy Hawkins
 Kathleen Ellertson
 Fridays, Feb 6 to May 8 (14 weeks)
 12 to 2:30 pm
 Classroom to be Announced

This class is an in-person course devoted to both experienced and beginning watercolor artists. Course members will determine their own subject matter and style of execution while sharing their knowledge and experience with other class members. No formal instruction is planned. For beginners, an introduction to paper, paints, and brushes will be provided. The studio environment encourages class member interaction. Artistic resources, such as videos, books, and magazines, will be shared.

Judy Hawkins has been painting in watercolor for the last several years. She is a retired public school teacher and high school art teacher. She has been a member of the Renaissance Society and participated in the *Watercolor Studio* class for the last eight years, and she enjoys learning about and sharing the joys of watercolor with others.

Kathleen Ellertson is an art historian who has been painting for many years. She has been a Renaissance Society member since 2018 and enjoys enrichment classes like the *Watercolor Studio*. She is also the founder of the Veteran Art Institute, a free online gallery for veterans who are artists. Kathleen has curated nationwide veteran art exhibits since 2012.

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IP+R	In-person (live) and recorded
NR	Program not recorded
R	Program is recorded
WI	Walk-in program—enrollment helps us notify you of changes, seats available first-come/first-served

one-time presentations

monday big history series

Monday Big History (D/Z/R)

Ranny Eckstrom
 Mondays, Feb 2 to May 4
 10 to 11:30 am

Big History, a field of study that integrates the histories of the cosmos, Earth, life, and humanity into a unified, evidence-based narrative, was introduced to the Renaissance Society in 2011. We have now entered the Modern Times. This semester, we will explore the rapid pace of change in the past 500 years and examine the

potential futures that lie ahead. Our presenters will guide us through pivotal moments in inventions, cultural transformations, and global movements. Instead of viewing history as a static timeline, let us approach it as a dynamic narrative of human evolution.

Since joining the Renaissance Society in 2009, **Ranny Eckstrom** has co-lead over 20 seminars, including Big History for about 15 years. She is a retired Civil Engineer with a passion for the Big Picture...how did we humans get here?

tuesday speaker series

Poetry: An Antidote for When Media Makes You Nuts (Z/R)

Marc Ely
 Tuesday, Feb 10
 1 to 2:30 pm

This presentation has two objectives. First, as a continuance of the tradition of reading poetry. Poetry was written to be read aloud in all its glory of sound and rhythm and imagery. Second, as an antidote to the agitation one experiences while listening to the news or to podcasts, or conversations in coffee houses or establishments where people gather. I maintain, in earnest, one can better address these stressors with a simple practice of reading poetry. I know; it's worked for me!

Marc Ely is retired. He's lived a long and happy life and considers his greatest achievements to date as marriage, child rearing, and just being alive. He attended great schools and had a variety of careers before he settled on

law. He now spends his time reading and advocating for poetry, singing, gardening, walking about, and creating a life worth living.

Six Pillars of Brain Health (Z/R)

Kris Ritualo
 Tuesday, Feb 17
 1 to 2:30 pm

It's never too late to focus on your brain health! In this interactive session you will learn about the six pillars of brain health, activities that support brain health, and hopefully be inspired by others. This session is a good overview for anyone interested in learning more about brain health, and will provide you with information on the latest research on brain health, lifestyle suggestions, and resources to learn more.

Kris Ritualo is AARP California's Outreach and Community Engagement Manager. With 20+ years of service, she is a leader in community outreach, engagement, and advocacy who

champions diversity and inclusivity. Kris is certified as an Aging in Place Specialist, Long Term Care Campaign Facilitator, and in Virtual Events. Her commitment to diversity has earned numerous accolades. Kris played a role in passage of the HIV and Aging Act, which enhances access to vital services for older adults living with HIV. She holds a BA in Business Management and a Project Management Certification.

Advance Care Planning and End of Life Options in California (Z/R)

Reina Galanes
Tuesday, Feb 24
1 to 2:30 pm

We will discuss the importance of sharing your values and end-of-life wishes with loved ones; legal end-of-life options; and the resources and support provided by End of Life Choices California. Legal end-of-life options in California include stopping unwanted medical treatment; palliative care; hospice care; voluntarily stopping eating and drinking (VSED); and California's End of Life Option Act (also known as medical aid in dying).

Reina Galanes, PhD is a Board member with End of Life Choices California (EOLCCA). In her career, she worked in regulatory compliance in the healthcare insurance industry and as an instructional designer in higher education and the utilities industry. She learned about EOLCCA at the screening of "Jack Has a Plan" at the Alameda International Film Festival in 2023 and joined the organization in October of that year. Reina believes in the power of education and practices lifelong learning.

Cancer Prevention and Survival: Replacing Dairy and Meat (Z/R)

Linda Middlesworth
Tuesday, Mar 10
1 to 2:30 pm

This class will help people learn one way that may prevent and cure cancer. They will learn which foods promote cancer and why and which foods help stop cancer. They will see a video by Dr. Neal Barnard about dairy which is

a cancer promoter and explains healthy alternatives to use. I'll show a pre-recorded cooking demo of recipes by me that are delicious, dairy, and meat free. There will also be a short quiz we do together and time for questions which can be put in the chat. During the last few minutes, attendees may fill out an optional online survey. At the end of the session I'll provide my contact information for those who wish to receive some recipes you can use at home.

Linda Middlesworth, vegan for 39 years, beat her cancer, heart disease, pre-diabetes, and obesity. She is the organizer for the Sacramento Vegan Society Meetup with almost 6,000 members. She is a VeganMentor health coach under www.veganmentor.com as well as a Food for Life Nutrition and Cooking instructor for Physicians Committee for Responsible Medicine, Dr. Neal Barnard. She is co-owner of v-dog.com, a vegan dog food business that she and her late husband, David, launched in 2005, and she is an aerobics instructor with In-Shape Family Fitness.

Is American Democracy Failing? (Z/R)

Jeff Ferreira-Pro
Tuesday, Apr 7
1 to 2:30 pm

What can we learn from other attempts at democracy in world history, and what does the evolution of American democracy over the past 250 years teach us about where we are today—and how we might find a path toward stability and sustainability?

Jeff Ferreira-Pro has over 30 years of change management and leadership experience across multiple industries. He retired in 2020 after co-founding VSP Global's Innovation Lab in Sacramento. Jeff was Project Manager for the Folsom Historic District's revitalization project from 2005 to 2010, joined the Folsom Historical Society Board in 2006, and served as Board Chair from 2014 to 2023. Jeff is a Senior Fellow with the American Leadership Forum (ALF).

friday morning series

Science vs. Regulation: An Oceano Dunes Case Study (IP+R/WI)

Will Harris
Friday, February 6
10 to 11: 30 am
Classroom to be Announced

Oceano Dunes, a unique shoreline park south of Pismo Beach, offers coastal access, affordable camping, and exceptional off-road recreational opportunities. Or it did. Now, after a public expenditure of more than \$25 million, nearly half of the park has been fenced off from use, and with it, half of the coastal camping is gone. This case study highlights what goes awry when regulation overrides science and common sense.

Will Harris is a California-licensed professional geologist. For nearly 20 years, he has provided geological consulting services and subject matter expertise to California State Parks. He advised on trail design, slope stability, valley fever spore exposure, coastal dune formation, and flood impacts to Parks' infrastructure. He leads geology tours and provides content design for exhibits and interpretive panels at various parks, including those at the Oceano Dunes Visitor Center south of Pismo Beach.

Advance Care Planning and End of Life Options in California (IP+R/WI)

Reina Galanes
Friday, February 13
10 to 11: 30 am
Classroom to be Announced

Reina Galanes, Board Member with End of Life Choices California (EOLCCA), will discuss the importance of sharing your values and end-of-life wishes with loved ones; legal end-of-life options; and the resources and support

provided by EOLCCA. Legal end-of-life options in California include stopping unwanted medical treatment; palliative care; hospice care; voluntarily stopping eating and drinking (VSED); and California's End of Life Option Act (also known as medical aid in dying).

Reina Galanes, PhD is a Board member with End of Life Choices California. Throughout her career, she worked in regulatory compliance in the healthcare insurance industry and as an instructional designer in higher education and the utilities industry. She learned about End of Life Choices California at the screening of "Jack Has a Plan" at the 2023 Alameda International Film Festival and joined EOLCCA in October of that year. Reina believes in the power of education and practices lifelong learning.

ABBREVIATION KEY

D	Diversity program
Z	Zoom-only
IP	In-person only
H	Hybrid (IP + Z) program
IP+R	In-person (live) and recorded
NR	Program not recorded
R	Program is recorded
WI	Walk-in program—enrollment helps us notify you of changes, seats available first-come/first-served

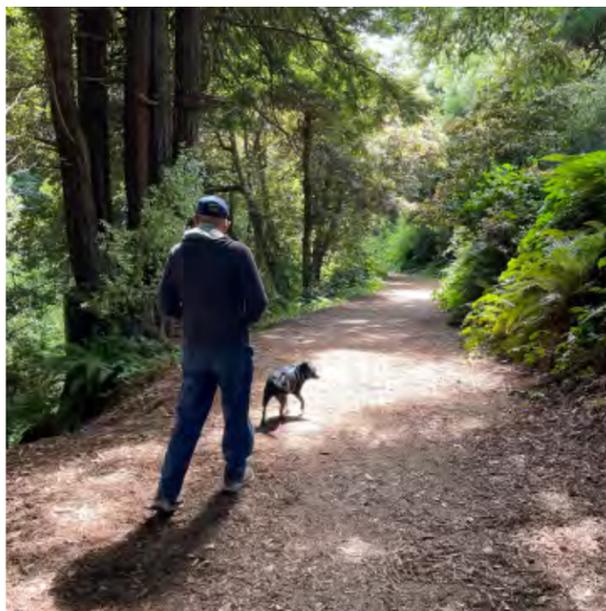
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Starting on January 20 @ 8am

Static in the Attic: Understanding Memory and How to Preserve and Enhance It (IP+R/WI)

Alice Vestergaard
Friday, February 20
10 to 11: 30 am
Classroom to be Announced

Are you experiencing more word grope and "senior moments"? Are you frustrated because you can't remember the names of people, but recognize faces? Discover why this happens and what you can do about it. Alice will share the latest neuroscience, evidence-based research on memory, along with techniques to strengthen it. Learn the top 10 memory-boosting tips and discover how Neurobics can help grow new brain cells.

