

ALL

Academy of Lifelong Learning

Fall 2025 Schedule

DAY TRIP

Painted Churches

HOBBIES

Hat Decorating

EDUCATION

Notable Women of Texas History

HEALTH

Tai Chi



Cover photo courtesy of Ingrid Kabela

Live, Learn, Grow

EVENTS & ACTIVITIES: The following is a quick guide to what ALL has to offer.

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WELCOME!

CTE - Continuing Education Academy of Lifelong Learning (ALL)

Welcome to our Academy of Lifelong Learning Fall 2025 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



Pam

Contact Us • (361) 582-2520



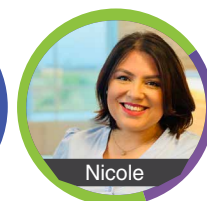
Rachel



Mary



Susie



Nicole

How to Become a Member

The annual membership dues for ALL-Victoria are \$80 and renew each fall. Members joining after Jan. 1 will pay a reduced rate of \$55 for the spring and summer or \$20 for the summer only. Membership entitles you to participate in any of the ALL-Victoria activities offered during the fall, spring, and summer 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 23 & 24) to WCE@VictoriaCollege.edu.

MAIL

You may mail the completed membership form and liability release (pages 23 & 24) to:

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



GAMES

for beginners & advanced players

Mah Jongg⁺

Mondays*

Sept. 8-Dec. 8

1-5 p.m.

(No Mah Jongg Nov. 24-28)

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.

**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

Advanced Pickleball⁺

Mondays*

Sept. 8-Dec. 8

8:45-11:15 a.m.

(No Pickleball Nov. 24-28)

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 Pickleball for Experienced Players or demonstrate proficiency of the game.*

Class Fee: \$20

Maximum: 36 players

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

Dominoes

Thursdays*

Sept. 11, 25

Oct. 9, 23

Nov. 6, 20

Dec. 4

1-4 p.m.

(No Dominoes Nov. 24-28)

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

Beginner Pickleball⁺

Fridays*

Sept. 12-Dec. 5

8:45-11:15 a.m.

(No Pickleball Nov. 24-28)

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 alike. 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: \$20

Maximum: 36 players

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

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

Hand and Foot

Fridays*

Sept. 12-Dec. 5

1-5 p.m.

(No Hand and Foot Nov. 24-28)

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



SEPTEMBER

At a Glance

Sept. 4

ALL Informational Meeting

Sept. 9

VPL Book Club: *The Frozen River*

Sept. 10

Lifestory Informational Session

Sept. 10

Crafternoon

Sept. 16

Hands on CPR Refresher

Sept. 16

Medicare 101

Sept. 17

Fall Gardening & Plant Care

Sept. 17

Nutrition 101

Sept. 18

A Day in Rockport

Sept. 23

Travel Preview: Domestic and International Tours

Sept. 23

ALL Around Town: *La Bella Tavola*

Sept. 24

Better Balance

Sept. 30

Lifestory

Sept. 30

Strike up the Fun- Bowling

ALL Informational Meeting

Thursday

Sept. 4

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, Department Chair, Career & Technical Education – Continuing Education

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

VPL Book Club: *The Frozen River*

Tuesday

Sept. 9

2-4 p.m.

The Frozen River by Ariel Lawhon is a gripping historical fiction thriller that follows Martha Ballard, an 18th-century midwife in Maine, as she investigates a murder and a rape, exploring themes of gender oppression and social injustice.

Victoria Public Library is partnering with ALL to host a book review of *The Frozen River* by Ariel Lawhon. 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 St, Victoria, TX

WALK ACROSS TEXAS



Lifestory Informational Session

Wednesday

Sept. 10

10-11:30 a.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 the writing prompts for the semester.

Maximum: 16

Study Leader: Pamela Price, ALL Program Specialist

Location: VC Emerging Technology Complex
Conference & Education Center, Room 308
7403 Lone Tree Road, Victoria, TX

Crafternoon

Wednesday

Sept. 10

Oct. 8

Nov. 19

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.

