

ALL Spring Schedule 2026

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GAMES

Open Play is contingent on Emerging Technology Complex and Sports Center availability.

Members may register at any time during the semester as space allows.

Register once for the entire semester, except for bowling.

Advanced Pickleball⁺

Mondays*

Feb. 2-May 4

8:45-11:15 a.m.

(No Pickleball March 16-20)

Pickleball is a paddle sport that combines many elements of tennis, badminton, and ping-pong. It is a fun sport and a great way to exercise. Victoria College's Sports Center will have open gym time on Mondays for experienced pickleball players. Participants are expected to assist in set-up and tear down of courts each day of play.

**Attendees must have previously attended Advanced Pickleball or demonstrate proficiency in the game.*

Class Fee: \$20 per semester

Maximum: 36 players

Location: VC Sports Center

2200 E. Red River Street, Victoria, TX

Mah Jongg⁺

Mondays*

Feb. 2-May 11

1-5 p.m.

(No Mah Jongg March 16-20)

Mah Jongg is a game of Chinese origin usually played by four persons with tiles that are drawn and discarded until one player secures a winning hand. Monday is open play for beginner and experienced American and Chinese Mah Jongg players.

During the first three weeks of class, guided instruction in American Mah Jongg will be offered for beginners or anyone needing a refresher. Instruction will take place to the side of the room while open play continues for both American and Chinese Mah Jongg players.

**A Mah Jongg card may be borrowed for the first couple weeks of play. Attendees will then be encouraged to purchase their own game card.*

Maximum: 36 players

Location: VC Emerging Technology Complex

Conference & Education Center, Room 314

7403 Lone Tree Road, Victoria, TX

Beginner Pickleball⁺

Fridays*

Feb. 6-May 8

8:45-11:15 a.m.

(No Pickleball March 16-20, March 27, and April 3)

Pickleball is a paddle sport that combines many elements of tennis, badminton, and ping-pong. It is a fun sport and a great way to exercise. Victoria College's Sports Center will have open gym time on Mondays for experienced pickleball players. Participants are expected to assist in set-up and tear down of courts each day of play.

**A paddle may be borrowed for the first couple of weeks of play. Attendees will then be required to purchase their own paddles.*

Class Fee: \$20 per semester

Maximum: 36 players

Location: VC Sports Center

2200 E. Red River Street, Victoria, TX

Hand and Foot

Fridays*

Feb. 6-May 15

1-5 p.m.

(No Hand and Foot April 3 and March 16-20)

Hand and Foot is a Canasta card game variant played with multiple decks of standard playing cards. The objective is to build melds of cards, with the ultimate goal of forming "books" or sets of seven cards of the same rank. Friday is open play for beginner and experienced Hand and Foot players.

Maximum: 36 players

Location: VC Emerging Technology Complex

Conference & Education Center, Room 314

7403 Lone Tree Road, Victoria, TX

Dominoes

Thursdays*

Feb. 12, 26

March 12, 26

April 9, 23

May 14

1-4 p.m.

(No Dominoes March 16-20)

Dominoes is a family of tile-based games which test both skill and patience. Dominoes will be available during this open-play period for members to play 42, Straight, Moon, and Mexican Train variations.

Maximum: 36 players

Location: VC Emerging Technology Complex

Conference & Education Center, Room 314

7403 Lone Tree Road, Victoria, TX

Strike up the Fun-Bowling

Tuesdays*

Feb. 17

March 10

April 14

May 12

2:30-4:30 p.m.

Bowling is played by 120 million people in more than 90 countries, and you can be one of them! Century Lanes is a bowling center with 32 recently remodeled AMF lanes and a Bowl Land automatic scoring system. Enjoy a full-service lounge, pool tables, lockers, pro shop, a video arcade and snack bar. Bowl with fellow ALL members for a rolling good time! Class fee includes 2 games and shoe rental. Transportation is NOT provided.

Class Fee: \$10 per date; register monthly

Registration Deadlines: Feb. 13, March 6, April 10, May 8

Maximum: 29 players

Location: Century Lanes

3401 John Stockbauer Drive, Victoria, TX

FEBRUARY

Insight into ALL

Thursday

Feb. 3

10-11:30 a.m.

Whether you are a new or seasoned ALL member, this class is for you! Hear the latest updates and changes for the Academy of Lifelong Learning from CTE-Continuing Education Department Chair, Rachel Nessel. Learn the answers to frequently asked questions and how to get the most out of this organization. Members are encouraged to ask questions and provide suggestions.