Alice Vestergaard, MD, is an educational physiologist and pioneer in the field of senior learning, having named and developed the field of Sapientagogy. She is a published author and educator who advocates for positive aging and lifelong learning. Her career includes 15 years in the corporate medical sector, award-winning physician training, and helping establish Sun City University and Sierra Emeritus College. She has taught at the university level for over 35 years and is adjunct faculty at Samuel Merritt University.



Australian Aboriginal Rock Art: Stories in Stone (D/IP+R/WI)

Anne Rewell
Friday, February 27
10 to 11: 30 am
Classroom to be Announced

Humans has been creating art on cave walls and rock faces since the beginning of time, and Australia's First Nations people are no different. Across the vast continent, Aboriginal communities created striking images of people, animals, and spirits that tell stories of the Dreamtime, daily life, and survival. These works are not simply decoration; they embody cultural identity, spiritual belief, and a profound connection to the country. In this class, we will explore diverse regional styles, symbolic meanings, and preservation challenges, gaining insight into how these ancient artworks continue to shape and inspire Aboriginal culture today.

Anne Rewell, born and educated in Australia, has lived on three continents, bringing a broad international perspective to her work. A member of the Renaissance Society since 2015, she has delivered numerous presentations on a wide range of topics, reflecting both her curiosity and love of learning. Anne especially enjoys engaging with fellow members, fostering discussion, and sharing knowledge in an interactive setting. Her background and experiences provide a rich foundation for her talks, which are designed to both inform and inspire.

Return to Gold Mountain: Rails Over the Sierra (D/IP+R/WI)

Phil Sexton
Friday, March 6
10 to 11: 30 am
Classroom to be Announced

Chinese were some of the first 49ers, but by the 1860s, pervasive discrimination was threatening their very existence. However, in desperation, the Central Pacific Railroad turned

to thousands of unknown Chinese workers to build 690 miles of the transcontinental railroad, modernizing the US. Over time, much of this history has been forgotten or ignored, but over 150 years later, efforts to recognize the work and reclaim this history have led to the designation of the first national landmark to recognize its importance.

Phil Sexton is a railroad historian working with the 1882 Foundation to interpret the histories of Chinese workers who built the western portion of the Transcontinental Railroad in the 1860s. He was part of a team that helped create a National Landmark that commemorates the history and legacy of unknown Chinese men who built tunnels and track over the Sierra, connecting California to the East, ushering in the Industrial Revolution, and encouraging the development of California's agriculture industry.

A History of US-Canada Relations (IP+R/WI)

Milo Turaylich
Friday, March 13
10 to 11: 30 am
Classroom to be Announced

This presentation examines US-Canada relations from 1713 to 1867, the year of Canadian independence. Topics include US efforts to annex Canada during the American Revolution and the War of 1812, the Oregon Territory boundary dispute with England, the post-Civil War Fenian raids, and the developments leading to Canada's independence in 1867.

Milo Turaylich has been a Renaissance Society member since 2007. He has given numerous presentations throughout the years. The presentations covered various topics, but mostly on historical events. He has recently learned how to use PowerPoint and loves it!



Politics and Scandal: The Abdication of King Ludwig I of Bavaria (IP+R/WI)

Marjorie Wade
Friday, March 20
10 to 11: 30 am
Classroom to be Announced

1848 was a year of revolution across Europe. Bavaria had one of the first written constitutions in Europe, and with its relatively liberal government, might have been spared the upheavals of its neighboring lands. It was, however, a personal scandal involving the dancer Lola Montez that led to the abdication of King Ludwig I of Bavaria. This presentation will address her life story and examine the social and political consequences of her activities.

Marjorie Wade, PhD, was Professor of German in the Department of World Languages at Sac State until her retirement in Fall 2020. She taught classes in the German language, medieval literature, history, and culture. Her undergraduate degree was in European history, and she has studied and taught in both Germany and Austria.

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Returning to Nature: The Benefits of Green Burial (IP+R/WI)

Stephanie Brow
Friday, March 27
10 to 11: 30 am
Classroom to be Announced

Explore the growing movement of green burial and its role in creating a more sustainable and meaningful end-of-life experience. This course introduces the history, principles, and practices of natural burial, highlighting how it supports both ecological conservation and personal legacy. Learn about conservation cemeteries, biodegradable materials, and cultural shifts around death care. This class is for you, whether you are a curious learner, a professional in the death care field, or just someone considering greener choices.

Stephanie Brow is the Cemetery Manager at Morgan Oaks Eternal Preserve, a conservation burial ground located in the Sierra Foothills of California. She is a passionate advocate for natural end-of-life practices, bringing a compassionate and community-centered approach to her work in green burial. At Morgan Oaks, Stephanie oversees daily operations, supports families in planning and carrying out meaningful, eco-friendly burials, and leads outreach efforts to educate the public about conservation burial.

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Drinking in the Sunshine (IP+R/WI)

Mary Jane Sutliff
Friday, April 3
10 am to 12 pm
Classroom to be Announced

If you are captivated by nature, come and learn some new science. Mary Jane will discuss some uncomplicated solutions for choosing, growing, and caring for plants and germinating seeds. Through extensive research and application, she has synthesized some methods for success in your garden. **Note:** This presentation will run for two hours.

Mary Jane Sutliff is a teacher, an attorney, a member of the Native Plant Society, and a Master Gardener. She is a member of the Arden Park Garden Club and the Sacramento River Valley District of the California Garden Clubs. She has also been a nursery worker at Talini's Nursery.

John Wesley Powell: Exploration of the Grand Canyon (IP+R/WI)

David Abelson
Friday, April 10
10 to 11: 30 am
Classroom to be Announced

John Wesley Powell was one of the great (yet least known) explorers of America's vast, arid southwest territories. In 1869 he led a 1000-mile journey down the uncharted waters of the Green and Colorado Rivers, becoming the first to survey and survive the treacherous depths of the Grand Canyon. This talk features the highlights of Powell's daring expedition, and his major contributions to science, ethnology, and western water policy in the United States.

David Abelson is a retired attorney who specialized in environmental law. He has given numerous seminars and presentations on a variety of topics since joining the Renaissance Society in 2012. For anyone curious about John Wesley Powell, one of the most remarkable yet underrecognized explorers of the American Southwest, this class is for you.

What Is a Fiduciary, And Do You Need One? (IP+R/WI)

Nashoba Bailey
Friday, April 17
10 to 11: 30 am
Classroom to be Announced

Discover how private professional fiduciaries can help manage your personal and financial affairs when family isn't available or the best option. Learn what these licensed California professionals do, when you might need one, how they are regulated, and how to find a qualified fiduciary. Perfect for older adults planning ahead or facing complex family situations. Leave empowered with practical tools to protect your future and make informed decisions about who you trust with your affairs.

Nashoba "Nash" Bailey is an Advisory Associate with Wealth Strategies Retirement Asset Management and a Chartered Financial Consultant specializing in customized retirement solutions. With over 8 years of experience, he has earned multiple certifications and excels in portfolio construction and understanding client behavioral motivators. Nash teaches workshops across local communities, empowering retirees with the financial knowledge needed to make confident, informed decisions.



Navigating the Senior Care Maze (IP+R/WI)

Christine Grmolyes
Friday, April 24
10 to 11: 30 am
Classroom to be Announced

Whether you are planning for the future or currently making life-changing decisions, this presentation will provide an overview of the senior care industry and give you essential tools to advocate for your aging loved one or yourself. Learn about the spectrum of in-home care, out-of-home placement, and how to proceed; the importance of knowing your options; and how to make care transitions as successful as possible. Being armed with knowledge and tools will help you stay calm and coordinate the best possible care for your loved one.

Christine Grmolyes is a Geriatric Care Manager at Senior Care Solutions, where she has helped thousands of families find the right care for over 18 years. With over 27 years in the senior care field, she holds a bachelor's degree from Sac State and certificates in Gerontology and Geriatric Care Management. Christine also volunteers with several senior-focused nonprofits and has personal caregiving experience with her mother and grandmother-in-law.

Managing Electronic Screens in Your Life (IP+R/WI)

Alan Candee
Friday, May 1
10 to 11: 30 am
Classroom to be Announced

Why should a reality TV star become the most powerful man on the planet?!? Why do people accept that violent crime is happening outside their front door when violent crime has decreased for decades? Why have teenagers withdrawn to their bedrooms, social media, and suicide? Why are attention spans minimized? Mr. Candee has



spent fifty years following research on electronic screen time. We will explore reducing, though not eliminating, screen time, and tailor it to your needs.

Alan Candee has spent fifty years following research on electronic screen time. His first paper on the subject was submitted in 1976. In 2013, Alan and his wife, Nancy, began a not-for-profit called Mindful Media Management. They engaged with parents at Whole Earth Festival, Fairytale Town festivals, libraries, PTAs, teachers' meetings, etc. Mr. Candee has attributed most of the ills of the world, including the reality TV star who has become the world's most powerful man, to screens.

Leviathans of Lake Tahoe: Lahontan Cutthroat Trout (IP+R/WI)

David Abelson
Friday, May 8
10 to 11: 30 am
Classroom to be Announced

California has some of the most unique ecosystems and life forms on earth. One of these is the "Lahontan Cutthroat Trout," which evolved in a very limited watershed surrounding Lake Tahoe and Northern Nevada. These fish were once the largest native trout in North America. Their story is utterly amazing, tragic, and yet somehow optimistic at the same time. The presentation familiarizes the audience with this totally unique strain of trout, its tragic history, and its miraculous, ongoing recovery.

David Abelson is a retired attorney who specialized in environmental law. He has delivered numerous seminars and presentations on a variety of topics since joining the Renaissance Society in 2012. So if you're interested in "the biggest fish tale you've probably never heard," this talk is for you!!!

