

ALL

Academy of Lifelong Learning

Fall 2022 Schedule

DAY TRIP
A Day in LaGrange

HOBBIES
Painting with
Unusual Objects

HISTORY
Men & Women
of the Alamo

HEALTH
Vitamins & Supplements 101



Cover photo courtesy of Ingrid Kabel, ALL Member

Live, Learn, Grow

Events & Activities

The following is a quick guide to what the Academy of Lifelong Learning has to offer.

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WELCOME!

Workforce & Continuing Education Academy of Lifelong Learning (ALL)

Welcome to our Academy of Lifelong Learning Fall 2022 schedule. The Academy of Lifelong Learning is a member-driven organization for active adults, offering classes and social activities for continued intellectual and personal growth.

- Participate in social activities;
- Share a love of learning with people who will broaden your life;
- Study under the guidance of members who represent a wide range of expertise & life experiences;
- Share your avocation or formal training as an ALL instructor;
- Develop friendships with a diverse group of people;
- Be part of a collective voice of active adults in the community



Marisol

Contact Us • (361) 582-2520



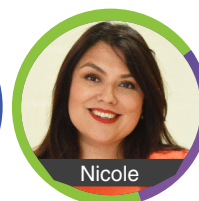
Rachel



Mary



Susie



Nicole

How to Become a Member

The annual membership dues for ALL-Victoria are \$60 and renew each September. Members joining after January 1st will receive a discounted rate of \$40 for the remainder of the year. Membership entitles you to participate in any of the ALL-Victoria activities offered during the fall and spring semesters at no additional charge, with the exception to a few activities that have a supply or travel fee. These are noted in the schedule.

There are several ways to join ALL-Victoria:

IN PERSON

You may join in person in the Academy of Lifelong Learning Office:

Victoria College
Emerging Technology Complex
Conference & Education Center, Room 309
7403 Lone Tree Road
Victoria, TX 77905


EMAIL

You may become an ALL-Victoria Member by emailing the completed membership form and liability release (pages 28 & 29) to AskCE@VictoriaCollege.edu.

MAIL

You may mail the completed membership form and liability release (pages 28 & 29) to:

Victoria College
Emerging Technology Complex
Conference & Education Center
Attention: Academy of Lifelong Learning
7403 Lone Tree Road
Victoria, TX 77905



NOTICE: COVID-19

The Academy of Lifelong Learning will follow the CDC, Governor, and Victoria College Administration guidelines to ensure the safety of our members. This schedule is subject to change at any time throughout the semester. This includes, but is not limited to:

- Cancellations
- Reduced class sizes in order to socially distance*
- Facial coverings
- Temperature screenings

*Due to the frequent CDC guideline changes, we will announce the capacities for class in each month's newsletter.

GAMES

for beginners & advanced players

Pickleball for Experienced Players+

Mondays

Aug. 29-Dec. 5*

8:30-10:30 a.m.

(No Pickleball on Sept. 5 or Nov. 21)

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 courts each day of play.

**Attendees must have previously attended Pickleball for Experienced Players or demonstrate basic understanding of the game.*

Class Fee: \$10

Location: VC Sports Center

2200 E. Red River Street, Victoria, TX 77901



Intro to American Mah Jongg

Monday

Aug. 8

10:30 a.m.

Learn the basics of how to play American Mah Jongg in the classroom environment before jumping into live play. If you are new to Mah Jongg or need a quick review, this is the class for you!

Study Leader: Elgene Henry, ALL Member

Maximum: 24 players

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

Mah Jongg

Mondays

Aug. 1-Dec. 12*

1-5 p.m.

(No Mah Jongg on on Sept. 5 or Nov. 21)

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 playing session for beginner and experienced Mah Jongg players.

Maximum: 24 players

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

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

Bunco

Thursdays*

Aug. 11, 25

Sept. 8, 22

Oct. 6, 20

Nov. 3, 17

Dec. 1

2-4 p.m.

Bunco is an old parlor dice game, played in groups of 4, where teams score points while taking turns rolling three dice. A bunco is achieved when a person rolls 3 sixes. Participants are asked to bring a \$10 donated unwrapped gift to each game day to be used as prizes.

Maximum: 24 players

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



Beginner Pickleball+

Fridays

Sept. 2-Dec. 9*

8:30-10:30 a.m.

(No Pickleball on Nov. 25)

Pickleball is a paddle sport created for all ages and skill levels that combines many elements of tennis, badminton, and ping-pong. Victoria College's Sports Center will have open gym time on Fridays for beginners and experienced 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 weeks of play. Attendees will then be encouraged to purchase their own paddles.*

Class Fee: \$10

Location: VC Sports Center
2200 E. Red River Street, Victoria, TX 77901



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

AUGUST

At a Glance

Aug. 9
Collette Travel Presentation

Aug. 9
ALL Business Meeting

Aug. 10
Active Shooter Training

Aug. 11
Premier World Discovery Travel
Presentation

Aug. 16
Lifestory Informational Meeting

Aug. 17, Sept. 7, 28
Book Review: *Where the Crawdads Sing*

Aug. 23
All Around Town Series: *La Terraza Mexican Grill*

**Aug. 23; Sept. 6, 20; Oct. 4, 18;
Nov. 1, 15, 29; Dec. 13**
Lifestory

Aug. 24
Restorative Yoga

Aug. 25
From Grapes to Gods: Wine and Religion
in the Ancient World

Aug. 26
Spoetzl Brewery Tour & Tasting

Aug. 30
Strike up the Fun- Bowling

Collette Travel Presentation

Tuesday

Aug. 9
1:30 p.m.

ALL has partnered with Collette Travel Company to offer an exciting international trip for 2023! During this presentation, you will learn about this trip and have an opportunity to ask questions.

- Iceland's Magical Northern Lights – March 2023
See page 11 for additional trip details.

Student Leader: Mike Sprute, District Sales Manager, Collette

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

ALL Business Meeting

Tuesday

Aug. 9
2:30 p.m.

Hear the latest updates and changes for the Academy of Lifelong Learning from Program Specialist Marisol Johnson and WCE Director Rachel Nessel. Members are encouraged to ask questions and provide suggestions.

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

Active Shooter Training

Wednesday

Aug. 10
10:30 a.m.

Active shooter events have gained a lot of attention in recent years. While emergency responders are well versed in dealing with these events, significant readiness gaps exist at locations where these events occur. This class is designed to help close these preparation and response gaps by providing a series of strategies to deal with an active shooter event.

Study Leader: Felix Appelt, VC Chief of Police

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



Premier World Discovery Travel Presentation

Thursday
Aug. 11
1:30 p.m.

ALL has partnered with Premier World Discovery to offer exciting trips for 2023! During this presentation, you will learn about these trips and have an opportunity to ask questions.

- Holland Windmills, Waterways & Tulips River Cruise – April 2023
- Philadelphia, Amish Country & the Brandywine Valley – June 2023

See page 11 for additional trip details.