Maximum: 48

Study Leader: Rachel Nessel, CTE-Continuing Education Department Chair

Location: VC Emerging Technology Complex

Conference & Education Center, Room 304

7403 Lone Tree Road, Victoria, TX

Cut & Conquer: Deboning a Chicken

Wednesday

Feb. 4

10 a.m.-Noon

This hands-on class teaches the essential skill of deboning a whole chicken with confidence and precision. Participants will learn step-by-step techniques for safely removing bones while preserving meat quality and minimizing waste. The session also covers knife safety, proper tools, and ways to use every part of the chicken for cooking. Perfect for home cooks looking to elevate their culinary skills, this class will help you “cut and conquer” like a pro in the kitchen

Maximum: 30

Study Leaders: Roger Smith, ALL Member and Lon West

Location: VC Emerging Technology Complex

Conference & Education Center, Room 304

7403 Lone Tree Road, Victoria, TX

Lifestory Informational Meeting

Wednesday

Feb. 4

1:30-3 p.m.

Scientific evidence demonstrates the importance of writing and sharing life stories. Learners at all levels of writing skill, including novices, will enjoy writing and sharing their memories. During the informational meeting, participants will learn about Lifestory, including how the sessions are facilitated; what to expect from this fun, therapeutic writing class; and receive the writing prompts for the semester.

Maximum: 16

Study Leader: Rachel Nessel, CTE-Continuing Education Department Chair

Location: VC Emerging Technology Complex

Conference & Education Center, Room 308

7403 Lone Tree Road, Victoria, TX

Basic Beekeeping

Thursday

Feb. 5

10 a.m.-Noon

Explore the world of bees and gain a solid understanding of the fundamentals of beekeeping in this beginner-friendly class. The class covers essential beekeeping practices, including hive setup and maintenance, seasonal care, honey production and extraction, and the importance of bees in pollination and environmental balance. Perfect for beginners, this class provides a hands-on foundation for anyone interested in starting their own hive or supporting local pollinators.

Maximum: 48

Study Leader: Austin Elsik, Owner, Elsik Farms

Location: VC Emerging Technology Complex

Conference & Education Center, Room 304

7403 Lone Tree Road, Victoria, TX

Life-Limiting Illnesses: When is it Time for Hospice Care?

Tuesday

Feb. 10

10 a.m. -Noon

Making decisions during a serious or life-limiting illness can be overwhelming. This class provides guidance on when hospice care may be appropriate, what signs and symptoms to watch for, and how comfort-focused care can improve quality of life. Participants will learn the truth behind common myths and gain a better understanding of the support hospice services offer for both patients and their families.

Maximum: 48

Study Leader: Kathleen Card, Patient Navigator, Citizens Medical Center

Location: VC Emerging Technology Complex

Conference & Education Center, Room 304

7403 Lone Tree Road, Victoria, TX

VPL Book Club: *The Light Between Oceans*

Tuesday

Feb. 10

2-4 p.m.

The Light Between Oceans is a deeply moving historical novel by M.L. Stedman that explores love, loss, and moral choice in the aftermath of World War I. Tom Sherbourne, a lighthouse keeper on a remote Australian island, and his wife Isabel discover a boat washed ashore carrying a dead man and a crying baby. Their fateful decision to raise the child as their own brings joy—but also devastating consequences when the truth surfaces years later.

Victoria Public Library is partnering with ALL to host a book review of *The Light Between Oceans*. Books will be available to check out from the library on a first come basis, or members may source the book on their own. Enjoy a dutch-treat cup of coffee during your discussion.

Maximum: 15

Study Leader: Andrew Hilburn, Adult Librarian

Victoria Public Library

Location: The Gardenhouse Coffee & Espresso Bar

1908 N. Laurent Street, Victoria, TX

ALL Around Town: Ventura's Tamales

Wednesday

Feb. 11

11 a.m.-12:30 p.m.

Since 1985, Ventura's has been a local favorite in the Victoria area, serving up authentic Mexican and Tex-Mex cuisine made from family recipes. From sizzling fajitas to flavorful enchiladas, every dish is crafted to please the palate. Join your fellow ALL members for a Dutch-treat lunch and enjoy great food, friendly service, and fun conversation! Transportation is NOT provided

Maximum: 30

Location: Ventura's Tamales

3907 N. Navarro St, Victoria, TX

Crafternoon

Wednesday

Feb. 11, 25

March 11, 25

April 8, 22

May 6

2-4 p.m.