Maximum: 10

Location: VC Emerging Technology Complex
Conference & Education Center, Room 308
7403 Lone Tree Road, Victoria, TX

Hands on CPR Refresher

Tuesday

Sept. 16

10 a.m. -Noon

Ready to get your hands on a dummy? Not that kind of dummy—we're talking about CPR training with Anne, the CPR manikin! This hands-on refresher course walks you through the step-by-step basics of CPR, helping you feel more confident and prepared in case of an emergency. Anne won't mind—she's here to help you save lives. Don't miss this opportunity to brush up on your life-saving skills!

Maximum: 45

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

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

Medicare 101

Tuesday

Sept. 16

2-4 p.m.

Medicare enrollment can be a daunting task for anyone. Join us for a helpful and informative session designed to give you a better understanding of Medicare and the options available to you. Don't miss this opportunity to get answers to the questions you may have.

Maximum: 48

Study Leader: Jessica Martinez-Sanchez, Licensed Insurance-Agent Specializing in Medicare

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

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WITH US!**



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**Victoria College
Academy of Lifelong Learning**

Fall Gardening & Plant Care

Wednesday

Sept. 17

10 a.m.-Noon

Ever wonder which plants thrive in the fall—and how to care for them as the seasons change? Join us for a helpful session that explores how cooler temperatures affect your garden and what you can do to keep your plants healthy year-round. Learn tips and tricks from a local Master Gardener. Don't miss this opportunity to grow your knowledge (and your garden)!

Maximum: 48

Study Leader: Debbie Hopper, Master Gardener

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

A Day in Rockport

Thursday

Sept. 18

Depart ETC @ 9:30 a.m.

Spend a beautiful day in the charming coastal town of Rockport. Visit shops, take in the vibrant local art scene, and enjoy the beautiful scenery on the coast. We'll take in a bit of the HummerBird Celebration in Rockport. We hope to see hummingbirds as they stop to rest and refuel in local gardens along their incredible journey south. Enjoy a Dutch treat lunch at Charlotte Plummer's. Transportation is provided.

Class Fee: \$36

Maximum: 28

Location: Rockport, TX/Fulton, TX

Travel Preview: Domestic and International Tours

Tuesday

Sept. 23

10 a.m.-Noon

ALL has partnered with Collette Travel Company to offer exciting trips 2026! During this presentation, you will learn about these trips and have an opportunity to ask questions.

- Explore Switzerland, Austria & Bavaria – June 2026
- Roaming Coastal Maine – August 2026
- The Best of Eastern Canada – September 2026
- Christmas on the Danube – November 2026

See page 22 for additional trip details.

Maximum: 48

Study Leader: Mike Sprute, District Sales Manager, Collette

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

ALL Around Town: La Bella Tavola

Tuesday

Sept. 23

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



La Bella Tavola is a family owned and operated Italian restaurant in Cuero, TX, offering everything from New York–style pizza to seafood, steak, and classic Italian favorites. Join your fellow ALL members for a Dutch-treat lunch. Transportation is NOT provided.

Maximum: 28

Location: La Bella Tavola

213 N Esplanade Street, Cuero, TX

Nutrition 101

Tuesday

Sept. 23

2-4 p.m.

Join us for an engaging and educational session that explores how nutrition impacts the body—especially in relation to heart health, diabetes, and cancer. Led by the always-energetic Dr. Canion, this class offers valuable insights into how proper nutritional choices support overall wellness. Whether you're just starting your health journey or looking to deepen your understanding, this course is perfect for anyone eager to learn how the body functions at its best with the right fuel.

Maximum: 48

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

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

Better Balance

Wednesday

Sept. 24

2-4 p.m.

Improve your stability, strength, and coordination with this low-impact class designed to enhance balance and prevent falls. Ideal for all fitness levels, especially adults or anyone looking to increase confidence in movement.

Maximum: 25

Study Leader: Citizen's HealthPlex

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

Lifestory

Tuesdays

Sept. 30

Oct. 21

Nov. 11

Dec. 9

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.

Maximum: 16

Study Leader: Pamela Price, ALL Program Specialist

Location: VC Emerging Technology Complex
Conference & Education Center, Room 308
7403 Lone Tree Road, Victoria, TX

Strike up the Fun- Bowling

Tuesday

Sept. 30

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

Maximum: 29

Location: Century Lanes
3401 John Stockbauer Drive, Victoria, TX



La Bella Tavola

Tuesday, Sept. 23

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

Texas Traditions Grill & Bar

Wednesday, Oct. 1

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

Palace Bingo

Tuesday, Nov. 4

11:15 a.m.-1:30 p.m.