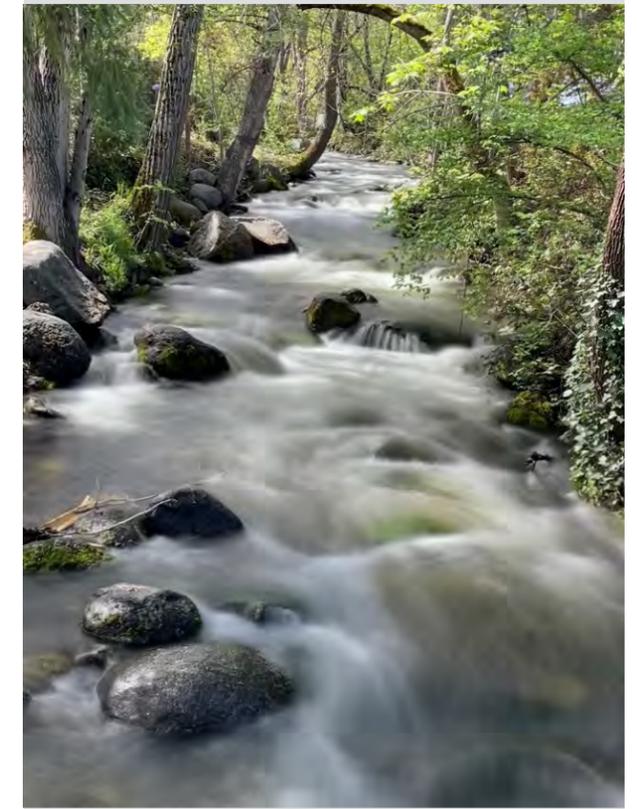
dent of India awarded him the Distinguished Achievement Award. He is the developer of the personal nutrition assessment tool Eat-SHARP, which received US Congressional recognition on March 29, 2024.

The Folk Singers, the FBI, and the Second Red Scare (D/H/R/WI)

Aaron J. Leonard
Friday, February 13
1 to 2:30 pm
Classroom to be Announced

Some of the most prominent folk singers of the twentieth century, including Woody Guthrie, Sis Cunningham, Pete Seeger, Lee Hays, and Burl Ives, were also political activists with various associations with the American Communist Party. As a consequence, the FBI, along with other governmental and right-wing organizations, was monitoring them, keeping meticulous files running many thousands of pages, and making (and carrying out) plans to purge them from the cultural realm. Using music, video selections, news clippings, and records from extensive Freedom of Information Act filings, including never before released material, the lecture will bring to life these artists and the systematic way they were subject to government surveillance and suppression.

Aaron J. Leonard is an author and historian. Among his books are *Heavy Radicals: The FBI's Secret War on America's Maoists*, *The Folk Singers and the Bureau*, and *Meltdown Expected: Crisis, Disorder and Upheaval at the End of the 1970s* (Rutgers University Press, 2024).



When Bodhidharma comes to China (D/H/R/WI)

Mrea Csorba
Friday, February 20
1 to 2:30 pm
Classroom to be Announced

Part I explores the development of Chan Buddhism from its founding at the Shaolin Monastery in 7th-century China, its fusion with Chinese Daoism and the martial arts of Kung Fu, as recorded in brush and ink paintings of China and Japan.

Mrea Csorba is an art and architectural historian with a PhD (1997) from the University of Pittsburgh. She taught courses in her Asian specialty at her Alma Mater, Carnegie Mellon University, and until 2022 at Duquesne University in Pittsburgh, PA. Here in Sacramento, Mrea continues to offer presentations that explore Eastern religious philosophies as reflected in Asian art and architecture, up-dating the cultural traditions within the larger diaspora of contemporary practice in Western culture.

friday afternoon series

The Fantastical History of the Swastika (D/H/NR/WI)

Gopal Kapur
Friday, February 6
1 to 2:30 pm
Classroom to be Announced

The swastika (Sanskrit, meaning well-being) has been a symbol of peace and joy in India for about 6,000 years. It was held in high regard by the ancient Druids, Celts, Teutonic Knights, Nordic tribes, the Second Temple in Jerusalem, Christian catacombs in Rome, and the former San Francisco mint. Before the 1930s, the swastika was a popular design

in the West; many Native American tribes incorporated the swastika into their blankets, baskets, jewelry, rugs, and painted it on ceremonial pottery. We will explore the fantastical journey taken by this organic design and its ignoble and hateful use in Germany. **Note:** This presentation will NOT be recorded.

Gopal Kapur consults, writes, and educates on management excellence. He graduated summa cum laude with a diploma in Civil Engineering from Thapar Polytechnic, India. He has authored three college-level textbooks, lectured at the Kennedy School, Harvard University, the Brookings Institution, UC Berkeley, and UC Davis. The Presi-

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When Tea comes to Japan (D/H/R/WI)

Mrea Csorba
Friday, February 27
1 to 2:30 pm
Classroom to be Announced

Part II continues with the transmission of China's school of Chan Buddhism into Japan—now called Zen—as it flourishes under shogunate patronage in feudal Japan. We witness the fluorescence of Zen art and architecture, beginning with the tea ceremony, raku ware, teahouse architecture, and garden design, concluding with the exportation of Zen Buddhism into the Southeast and its ultimate spread through the diaspora to practices in Sacramento.

Mrea Csorba is an art and architectural historian with a PhD (1997) from the University of Pittsburgh. She taught courses in her Asian specialty at her Alma Mater, Carnegie Mellon University, and until 2022 at Duquesne University in Pittsburgh, PA. Here in Sacramento, Mrea continues to offer presentations that explore Eastern religious philosophies as reflected in Asian art and architecture, updating the cultural traditions within the larger diaspora of contemporary practice in Western culture.

California Reparations: What's Now, What's Next! (D/H/R/WI)

Christopher Lodgson
Friday, March 6
1 to 2:30 pm
Classroom to be Announced

Join CJEC Reparations lead organizer and advocate Chris Lodgson for a lively discussion and Q/A featuring the latest and greatest California Reparations updates, information, and action steps.

Christopher Lodgson is a lead organizer with CJEC, the Coalition for a Just and Equitable California, and ARCC, the American Redress Coalition of California, which are grassroots, California-based organizations working for Reparations and Reparative Jus-

tice for descendants of US Chattel Slavery living in California. Chris is also the Community Organizing and Policy Manager in the Sacramento office of the Anti-recidivism Coalition (ARC), which empowers formerly and currently incarcerated people to thrive.

Contemporary Challenges of a College Presidency Part 1 (D/H/R/WI)

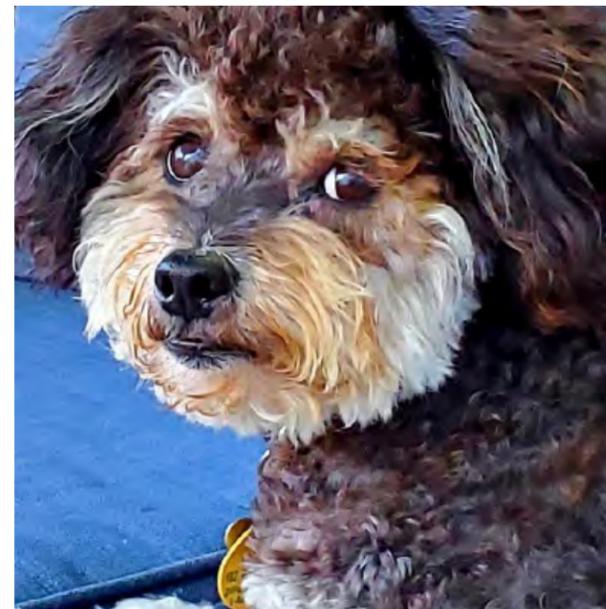
Luke Wood
Friday, March 13
1 to 2:30 pm
Classroom to be Announced

A conversation with Sacramento State's ninth permanent president about issues in higher education that impact our local, national, and international communities.

Dr. J. Luke Wood became president of Sacramento State on July 16, 2023. Born in Oakland, California, he was raised in McCloud, Siskiyou County, as a foster child and transracial adoptee. Under his leadership, Sac State was designated a Research II institution, achieved its highest-ever graduation rates, and launched the nation's first Black Honors College, the Wileety Native American College, and Combat U, the nation's first university-backed collegiate pathway in boxing and mixed martial arts. Dr. Wood has authored or edited 16 books and published over 200 scholarly works, focusing on racial equity in education.

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**Contemporary Challenges of a College Presidency Part II (D/H/R/WI)**

Luke Wood
Friday, March 20
1 to 2:30 pm
Classroom to be Announced

A conversation with Sacramento State's ninth permanent president about issues in higher education that impact our local, national, and international communities.

Dr. J. Luke Wood became president of Sacramento State on July 16, 2023. Born in Oakland, California, he was raised in McCloud, Siskiyou County, as a foster child and transracial adoptee.. Dr. Wood has authored or edited 16 books and published over 200 scholarly works focusing on racial equity in education. His research focuses on racial equity in education, especially regarding community colleges and school discipline practices. His work has directly informed two key laws: AB 740, which ensures foster children have their attorney and social worker involved in school suspension determinations; and SB 1984, which discourages the use of student transfers to conceal suspension and expulsion data.

Contemporary Challenges of a College Presidency Part III (D/H/R/WI)

Luke Wood
Friday, March 27
1 to 2:30 pm
Classroom to be Announced

A conversation with Sacramento State's ninth permanent president about issues in higher education that impact our local, national, and international communities.

Dr. J. Luke Wood became president of Sacramento State on July 16, 2023. Born in Oakland, California, he was raised in McCloud, Siskiyou County, as a foster child and transracial adoptee. Under his leadership, Sac State was designated a Research II institution, achieved its highest-ever graduation rates, and launched the nation's first Black Honors College, the Wileety Native American College, and Combat U, the nation's first university-backed collegiate pathway in boxing and mixed martial arts. Dr. Wood has authored or edited 16 books and published over 200 scholarly works focusing on racial equity in education.

Contemporary Challenges of a College Presidency Part IV (D/H/R/WI)

Luke Wood
Friday, April 3
1 to 2:30 pm
Classroom to be Announced

A conversation with Sacramento State's ninth permanent president about issues in higher education that impact our local, national, and international communities.

Dr. J. Luke Wood became president of Sacramento State on July 16, 2023. Born in Oakland, California, he was raised in McCloud, Siskiyou County, as a foster child and transracial adoptee.. Dr. Wood has authored or edited 16 books and published over 200 scholarly works focusing on racial equity in education. His research focuses on racial equity in education, especially regarding com-

munity colleges and school discipline practices. His work has directly informed two key laws: AB 740, which ensures foster children have their attorney and social worker involved in school suspension determinations; and SB 1984, which discourages the use of student transfers to conceal suspension and expulsion data.