Study Leader: Kimberly Torres, District Sales Manager, Premier World Discovery

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

Lifestory Informational Meeting

Tuesday
Aug. 16
1:30 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. The Lifestory Workshop will offer unique approaches to a rich tradition of life review, reminiscence, and writing groups through the guidance of a trained facilitator. During the informational meeting, participants will learn about Lifestory, including how the sessions are facilitated and what to expect out of each session.

Study Leader: Shirlene Crawford, ALL Member

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

Book Review: *Where the Crawdads Sing*

Wednesdays
Aug. 17, Sept. 7, 28
9:30 a.m.

Hailed by The New York Times Book Review as “a painfully beautiful first novel that is at once a murder mystery, a coming-of-age narrative and a celebration of nature,” Delia Owens’ 2018 novel, *Where the Crawdads Sing* topped the New York Times Fiction Best Sellers of 2019 and 2020 for a combined 32 non-consecutive weeks. By January 2022, the novel sold 12 million copies, making it one of the best-selling books of all time. The film adaptation of this best-selling novel was released in theaters in July 2022.

Victoria Public Library is partnering with ALL to host a book review of *Where the Crawdads Sing*. Six books will be available to check out from the library on a first come basis, or members may purchase the book on their own. Members will meet three times over six weeks. Enjoy a cup of coffee on ALL during your discussion.

Study Leader: Andrew Hilburn, Adult Librarian, Victoria Public Library

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

All Around Town Series: *La Terraza Mexican Grill*

Tuesday
Aug. 23
11:30 a.m.



La Terraza focuses on serving food that is innovative and fused with today’s ever growing Mexican cuisine, as well as a wide variety of tequilas, cocktails, and beer without forgetting the final touch: the dessert! Settle in, relax, and try some fun new recipes that, as always, include the freshest ingredients. Join your fellow ALL members for a Dutch-treat lunch. Transportation is NOT provided.

Location: La Terraza Mexican Grill
7800 N. Navarro Street, Victoria, TX

Intro to Mah Jongg

January 24, 2022



Lifestory

Tuesdays

Aug. 23

Sept. 6, 20

Oct. 4, 18

Nov. 1, 15, 29

Dec. 13

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. The Lifestory Workshop will offer unique approaches to a rich tradition of life review, reminiscence, and writing groups through the guidance of a trained facilitator.

Study Leader: Shirlene Crawford, ALL Member

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

Restorative Yoga

Wednesday

Aug. 24

3 p.m.



Restorative yoga is a type of yoga known for its relaxing, calming, and healing effect. In this class the benefits of practicing yoga will be discussed, how to use your breath to relieve stress will be explained, and members will learn some stretches that help relieve backache pain and sciatic nerve pain. Please arrive in comfortable clothing suitable for stretching and bring a yoga mat or blanket to lay on the floor.

Study Leader: Kim Evans, Licensed Massage Therapist

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

From Grapes to Gods: Wine and Religion in the Ancient World

Thursday

Aug. 25

2 p.m.

In the ancient Mediterranean, wine was used in religious ritual prior to its becoming a social drink. Likely incorporated into religious rites because of its practical applications, such as the antiseptic properties it contributed to drinking water and as an aid to healing, wine was also a good use of grapes, which do not stay ripe long, but are indigenous to the region. As manufacture and storage of wine became easier, wine became less sacred and found its way into social environments as well. As the ancient civilizations of the Mediterranean established monotheistic religions, wine regained its religious importance in a variety of ways.

Study Leader: Heather Para, Exhibits & Collections Manager, Museum of the Coastal Bend

Location: Museum of the Coastal Bend
2200 E. Red River Street, Victoria, TX

Spoetzi Brewery Tour & Tasting

Friday

Aug. 26

Depart ETC at 9 a.m.

Enjoy a day in Shiner, Texas! First, browse around Bluestem, a showroom featuring hand-crafted pieces chosen exclusively from Texas artisans, as well as food scratch-made with ingredients from the owner's family farm. Next, enjoy a dutch-treat lunch at a local restaurant. Lastly, members will receive 45-minute guided tour of the famous Spoetzi 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: \$45

Minimum: 8

Maximum: 23

Location: Shiner, TX

Strike up the Fun- Bowling

Tuesday

Aug. 30

2:30 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 newly 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. Whether you're framed for strikes or gutterly ridiculous, we welcome you to bowl with fellow ALL members for a rolling good time! Class fee includes 2 games and shoe rental.

Class Fee: \$10

Maximum: 24

Location: Century Lanes

3401 John Stockbauer, Victoria, TX



FOLLOW
Victoria College
Academy of Lifelong Learning
on Facebook.

Don't miss out on:
Class photos
Member/study leader spotlight
Upcoming events
Schedule changes

VICTORIA COLLEGE



Take a Book, Leave a Book

Find a book you like?

Take it.

When you are finished you can:

Return it • Keep it • Pass it on to a friend

Have a book you want to share?

Leave it.

The Book Exchange is located on the third floor of VC's Emerging Technology Complex, Conference & Education Center, Room 301.



Looking for that perfect gift?

Consider an ALL membership for a friend or family member.

Corpus Christi Overnight Trip

THURSDAY-FRIDAY • SEPT. 15-16



Art Museum of South Texas



Omni Hotel
Downtown Corpus Christi



Texas State Aquarium



Aerodrome Distillery

Cost \$240 (Double Occupancy)*

*Single, triple, and quadruple occupancy available upon request – price will vary
One suitcase allowed per traveler.

Cost includes: Stay at the Omni Hotel Downtown Corpus Christi, a tour of the Art Museum of South Texas, Dutch-treat dinner at a local restaurant, a Dutch-treat visit to Aerodrome Distillery, breakfast at the hotel, and admission to the Texas State Aquarium.

TRANSPORTATION WILL BE PROVIDED.

TRAVEL WITH ALL

Collette Trips (see page 6)

March 2023: Iceland's Magical Northern Lights

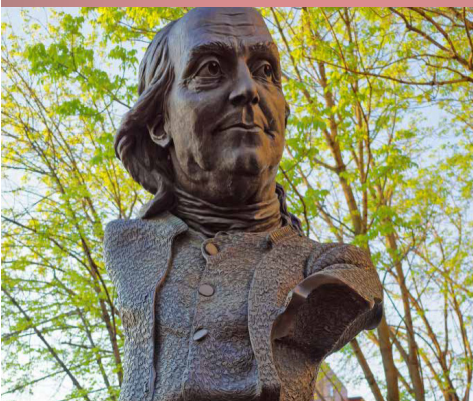


Premier World Discovery Trips (see page 7)

April 2023: Holland Windmills, Waterways, & Tulips River Cruise



June 2023: Philadelphia, Amish Country, & the Brandywine Valley



SEPTEMBER

At a Glance

Sept. 1

Victoria Ballet Theater: Past, Present & Future

Sept. 6

DIY Grapevine Wreath

Sept. 7

Spiritual, Rather than Religious

Sept. 8

Butterflies and the Native Plants They Love

Sept. 13

Victoria Parks & Recreation-What's New?