Longhorn Steakhouse

Tuesday, Dec. 9

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

TERRACOTTA POT PAINTING



OCTOBER

At a Glance

Oct. 1

Museum of the Coastal Bend Tour

Oct. 1

ALL Around Town: *Texas Traditions Grill & Bar*

Oct. 7

Hat Decorating

Oct. 8

Cooking The Mediterranean

Oct. 8

Greeting Cards from Napkins: Creative Repurposing

Oct. 9

Personal Safety Tips

Oct. 9

Lavaca Bluffs Winery

Oct. 14

Financial Management 101

Oct. 14

Strike up the Fun- Bowling Mix it Up

Oct. 15

Advanced Directives & Medical Power of Attorney

Oct. 15

Murder Mystery Game: Hunt A Killer:
R.I.P. at the Rodeo

Oct. 16

Warrior's Weekend Field of Honor

Oct. 16

Introduction to Tai Chi Part 1

Oct. 16

HVAC Basic Care & Maintenance

Oct. 21

More Notable Women of Texas History

Oct. 22

Cooking with Healthy Alternatives

Oct. 22

Beer: A History Study

Oct. 28

The Art of Tara Conley

Oct. 29

Candle Making

Oct. 30

Outlaw Pass

Museum of the Coastal Bend Tour

Wednesday

Oct. 1

10:30 a.m.-Noon

A Walk Through Texas History is an educational and interactive experience that takes participants on a journey through the rich and diverse history of Texas. From Native American cultures and Spanish colonization to the Texas Revolution, statehood, and modern developments, this walk showcases key events, influential figures, and defining moments that shaped the Lone Star State.

Maximum: 30

Study Leader: Glenn Dives, Exhibits & Collections Manager, Museum of the Coastal Bend

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

ALL Around Town: *Texas Traditions Grill & Bar*

Wednesday

Oct. 1

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

Texas Traditions Grill and Bar in Port Lavaca offers homestyle favorites like country fried steak, burgers, and seafood, along with a full bar and a friendly atmosphere. Join your fellow Academy of Lifelong Learning members for a Dutch-treat lunch. Transportation is NOT provided.

Maximum: 30

Location: Texas Traditions Grill & Bar
234 E Main Street, Port Lavaca, TX



Looking for that perfect gift?

Consider an ALL membership for a friend or family member.

Hat Decorating

Tuesday

Oct. 7

10 a.m.-Noon

Get creative and have fun personalizing your own ball cap! In this hands-on workshop, you'll start by learning how to burn a unique pattern or design directly onto your hat—a trendy technique that adds texture and character. Then, jazz it up with up to six embellishments of your choice. No experience needed—bring your imagination!

Class Fee: \$40

Maximum: 12

Study Leader: Life's Celebrations

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

Cooking The Mediterranean

Wednesday

Oct. 8

10-11:30 a.m.

Discover healthy and delicious Mediterranean-inspired meals that are quick, budget-friendly, and perfect for the whole family. This class continues from our previous class in the Spring, but anyone is welcome to participate. Enjoy live cooking demos, tasty samples, and walk away with a free cookbook and a special gift to keep the cooking going at home!

Maximum: 45

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

Greeting Cards from Napkins: Creative Repurposing

Wednesday

Oct. 8

2-4 p.m.

Learn how to transform decorative napkins into beautiful, handmade greeting cards! This class explores simple crafting techniques that repurpose everyday materials into unique, personalized cards for any occasion. A fun and eco-friendly way to get creative while giving new life to items you already have at home.

Class Fee: \$10

Maximum: 25

Study Leader: Karen Greer

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

Personal Safety Tips

Thursday

Oct. 9

10 a.m.-Noon

This informative class is designed to empower seniors with practical strategies to stay safe at home, in public, and online. Topics include fall prevention, scam awareness, emergency preparedness, self-protection techniques, and how to confidently handle unexpected situations. Through engaging discussions and real-life examples, participants will gain valuable knowledge to help maintain independence and peace of mind.

Maximum: 45

Study Leader: John Turner, VPD, Community Engagement Officer

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

SCAM AWARENESS



Lavaca Bluffs Winery

Thursday

Oct. 9

3-5 p.m.