Take a break from the hustle and bustle of daily life and immerse yourself in a world of creativity. In this laid-back class you can color with provided materials or bring your own crafts to complete. Crafternoon offers a space for you to unwind, explore your artistic side, and connect with fellow creatives. Members register once for the entire semester.

Maximum: 16

Study Leader: Sandi Baecker, ALL Member

Location: VC Emerging Technology Complex

Conference & Education Center, Room 308

7403 Lone Tree Road, Victoria, TX

King Edward VIII and Wallis Simpson: The Relationship that Rocked the British Monarchy

Tuesday

Feb. 17

10 a.m.-Noon

Explore the controversial romance between King Edward VIII and American divorcée Wallis Simpson—a love affair that led to one of the most dramatic constitutional crises in British history. We will examine the social, political, and cultural factors that made their relationship so scandalous in the 1930s, the abdication crisis that followed, and the long-term impact on the British monarchy. The class highlights how personal choices can challenge royal duty, redefine public expectations of leadership, and reshape the image of the Crown.

Maximum: 48

Study Leader: Reba Roberson, ALL Member

Location: VC Emerging Technology Complex
Conference & Education Center, Room 304
7403 Lone Tree Road, Victoria, TX

Eating Out/Main Courses: Healthy Alternatives

Wednesday

Feb. 18

10 a.m.-Noon

Learn simple ways to enjoy delicious, healthy meals whether you're cooking at home or eating out. Participants will learn how to prepare nutritious main courses that are flavorful, balanced, and easy to make, while also exploring smart strategies for selecting healthier options at restaurants. The class will cover portion control, ingredient swaps, and cooking techniques that enhance taste without adding excess fat, sugar, or salt. Perfect for anyone looking to eat well without sacrificing flavor, this class offers practical tips for building lasting healthy habits.

Maximum: 48

Study Leader: Erica Briggs, Owner, ParaVida Wellness

Location: VC Emerging Technology Complex
Conference & Education Center, Room 304
7403 Lone Tree Road, Victoria, TX

Chair Yoga

Wednesday

Feb. 18

2-3:30 p.m.

Experience the benefits of yoga from the comfort and stability of a chair—no floor work required! This gentle class focuses on improving flexibility, balance, and relaxation through slow, mindful movement. Perfect for beginners or anyone wanting a safe, supportive way to stay active and centered.

Maximum: 30

Study Leader: Ellen Vallejo Smith, M.Ed., LPC, TCYM, Downward Dog Wellness

Location: VC Emerging Technology Complex
Conference & Education Center, Room 314
7403 Lone Tree Road, Victoria, TX

Before the Ambulance Arrives

Thursday

Feb. 19

10-11:30 a.m.

Have you ever been caught in an emergency situation and not known whether or not you should call an ambulance, or what you should do while waiting for an ambulance to arrive on the scene? During this demonstration participants will learn when to call 911 and what to do before the ambulance arrives. By the end of this empowering class, attendees will be equipped with the knowledge to make a difference and potentially save lives in critical situations.

Maximum: 48

Study Leader: Ricky Delagarza, Licensed Paramedic

Location: VC Emerging Technology Complex

Conference & Education Center, Room 304

7403 Lone Tree Road, Victoria, TX

Lifestory

Tuesdays

Feb. 24

March 31

April 21

May 5

1:30-3 p.m.

Scientific evidence demonstrates the importance of writing and sharing life stories. Learners at all levels of writing skill, including novices, will enjoy writing and sharing their memories. During the Lifestory Workshop participants will share stories they have written and receive positive feedback. Members register once for the entire semester.

Maximum: 16

Study Leader: Rachel Nessel, CTE-Continuing Education Department Chair

Location: VC Emerging Technology Complex

Conference & Education Center, Room 308

7403 Lone Tree Road, Victoria, TX

Stanzel Model Aircraft Museum Day Trip

Wednesday

Feb. 25

Depart ETC at 9:30 a.m.

Enjoy a full day of history, innovation, and local flavor in Schulenburg, beginning with a Dutch-treat lunch at a local restaurant and continuing at the Stanzel Model Aircraft Museum. Tour the museum's engaging exhibits—including interactive displays, the Factory Wing, and the Stanzel family homestead—and discover the fascinating story of Victor and Joseph Stanzel's passion for flight and model aircraft innovation. Transportation will be provided.

Class Fee: \$30 (Registration Deadline: Feb. 11)

Maximum: 28

Location: Schulenberg, TX

Scarf Juggling

Thursday

Feb. 19

2-3:30 p.m.