The United Arab Emirates (D/H/R/WI)

Milo Turaylich
Friday, April 10
1 to 2:30 pm
Classroom to be Announced

This presentation will trace the history of the United Arab Emirates, explain how these small sheikhdoms united as one country, and explore how the oil boom has transformed its economy and culture.

Milo Turaylich has been a Renaissance Society member since 2007, almost immediately after retiring. He has taken many interesting classes and given numerous presentations. He is also interested in engaging with the community and delivering presentations.



The Amazing Ancient Cave Art of Lascaux, France (D/H/R/WI)

Theo Goodwin
Friday, April 17
1 pm to 2:30 pm
Classroom to be Announced

The Lascaux Caves in Dordogne, France, contain thousands of paintings of wild animals painted by artists of the Magdalenian hunting culture 17,000 years ago at the end of the Ice Age. How and why were they painted? Are the paintings realistic or stylized? What do they represent? How have they survived? Have similar cave paintings been discovered elsewhere? What can we learn from their study today? Broaden your understanding of humans by learning about this amazing ancient art.

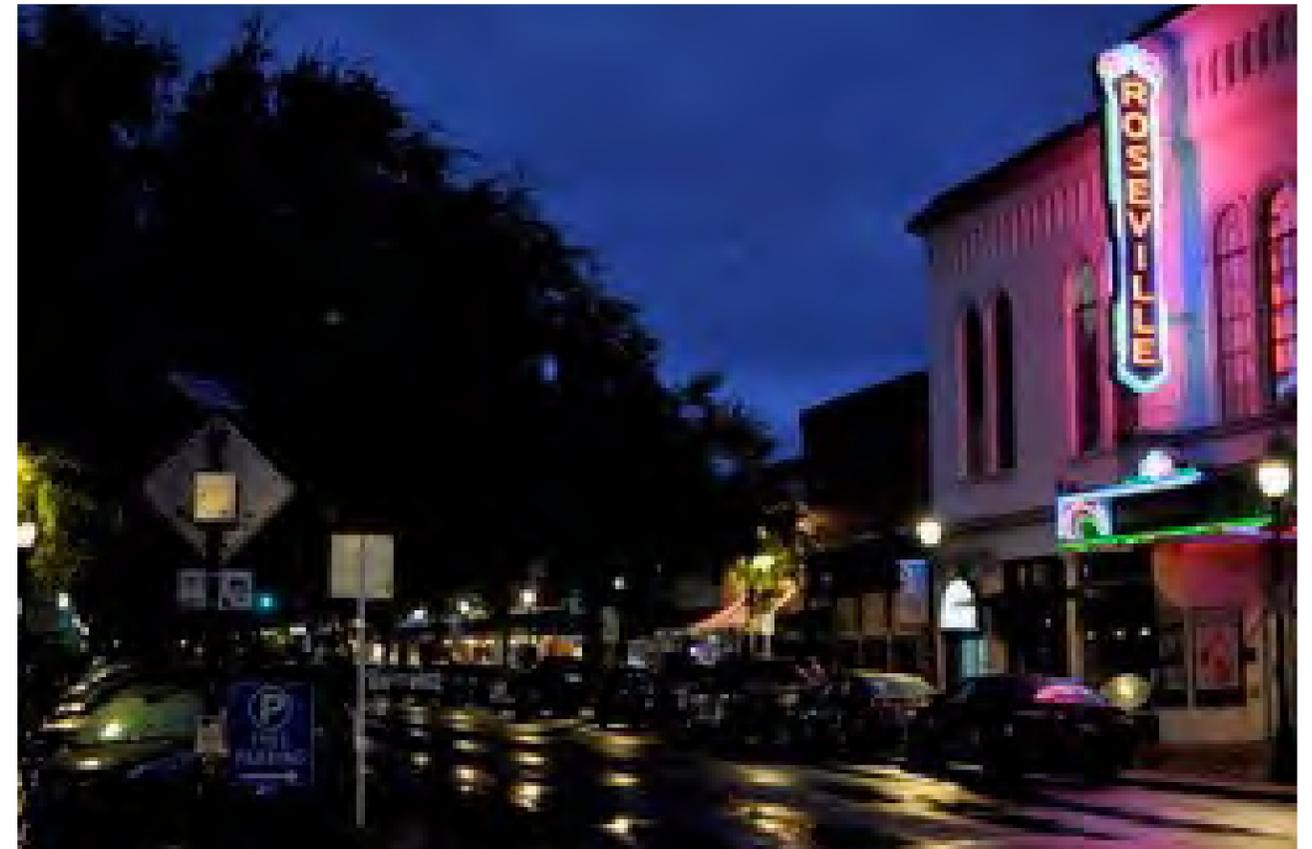
Theo Goodwin is a retired attorney who practiced law for over forty years specializing in environmental and tax law. He has taught classes for the Renaissance Society on Writing Haiku Poetry, Creative Paris in the 1890s, and John James Audubon. He co-taught a course on the Life and Paintings of Pablo Picasso. He has given photographic presentations on India and Guatemala. He plays clarinet and writes poetry. Theo enjoys studying history and the environment.

What Does History Teach Us About Preserving Democracy in America? (D/H/R/WI)

Jeff Ferreira-Pro
Friday, April 24
1 to 2:30 pm
Classroom to be Announced

What can we learn from other attempts at democracy in world history, and what does the evolution of American Democracy over the past 250 years teach us about where we are today - and how we might find a path toward stability and sustainability?

Jeff Ferreira-Pro has over 30 years of change management and leadership experi-



ence across multiple industries. He retired in 2020 after co-founding VSP Global's Innovation Lab in Sacramento. Jeff was Project manager for the Folsom Historic District's revitalization project from 2005 to 2010, joined the Historical Society Board in 2006 and served as Board Chair from 2014 to 2023. Jeff is a Senior Fellow with the American Leadership Forum (ALF)

Cultivating a Culture of Conversation (D/H/R/WI)

Kyle Williams
Friday, May 1
1 to 2:30 pm
Classroom to be Announced

An impactful, interactive 90-minute session designed to equip your team with tools to navigate challenging topics effectively. Through the CPR Protocol "Clarify, Probe, Redirect," participants learn skills to engage in meaningful conversations, address ignorance constructively, and promote positive

change within their personal and professional lives. This experience fosters a culture of constructive dialogue and understanding within organizations.

Kyle Williams is a lifelong educator and social justice advocate with over 25 years of experience working in colleges, universities, K-12 schools, corporations, and organizations. As creator and Chief Empowerment Officer of A Long Talk About The Uncomfortable Truth, he has led discussions with more than 25,000 participants across hundreds of institutions, facilitating critical conversations on race, history, and accountability, and equipping individuals and organizations with tools to drive meaningful change.

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forums

Forums are a special category of highly acclaimed and high-profile speakers addressing current topics of special interest to a wide variety of our Renaissance Society members. These esteemed speakers are also seasoned experts in their fields. They bring a diversity, depth, and breadth of topics to inform us about critical issues facing us and our society on an ongoing basis. All Forums occur on Friday afternoons from 3 to 4 pm when few other Renaissance Society seminars, SIGs, or presentations are offered. And all Forums are walk-in programs. Although enrolling in advance allows us to inform you of any changes, available seats are first-come/first-served. Speakers encourage the audience to ask probing questions about their topics. Forums speakers for this semester will give in-person presentations (**Classroom to be Announced**). In addition, the new hybrid technology will enable these presentations to be simulcast via Zoom and viewable in real-time from home. **Note:** To access any of the previous Forums that are on our YouTube Channel, go to: <https://www.youtube.com/@therenaissancesociety-foru8188/featured>

February 6

Bob Crowley, Founder, History Expeditions: Survivors and Heroes Expedition: The Stephens-Townsend-Murphy Story (H/R/WI)



Bob Crowley is an ultra-distance runner and historian with expertise in American Western history and epic adventure tales. He founded History Expeditions, combining athletics with history to uncover tales and trails hidden in the shadows of time. Bob is a technology entrepreneur and investor, co-founder of The Mustang Group, a Boston-based private equity firm. On September 29, 2025, an expedition team set off on horseback from Donner Memorial State Park, retracing the legendary 1844 Horseback Party of Six of the Stephens-Townsend-Murphy Party. They rode 120 miles to Auburn in five days, following in the actual hoofprints of history. After a year and a half of digging through old diaries, maps, and more, they've uncovered new clues about their journeys – some that rewrite history! In the end, all members of the party survived, propelling this to become one of the world's greatest survival stories...that few have ever heard of...until now.

February 13

Chris Bruno, Capital Public Radio (CapRadio): Building the Future of Public Media (H/R/WI)



Chris Bruno has been the Chief Marketing and Revenue Officer since 2024. He oversees the marketing, development, membership, corporate support, and product functions of the organization. He has 15 years of marketing experience across several industries, including as the founder of a digital media startup designed to empower student voices. Chris is a graduate of UC Davis. Discover how CapRadio has proactively adapted to the unprecedented attack on public media by pioneering a new approach to sustainability that is enabling the organization to operate uninterrupted after the \$1.1 billion in funding cuts and the Corporation for Public Broadcasting (CPB) shutdown. Chris will discuss the station's strategic priorities and latest updates and give a sneak peek at exciting things to come. Continuing its practice of openness and transparency with the community, audience members are encouraged to ask any questions about the station after the presentation.

February 20

Mike Madrid, Political Consultant: Latino Politics (D/H/R/WI)



Mike Madrid has been a nationally recognized political consultant and authoritative voice on Latino voters for three decades. He is the author of *The Latino Century*, published by Simon and Schuster in 2024. He is a graduate of Georgetown University. A pioneer in Latino communications and outreach strategies in state, local, and national political campaigns, he will discuss the politically charged, hyper-partisan climate of current American politics. One of the few political consultants to represent clients on both sides of the aisle, he has worked on multiple successful local, state, and national campaigns and speaks widely on politics and public policy. An expert on Latino political trends, Mike is the author of a popular Substack column, "The Great Transformation," and will also discuss his recently published book, *The Latino Century*. He will be interviewed for Friday Forum by veteran Sacramento political writer John Howard.