Lavaca Bluff's slogan is "history by the bottle." Each bottle showcases local history on the label. Participants will be able to sample several varieties of wine from the winery. After the wine tasting, feel free to relax and enjoy the vineyard's scenery. Transportation is NOT provided.

Cost: \$25

Maximum: 25

Location: Lavaca Bluffs Winery
172 Private Road 4261, Lolita, TX

Financial Management 101

Tuesday

Oct. 14

10 a.m.-Noon

Take charge of your personal finances by mastering budgeting, saving, managing expenses, and understanding credit. Participants will learn how to make informed financial decisions, set financial goals, and build a more secure financial future. Perfect for anyone looking to take control of their personal finances with confidence.

Maximum: 45

Study Leader: Michele Rohde, Rohde Financial Group, Ameriprise Financial Services

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

Strike up the Fun - Bowling Mix it up

Tuesday

Oct. 14

2:30-4:30.m.

Get ready to mix things up—this month, 9 pins count as a strike! 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

Maximum: 29

Location: Century Lanes
3401 John Stockbauer Drive, Victoria, TX

Advanced Directives & Medical Power of Attorney

Wednesday

Oct. 15

10 a.m.-Noon

Learn how advanced directives work, who needs them, and how they help ensure your medical wishes are respected in different settings. This class explains the differences between in-hospital and out-of-hospital DNR orders, how they are used, and what they mean for your care.

Maximum: 45

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

Murder Mystery Game: Hunt A Killer: R.I.P. at the Rodeo

Wednesday

Oct. 15

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

ALL is partnering with the Victoria Public Library to bring an immersive, true crime game experience to you! Play as a team of investigators to examine evidence, solve puzzles, unravel ciphers, and decrypt codes that unlock important clues and character information to solve this cold case murder and find the killer of a beloved rodeo clown. Are you ready to take a crack at it?

Maximum: 30

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

FINGERNAIL & TONGUE ANALYSIS



Warrior's Weekend Field of Honor

Thursday

Oct. 16

10-11:30 a.m.

The Warrior's Weekend Field of Honor is a time-honored tradition in Victoria. Participants will have the opportunity to view and tour the field and meet volunteers for Warrior Weekend to ask questions. You will also have the opportunity to purchase a memorial flag to be placed in the Field of Honor to commemorate a fallen soldier. Transportation is NOT provided.

Maximum: 30

Location: Parkway Church

4802 John Stockbauer Drive, Victoria, TX

Introduction to Tai Chi, Part 1

Thursday

Oct. 16

2-4 p.m.

Taijiquan, commonly known as Tai Chi, is an ancient, meditative Martial Art. This art is referred to as "Poetry in Motion." In Part 1, you will learn the basic of the art to begin your Tai Chi journey.

Class Fee: \$25

Maximum: 25

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

HVAC Basic Care & Maintenance

Thursday

Oct. 16

4 - 5:30 p.m.

Learn how to care for your HVAC system to keep it running for years to come. You will learn how to properly install filters and clean your system from an industry professional.

Maximum: 10

Study Leader: Bill Lefurgey, HVAC Instructor, Victoria College

Location: VC Main Campus

College Services & Training Building, Room 104-A
200 E. Red River Street, Victoria, TX
Entrance #1 off of Ben Jordan Street, Victoria, TX
(Second building on the left)

More Notable Women of Texas History

Tuesday

Oct. 21

10-11:30 a.m.

Dig deeper into the trailblazing women of Texas History - past and present. From early pioneers to modern leaders, Texas women in government have fought for justice, redefined leadership, and continue to drive progress in politics, technology, education, and activism—building on the legacy of those who came before them.

Maximum: 48

Study Leader: Reba Roberson, ALL Member

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

Cooking with Healthy Alternatives

Wednesday

Oct. 22

10 a.m.-Noon

Learn how to cook flavorful, nutritious meals using healthy alternatives to salt, sugar, and processed ingredients. This class also covers portion control tips to help you enjoy balanced meals without sacrificing taste. Perfect for anyone looking to eat well and feel better!

Maximum: 40

Study Leader: Erica Briggs, Owner, ParaVida Wellness

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

Beer: A History Study

Wednesday

Oct. 22

2-4 p.m.