Sept. 14

All Around Town Series:

PumpHouse Riverside Restaurant and Bar

Sept. 15-16

Corpus Christi Overnight Trip

Sept. 19

Foiled Stained Glass Demonstration

Sept. 20

Texas Master Naturalist Series:

Tree Physiology and Silviculture

Sept. 21

Healthy Boundaries for Kind People

Sept. 22

Heritage Farms Tour and Sourdough Class

Sept. 27

VPL Jams: Jacob Kyle

Sept. 28

Men and Women of the Alamo

Sept. 29

Fall Flower Pot Combinations at West Farms

Victoria Ballet Theater: Past, Present & Future

Thursday

Sept. 1

10 a.m.

Founded in 1984, Victoria Ballet Theatre is a non-profit, non-discriminatory organization with the purpose of promoting dance for the cultural benefit of Victoria, Texas and surrounding communities. Join Brenda as she talks about the rich history of dance in Victoria, what the company has planned for the current season, and where it is headed in the future. Members will get a look at some of the beautiful costumes, some secrets about upcoming performances will be shared, and even find out how to be a part of the magic.

Study Leader: Brenda Tally, Executive Director, Victoria Ballet Theater

Location: Ballet Academy of South Texas
204 N. Main Street, Victoria, TX

DIY Grapevine Wreath

Tuesday

Sept. 6

10 a.m.

Whether you would describe yourself as artsy or have no idea where to start when it comes to crafting, you can learn about the art of wreath making. Grapevine wreaths feature a natural look that works as a perfect base to turn into a colorful masterpiece with the use of silk flowers and artificial greenery. Participants will leave with one grapevine wreath customized with their own theme to decorate their doors.

Class Fee: \$40

Maximum: 25

Study Leader: Marisol Johnson, ALL Program Specialist

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



Thank you Texas Master Naturalist for your partnership and offering ALL educational and inspiring classes.

Spiritual, Rather than Religious

Wednesday

Sept. 7

2 p.m.

Come with curiosity and openness to new ways of connecting with the Divine. Members can expect to have a group conversation about spirituality, while respecting the teaching of many traditional religions and celebrating commonalities. Some soul-centered practices of Spiritual Psychology will be discussed.



Study Leader: Janis Pope, M.A.

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

Butterflies and the Native Plants They Love

Thursday

Sept. 8

10 a.m.

Get your garden prepared for the fall butterfly migration! Join Janet as she identifies butterflies of the Texas Gulf Coast area and the native plants they utilize for nectar and to host their caterpillars. Members will learn how they can contribute to overall butterfly health and support their population by developing a native backyard garden to attract a variety of these butterflies.

Study Leader: Janet McCrea, ALL Member and Master Gardener

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

Kent State Jackson State- The Massacres of 1970

April 24, 2022



Victoria Parks & Recreation- What's New?

Tuesday

Sept. 13

1 p.m.

Wondering what's going on with the duck pond at Riverside Park? Or how about the dog park? Join Victoria Parks & Recreation for an overview of the 2022 Parks & Recreation Master Plan and take a deep dive into Parks projects, initiatives, and strategic plans. Learn how Parks and Recreation positively impacts the economy, benefits health and the environment, and improves quality of life. Don't miss how to stay up to date with programs and events or ways get involved!

Study Leader: Jason Alfaro, Director, Victoria Parks & Recreation and Kimberly Zygmant, Assistant Director, Victoria Parks & Recreation

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



Victoria College extends a thank you to all of the volunteers who help make ALL a success.

Without the many volunteers helping with committees, instructing classes, and organizing activities, ALL would not exist! We appreciate our many community members who have volunteered their time and expertise that allow us to offer a variety of classes. Thank you, ALL volunteers, for proving that learning never goes out of style!

Ways to Volunteer:

Join a committee • Help with Open House
Submit/recruit ideas for new classes
Become an ALL instructor

For more information, call (361) 582-2520 or email

AskCE@VictoriaCollege.edu.

All Around Town Series: PumpHouse Riverside Restaurant and Bar

Wednesday
Sept. 14
11:30 a.m.



The PumpHouse Riverside Restaurant and Bar is more than a restaurant – it is a destination. The alluring ambiance that waits beyond the 250 year old teak and iron gates is unique to this compound of restored historic buildings. Offering casual outdoor dining on the decks overlooking the scenic Guadalupe River, or indoor dining and full bar service, the PumpHouse will provide you with a dining experience you will not soon forget. Join your fellow ALL members for a Dutch-treat lunch. Transportation is NOT provided.

Location: PumpHouse Riverside Restaurant and Bar
1201 W Stayton Ave, Victoria, TX

Corpus Christi Overnight Trip

Thursday-Friday
Sept. 15-16
Depart time TBD

Join ALL for an overnight stay on the beautiful waters of Corpus Christi. The trip will include a stay at the Omni Hotel Downtown Corpus Christi, a tour of the Art Museum of South Texas, Dutch-treat dinner at a local restaurant, a Dutch-treat visit to Aerodrome Distillery, breakfast at the hotel, and admission to the Texas State Aquarium. Transportation will be provided. One suitcase allowed per traveler. More information can be found on page 10.

Class Fee: \$240 (double occupancy)*
Minimum: 8
Maximum: 28
Location: Corpus Christi, TX

**Single, triple, and quadruple occupancy available upon request- price will vary.*

Foiled Stained Glass Demonstration

Monday
Sept. 19
2 p.m.

Have you ever looked at a beautiful Tiffany-style stained glass lamp, window, or sun-catcher and wondered how it is made? This is the class for you! Let Lisa take you through an overview of Tiffany-style stained glass history and construction. Basic steps for creating this style of glass paneling will be reviewed, safe usage of tools will be demonstrated, and completed projects will be displayed.

Study Leader: Lisa Gabrysch, ALL Member
Location: VC Emerging Technology Complex,
Conference & Education Center,
7403 Lone Tree Road, Victoria, TX

Texas Master Naturalist Series: Tree Physiology and Silviculture

Tuesday
Sept. 20
4:30-6:30 p.m.



Discover the fascinating inner workings of trees. Learn about their genetic capabilities, specific adaptations to their chosen environment, and some old school folklore about their healing abilities. Join retired botanist and forester, Ron Smudy, for a walk among the local trees at Riverside Park and hear the stories they have to tell. Wear comfortable walking-in-the-woods attire.

Study Leader: Ron Smudy, Texas Master Naturalist
Location: Athey Nature Sanctuary
Riverside Park
3003 North Vine Street, Victoria, TX

Fundamentals of Photography

February 7, 2022



Healthy Boundaries for Kind People

Wednesday

Sept. 21

2 p.m.



It's important to learn how to set boundaries with friends, with family, and within romantic relationships.

Healthy boundaries allow each person in a relationship or family to communicate their wants and needs, while also respecting the wants and needs of others. Setting boundaries is a key part of staying mentally healthy, maintaining positive relationships, and providing balance in a person's life. Relationship boundaries can be challenging, but boundaries ensure the relationship is healthy for everyone.