Move, groove, and twirl! This lively class uses colorful scarves to get members moving, grooving, and stretching, all while boosting hand-eye coordination and fine motor skills. Scarves are provided—just bring your energy and your smile!

Maximum: 15

Study Leader: Dr. Emily Mason, PE Dept Chair/Professor/Wellness Coordinator, Victoria College

Location: VC Emerging Technology Complex

Conference & Education Center, Room 314

7403 Lone Tree Road, Victoria, TX

MARCH

Texas A&M-Victoria Update

Tuesday

March 3

10-11:30 a.m.

With the recent transition from University of Houston-Victoria to Texas A&M University–Victoria now complete, members will learn about what's next for the campus and our region. Hear about new programs being considered, potential timelines, and how this exciting change will continue to shape local opportunities in higher education.

Maximum: 48

Study Leader: Dr. Joann Olson, Interim Provost & VP for Academic Affairs, Texas A&M-Victoria Manager

Location: VC Emerging Technology Complex

Conference & Education Center, Room 304

7403 Lone Tree Road, Victoria, TX

Copper-Foil Easter Cross

Wednesday

March 4

8:30 a.m.-12:30 p.m. OR 1-5 p.m.

Create your own stained-glass cross using the copper-foil method developed by Louis Tiffany in the early 1900's. Precut and ground glass pieces will be used as participants learn foiling and soldering techniques to assemble their design. Participants are requested to bring a pair of safety glasses and wear closed-toed shoes to class. Although every precaution is taken for your safety, sometimes the glass does cause cuts or punctures. Caution should be taken by anyone on blood thinners. Bandages will be provided.

Class Fee: \$40 (Registration Deadline: Feb. 25)

Maximum: 15 per session

Study Leader: Lisa Gabrysch, ALL Member

Location: VC Emerging Technology Complex

Conference & Education Center, Room 304

7403 Lone Tree Road, Victoria, TX

Marinades & Glazes

Thursday

March 5

10-11:30 a.m.

Expand your culinary knowledge and join Dennis Patillo on a flavorful journey to explore the art of marinades and glazes. Learn how these versatile mixtures can transform seafood, pork, chicken, vegetables, and more into mouthwatering dishes. Bring your curiosity and appetite for knowledge as you discover new ways to elevate everyday cooking.

Maximum: 48

Study Leader: Dennis Patillo, Owner, The PumpHouse Riverside Restaurant and Bar

Location: VC Emerging Technology Complex

Conference & Education Center, Room 304

7403 Lone Tree Road, Victoria, TX

Why Are We in So Much Pain?

Tuesday

March 10

10 a.m.-Noon

Discover how the foods and drinks we consume every day may be fueling pain and inflammation. This class explores the connection between diet, inflammation, and chronic pain. Participants will learn how certain foods and drinks can contribute to pain, fatigue, and overall discomfort in the body. Through discussion and evidence-based insights, the course examines how nutrition affects inflammation, digestion, and the body's healing processes. Participants will gain a better understanding of how to make mindful food choices that can help reduce pain and improve overall well-being.

Maximum: 75

Study Leader: Dr. Phylis Canion, N.D. CNC

Location: VC Emerging Technology Complex

Conference & Education Center, Room 203

7403 Lone Tree Road, Victoria, TX

Tai Chi

Wednesday

March 11

10 a.m.-Noon

Taijiquan, commonly known as Tai Chi, is an ancient, meditative Martial Art. This art is referred to as "Poetry in Motion". Members will learn the basic of the art to begin your Tai Chi journey.

Class Fee: \$25 (Registration Deadline: March 4)

Maximum: 10

Maximum: 20

Study Leader: Michael Thomas, Sifu, Owner, Zhonghua Wushu School of Chinese Martial Arts

Location: VC Emerging Technology Complex

Conference & Education Center, Room 314

7403 Lone Tree Road, Victoria, TX

Victoria Regional History Center Tour

Wednesday

March 11

2-3p.m.

Discover the rich history of Victoria and its institutions on a guided tour of the Victoria Regional History Center. Members will explore archival collections documenting Texas A&M University–Victoria, Victoria College, and the surrounding area. This behind-the-scenes experience offers a unique look at the stories that have shaped the community.

Maximum: 20

Study Leader: Mia Campbell, Archivist, Victoria Regional History Center

Location: Texas A&M-Victoria Library
3006 N. Ben Wilson, Victoria, TX

Spring Vegetable Gardening

Thursday
March 12
9-11 a.m.