Explore the rich and fascinating history of beer, from its ancient origins to its role in modern culture. This class covers how beer has evolved over time, its impact on societies around the world, and the brewing traditions that shaped it. Participants will have the opportunity to taste the history with a selection of beers. Cheers to learning!

Cost: \$25

Maximum: 25

Study Leader: Daryl Elles

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

The Art of Tara Conley

Tuesday

Oct. 28

2-4 p.m.

The Nave Museum, Victoria's only fine arts museum and a historic landmark, proudly presents Tara Conley exhibit. This exhibit features the mixed media works of the Houston artist. She creatively combines materials such as bronze, fiber and fiberglass into organic shapes with a whimsical touch. Transportation is NOT provided.

Maximum: 24

Location: The Nave Museum
306 West Commercial Street, Victoria, TX

Candle Making

Wednesday

Oct. 29

10 a.m.-Noon

Create your own uniquely designed candle with the scent of your choice. You will learn the basics and have your own creation to take home with you! Don't miss out on this fun and perfectly heavenly class!

Class Fee: \$25

Maximum: 20

Study Leader: Heavenly Scents

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

Outlaw Pass

Thursday

Oct. 30

2-4 p.m.

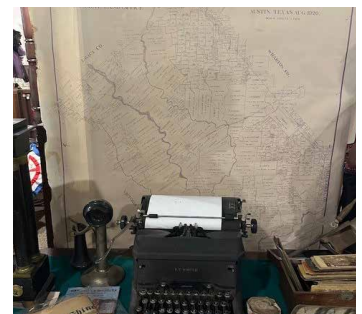
Outlaw Pass is a premier family entertainment center where "kids" of all ages can enjoy a variety of exciting attractions in one location, including the most unique adventure mini golf course in the Lone Star State, a thrilling 900-foot race track, and much more! Participants will enjoy one game of mini golf, one race track ride, and an arcade card. Transportation is NOT provided.

Class Fee: \$20

Maximum: 30

Location: Outlaw Pass
78 Tate Road, Victoria, TX

A DAY IN EDNA



SUCCULENT GARDEN



Thank You

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

WCE@VictoriaCollege.edu.

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ConferenceInVictoria.com



VICTORIA COLLEGE
Emerging Technology Complex

NOVEMBER

At a Glance

Nov. 4

Butter it Up! Butter Flavoring

Nov. 4

ALL Around Town: *Palace Bingo*

Nov. 4

Strike up the Fun- Bowling

Nov. 5

Scammers - How to Spot Them

Nov. 5

Navigating Hospital Admission

Nov. 6

Exploring Texas Traditions

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Dinner Tonight-Cook Once, Eat Twice

Nov. 11

Coffee Appreciation: Roast & Flavor

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Healthy Living & Weight Management

Nov. 12

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Nov. 13

The 1900 Galveston Hurricane

Nov. 13

Introduction to Tai Chi Part 2

PLANT STAKE



Butter it Up! Butter Flavoring

Tuesday

Nov. 4

9:30-11 a.m.

Discover how to create delicious flavored butters, infusions, and homemade extracts using simple, everyday ingredients. Perfect for food enthusiasts and DIYers, this class explores creative ways to enhance your cooking and baking with rich, natural flavors. We'll cover easy techniques, common uses in cooking and baking, and tips for enhancing flavor naturally—no professional kitchen required!

Cost: \$10

Maximum: 30

Study Leader: Nicole Uresti

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

ALL Around Town: *Palace Bingo*

Tuesday

Nov. 4

11:15 a.m.-1:30 p.m.



Come play BINGO!! Enjoy a few lively rounds of Bingo and a Dutch-treat lunch at the café with fellow ALL members. Expect plenty of laughs, friendly competition, and a chance to win fun prizes! Transportation is NOT provided.

Class Fee: \$10

Maximum: 30

Location: Palace Bingo
5306 Houston Hwy, Victoria, TX

Strike up the Fun- Bowling

Tuesday

Nov. 4

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.

Cost: \$10

Maximum: 29

Location: Century Lanes
3401 John Stockbauer Drive, Victoria, TX

Scammers - How to Spot Them

Wednesday

Nov. 5

10-11:30 a.m.

Back by popular demand, this session offers more tips and insights to help you recognize and avoid scams that commonly target older adults. This course will cover how to identify phone, email, and online scams; spot red flags in fraudulent messages; and protect your personal information. Participants will leave with practical tips to stay safe from phishing, identity theft, and financial fraud—empowering them to confidently navigate today's digital world.