February 27

Marcia Eymann, Historian and Museum Consultant: Her Side of the Story (D/H/R/WI)



Marcia A. Eymann is an independent Museum Consultant and the Historian Emeritus for the City and County of Sacramento. She is the former Manager of the Center for Sacramento History and worked at the National Museum of American Art at the Smithsonian. She will discuss a period in California history when women enjoyed exceptional opportunities compared to women elsewhere in the US during the Gold Rush era. Female "49ers" in northern California enjoyed

unique marketability in every occupation from prostitute to restaurateur, wife to hotel operator. They had unparalleled business opportunities and access to credit and capital to a degree unusual for women in other parts of the country. Much as during wartime, women were essential in creating communities and establishing cities. Until the transcontinental railroad ended California's isolation and brought in a national economy that limited the roles of women, businesswomen had a unique opportunity to control their financial futures.

March 6

Sacramento County Sheriff, Jim Cooper: Accomplishments and Challenges (D/H/R/WI)



Sheriff Jim Cooper is a graduate of the West Point Leadership Academy and the FBI National Academy. He earned a master's degree in organizational leadership from Saint Mary's College. After spending over 30 years in law enforcement, Sheriff Cooper was elected to become Sacramento County's 37th Sheriff in 2022. Before being elected Sheriff, he served as the City of Elk Grove's first mayor. In November 2014, Sheriff Cooper was elected to the California State Assembly, District 9, which includes the cities of Elk Grove, Sacramento, Galt, and Lodi. He has vast experience in law enforcement and public policy, rising to the rank of Captain during three decades with the department and serving as department spokesman for several years. Sheriff Cooper will discuss the mission and accomplishments of the Sheriff's Department as well as the staffing and enforcement challenges of homelessness, mental illness, and substance abuse.

March 13

Katie Correusco, CA Dept. of Financial Protection and Innovation: Fraud and Scams (H/R/WI)



Katie Carruesco is the Northern California Targeted Outreach Specialist for the Department of Financial Protection & Innovation (DFPI). The DFPI protects California consumers by licensing and regulating a multitude of financial products, services, and individuals. Before starting her career in finance, Katie held various positions within the State government, including four gubernatorial appointments. She received her bachelor's degree in communications from California State University, Chico. Katie will share information on how to protect yourself from investment fraud, common scams, and unscrupulous sales practices.

March 20

To Be Announced



March 27

Lisa Kaplan Sacramento District 1 City Council Member: Challenges, Accomplishments and Future Opportunities (H/R/WI)



Lisa Kaplan has served District 1 on the Sacramento City Council since 2022, championing public safety, economic development, efficiency in our public services, and improved infrastructure and family amenities. Prior to being elected to the City Council, Lisa served as a Natomas School Board member for twenty years, advocating for our local youth, families, and schools. The experiences and challenges she's faced throughout her life have helped prepare her to be a leader suited to represent a strong, diverse, and confident community like District 1. Ms. Kaplan will speak about the challenges as well as what she and the City of Sacramento are looking forward to accomplishing.

April 3

To Be Announced

April 10

Dr. John Vallee, Sacramento Medical History Museum: How the Gold Rush Shaped Today's Medical Practices (H/R/WI)



Dr. John Vallee retired as a Women's Health Physician at Kaiser Permanente. Since retiring, he has filled his days connecting with family and friends through travel, hiking, book clubs, and volunteer activities. He is a docent at the Museum of Medical History of the Sierra Sacramento Valley Medical Society. He will provide a brief history of medicine in Sacramento, focusing on the Gold Rush and the issues associated with huge population shifts, including the influx of people and their problems of sanitation, disease, and injury. Dr. Vallee will explore the arrival of physicians and how this led to the founding of the Medical Society to educate and help the population. There were many innovations, such as the Sacramento railroad hospital and prepaid medical care. He will discuss consumer protection through the FDA and vaccinations, which the Medical History Museum illustrates with great artifacts, and how medicine continues to evolve.



April 17

Julie Thomas, Sac State Library Instruction and Electronic Records Archivist Curator, Japanese American Archival Collection: WWII Japanese American incarceration: Lessons to Protect Democracy (D/H/R/WI)



Julie Thomas has been an archivist at Sac State as well as the curator of the University Library's internationally recognized Japanese American Archival Collection since 2003. Julie received her Master of Arts in History and Master of Library and Information Science from the University of Wisconsin-Milwaukee in 1995. Before moving to California, Julie served as the archivist at the Chicago History Museum and as an archivist at the Motorola Corporate Archives. The discussion will focus on the roots of anti-Asian sentiment and legislation dating back to the 19th century, the unconstitutional denial of civil rights to Americans of Japanese descent, and redress and reparations. The talk will conclude with suggestions for how to protect the civil rights of everyone in this current politically charged environment.

April 24

Lt. Sabrina Briggs, Sacramento Police Department: Path to Sacramento Police Department (H/R/WI)



Lieutenant Sabrina Briggs began her career with the Sacramento Police Department in 2006. She is currently assigned to the East Command as an Executive Lieutenant. She has previously worked in Patrol, Magnet Academy/Recruiting, the Crime Suppression Unit, Entertainment Team, Internal Affairs, and the Public Information Office. In 2018, she became the first African American

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female sergeant in department history. In 2022, Sabrina was promoted to lieutenant and became the first African American female lieutenant in department history. Sabrina earned a Bachelor of Science degree in Criminal Justice from Sac State. In 2018, Sabrina received the Honorable James (Jimmie) L. Long Community Service Award and the Women in Law Enforcement Award for excellent service to the community. She will speak about the challenges and accomplishments of the Police Department today.

May 1

Dr. Mya Dosch, Associate Professor, Art of the Americas: Mayan Art: A Deep Dive into the Tomb Lid of Pakal (D/H/R/WI)



Dr. Mya Dosch (they/them) is an associate professor of Art of the Americas at Sac State. Their current research considers commemorations of the 1968 student movement in Mexico City, from monumental sculptures to ephemeral protest interventions. Dosch's work on Mexican prisons, public art, and protest appears in the journal *Future Anterior* and the anthologies *Teachable Monuments* and *Imágenes en Colectivo*. They have also facilitated student-written audio guides for the Crocker Art Museum and are working on a student-developed public art catalog for Sac State. The Tomb Lid of Pakal is one of the best-known pieces of post-classic period Mayan art, and a centerpiece of the National Anthropology Museum in Mexico City. Dr. Mya Dosch will take you through the various interpretations (and misinterpretations) of this fascinating work of art. Along the way, Mya will unpack Mayan beliefs about power, religion, and the afterlife.

**CLICK HERE TO ENROLL
IN ANY PROGRAM
Starting on January 20 @ 8am**



May 8

President Luke Wood and Deanna Hanson, Annual Meeting (H/R/WI)



Join 2025/26 Renaissance Society President, **Deanna Hanson**, as we celebrate the year's accomplishments and thank all those who made this happen. At this Annual Meeting, we will be voting on and welcoming the 2026/27 Renaissance Board of Directors and honoring the 2026 Scholarship recipients. We look forward to also hearing from Sac State President, **Dr. Luke Wood**.



ABBREVIATION KEY

- D** Diversity program
- Z** Zoom-only
- IP** In-person only
- H** Hybrid (IP + Z) program
- IP+R** In-person (live) and recorded
- NR** Program not recorded
- R** Program is recorded
- WI** Walk-in program—enrollment helps us notify you of changes, seats available first-come/first-served

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spring 2026 directory

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One-Time Presentations—Monday Big History Speakers Series

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One-Time Presentations—Tuesday Speakers Series

Leader: Phil Sexton (pesexton@gmail.com)

Speakers

Marc Ely	Linda Middlesworth
Kris Ritualo	Jeff Ferreira-Pro
Reina Galanes	

One-Time Presentations—Friday Morning Speaker Series

Leader: Dale Good (dalewgood@gmail.com)

Speakers

Will Harris,	Milo Turaylich	Nashoba Bailey
Reina Galanes	Marjorie Wade	Christine Grmolyes
Alice Vestergaard	Stephanie Brow	Alan Candee
Anne Rewell	Mary Jane Sutliff	David Abelson
Phil Sexton	David Abelson	

Presentations—Friday Afternoon Speaker Series

Leader: Deborah Seiler (deborah.seiler2@gmail.com)

Speakers

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Aaron J. Leonard	Luke Wood	Feff Ferreira-Pro
Mrea Csorba	Mily Turaylich	Kyle Williams

Forums

Leader: Barabara Ray (bray38@hotmail.com)

Speakers

Bob Crowley	Katie Carruesco	Dr. Mya Dosch
Chris Bruno	Lisa Kaplan	Dr. Luke Wood
Mike Madrid	Dr. John Ballee	Deanna Hanson
Marcia A. Eymann	Julie Thomas	
Sheriff Jim Cooper	Lieutenant Sabrina Briggs	

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who we are

The Renaissance Society community offers:

- A lively community of curious adults eager to pursue their passion for lifelong learning, community, and service. Click on the Renaissance Society Logo below to hear our own Past President, Deborah Seiler, speak about the Renaissance Society in an interview with Chris Nichols on Capital Public Radio's Insight.
- Unlimited access to hundreds of engaging seminars, talks, discussions, workshops, presentations, documentaries, hands-on activities, and community forums offered five-days a week, on campus, off campus, and on Zoom.
- Exciting ways to connect with friends, old and new, through our Renaissance Society Facebook page; X; the *Weekly Update*; and *The Recorder Newsletter*. In addition, we offer virtual and in-person hangouts with other aficionados of food, travel, games, books, the arts, film, and other Shared Interest Groups (SIGs).
- Opportunities to give back to the community by joining, leading or coordinating a seminar or program, donating to the ASI Food Pantry and Student Scholarships, and providing services to the University, such as ushering at student theater performances or volunteering as a mentor for students in the gerontology department.

Our Programs

- Wide Ranging Seminars
- Fascinating Forum Speakers
- Outstanding Presentations
- Many Shared Interest Groups

CLICK HERE TO HEAR DEBORAH!

Our Appreciation for One Another

- New Friendships
- Shared Time Together
- Picnics, Parties and Fun
- Honorary Memberships (for friends over 90)

Our Commitment to Our Community

- Annual Scholarship Awards
- Support for Sac State Food Pantry
- Mentoring of College Students
- Outreach Beyond the Campus (Libraries, Senior Living Centers)

how to join if you are a new or returning member

Our Renaissance Society Membership fees are \$120 for an Annual membership and \$70 for a Mid-year membership. Both memberships also include our free Summer Programs.