Study Leader: Samantha Garza, M.A., LPC-Associate, Auravia Holistic Therapy

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

Heritage Farms Tour and Sourdough Class

Thursday

Sept. 22

9 a.m.

Visit a local farm and see how the milk is made! Meet us at Heritage Farms in Cuero, Texas where you will tour this family farm. Members will meet the animals and watch the owners milk the cows and process the milk. Savor dipping a homemade baked good into that fresh, raw milk! Members will enjoy a Dutch-treat lunch at a local restaurant. Lastly, head back to the farm to watch a sourdough biscuit-making demonstration. Members will leave with their own dehydrated sourdough starter to use at home! Transportation will NOT be provided.

Class Fee: \$35

Maximum: 30

Location: Heritage Farms
1157 Tulley Road, Cuero, TX

VPL Jams: Jacob Kyle

Tuesday

Sept. 27

2:30 p.m.

VPL Jams is coming to ALL! VPL Jams is a monthly music series that highlights the local Crossroads music scene. Enjoy an afternoon with Jacob Kyle, a local singer-songwriter with a passion for the blues. Bring an afternoon snack to share with fellow ALL members. Coffee, plates, and utensils will be provided.

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

Men and Women of the Alamo

Wednesday

Sept. 28

10 a.m.

Remember the Alamo! Join Reba as she answers the following questions: Who were the men and women of the Alamo? Why were they there? What brought them to that crumbling mission in 1836?

Study Leader: Reba Roberson, ALL Member

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

Fall Flower Pot Combinations at West Farms

Thursday

Sept. 29

10 a.m.

When looking at all the beautiful flowers and plants in a nursery do you struggle to pair them to create an arrangement in a planter? Let West Farms show you how to choose plants based on the amount of sun they will receive, which plants grow well together, and the size of your pot. Members will view a demonstration of filling a pot then will create their own arrangement, paying for what they choose.

Study Leader: Lon West, Owner, West Farms

Location: West Farms Artisanal Grower & Nursery
346 Winding Way Drive East, Victoria, TX

OCTOBER

At a Glance

Oct. 4

DIY: Pumpkin Succulent Arrangement

Oct. 5

Caterpillar Tour

Oct. 5

Stayin' Alive: CPR Training

Oct. 6

Basic Household Electrical Safety

Oct. 11

City by the Sea Museum

Oct. 12

Interior Decorating 101

Oct. 12

Double Header- A Historical Baseball Afternoon

Oct. 13

All Around Town Series: *Joe's Pizza & Pasta*

Oct. 18

Gut Health

Oct. 18

Texas Master Naturalist Series:
A "Day in the Life" of a Texas Stream Volunteer

Oct. 19

Walk Victoria - Victoria College Main Campus

Oct. 24-25

Sew Your Own: Holiday Table Runner

Oct. 26

Iced Cookie Decorating – Pumpkins

DIY: Pumpkin Succulent Arrangement

Tuesday

Oct. 4

3 p.m.

Instead of making pumpkin pie, turn that pumpkin into a creative decor piece with the inclusion of succulents! Take elements found in nature, such as moss and pinecones, and turn them into an artful pumpkin with the addition of silk flowers and a succulent or two. Use this decorated pumpkin to add a pop of whimsy in your windowsill or use as a centerpiece.

Class Fee: \$15

Maximum: 15

Study Leader: Marcia Kauffman, ALL Member

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

Caterpillar Tour

Wednesday

Oct. 5

9 a.m.

Wonder what it looks like inside a 600,000 square-foot manufacturing plant? Caterpillar is the world's leading manufacturer of construction and mining equipment, diesel and natural gas engines, industrial gas turbines, and diesel-electric locomotives. Participants will attend a guided 2 hour walking tour of the Caterpillar North American Hydraulic Excavator Assembly Facility located in Victoria.

Maximum: 30

Study Leader: Jeff Jud, Facility Supply Professional II, Caterpillar

Location: Caterpillar
7300 Lone Tree Road, Victoria, TX

Beginner's Pickleball

February 18, 2022



Stayin' Alive: CPR Training

Wednesday

Oct. 5

1:30 p.m.



Learn CPR and have fun too! During this presentation, members will learn life-saving techniques while toe-tapping to the music of the Bee Gees! Through medical advancements in the treatment of cardiovascular disease and sound training on lifesaving skills, Basic CPR programs increase survival rates and quality of life.

Study Leader: Ricky De La Garza, EMS CE Coordinator, Victoria College

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

Basic Household Electrical Safety

Thursday

Oct. 6

10:30 a.m.

Are you confident about the “do’s and don’ts” of household electrical work? Do you worry about how to complete repairs safely and efficiently? Let David walk you through some simple repairs and troubleshooting! Topics will include: explaining GFCI outlets, breakers, fuses, how to change a ceiling fan, and more. Bring your questions!

Study Leader: David Peters, ALL Member

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

City by the Sea Museum

Tuesday

Oct. 11

11:30 a.m.

The City by the Sea Museum collects, conserves and interprets the material evidence of the prehistory, history and natural history of Palacios, Texas and the surrounding region; including along the shores of and in the adjoining waters, with emphasis on the social and cultural history of this area. This serves to preserve the past, record the present, and provide perspective for the future. Enjoy a tour of the museum and stroll through exhibits that take you back 1,000 years to present day Palacios. Also included in the trip is a visit to Le Petite Belle, the half-scale replica of French explorer La Salle’s ship which sank in Matagorda Bay in 1686. Members will enjoy a Dutch-treat lunch at a local restaurant. Transportation is NOT provided.

Class Fee: \$15

Location: Palacios, TX

Interior Decorating 101

Wednesday

Oct. 12

9:30 a.m.

Want to feel refreshed, reinvent your home, finally find a spot for that family heirloom, or just enjoy your home more? Join Helen as she guides you through tips for decorating your home with what you already own. You will learn how to use your home’s architecture to your advantage by decorating with accessories, color, books, and plants.

Study Leader: Helen Hultquist

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

Double Header- A Historical Baseball Afternoon

Wednesday

Oct. 12

2 p.m.

Spend your afternoon learning about the long, storied past of Black Baseball. First, Greg Garrett, Museum of the Coastal Bend’s Experience Educator, will discuss this past as it relates to personal theories on its introduction to African American communities, its growth despite segregation in both urban and rural communities, and its importance to these communities. This presentation will give voice to these communities and their heroes. Then, watch the 1950 film *The Jackie Robinson Story* on the big screen. Concession stands will be open to purchase drinks and snacks for your enjoyment.

Study Leader: Greg Garrett, Experience Educator, Museum of the Coastal Bend

Location: Leo J. Welder Center
214 N. Main St, Victoria, TX



All Around Town Series: Joe's Pizza & Pasta

Thursday
Oct. 13
11:30 a.m.