Maximum: 48

Study Leader: Jeremy Gould, Computer Information Systems Instructor, Victoria College

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

Navigating Hospital Admission

Wednesday

Nov. 5

2-3:30 p.m.

I've been admitted to the hospital! Now what? This class guides you through what to expect during a hospital stay, from admission to discharge. Learn about your rights as a patient, how to communicate with your care team, what paperwork may be needed, and how to prepare for a smooth transition back home.

Maximum: 45

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

Exploring Texas Traditions

Thursday

Nov. 6

Depart ETC at 8:15 a.m.

Discover Texas' rich cultural heritage on this daytrip! Start with a guided tour and traditional Czech-style lunch at the Texas Czech Heritage and Cultural Center, where members will explore Czech-Texan history and traditions. Then, visit the Kreische Brewery Historical Site to learn about one of Texas' first commercial breweries and its fascinating legacy. Transportation will be provided.

Class Fee: \$50

Maximum: 28

Location: LaGrange, TX

Healthy Living & Weight Management

Tuesday

Nov. 11

10 a.m.-Noon

Healthy living is essential for long-term well-being and vitality. This class provides practical tips for balanced nutrition, regular exercise, and sustainable weight management. Topics include portion control, meal planning, stress management, and goal setting. The course emphasizes long-term wellness over quick fixes, helping participants build habits that support overall health and well-being.

Maximum: 45

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

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

THE ART OF DR. SEUSS



Coffee Appreciation: Roast & Flavor

Tuesday

Nov. 11

2-4 p.m.

Discover the art of coffee appreciation as you explore different roast levels—from light to dark—and learn how each one influences flavor, aroma, and body. Enjoy a guided tasting to compare profiles and deepen your understanding of what makes each cup unique. Perfect for both coffee lovers and curious beginners!

Maximum: 40

Study Leader: John Valdivia, Owner, Victoria Coffee Roasters

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

Dinner Tonight-Cook Once, Eat Twice

Wednesday

Nov. 12

10 a.m.-Noon

Ready to make healthy eating both easy and delicious? Join us for Dinner Tonight, a lively, hands-on class where you'll discover how to create mouthwatering, balanced meals that are quick, budget-friendly, and loved by the whole family. Enjoy live cooking demos, tasty samples, and walk away with a free cookbook and a special gift to keep the cooking going at home!

Maximum: 45

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

VPL Book Club: *Project Hail Mary*

Wednesday

Nov. 12

2-4 p.m.

Project Hail Mary is a compelling science fiction novel by American writer Andy Weir. Set in the near future, it centers on school-teacher-turned-astronaut Ryland Grace, who wakes up from a coma afflicted with amnesia. He gradually remembers that he was sent to the Tau Ceti system, 12 light-years from Earth, to find a means of reversing a solar dimming event that could cause the extinction of humanity.

Victoria Public Library is partnering with ALL to host a book review of *Project Hail Mary* by Andy Weir. 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

The 1900 Galveston Hurricane

Thursday

Nov. 13

10 a.m.-Noon

Explore the 1900 Galveston Hurricane, the deadliest natural disaster in U.S. history, which claimed an estimated 8,000 lives. Examine the storm's meteorological causes, the city's lack of preparedness, and the devastating impact on Galveston's people and infrastructure. Participants will explore the historical context of Galveston at the turn of the 20th century—a booming port city considered the "Wall Street of the South"—and how its geographic vulnerability was overlooked. The class delves into the events leading up to the storm, the failure of early warnings, and the catastrophic destruction it left behind.

Maximum: 48

Study Leader: Reba Roberson, ALL Member

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



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.**

Located at VC ETC Room 301.

Introduction to Tai Chi, Part 2

Thursday

Nov. 13

2-4 p.m.

Taijiquan, commonly known as Tai Chi, is an ancient, meditative Martial Art. This art is referred to as "Poetry in Motion". In Part 2, you will begin to put everything from Part 1 together to begin your Tai Chi journey.

Cost: \$25

Maximum: 25

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

TRANSITIONING TO RETIREMENT



EXTRA OPPORTUNITIES

Thursday, Sept. 25, 2025

John W. Stormont Lecture: Making of a Pirate: The Dramatic Story of a Junior College's Second 50 Years
12:15-1 p.m.