- Our Annual Membership Registration Portal opened on June 1, 2026.
- Our Spring 2026 Catalog is posted on January 12, 2026.
- The Program Enrollment Portal opens on January 20, 2026 @ 8am
- Spring programs begin on February 2, 2026.
- Our Mid-year Membership Registration Portal will open on November 16, 2026.

Two simple registration options:

1. **Preferred Method**—Online, with a credit card—
 - The online process is simple and secure. By following the prompts on each page, the system will ask for your credit card information to make your payment. The information is **NOT** retained once your transaction is complete.
 - Click [here](#) to register online.
2. By mail, with a paper application and check made out to the Renaissance Society.
 - Print the application form and mail to: Renaissance Society, California State University, Sacramento, 6000 J Street, Mail Stop (MS) 6074, Sacramento, CA 95819-6074 or you can drop it by our office at 350 University Ave. Suite 108. Office Hours: M-F 10-1.
 - Click [here](#) to apply by mail.

Renaissance Society Code of Conduct

Revision 2024

The Renaissance Society is dedicated to providing a welcoming and supportive environment for all people, regardless of background or identity. By participating in activities and events sponsored by the Renaissance Society, participants accept to abide our Code of Conduct and accept the procedures by which any Code of Conduct incidents are resolved. The Renaissance Society does not tolerate behavior that is disrespectful or that excludes, intimidates, or causes discomfort to others. We do not tolerate discrimination or harassment based on characteristics that include, but are not limited to, gender identity and expression, sexual orientation, disability, physical appearance, body size, citizenship, nationality, ethnic or social origin, pregnancy, familial status, veteran status, genetic information, religion or belief (or lack thereof), membership of a national minority, property, age, education, socio-economic status, technical choices, and experience level.

Everyone who participates in seminars, workshops, forums, and presentation activities is required to conform to this Code of Conduct. It applies to all spaces managed by or affiliated with the Renaissance Society. Program hosts/leaders are expected to assist with the enforcement of the Code of Conduct. By participating, participants and program leaders indicate their acceptance of the procedures by which the Renaissance Society resolves any Code of Conduct incidents,

Standards of Conduct

All participants in our events and communications are expected to show respect and courtesy to others. All interactions should be professional regardless of platform: either online or in-person. In order to foster a positive and professional learning environment we encourage the following kinds of behaviors in all Renaissance Society events and platforms:

- Use welcoming and inclusive language and discussion.
- Be respectful of different viewpoints and experiences.
- Gracefully accept constructive criticism.
- Show courtesy and respect towards Renaissance Society members and guests!

Unacceptable Conduct

Examples of unacceptable behavior by participants at any Renaissance Society Programs include:

- Engage in written or verbal comments, which have the effect of excluding people on the basis of membership of any specific group.
- Silence, prevent, or limit participation of members.
- Cause someone to fear for their safety such as by stalking, following, or intimidation.
- Violent threats or language directed against another person.
- The display of sexual or violent images.
- Nonconsensual or unwelcome physical contact.
- Sustained disruption of talks, events, or communications.
- Using insults, put downs, sexist, racist, homophobic, transphobic, disability discrimination, or exclusionary jokes.
- Excessive swearing.
- Continuing to initiate through actions or interaction (including photography or recording) someone after being asked to stop.
- Publication of public or private communication without consent.

Consequences of Unacceptable Conduct

Purported violations should be reported to the Renaissance Society Program Committee Chair. If the Program Committee Chair determines that the violation cannot be resolved by verbal communication, the issue will be submitted to the Program Committee for further investigation and arbitration. Members are asked to stop any code of conduct violations as determined by the Program committee immediately. In serious circumstances where a resolution cannot be accomplished or violations continue, a member may be asked to leave the event or program. In the case of unresolved violation(s) by program leader(s), the Program Chair will report such violations to the full Renaissance Society Board, which may impose appropriate sanctions such as non-acceptance for the Renaissance Society Catalog of Programs and or denial of sanctioning by the Renaissance Society.

orientation and open house

Whether you are a prospective, new, or renewing member of the Renaissance Society, please attend this semiannual event to learn more about our current programs and services. Come meet and socialize with other members. The Orientation and Open House will be held Friday, January 16, 2026, from 10 am to 12:30 pm in the Ballrooms in the University Union.

Orientation and Open House Program Agenda

Orientation—Come to this live event to hear what goals our President, Deanna Hanson, has in store for Renaissance Society. Tech Committee Chair, Kevin Collins will demystify getting connected to Renaissance Society through Zoom and more. Program Committee Co-chairs, Jackie Lamb and Ralph Paladino, will highlight the exciting offerings coming this semester. Whether you are a new or returning member, you are bound to learn something new.

Question and Answer Session—Renaissance Society Leaders respond to your questions regarding what to expect during the upcoming semester.

Open House—Meet our Sac State and Community Partners. Some seek volunteers to work with students, to usher plays and dance recitals, or to join a committee. Others offer ways to extend your commitment to good health or how to meet others who live in Sacramento and around the world. Talk with some of our program leaders to learn more about the Seminars, SIGS or Presentations they plan to offer.

Renaissance Café—There will be a place to take a break with a delicious cookie and beverage while you catch up with friends new and old.

Tours—Take a brief guided tour of the Sac State campus.

Badges—New members may pick up their membership badges. Returning members may email renaissa@csus.edu to request a replacement badge. Include your name and emergency contact information.

Survey—Please respond to the survey emailed to you following the event. It helps us improve.

Questions—Call/email the Renaissance Society Office at 916-758-5133 or renaissa@csus.edu.

sac state library services for members

Considering paying for library access?

Purchase a library card if you want limited access to public research computers or to borrow physical materials from the library's general collection. You can borrow books, music CDs, and videos.

What services are associated with a library card?

- 3-week loan period for library materials
- Materials auto-renew every 3 weeks, no need to call or visit the library
- Borrow up to 15 items at a time
- Access to public research computers (2 hours per day)
- Must be a current Renaissance Society member
- Library card expires June 30th of the current academic year

What services are NOT associated with a library card?

- Holds and requests may not be placed on library materials
- Interlibrary loan
- Remote access to research databases
- Access to reserved study room spaces
- Circulating materials dedicated for student use only (e.g. laptops, calculators, etc.)

How do I get a library card?

Step 1: Register with the Renaissance Society Office to become a Renaissance Society member, and pay the associated \$10.00 library card fee. You can pay by credit card or check. Please mail check to 6000 J St., Mail Stop 6074, Sac CA 95819-6074, or you can drop it by our office at 350 University Ave. Suite 108. Office Hours: Monday-Friday 10-1.

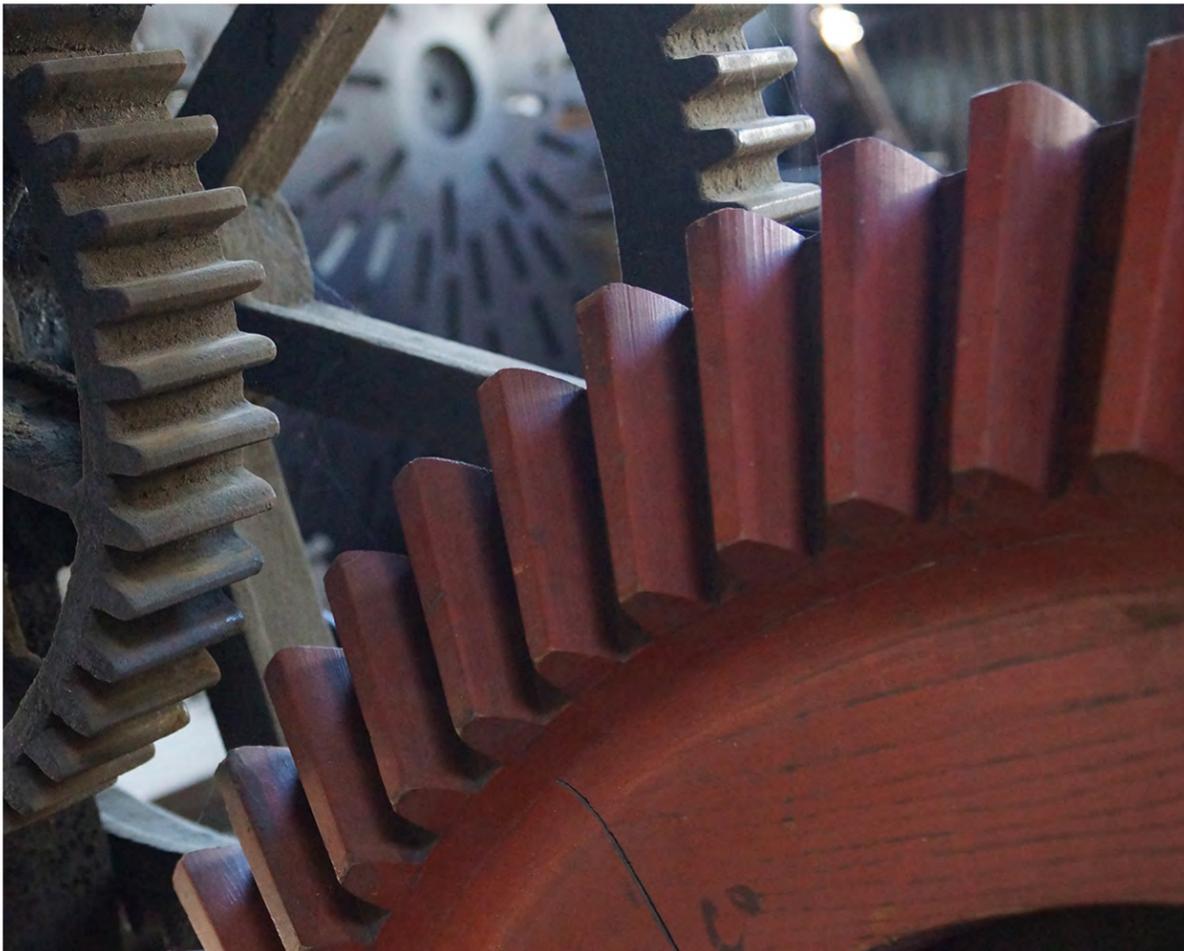
Step 2: Visit the University Library Service Desk (1st floor) to activate your library account and claim your library card.



why badges?