Get ready to cultivate a productive and vibrant spring vegetable garden! Participants will learn how to prepare and enrich soil, choose the right vegetables for the season, and plan efficient garden layouts. The course also covers planting techniques, watering, and basic pest management to help ensure a healthy and productive garden. Perfect for beginners and hobby gardeners alike.

Maximum: 48

Study Leader: Debbie Hopper, Master Gardener

Location: VC Emerging Technology Complex
Conference & Education Center, Room 304
7403 Lone Tree Road, Victoria, TX

ALL Around Town: Yamato Hibachi & Sushi

Thursday
March 12
11:30 a.m.-1 p.m.

For those who love delicious sushi, sizzling hibachi, and yummy cocktails, Yamato Hibachi & Sushi is the place to be! This local favorite specializes in a unique dining experience filled with exciting food, fun entertainment, and craft cocktails—perfect for any occasion. Join us for a Dutch-treat lunch as we gather around the hibachi table to enjoy the show and savor a flavorful meal together. Transportation is NOT provided

Maximum: 45

Location: Yamato Hibachi & Sushi
9104 N Navarro St, Victoria, TX 77904

Spring Floral Workshop

Tuesday
March 24
1:30-3:30 p.m.

Learn the art of fresh floral design in this hands-on spring workshop led by McAdams Floral — proudly serving Victoria with floral excellence since 1975. Members will create two fresh floral arrangements to take home — for the cost most shops charge for just one. The first arrangement will be taught step-by-step, covering floral care, balance, stem placement, and design principles. The second will be designed from an inspiration photo, with one-on-one walk-around guidance to encourage individual creativity. This workshop is perfect for beginners or hobbyists and offers a warm, welcoming learning environment. All flowers, tools, and supplies are included.

Class Fee: \$65 (Registration Deadline: March 11)

Minimum: 5

Maximum: 12

Study Leaders: Eunice Martinez-Gonzalez & John Moraida, McAdams Floral

Location: VC Emerging Technology Complex
Conference & Education Center, Room 304

7403 Lone Tree Road, Victoria, TX

Gentle Yoga for Strength and Serenity

Wednesday

March 25

10-11:30 a.m.

This beginner-friendly class introduces traditional yoga poses and breathing techniques at a relaxed pace. You'll build strength, increase flexibility, and calm your mind while using props and modifications to ensure comfort. Ideal for those seeking a smooth transition from seated to standing movements. Please bring your own yoga mat.

Maximum: 30

Study Leader: Ellen Vallejo Smith, M.Ed., LPC, TCYM, Downward Dog Wellness

Location: VC Emerging Technology Complex

Conference & Education Center, Room 314

7403 Lone Tree Road, Victoria, TX

Murder Mystery Game: Unsolved Case Files: Who Killed Harmony Ashcroft

Wednesday

March 25

1-2:30 p.m. OR 3-4:30 p.m.

ALL is partnering with the Victoria Public Library to bring an immersive murder mystery experience to you! Step into the role of a cold-case detective and work as a team to examine evidence, review witness statements, and analyze clues to solve the murder of Harmony Ashcroft, a young bride-to-be tragically killed the night before her wedding. Can you uncover the truth, free the innocent man behind bars, and finally bring Harmony's real killer to justice?

Maximum: 30 each session

Study Leader: Andrew Hilburn, Adult Librarian

Victoria Public Library

Location: VC Emerging Technology Complex

Conference & Education Center, Room 304

7403 Lone Tree Road, Victoria, TX

La Bahía – Goliad Day Trip

Thursday

March 26

Meet at Blue Quail Deli at 11:30 a.m.

We'll begin the day in Goliad with lunch at Blue Quail Deli. Then we'll explore the historic Presidio La Bahía, a key fort established in 1749 that played a pivotal role in Texas history. In the historic Our Lady of Loreto Chapel, you'll discover the stories of this crucial site through the nine flags that have flown over the fort. Then, explore the grounds, view artifacts, see cannons, climb bastions, visit the soldiers' barracks, and learn why "Remember La Bahía" became the rallying cry for the Battle of San Jacinto. Transportation will NOT be provided.

Class Fee: \$7 (Registration Deadline: March 11)

Minimum: 10

Maximum: 29

Location: Blue Quail Deli: 224 S. Commercial Street, Goliad, TX 77963

La Bahia: 217 Loop 71, Goliad, TX 77963

APRIL

Pollinator Gardening

Wednesday

April 1

10 a.m.-Noon

Transform your garden into a buzzing haven for butterflies, hummingbirds, and other essential pollinators. Participants will learn about the best plants and flowers to support pollinator health, as well as design tips for adding color, texture, and seasonal interest to their yards. Ideal for nature lovers and gardeners of all levels, this class offers inspiration and practical steps to turn any outdoor space into a pollinator paradise.