Museum of the Coastal Bend
Borchers Leon Exhibit Hall

Karen Hagan, History Instructor at Victoria College, takes us on a journey to discover the years 1975-2025 at Victoria College. Join us in celebrating VC's 100 Year Centennial.

Wednesday, Oct. 1, 2025

Lyceum Lecture Series: Roy Juarez, Jr.
11 a.m.-Noon

Victoria College Sports Center

Author of "Homeless by Choice: A Memoir of Love, Hate, & Forgiveness"

Museum of the Coastal Bend

Where Texas Ranching Began

NEW EXHIBIT: Vaquero Spanish missionaries and soldiers taught Indian converts ranching techniques for the wild cattle and horses near Mission Espíritu Santo. The first cowboys, longhorns, and mustangs were all present in the Coastal Bend of Texas.

These classes are not offered by ALL and are open to the public.
The Museum of the Coastal Bend is open Tuesday-Saturday
and located at 2200 E. Red River Street.



Join Online:
[VictoriaCollege.edu/
Alumni](https://VictoriaCollege.edu/Alumni)

*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

DECEMBER

At a Glance

Dec. 2

Declutter your Space

Dec. 2

Strike up the Fun- Bowling Mix it Up

Dec. 3

Gentle Yoga

Dec. 3

Growing and Cooking with Herbs

Dec. 4

Death: The Good, The Bad & The Ugly

Dec. 4

Christmas Cookie Competition

Dec. 9

Diamond Painting Ornament Workshop

Dec. 9

ALL Around Town: *Longhorn Steakhouse*

Dec. 10

Painted Churches

Dec. 11

Holiday Hors d'Oeuvres

Strike up the Fun- Bowling Mix it Up

Tuesday

Dec. 2

2:30-4:30 p.m.

Get ready to mix things up—this month, 9 pins count as a strike! 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

Maximum: 29

Location: Century Lanes

3401 John Stockbauer Drive, Victoria, TX

Gentle Yoga

Wednesday

Dec. 3

10 a.m.-Noon

This gentle, all-levels yoga class focuses on simple, practical poses and breathing techniques to support everyday wellness. Improve flexibility, reduce stress, and build strength through mindful movement and relaxation. Ideal for beginners and anyone looking to bring balance and calm into daily life.

Maximum: 30

Study Leader: Danna Garland, ALL Member

Location: VC Emerging Technology Complex

Conference & Education Center, Room 314

7403 Lone Tree Road, Victoria, TX

Growing and Cooking with Herbs

Wednesday

Dec. 3

2-3:30 p.m.

Discover how to grow your own fresh herbs and use them to enhance your cooking. This class covers the basics of planting, caring for, and harvesting common culinary herbs, along with tips for prepping and incorporating them into everyday meals for added flavor and nutrition.

Maximum: 45

Study Leader: Debbie Hopper, Master Gardener

Location: VC Emerging Technology Complex

Conference & Education Center, Room 304

7403 Lone Tree Road, Victoria, TX

Declutter Your Space

Tuesday

Dec. 2

10 a.m.-Noon

Say goodbye to clutter and hello to calm with easy, effective strategies for organizing your home, workspace, and personal spaces! Participants will learn practical techniques to create functional, stress-free environments that support productivity and peace of mind. Topics include space planning, storage solutions, and maintaining organized systems over time.

Maximum: 45

Study Leader: Brittany Stauts, Owner, Sorted Spaces

Location: VC Emerging Technology Complex

Conference & Education Center, Room 304

7403 Lone Tree Road, Victoria, TX

Death: The Good, The Bad & The Ugly

Thursday

Dec. 4

10 a.m.-Noon

This thought-provoking class explores the many facets of death—emotional, cultural, and practical. From end-of-life planning to coping with loss and understanding different beliefs about death, we'll discuss it all with honesty, compassion, and even a little humor.

Maximum: 45

Study Leader: Pastor Larry Green, Hospice of South Texas

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

Christmas Cookie Competition

Thursday

Dec. 4

1:30-2:30 p.m.

Bring it on bakers! Do you have the ultimate Christmas cookie recipe? Don't miss out on this baking competition to find out who has the ultimate Christmas cookie. Bring your cookies and your recipes to share and have a fun holiday competition.