For those On-campus: Prior to Covid and at the request of Sac State, Renaissance Society members wore badges to on-campus activities. The badges identify us as a group to the university and as individuals to each other. They also provide the all-important emergency contact information on the reverse side. Our membership forms for new and renewing registrants ask for this information. To order a badge, email your name and emergency contact person's name and phone number to renaissa@csus.edu.

For Zoom attendees: We ask that you identify yourselves in a such a way that the program leader can find you on the Program Enrollment List. Your emergency contact information appears on all program enrollment lists.



parking permits

The Renaissance Society annual parking permit is \$42. It is valid from July 1st through June 30th. If you do not purchase a parking permit, you will need to pay either \$5 for two hours or \$10 for the day when you are on campus. If you need additional help, you can contact University Transportation and Parking Services (UTAPS) at 916- 278-7275 or parking@csus.edu.

Sac State offers virtual parking permits (no placard in your windshield required). Instead, your car license number will be used and scanned by parking officials when you are on campus. You cannot pay for parking in the Renaissance Society registration system: You must pay through [University Transportation and Parking Services \(UTAPS\)](#).

Online Option

You can find the parking permit information at the link above. Click on the Purchase Permit button and either click on Guest Login or Guest Signup. If you purchased a parking permit last year, use the Guest Login button and use your UTAPS email and password to log in and purchase a parking permit. Use the Guest Signup button if you do not already have an account. Be sure to select the \$42 option if you see multiple choices for permits. If your Renaissance Society membership is current, but you do not see the Renaissance Society Parking option, please contact UTAPS.

In-person Option

This permit enables members to park in parking structures or lots, where you can park in student or employee spaces. And, if you have a handicap permit or placard, the paid parking permit plus your handicapped placard allows you to park in all designated spaces. **Note:** The Renaissance Society permits are valid for Fridays and Saturdays ONLY. They are NOT valid for Faculty, Staff, or Student Residence lots. The current fine is \$55.

Please view the [campus map](#) for directions. A [printable campus map](#) is also available. View the [Parking and Transportation Visitor Information page](#) for more parking information.

wi-fi tips for on campus and at home

Connecting to Sac State Wireless on Campus

When on campus you can connect to the free Sacramento State Guest wireless network. This will allow you to text, check your emails, or browse the internet before classes start or on breaks.

To connect to the guest wireless network, follow these steps.

1. Open the Settings app on your phone
2. On iPhone Click on the Wi-Fi tab and select SacLink Guest Network Access.
3. On Android phones click on Network & Internet then Internet
4. Your browser should automatically open and you should be prompted to enter an email address.



This should be your personal email address, not a Sac State one.

5. Click the Login button
6. Once completed, you should now have wireless access.

Reminder—Your wireless access must be renewed every 4 hours.

****Note**—If your browser does not automatically open, open your browser manually and enter this link, <https://wireless.webhost.csus.edu/> then enter your email address and proceed to Step 5.

Getting a Stronger and More Secure Wi-Fi Signal at Home

If you use Wi-Fi to connect with your Renaissance Society Zoom meetings at home, you may enjoy these tips to improve the strength and security of your Wi-Fi signal:

Router Location: Place your router in a central location in your home, ideally off the floor on a shelf or desk. This helps the Wi-Fi signal reach all parts of your home with less interference from walls and furniture.

Wi-Fi band: Most home routers transmit on two Wi-Fi bands: 5 GHz and 2.4 GHz. The 5 GHz band offers faster speeds but shorter range, while the 2.4 GHz band offers better range but slower speed. Your device may choose the best band automatically, but if it doesn't, use the Wi-Fi signal bars to select the stronger choice.

Router security: Turn the router's power off and then back on again occasionally. This will improve its performance and eliminate some malware. Keep your router's software up to date. If the router's website is no longer providing software updates for your router, consider replacing it with a newer model.



enrolling in programs

After officially registering as a member, you will receive additional information on how to enroll in seminars, SIGs, presentations, and forums. You can enroll in as many programs as you have time for. We offer dozens to choose from. Ready to join us? Click [here](#).

If you are not a member of the Renaissance Society, you can still attend our free Community Presentations and Forums that are open to the public. Information on how to enroll is regularly updated on our website.

ways to connect

Reaching out to Renaissance Society Members

Renaissance Society Website
([click here](#))

Renaissance Society Membership Directory
(For members to reach each other and Board members)

Weekly Update
(Our emails to you sent via Constant Contact, IF we have your email!)

Our X Feed (Twitter)
([click here](#))

Renaissance Society Catalog
([click here](#))

The Recorder
(Our Newsletter sent via Constant Contact)

Our community Facebook page
([click here](#))

Renaissance Society Office
916-758-5133
renaissa@csus.edu



2025-26 Renaissance Society

Board of Directors, Committee Chairs, Sac State Liaison, and Staff

Board Officers/Executive Committee			
President	Deanna Hanson	916-296-4131	deannahanson@gmail.com
Vice President	Jackie Lamb	916-206-8917	288jac@gmail.com
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Past President	Deborah Seiler	916-704-5735	deborah.seiler2@gmail.com
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	Mahnaz Khazari	916-825-1636	mkfinanceteam@gmail.com
	Marian Sheppard	916-806-1530	marian.sheppard.lmft@gmail.com
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Sac State Liaison			
TBD			

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Are you interested in making a difference at the Renaissance Society?

Hear what Deanna Hanson has to say about becoming a Board member. Listen to Deanna Hanson share her experience [here](#).

renaissance society 2023-2024 annual report

Our annual report is available by clicking [here](#). It features descriptions of our programs and activities. We urge you to spend time with it—returning members as well as new recruits. Enjoy!!

renaissance society values

While serving Sacramento's community of lifelong learners since 1986, the Renaissance Society has been nurtured and supported by Sac State. These are the values we celebrate:

- **Member Participation and Connection:** We are a member-driven organization that engages our members in all aspects of Renaissance Society operations.
- **Diversity:** We encourage and support membership diversity, both in racial, ethnic, and social dimensions, and in thoughts, life experiences, and perspectives.
- **Lifelong Learning:** We believe in intellectual curiosity, personal growth, scholarship, research, creativity, and learning.
- **Community Engagement:** We come from many different neighborhoods and communities throughout the Sacramento Region. Since 1986, the Renaissance Society has enjoyed a partnership with Sac State. Our members bring a visible presence. We are another 'student body' when on campus. We are engaged with and supportive of the communities where we live and learn; and extend that support throughout the Greater Sacramento Region.
- **Organizational Integrity:** We provide innovative, affordable, and flexible learning opportunities for our members; and are committed to high operational standards, transparency, accountability, and continuous improvement.
- **Gratitude and Appreciation:** We are a friendly organization and extend a warm welcome to those with whom we come in contact. We believe in and practice the values of gratitude and appreciation for each other and all others with whom we interact.
- **Respect:** We treat each member and Sac State students, faculty, administrators, and staff with the utmost respect.
- **Service:** We are dedicated to serving each other, the Sac State community, and the greater Sacramento region to the best of our ability.

join our team of leaders, co-leaders, and presenters

What You Can Offer

Program leaders, co-leaders, and presenters form the heart of the Renaissance Society experience. We welcome and appreciate new and returning leaders, co-leaders, and presenters, and invite proposals for:

- Semester seminars that last three to thirteen weeks,
- Single presentations, and
- Various learning formats for Shared Interest Groups (SIGs): facilitated discussions of books, films, or ideas; informational lectures; presentations; hands-on instruction; and field trips.

From the arts to food to hiking to zoology, we welcome all topics, issues, and activities.

Our peer-to-peer leaders, co-leaders, and presenters have found teaching, in some cases for the first time, a rich and rewarding experience. Your selected topic may reflect either vocational expertise or an avocational passion. Invariably, Renaissance Society leaders, co-leaders, and presenters describe how teaching deepens their own knowledge of the subject matter. Participants also bring their own expertise and life experiences to the classroom creating opportunities for lively class discussions.

Traditionally, Renaissance Society leaders, co-leaders, and presenters have come from our membership. However, we also actively seek presenters and speakers from the community who have knowledge of a wide variety of subject matter, sensitivity to different learning styles, and an ability to clearly communicate concepts.

How to Submit a Proposal

Send an email to lorene.sarne@csus.edu or call 916-661-6981 for more information. The Program Committee reviews course proposals and provides instructor support and training. Make note of the date when you will receive the Program Application Form and the deadline for submission-see Calendar on [page 5](#).

your donations make a difference

Giving is not just about making a donation. It is about "making a difference."
 —Cathy Calvin, former President, UN Foundation

4 Ways Your Donations Can Make a Difference

1. Gifts to the **Renaissance Society Scholarship Fund*** provide scholarships to Sac State students; we currently award seven \$3,000 scholarships annually.

Donate online at the [Sac State Make a Gift page](#) or by check made out to University Foundation/Renaissance Society with the designated fund indicated in the notes section of your check. If paying by check, please complete the Gift Form and follow the mailing instructions.

2. Gifts to the **ASI Food Pantry*** provide food and personal supplies to Sac State students in need.

*Contributions to the the funds listed above are tax-deductible.

3. Gifts to the **Renaissance Society Operations Fund** help us maintain and enhance the high quality of programming that members have come to expect. Since membership dues only cover a portion of the costs of Renaissance Society operations, these donations are essential to our continued growth and sustainability.

Donating is easy. The Membership Application Form includes a section where you can add "a little something extra" to your membership dues, or you can donate anytime by check payable to Renaissance Society. Complete the Gift Form and follow the mailing instructions.

4. Give the **Gift of Learning**. Share the joy of lifelong learning with someone special to you by giving them a membership in the Renaissance Society. Just fill in the regular [Membership Application Form](#) with your recipient's details, pay the dues, note member gift in the notes section of the check, and your honoree will enjoy the benefits of Renaissance Society membership for an entire year or the Spring semester. A gift certificate is available on request.