Maximum: 48

Study Leader: Debbie Hopper, Master Gardener

Location: VC Emerging Technology Complex

Conference & Education Center, Room 304

7403 Lone Tree Road, Victoria, TX

Safety Around Wildlife

Wednesday

April 1

2-3:30 p.m.

From prickly plants to slithering snakes, Texas wildlife is full of beauty—and surprises! Learn how to safely enjoy the great outdoors while staying alert to potential hazards. This session covers common poisonous and thorny plants, reptiles, mammals, and insects found in our region, along with practical tips for preventing injuries and what to do if you encounter or are bitten by wildlife. Whether you're a gardener, hiker, or nature enthusiast, you'll walk away with knowledge to help you stay safe and confident in Texas' wild spaces.

Maximum: 48

Study Leader: Cindy Baker, Texas Master Naturalist, Mid-Coast Chapter

Location: VC Emerging Technology Complex

Conference & Education Center, Room 304

7403 Lone Tree Road, Victoria, TX

Tiny Worlds: The Closed Terrarium Workshop

Tuesday

April 7

10 a.m.-Noon

Discover the art and science of creating your own self-sustaining miniature ecosystem in this hands-on workshop. You'll learn how to design a closed terrarium using plants, soil, moss, and decorative elements, creating a living piece of art to display at home. By the end of class, you'll have your very own terrarium and the knowledge to care for it, keeping it healthy and beautiful for years to come. All supplies and live plants are included.

Class Fee: \$37 (Registration Deadline: March 24)

Maximum: 20

Study Leader: Brooke Lewis, Owner, Scenic Root

Location: VC Emerging Technology Complex

Conference & Education Center, Room 304

7403 Lone Tree Road, Victoria, TX

VPL Book Club: *First Lie Wins*

Tuesday

April 7

2-4 p.m.

First Lie Wins is a fast-paced psychological thriller by Ashley Elston that keeps readers guessing until the final page. Evie Porter appears to have the perfect life — a beautiful home, a loving boyfriend, and a charming Southern lifestyle. But Evie isn't who she claims to be. Her real name, her past, and her next target are all part of a dangerous game controlled by a mysterious man known only as Mr. Smith. When her two worlds begin to collide, Evie must decide how far she'll go to stay one step ahead.

Victoria Public Library is partnering with ALL to host a book review of *First Lie Wins*. Books will be available to check out from the library on a first come basis, or members may source the book on their own. Enjoy a dutch-treat cup of coffee during your discussion.

Maximum: 15

Study Leader: Andrew Hilburn, Adult Librarian

Victoria Public Library

Location: The Gardenhouse Coffee & Espresso Bar

1908 N. Laurent Street, Victoria, TX

Cooking Well for Healthy Blood Pressure

Wednesday

April 8 & 15

10-11:30 a.m.

Learn how delicious healthy eating can be! This interactive class focuses on practical ways to prevent and manage high blood pressure through nutrition and simple lifestyle changes. You'll explore the DASH eating plan, discover grocery shopping tips for a heart-healthy diet, and learn how to season foods with herbs and spices instead of salt. Whether you're looking to improve your health or simply cook smarter, this class will equip you with the tools and recipes to make every meal both flavorful and nourishing.

Maximum: 48

Study Leader: Marcie Kucera, Extension Agent, Texas A&M AgriLife Extension

Location: VC Emerging Technology Complex

Conference & Education Center, Room 304

7403 Lone Tree Road, Victoria, TX

Spoetzl Brewery Day Trip

Thursday

April 9

Depart ETC at 10:30 a.m.

Enjoy a day in Shiner, Texas! First, enjoy a Dutch-treat lunch at the K. Spoetzl BBQ Co. Members will receive 45-minute guided tour of the famous Spoetzl Brewery where every drop of Shiner Beer has been brewed since 1909. Participants will be provided with Shiner Beer branded souvenirs and 3 tokens for beer. Prost! Transportation will be provided.