When you dine at Joe's Pizza and Pasta, you will find a familiar menu of classic Italian dishes where everything is fresh and made to order. Want to add zucchini to your chicken cacciatore? No problem, that's your dish. Buon appetito! Winner of "Best Dinner" and "Best Italian" in Advocate Best of the Best 2022. Join your fellow ALL members for a Dutch-treat lunch. Transportation is NOT provided.

Location: Joe's Pizza & Pasta
601 E Mockingbird Ln, Victoria, TX

Gut Health

Tuesday
Oct. 18
10:30 a.m.



The gut is an incredibly complex part of our digestive system and is vitally important to our overall health. There have been numerous studies published in the past two decades that have demonstrated links between gut health and the immune system, mood, mental health, autoimmune diseases, endocrine disorders, skin conditions, and cancer. Topics to be discussed include: best practices to keep your gut healthy, signs of an unhealthy gut, and foods that will keep your gut healthy.

Study Leader: Brandi Barthels
Location: VC Emerging Technology Complex
Conference & Education Center
7403 Lone Tree Road, Victoria, TX

Texas Master Naturalist Series: A "Day in the Life" of a Texas Stream Volunteer

Tuesday
Oct. 18
4:30-6:30 p.m.



The Texas Stream Team, headquartered in San Marcos at Texas State University at the Meadows Center for Water and the Environment, has trained over 11,000 citizen scientists since 1991. Established to monitor water and environmental quality, they promote and protect the 191,000 miles of Texas Waterways. Join Bobby as he explains their mission and describes a typical water monitoring event where he would assess water resource conditions at one of the over 400 sites in the state.

Study Leader: Bobby Garner, ALL Member and Texas Master Naturalist
Location: VC Emerging Technology Complex
Conference & Education Center
7403 Lone Tree Road, Victoria, TX

Walk Victoria - Victoria College Main Campus

Wednesday
Oct. 19
10:30 a.m.



When was the last time you have been on Victoria College's main campus? Meet VC's Community Outreach Specialist for a guided walking tour of campus. Get some exercise and learn a few things along the way! This will be an outside walk lasting around one hour, so please dress and prepare accordingly.

Study Leader: Monica Hysquierdo, Community Outreach Specialist, Victoria College
Location: Victoria College
2200 E Red River Street, Victoria, TX

Spice Up Your Life

February 17, 2022



Sew Your Own: Holiday Table Runner

Monday & Tuesday

Oct. 24-25

1-4 p.m.

Create your very own table runner out of 5 inch squares of fabric. Participants will have their choice of Halloween, Thanksgiving, or Christmas fabric with all other materials provided. Some sewing machines will be available for use, but members are encouraged to bring their own sewing machine if they have one. Any sewing skill level welcome! Members will leave with a runner measuring approximately 27x45 inches.

Class Fee: \$20

Maximum: 12

Study Leader: Karen Greer

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

Iced Cookie Decorating – Pumpkins

Wednesday

Oct. 26

1 p.m.

Just in time for Halloween and Thanksgiving, join fellow ALL members at Grapevine Café for a fun afternoon of learning cookie decorating techniques. Decorate 2 jumbo pumpkin-shaped cookies with icing while sipping on a pairing of pumpkin spiced coffee and a chai tea latte. Feel free to come early and enjoy a Dutch-treat lunch at Grapevine Cafe's new location.

Class Fee: \$10

Maximum: 35

Location: Grapevine Cafe
6404 Nursery Drive, Victoria, TX

All Around Town: Texas Traditions Grill & Bar

February 15, 2022



VICTORIA COLLEGE ALUMNI & Friends

*Building a strong and lasting
relationship between Victoria College
and its ever-growing family of alumni.*

Who Can Join?

Victoria College is home to a wide variety of learners, and our alumni are just as diverse. If any part of your journey included Victoria College, you're a part of our family.

Membership Benefits

- Welcome packet with window decal
- Subscription to the Alumni & Friends Newsletter
- Networking, leadership, and volunteer opportunities
- Invitations to special alumni events

Join Online:
VictoriaCollege.edu/Alumni

NOVEMBER

At a Glance

Nov. 2

All about Herbs

Nov. 3

Psychology: A Case Study

Nov. 5

Rusted Gingham Barn Sale

Nov. 8

All Around Town Series: *El Paso Tacos & Tequila*

Nov. 9

Estate Planning: Simplifying the Complicated

Nov. 10

No Bake Dessert: Oreo Balls

Nov. 15

Painting with Unusual Objects

Nov. 16

Vitamins and Supplements 101

Nov. 17

Topics in Science: What Time Was It Then

Nov. 29

Texas Master Naturalist Series:
A Texas Birding Adventure with Cheryl Johnson

Nov. 30

Self-Care: Massage

All about Herbs

Wednesday

Nov. 2

2 p.m.



Fresh herbs add nice, bright flavors to dishes, but they aren't always the best choice when cooking at home. While there's no true substitution for fresh herbs, and they're simply irreplaceable in certain dishes, some dishes actually taste better with dried herbs. Join Dennis as he discusses how to use both fresh and dried herbs, as well as some of his thoughts on spice combinations.

Study Leader: Dennis Patillo, Owner, PumpHouse Restaurant

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

Psychology: A Case Study

Thursday

Nov. 3

9 a.m.

Take a deep dive on a historic psychological case study. Case studies use a descriptive research approach to obtain an in-depth analysis of a person, group, or phenomenon in order to provide valuable information and inspire further research and study within that field. Remember, case studies are descriptions of real people. Come with an open and inquisitive mind.

Study Leaders: Chelsea Bradley, VC Assistant Professor of Psychology

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

Plague, Papacy and Power-The Black Death and the Avignon Papacy

May 10, 2022



Rusted Gingham Barn Sale

Saturday

Nov. 5

Depart ETC at 9 a.m.

Shop your heart out at the 15th annual Rusted Gingham Barn Sale in Gonzales! You'll find vintage, antique, unique, handmade, re-made, upcycled, and curated goods all under one roof. Chip away at your Christmas list or treat yourself! This is a wonderful opportunity to support families involved in small businesses. The barn will be filled with not only great shopping, but live music too! Members will enjoy a Dutch-treat lunch at a local restaurant. There will be time to shop at Downtown Gonzales after lunch. Transportation will be provided.

Class Fee: \$28

Minimum: 8

Maximum: 22

Location: Gonzales, TX

All Around Town Series: El Paso Tacos & Tequila

Tuesday

Nov. 8

11:30 a.m.



El Paso Tacos & Tequila is a family owned and operated restaurant serving authentic Mexican cuisine made from their very own family recipes. Downtown Victoria's newest restaurant boasts an interior that is bringing big city vibes to the Crossroads. Dine at tables hand-painted by a Honduran artist while sipping on their signature pineapple-jalapeno margarita. Viva Victoria! Join your fellow ALL members for a Dutch-treat lunch. Transportation is NOT provided.

Location: El Paso Tacos & Tequila
212 S Main St, Victoria, TX 77901

Estate Planning: Simplifying the Complicated

Wednesday

Nov. 9

2 p.m.