(1) If you make an on-line donation for the Scholarship Fund or ASI Food Pantry, please scroll down to Additional Options and open GIFT INSTRUCTIONS. Please indicate there that you are a Renaissance Society member; or

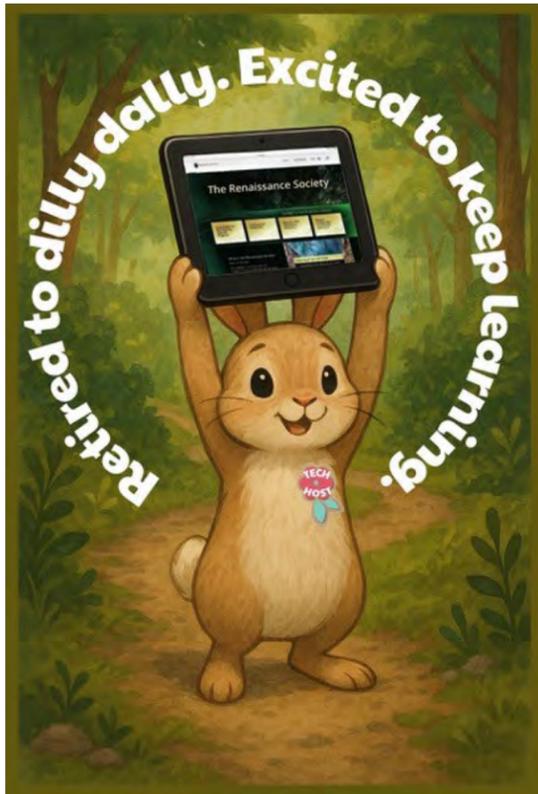
(2) If you mail in a check for a donation to the Scholarship Fund or ASI Food Pantry, please also indicate on the check that you are a Renaissance Society member.



gift form

name			
address			
city	state	zip	
email	phone		
<p>\$_____ Renaissance Society Scholarship Fund (Tax Deductible) (payable to University Foundation at Sacramento State—note, RS Scholarship)</p> <p>\$_____ Renaissance Society Operations Fund (payable to Renaissance Society—note, RS Operations Fund)</p> <p>\$_____ Total Gift</p> <ul style="list-style-type: none"> • I wish my gift to remain anonymous. ____yes ____no • This gift is: in honor of _____ in memory of _____ • Please send notification of my tribute to _____ 			
Address	City	State	Zip
<p>Mail checks to: The Renaissance Society California State University, Sacramento 6000 J Street—Mail Stop 6074 Sacramento, CA 95819-6074</p>			

consider volunteering to be a Zoom tech host



Hey there! Have you ever considered stepping up as a Zoom tech host? It may not be glamorous, but you get warm and tender feelings from giving of your time. Tech Support is absolutely essential for the smooth flow of our online seminars, presentations, and shared interest groups. Think of it as the perfect gig for someone who retired to dilly dally... but excited to sit still and keep on learning!

Are you using Zoom and joining online meetings? Do you feel comfortable with computers, tablets, or smartphones? Can you keep cool when something unexpected pops up onscreen?

If you're nodding yes, then we'd love to welcome you aboard! We're looking for curious, engaged tech hosts who enjoy supporting others and keeping things running behind the scenes. You'll enroll in a class, get the tools you need, and take on key tasks like launching meetings, helping participants, and closing things out smoothly.

Before each semester, we offer tech host training along with monthly Tech Host User Support group meetings led by seasoned coaches. Explore our Renaissance Society Online Learning Resources page for easy training videos and handouts on commonly used Zoom features. Skip the idle moments—get trained and make a real difference in helping our program leaders shine!

Not quite ready for the full assignment? No problem. You can start by shadowing the tech host in one of your programs and later take the reins as a backup. It's a great way to get comfortable and build confidence while keeping your tech skills sharp and add to our shared online experience.

Ready to jump in? Reach out to RenSoc Tech Committee at rensocit@csus.edu. We'll connect you with program leaders in need and answer any questions. Let's turn tech support into your next whimsical adventure in learning!

volunteer to work with sac state students and our community

Our vibrant volunteer culture thrives because our members want to connect beyond the classroom, not only with each other, but also with the students at Sac State and our community. We are a volunteer-led organization and there is always a place for members to get more involved. We offer a variety of opportunities to participate for every interest, ability, and availability. Just a few ideas:

- Teach, lead, coordinate, or facilitate a program
- Coordinate one of our social events
- Serve on the Board or a Committee
- Get involved in Finance or Fundraising
- Write for our publications

Members that volunteer with the students at Sac State say they feel extremely rewarded and fulfilled by the experience. The students learn from us when we share our life experiences with them and we, in turn, learn how resilient, multi-faceted, and amazing the students are. It is an exceptional opportunity for Renaissance Society members. Below are some ways you can participate.

Volunteer Opportunities to Support Sac State Students

Renaissance Society members are part of the Sac State community and are actively involved in supporting Sacramento State students in a variety of ways:

- Mentor a Gerontology student enrolled in the Strategies for Optimal Aging class. In-Person or Zoom meetings with Gerontology students three times during the semester to discuss questions on life and your insights into the aging process. A rewarding interpersonal connection with students that enriches the lives of Renaissance Society members and Sac State students alike. Email Professor Jenny Stevenson at j.stevenson@csus.edu with questions, or to sign up.
- Support students experiencing food insecurity by volunteering at the ASI Food Pantry or special events such as the Friendsgiving Feast. Renaissance Society members are a major source of donations through the first Friday brown envelopes circulated at in-person classes, or on-line at the [Renaissance Society website Donations link](#).
- Assist the Theater Department by volunteering to usher at the student theater and dance productions offered each semester. Renaissance Society members also support the Theater Department with their enthusiastic attendance at campus productions.

- Meet the volunteers involved in these activities at the Open House event on January 16, 2026. Additional volunteer opportunities appear frequently in the Weekly Update circulated to Renaissance Society members via email.
- Questions? Please reach out to Carol Barake, Volunteer Services Coordinator at cmbarake@comcast.net.

Our Ambassador Program

The Ambassadors are a group of enthusiastic members who share their love of the Renaissance Society with others as part of our Speaker's Bureau.

Our Goal: To increase and diversify our membership while raising Renaissance Society visibility in the greater Sacramento Community.

We table at various community events bringing visual displays and printed material showcasing what the Renaissance Society is all about. We give presentations, both virtual and in person, about the Renaissance Society to promote partnerships and to recruit new members. We share personal testimonials of our Renaissance Society experience and invite others to join so they too can learn, teach, and volunteer. We are always looking for new Ambassadors. Join us and we will train you! If you are interested, contact Deanna Hanson at deannahanson@gmail.com.

volunteer for a committee

As a peer-to-peer learning organization, the Renaissance Society relies on its members in many ways. Committees welcome volunteers and rely on them for their wisdom and willingness to work. Think about where you could be of service and contact the committee chair(s). We welcome new committee members! See pages [76-77](#) for contact information.

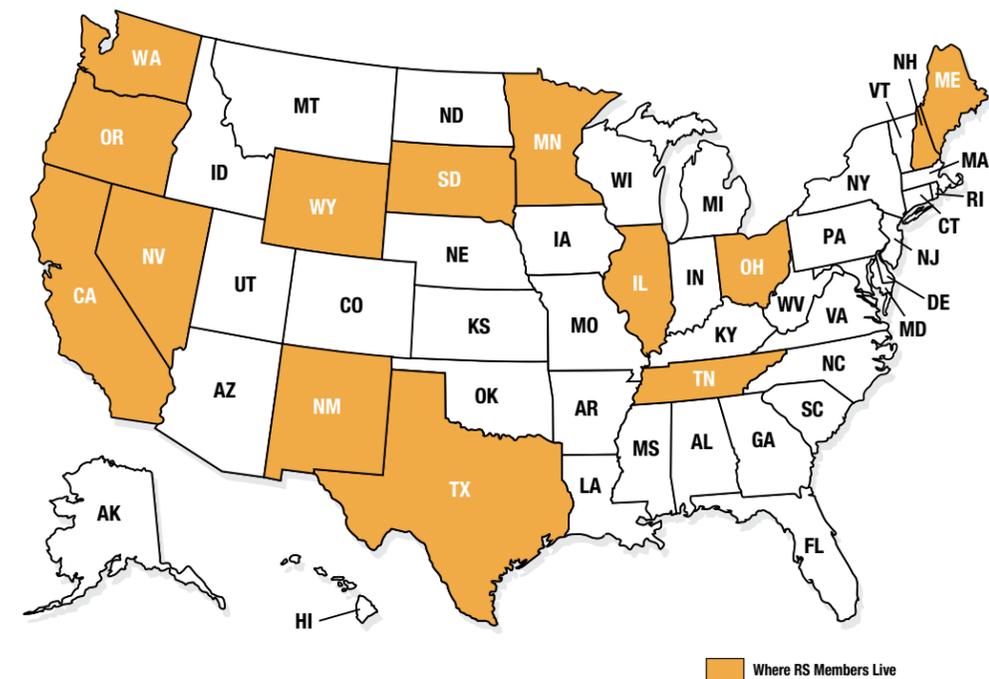


partnerships

We continue to expand our partnerships to provide discounts, promotional opportunities, and other benefits to our members and partners. We have several arts and entertainment partners, and we look to grow beyond the arts to sports and other recreational and historical opportunities for our members. Be sure to read the Weekly Update, the Recorder Newsletter, and check our website for current partnerships and discounts. And thanks to Clara Studios, our board has a new meeting place for our monthly meetings. If you have ideas, contacts, or questions, please contact Susan Wheeler, Membership Committee Chair at swheeler55@gmail.com.

membership map

A majority of our members live in the zip codes clustered around Sac State. However, as this map illustrates membership is not limited by geography. When we pivoted to Zoom and hybrid classes in 2020, we added many members from other parts of California and some from other states. Reach out to your friends and associates to share this Renaissance Society lifelong learning opportunity. Imagine being in a Zoom class with your old college roommate who lives in another state! Most of our new members hear about us from a friend. Think about your friends, family, and colleagues that could benefit from the Renaissance Society. Now reach out to them by sharing our story and catalog. It's easy to do. Just use the 'share' icon in the flipbook toolbar. This is one of the best gifts you can give someone you value—lifelong learning, service opportunities, and fun.



acknowledgments

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Website: <https://www.csus.edu/college/social-sciences-interdisciplinary-studies/renaissance-society/>

Please visit our website for our complete offerings