Class Fee: \$67 (Registration Deadline: March 26)

Minimum: 8

Maximum: 28

Location: Shiner, TX

Civilian Response to Active Attacker

Tuesday

April 14

10 a.m.-Noon

Knowing how to respond in a critical situation can save lives. This training provides community members with the knowledge and skills needed to increase their chances of survival during an active attacker event. Participants will learn how to recognize potential warning signs, respond effectively under stress, and take practical actions to protect themselves and others.

Maximum: 48

Study Leader: John Turner, Senior Police Officer, Victoria Police Department

Location: VC Emerging Technology Complex

Conference & Education Center, Room 304

7403 Lone Tree Road, Victoria, TX

ALL Around Town: Aero Crafters

Wednesday

April 15

4-5:30 p.m.

Aero Crafters is the go-to spot for good food, great drinks, and a fun, casual atmosphere. The menu features Texas-inspired flavors, from hearty burgers and BBQ to vegetarian-friendly bites. Join your fellow ALL members for a Dutch-treat outing and enjoy good food, good company, and a relaxed evening! Transportation is NOT provided.

Maximum: 28

Location: Aero Crafters

309 E. Crestwood, Victoria, TX

Exploring Seadrift Harbor

Thursday

April 16

9-10:30 a.m.

Step aboard the Archimedes with Captain Whitney Curry and dive into the wonders of Seadrift Harbor! Participants will net marine specimens, explore them in the onboard touch tank, and use a digital microscope to view plankton up close. The 1.5-hour tour ventures into the shallow waters of the harbor, offering an up-close look at coastal ecosystems and marine life. Transportation is NOT provided.

Class Fee: \$60 (Registration Deadline: April 8)

Minimum: 10

Maximum: 20

Study Leader: Captain Whitney Curry, Texas Floating Classroom

Location: Seadrift, TX

Strength Training for Aging Adults

Thursday

April 16

2-3 p.m.

Discover how strength training can help aging adults maintain health, mobility, and independence. Led by Citizens Healthplex, participants will learn how regular resistance exercise supports bone density, balance, and overall well-being. The session will include a short demonstration using resistance bands and light dumbbells, showing safe and effective techniques that can be done at home. Designed for adults of all fitness levels, this class provides practical tips and motivation to incorporate simple strength exercises into daily life.

Maximum: 25

Study Leader: Sharon Elder, Instructor, Citizens Healthplex

Location: VC Emerging Technology Complex

Conference & Education Center, Room 314

7403 Lone Tree Road, Victoria, TX

The Art of Tortilla Making

Thursday

April 23

10 a.m.-Noon OR 1-3 p.m.

Discover the time-honored techniques and secrets behind crafting authentic, handmade tortillas and savor the satisfaction of learning how to make this Mexican cuisine staple from scratch. Participants will make tortillas in class to taste test and take home a kit to make a fresh batch for dinner.

Class Fee: \$5 (Registration Deadline: April 15)

Maximum: 12 per session

Study Leader: Bridgitte Postel

Location: VC Emerging Technology Complex

Conference & Education Center, Room 304

7403 Lone Tree Road, Victoria, TX

How Sugar Can Affect Cancer Risk

Tuesday

April 28

10 a.m.-Noon

Discover the surprising ways sugar can influence cancer risk and overall health. Participants will explore how high sugar intake affects insulin levels, inflammation, and metabolic health—factors that may create conditions that support cancer growth. The session also highlights the science behind sugar's effects on the body, how to identify hidden sugars in everyday foods, and strategies for making informed dietary choices to support long-term health and disease prevention.

Maximum: 75

Study Leader: Dr. Phylis Canion, N.D. CNC

Location: VC Emerging Technology Complex

Conference & Education Center, Room 203

7403 Lone Tree Road, Victoria, TX

Charcuterie Board Workshop

Thursday

April 28

2-4 p.m.

Create your own show-stopping charcuterie board in this fun, hands-on workshop led by Life's Celebrations! Participants will design and personalize their own wooden serving board, then use fresh ingredients to craft a balanced and beautiful charcuterie spread in a portable box for easy transport. Enjoy a creative, delicious experience filled with tips on flavor pairings, styling, and presentation—perfect for sharing with friends!

Class Fee: \$50 (Registration Deadline: April 17)

Minimum: 10

Maximum: 48

Study Leader: Life's Celebrations

Location: VC Emerging Technology Complex

Conference & Education Center, Room 304

7403 Lone Tree Road, Victoria, TX

The Monument Men of WWII

Wednesday

April 29

10 a.m.-Noon

During World War II, as battles raged across Europe, a small group of men and women risked their lives—not to fight, but to protect. They were museum curators, art historians, architects, and artists, united by one mission: to rescue the world's greatest cultural treasures from destruction and theft. Known as The Monuments Men, their courage preserved masterpieces that might otherwise have been lost forever, safeguarding humanity's shared heritage for generations to come.