Estate planning may be seen as very complicated, but it can be simplified. Do you know what assets are covered by a will? Or what circumstances make a will necessary? In this class Milton will cover important things a will can do, what probate actually means, when to draft a living trust instead of a will, and what other documents a client needs prepare as part of estate planning.

Study Leader: Milton Chapman, Partner, Anderson, Smith, Null & Stofer, L.L.P.

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

No Bake Dessert: Oreo Balls

Thursday

Nov. 10

2:30 p.m.

Oreo Balls are an easy no-bake treat made with two ingredients: Oreo cookies and cream cheese! Oreo balls are always a favorite treat at parties, especially during the holidays. They are easy to make, and very easy to eat! Learn how to make this yummy dessert, then go home and make a batch for your friends, family, neighbors, and (most importantly) yourself. Members will leave with a batch of Oreo balls made in class.

Class Fee: \$7

Maximum: 12

Study Leader: Marisol Johnson, ALL Program Specialist
Location: VC Emerging Technology Complex
Conference & Education Center
7403 Lone Tree Road, Victoria, TX

Fulton Mansion Tour

March 8, 2022



Painting with Unusual Objects

Tuesday

Nov. 15

1 p.m.

Balloons aren't only for parties, forks and spoons aren't only for eating, and string isn't only for tying knots. Turn these ordinary objects into a paintbrush! Have fun exploring your creative side as you craft a new masterpiece on canvas with acrylic paint and unusual objects. All materials will be provided.

Class Fee: \$20

Maximum: 20

Study Leader: Dana Wright, ALL Member

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

Vitamins and Supplements 101

Wednesday

Nov. 16

2:30 p.m.



Do you get overwhelmed looking at the vast variety of vitamin and supplement options available at the store? This class will help you understand the difference between vitamins and minerals, their quality, which ones are water soluble or fat soluble, and how many nutrients your body needs daily. Dr. Canion will also discuss why your supplements should not be Genetically Modified or loaded with additives, food colors, or other indigestible ingredients.

Study Leader: Dr. Phylis Canion, FAAIM, CNC

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



Topics in Science: What Time Was It Then

Thursday

Nov. 17

2 p.m.

Terms like "Jurassic" and "Cretaceous" are familiar for most people, but the same cannot be said for details about the geologic time scale from which they originate. Join Michael and Matt as they discuss how geology and chemistry work together to define the geologic time scale, incorporating our understanding of Earth's processes and applications in our daily lives.

Study Leaders: Michael Croisant, VC Assistant Professor of Chemistry and Matthew Weiler, VC Associate Professor of Geology

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

Texas Master Naturalist Series: A Texas Birding Adventure with Cheryl Johnson

Tuesday

Nov. 29

4:30-6:30 p.m.



All of Cheryl Johnson's nature books for children begin with an invitation to an amazingly exciting adventure. With a keen eye and love for our local birds, Cheryl will lead members on adventures that develop from learning about local birds, their habitats, behaviors, and diets. This two-hour classroom session will be followed up by a field trip on December 6 where we will put into practice what we learned. The class fee will secure each member a birding nature journal.

Class Fee: \$15

Study Leader: Cheryl Johnson

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

Self-Care: Massage

Wednesday

Nov. 30

2 p.m.



Take a load off this holiday season with the relaxation method of self-massage. Members will learn the importance and benefit of self-care by discussing and practicing several simple techniques in self-massage. This approach can reduce muscle tension and stress in all areas of the body.

Study Leader: Kim Evans, Licensed Massage Therapist

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

Folklore of Texas Wildflowers

April 12, 2022



John W. Stormont Lecture Series, Fall 2022

Lectures are free and open to the public.

THE 1892 VICTORIA COUNTY COURTHOUSE--HISTORY ILLUMINATED

Thursday, Sept. 29 • 5:30 p.m.

Jeff Wright, Victoria County Heritage Director and Executive Director of Victoria Preservation, Inc., takes us on a photographic tour of the historic Victoria County Courthouse. Built in 1892 by nationally-renowned Texas architect J. Riely Gordon, this Romanesque structure is made of Texas granite and Indiana limestone. Restored in 2001, it has been named as one of the most impressive historic courthouses in Texas and is still a functioning courthouse to this day.

TEXAS ARCHAEOLOGY MINI-SYMPOSIUM

Saturday, Oct. 15 • 2-5 p.m.
Speakers begin on the hour.

Three prominent archaeologists join us for discussions about archaeology in Texas, and in particular the Coastal Bend. Dr. Alan Slade starts the discussions with information about his studies of Clovis lithic technology; Sergio Ayala speaks about utilizing experimental archaeology; and the discussion concludes with Dr. Tom Hester who shares his expertise in prehistoric technology and lithics.

CATTLE DRIVES: TEXAS AND THE INTERNATIONAL ECONOMY OF BEEF

Thursday, Nov. 3, 2022 • 5:30 p.m.

An independent consultant, researcher, and writer working on projects dealing with the history of the trans-Mississippi American West and North American Indian art and culture, Bruce Shackelford is the Texas History Curator at the Witte Museum. He is also well-known as an appraiser for 13 seasons on the Antiques Roadshow show on National Public Television. Bruce speaks about the cattle industry from a "big picture" point of view--from the first recorded cattle drives under Spain to the cattle boom in post 1868.

Do you have ranching artifacts and cattle industry items? Take part in MCB's ranching artifact roundup! For the roundup, Bruce Shackelford will be joined by Katherine Nelson Hall, Texas Heritage Curator at the Witte Museum and set photographer for PBS Antiques Roadshow. Bruce and Katherine will provide information to owners about the artifact's use in the cattle industry. Information about artifacts will be included in the museum's research database in anticipation of the opening of expanded galleries and the exhibit, *Where Texas Ranching Began*, in October 2023. The artifact roundup will take place preceding the lecture and is by appointment only. Call (361) 582-2511 for appointment info.



2200 E. Red River Street, Victoria, TX (Corner of Ben Jordan and Red River Street)
MuseumOfTheCoastalBend.org • (361) 582-2511

DECEMBER

At a Glance

Dec. 1

Watercolor Painting

Dec. 1

Christmas in Cuero

Dec. 6

Texas Master Naturalist Series:
A Texas Birding Adventure Fieldtrip

Dec. 7

All Around Town Series: *Double J Eatery*

Dec. 8

A Day in LaGrange

Dec. 13

Lost Move Syndrome in Competitive Gymnastics

Dec. 14

Keep Calm and Color On!

Dec. 15

ALL Holiday Recipe Exchange

Watercolor Painting

Thursday

Dec. 1

10 a.m.

This watercolor workshop will present a step-by-step approach to making a watercolor painting of a Painted Bunting bird. Members will learn how to execute a simple outline drawing, lay out a background, and build up layers of transparent color in order to produce a dimensional form in watercolor. Specific techniques focused on will be producing a succession of color washes in order to build up layers and adding final details once layering is finished. All materials will be provided.