Maximum: 45

Study Leader: Pamela Price, ALL Program Specialist

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

Diamond Painting Ornament Workshop

Tuesday

Dec. 9

1:30-3:30 p.m.

Add a little sparkle to your season in this fun and festive workshop! Diamond painting is a relaxing craft where you apply tiny resin "diamonds" to a sticky, color-coded design—like paint-by-numbers, but with a glittery twist. In this session, you'll create your own holiday ornament using this technique. No experience needed, and all materials are provided. Just bring your creativity and holiday cheer!

Class Fee: \$10

Maximum: 18

Study Leader: Cassie Bednarczyk, ALL Member

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

ALL Around Town: Longhorn Steakhouse

Tuesday

Dec. 9

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

Longhorn Steakhouse offers a warm, inviting atmosphere and a menu full of bold, hearty flavors. Known for their perfectly seasoned steaks, as well as delicious chicken and seafood options, it's a great spot for a satisfying meal.

Join fellow ALL members for a Dutch-treat lunch. Whether you choose a juicy steak or another favorite dish, you're sure to enjoy great food and great company! Transportation is NOT provided.

Maximum: 30

Location: Longhorn Steakhouse
7306 NE Zac Lentz Pkwy, Victoria, TX

Painted Churches

Wednesday

Dec. 10

Depart ETC at 8:15 a.m.

The Painted Churches are located in the communities of Ammannsville, Dubina, High Hill, Praha, Moravia and St. John. They appear unassuming as you approach them, but as you enter the front doors prepare to have your breath taken away by the incredible beauty found inside. Join us and experience this beauty for yourself. Enjoy a Dutch-treat lunch at a local restaurant in Schulenberg, Tx. Transportation is provided.

Cost: \$65

Maximum: 28

Location: Schulenberg, TX

Holiday Hors d'Oeuvres

Thursday

Dec. 11

1:30-3:30 p.m.

Celebrate the end of the semester with a festive holiday gathering! Bring your favorite holiday hors d'oeuvres and recipes to compare and taste before we break for the holidays.

Maximum: 45

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



TRAVEL WITH ALL

Trip Info • VictoriaCollege.edu/ALL

March 17-25, 2026:
Explore Tuscany



June 24-July 3, 2026:
Explore Switzerland,
Austria & Bavaria



Aug. 9-15, 2026:
Roaming Coastal Maine



Sept. 25-Oct. 3, 2026:
Discover the Best of
Eastern Canadian Cities



Nov. 28-Dec. 6, 2026:
Christmas on the Danube





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

☐ **New Member** ☐ **Returning Member** If returning, do you need a replacement name tag? ☐ Yes ☐ No

MEMBERSHIP OPTIONS

- ☐ Annual Membership-\$80
☐ Annual Discounts (*Only 1 discount can be applied*)
 ☐ Museum of the Coastal Bend Member-\$70 ☐ VC Retirees/Employees-\$70

Last Name	Legal Name & Preferred Name	MI	Social Security Number (<i>Optional</i>)	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

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. Payment is due at the time of registration. Members 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 WCE@VictoriaCollege.edu.

What is the refund policy?

- No refunds are given for 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 class with or without a fee. Payment is due at the time of registration.
- Members must contact the Academy of Lifelong Learning Office prior to the class to register 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?

Monthly newsletters will be released prior to monthly registration opening.

When does registration open each month?

The following Tuesdays at 9 a.m.: Aug. 26, Sept. 23, Oct. 28, Nov. 18

Are class end times exact? Is the maximum number of attendees per class fixed?

Class end times are estimates and may vary. Class sizes are subject to change.

What are your office hours?

Workforce & Continuing Education Office

Fall & Spring Hours

Monday-Friday • 8 a.m.-5 p.m.

Summer Hours

Monday-Thursday • 8 a.m.-5 p.m.
Closed on Fridays

2025-2026 ALL ADVISORY COMMITTEE

Chair – Ms. Lisa Gabrysch
Vice-Chair – Mr. Danny Heinich
Curriculum Committee Chair – Ms. Sandi Baecker
Membership Committee Chair – Ms. Joy Reed
Secretary – Mr. Mark Wieseman

ALL: A LOOK BACK



2013



2022



2019



2023



2024



2014

ALL: A LOOK BACK