Maximum: 48

Study Leader: Reba Roberson, ALL Member

Location: VC Emerging Technology Complex

Conference & Education Center, Room 304

7403 Lone Tree Road, Victoria, TX

Yoga for Energy and Vitality

Wednesday

April 29

2-3:30 p.m.

Designed for participants with some yoga experience, this class offers a more active and invigorating practice. Flow through dynamic sequences that enhance flexibility, stamina, and core strength while deepening your breath and focus. Leave feeling refreshed, strong, and full of positive energy. Please bring your own yoga mat.

Maximum: 30

Study Leader: Ellen Vallejo Smith, M.Ed., LPC, TCYM, Downward Dog Wellness

Location: VC Emerging Technology Complex

Conference & Education Center, Room 314

7403 Lone Tree Road, Victoria, TX

Publish Your Story

Thursday

April 30

1:30-3 p.m.

So you've written a story. Now what? Whether you're an aspiring author or simply curious about the publishing process, this class explores traditional versus self-publishing, tips for refining a manuscript, and how to connect with the right illustrator. Presented by award-winning author Cheryl Johnson, it's perfect for anyone interested in bringing a story to life.

Maximum: 48

Study Leader: Cheryl Johnson, Owner, Backyard Bird Nerd

Location: VC Emerging Technology Complex

Conference & Education Center, Room 304

7403 Lone Tree Road, Victoria, TX

MAY

Early Artisans of the Victoria Area

Wednesday

May 6

2-3 p.m.

Step back in time and discover the remarkable craftsmanship that helped build the Victoria region! This presentation shines a light on the skilled blacksmiths, leatherworkers, and other artisans whose handiwork shaped the character and culture of early Texas communities. Enjoy a visual "show-and-tell" of authentic artifacts that bring their stories—and their trades—to life.

Maximum: 30

Study Leader: Claudia Moseley, Museum Education Coordinator, Museum of the Coastal Bend

Location: Museum of the Coastal Bend

2200 E. Red River Street, Victoria, TX

Panna Maria Day Trip

Thursday

May 7

Depart ETC at 8:30 a.m.

Experience the rich history and culture of Texas's first Polish settlement with a guided tour of the Polish Heritage Center in Panna Maria. Explore beautifully designed exhibits that share the journey of Polish immigrants, their faith, and their lasting influence on Texas life. Take a midday break to enjoy a catered lunch from a local restaurant featuring a sandwich, chips, cookie, and cup of soup before continuing your tour. Transportation will be provided.

Veteran Class Fee: \$50 (Registration Deadline: April 23)

Non-Veteran Class Fee: \$60 (Registration Deadline: April 23)

Maximum: 28

Location: Panna Maria, TX

ALL Around Town: Victoria Mall Food Court

Tuesday

May 12

11:30 a.m. -1 p.m.

Join us for our most unusual ALL Around Town yet! We'll eat together in the food court, but members can choose from a variety of options—fast food, Italian, Chinese, or whatever you're craving. After lunch, browse the shops or take a stroll to

get your steps in. It's a relaxed, Dutch-treat outing with good food, good company, and plenty of freedom to enjoy the day your way! Transportation is NOT provided.

Location: Victoria Mall Food Court,
7800 N. Navarro St, Victoria, TX

Five Points Museum of Contemporary Art Tour

Wednesday

May 13

2-3:30 p.m.

Visit the most eclectic museum in Victoria, Five Points Museum of Contemporary Art! Nicknamed the "fishbowl", Gallery A features 22 windows looking out on the five-way intersection from which the museum derives its name. Enjoy the latest exhibition the museum has to offer in 3 different galleries within the museum.

Maximum: 24

Location: Five Points Museum of Contemporary Art
1201 N. Moody Street; Victoria, Texas 77901

End-of-Year Celebration

Thursday

May 14

11:30 a.m.-1 p.m.

Enjoy a potluck with all of your ALL friends! Bring a dish or beverage (and your recipe) to share with fellow members and enjoy each other's company. Recipes can be sent prior to the party or one copy may be brought to the event. Recipes will be compiled and emailed to attendees. Water, plates, napkins, and utensils will be provided.

Maximum: 48

Location: VC Emerging Technology Complex
Conference & Education Center, Room 304
7403 Lone Tree Road, Victoria, TX