Class Fee: \$20

Minimum: 5

Maximum: 12

Study Leader: Claudia Quintero

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

Christmas in Cuero

Thursday

Dec. 1

7 p.m.

Get in the Christmas spirit with a trip to Cuero! Members will meet at Cuero's new ice cream shop, The Green Cow Creamery, for a Dutch-treat dessert before driving through the iconic Christmas in the Park. The Green Cow Creamery has 20 flavors of ice cream to choose from, rotating seasonally, including non-dairy and sugar-free options. Christmas in Cuero is in its 22nd season, now showcasing over 250 lighted displays! Transportation will NOT be provided.

Location: Cuero TX

Yoga Basics

April 27, 2022



Texas Master Naturalist Series: A Texas Birding Adventure Fieldtrip

Tuesday
Dec. 6
8-10 a.m.



Let the adventure begin! Award-winning photographer and naturalist Cheryl Johnson will lead members on a bird watching expedition to Coletto Creek Reservoir Park. Participants will meet at the park entrance and walk the trail system observing birds. Binoculars, cameras, and journals are recommended to enhance your experience. Please arrive prepared with clothing, shoes, and drinking water appropriate for a walk in the woods. Participants will be responsible for paying park entrance fee of \$17 per car with a maximum of 4 people in each vehicle.

Study Leader: Cheryl Johnson
Location: Coletto Creek Reservoir Park
365 Coletto Park Road, Victoria, TX

All Around Town Series: Double J Eatery

Wednesday
Dec. 7
11:30 a.m.



Double J Eatery is a family owned and operated restaurant specializing in Texas home cooked cuisine. Owners John and Connie Pierce focus on producing high quality food for reasonable prices, cooking your food to order so you know it will always be fresh. Winner of "Best Lunch" in Advocate Best of the Best 2022. Join your fellow ALL members for a Dutch-treat lunch. Transportation is NOT provided.

Location: Double J Eatery
8607 N Navarro Street, Victoria, TX

A Day in LaGrange

Thursday
Dec. 8
Depart ETC at 9 a.m.

Take a trip and delight in the small town charm of LaGrange, Texas! The day will start with a visit the Texas Quilt Museum with their current exhibition, "Seeing in Color" featuring quilts chosen from across the country. Next, members will enjoy a Dutch-treat lunch at a local restaurant. Then, use your free time to visit some of the small businesses located in downtown LaGrange. Members will enjoy Weikel Bakery's award winning kolaches on the ride home, provided by ALL. Transportation will be provided.

Class Fee: \$35
Minimum: 8
Maximum: 28
Location: LaGrange, TX

Introduction to Jewelry Making

March 2, 2022



Lost Move Syndrome in Competitive Gymnastics

Tuesday
Dec. 13
4 p.m.

Lost Move Syndrome (LMS) is the strange phenomena in which athletes suddenly forget how to do routine skills. LMS can strike athletes at any level. It most famously showed up at the 2021 Tokyo Olympics when Simone Biles had to withdraw due to its effects. This talk addresses the nature of LMS, the type of athlete most likely to suffer from the syndrome, the reasons it shows up, and possible solutions.

Sarah Hagan, daughter of Dr. Karen Hagan, is a fifteen-year-old high school sophomore who competed in trampoline and tumbling gymnastics for seven years, receiving several championships and titles and reaching level 10 before retiring.

Study Leader: Sarah Hagan

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

Keep Calm and Color On!

Wednesday
Dec. 14
9 a.m.-Noon



Adults are turning to coloring books for fun and the joy of creating something beautiful. Many also report that coloring contributes to relief from stress. Take a break from the holiday hustle and bustle by joining fellow ALL members for a relaxing come and go social gathering. Crayons, colored pencils and coloring sheets will be provided. Feel free to bring your own coloring books, pages, and supplies. Join your fellow colorists to "keep calm and color on" together!

Study Leader: Marisol Johnson, ALL Program Specialist

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

ALL Holiday Recipe Exchange

Thursday
Dec. 15
11:30 a.m.

Need some tasty ideas for those upcoming holiday parties? Bring a dish (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 all attendees. Drinks, plates, and utensils will be provided

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

Hiking at Lake Texana

May 3, 2022





La Terraza Mexican Grill
Tuesday, Aug. 23 • 11:30 a.m.

PumpHouse Riverside Restaurant and Bar
Wednesday, Sept. 14 • 11:30 a.m.

Joe's Pizza & Pasta: Thursday, Oct. 13 • 11:30 a.m.

El Paso Tacos & Tequila: Tuesday, Nov. 8 • 11:30 a.m.

Double J Eatery: Wednesday, Dec. 7 • 11:30 a.m.



Tree Physiology and Silviculture
Tuesday, Sept. 20 • 4:30-6:30 p.m.

A "Day in the Life" of a Texas Stream Volunteer
Tuesday, Oct. 18 • 4:30-6:30 p.m.

A Texas Birding Adventure with Cheryl Johnson
Tuesday, Nov. 29 • 4:30-6:30 p.m.

A Texas Birding Adventure Fieldtrip
Tuesday, Dec. 6 • 8-10 a.m.



Healthy Boundaries for Kind People
Wednesday, Sept. 21 • 2 p.m.

Stayin' Alive: CPR Training
Wednesday, Oct. 5 • 1:30 p.m.

Gut Health
Tuesday, Oct. 18 • 10:30 a.m.

Walk Victoria - Victoria College Main Campus
Wednesday, Oct. 19 • 10:30 a.m.

Active Shooter Training
Wednesday, Aug. 10 • 10:30 a.m.

All about Herbs
Wednesday, Nov. 2 • 2 p.m.

Restorative Yoga
Wednesday, Aug. 24 • 3 p.m.

Vitamins and Supplements 101
Wednesday, Nov. 16 • 2:30 p.m.

Spiritual, Rather than Religious
Wednesday, Sept. 7 • 2 p.m.

Self-Care: Massage
Wednesday, Nov. 30 • 2 p.m.

Keep Calm and Color On!
Wednesday, Dec. 14 • 9 a.m.-Noon



**Academy of Lifelong Learning
Membership Form & Liability Release**

New Member **Returning Member** **Do you need a name tag?** Yes No

MEMBERSHIP OPTIONS

- Annual Membership-\$60
- Discounts (*Only 1 discount can be applied*)
 - Museum of the Coastal Bend Member-\$50 VC Retirees/Employees-\$50

Last Name First MI Social Security Number (*Optional*) Date of Birth Sex

Mailing Address City State Zip Code

Home Phone # Cell Phone #

How did you hear about us? Email Address

EMERGENCY CONTACT

Name Relationship

Phone Number

QUESTIONS OR MORE INFO:

Victoria College
Emerging Technology Complex
Conference & Education Center
Attention: Academy of Lifelong Learning
7403 Lone Tree Road
Victoria, TX 77905

Phone: (361) 582-2520

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Charge My: <input type="checkbox"/> AMEX <input type="checkbox"/> Discover <input type="checkbox"/> Mastercard <input type="checkbox"/> Visa	Amount:	Card No.:	Expiration Date:	CID No.:
Name on Card:			Authorized Signature:	
Billing Address:				

Mail or deliver this form in person. Payment is due at time of registration.



**Victoria College Academy of Lifelong Learning
Release and Waiver of Liability, Assumption of the Risk, and Indemnity Agreement**

This form is a legal release, assumption of risk waiver and covenant not to sue agreement. I, the above-named Member, am eighteen (18) years of age or older, and have voluntarily applied to participate in the Victoria College (“College”) Academy of Lifelong Learning (“ALL”). In consideration of my participation in the ALL, on behalf of myself, my family, heirs, and personal representative(s), I hereby accept all risk to my health and of my injury or death that may result from such participation and I hereby release the above named College, its governing board, officers, employees, and representative (collectively the “Releasees”) from any and all liability to me, my personal representatives, estate, heirs, next of kin, and assigns for any and all claims and causes of action for loss of or damage to my property and for any and all illness or injury to my person, including death, that may result from or occur during my participation in the ALL, whether cause by negligence of the Releasees, or otherwise.

By my signature herein I hereby acknowledge that there will be times that the nature of an activity or trip may expose me to hazards or risks that may result in my illness, personal injury, or death, and I understand and appreciate the nature of such hazards and risks. I represent that I am physically able, with or without accommodation, to participate in the ALL activities, whether that be an on campus class, day trip where I am driving myself, or a trip where the ALL is providing transportation, and am able to use the equipment and/or supplies associated with these activities.

I understand and agree that Releasees may not have medical personnel available at the location of any activities or on campus. I understand and agree that Releasees are granted permission to authorize emergency medical treatment, if necessary, and that such action by Releasees shall be subject to the terms of this Agreement. I understand and agree that Releasees assume no responsibility for any injury or damage which might arise out of or in connection with such authorized emergency medical treatment. Should I require emergency medical treatment as a result of accident or illness arising during and activity put on by the ALL, I consent to such treatment. I acknowledge that the College does not provide health and accident insurance for participants in the ALL and I agree to be financially responsible for any medical bills incurred as a result of emergency medical treatment. I will notify College representatives in writing if I have medical conditions about which emergency medical personnel should be informed.

I also authorize the College to use or show any photos of ALL events which include me or my likeness.

I further agree that this Release shall be construed in accordance with the laws of the State of Texas. If any term or provision of this Release shall be held illegal, unenforceable, or in conflict with any law governing this Release the validity of the remaining portions shall not be affected thereby.

I HEREBY AGREE TO INDEMNIFY, SAVE AND HOLD HARMLESS THE COLLEGE, ITS BOARD OF REGENTS, EMPLOYEES, AGENTS, AND REPRESENTATIVES FROM ANY LOSS, LIABILITY, DAMAGE OR COST THAT MAY OCCUR DUE IN ANY MANNER OR DEGREE TO MY PARTICIPATION IN THE ACTIVITY LISTED ABOVE.

PARTICIPANT

Signature

Date

Printed Name

The fun doesn't stop at ALL.

Consider expanding your horizon with a personal enrichment class through VC's Workforce & Continuing Education.

Basic Household Plumbing-\$300

Enrolling in Basic Household Plumbing will be an investment that you will not regret! Participants will learn how to change a faucet, install a garbage disposal, change float on a water closet, change out a wax ring, repair ptrap leaks, and learn the importance of wrapping pipes in the winter. No experience necessary. Facilitated by Bobby Stevens. 12 contact hours

VICTORIA

Aug. 6-13 Term: 202245
Sat. • 8 a.m.-3 p.m.
Liberty Street Industrial Training Center

Ceramics-\$200

Express yourself in a relaxed and creative atmosphere! Intermediate and advanced students may pursue independent projects with instructor guidance if requested. Some open studio time will be available. Students must be 18 years or older to attend. Students must furnish their own clay and tools. Clay will be available for purchase on the first class meeting and the Victoria College Bookstore carries a pottery tool kit. Students should bring towels, a small bucket for water, and an apron (if desired). Space is limited. Facilitated by Gerry Bernhard, Owner of Santa Rosa Pottery.

VICTORIA

Aug. 16-Oct. 6 Term: 202245
Tues. & Thurs. • 5:30-8:30 p.m.
VC Fine Arts Studio, Room 113

Oct. 18-Dec. 15* Term: 202315
Tues. & Thurs. • 5:30-8:30 p.m.
VC Fine Arts Studio, Room 113
*(Class will not be held Nov. 21-25.)

Hobby Welding-\$375

If you are interested in learning how to weld but are not looking to pursue a career in welding, then Hobby Welding is the class for you! Participants will get hands-on training to learn the basics of welding, including safety, very basic oxyfuel cutting, stick welding, and mig welding. No experience necessary. Facilitated by Stanley Kendrick. 12 contact hours

VICTORIA

Sept. 17-24 Term: 202315
Sat. • 8 a.m.-3 p.m.
Liberty Street Industrial Training Center

Meetings • Events • Conferences
for 1 to 500+ guests ConferenceInVictoria.com



FAQS

Listed are frequently asked questions.

How do I sign-up for classes?

A monthly newsletter will be emailed to current members containing upcoming courses and registration deadlines. Member can register the following ways:

In-Person or Mail

You may register in person in the Academy of Lifelong Learning Office:

Victoria College
Emerging Technology Complex
Conference & Education Center, Room 309
7403 Lone Tree Road
Victoria, TX 77905

Via Phone or Email

You may register for classes by calling at (361) 582-2520 or emailing the completed registration form to AskCE@VictoriaCollege.edu.

What is the refund policy?

- No refunds are given for annual Academy of Lifelong Learning membership dues.
- Class fees may be refunded up until the payment/registration deadline.

What is your guest policy?

- Members are allowed to bring one guest per semester to one event that does NOT have an associated fee.
- Members must contact the Academy of Lifelong Learning office prior to the class to RSVP for their guest.

Do you offer any discounts?

- Anyone who is a member of the Museum of the Coastal Bend will receive \$10 off their annual membership (\$5 off Spring membership)
- Victoria College retirees or employees will receive \$10 off their annual membership (\$5 off Spring membership)
- Discounts may not be combined.

When will monthly newsletters be released?

July 18, Aug. 15, Sept. 19, Oct. 17, Nov. 7

When does registration open each month?

July 19 (Open House), Aug. 22, Sept. 26, Oct. 24, Nov. 14

What are your office hours?

Workforce & Continuing Education Office

Fall & Spring Hours

Monday - Friday, 8 a.m. to 5 p.m.

Summer Hours

Monday - Thursday, 8 a.m. to 5 p.m.

Closed on Fridays

2022-2023 ALL ADVISORY COMMITTEE

Chair – Ms. Betty Tovar
Vice-Chair – Mr. David Peters
Curriculum Committee Chair – Ms. Janice Ferguson
Membership Committee Chair – Ms. Sandy Mericle
Secretary – Ms. Debbie Head



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