

VICTORIA COLLEGE
Academy of Lifelong Learning
Gonzales Center
Spring 2023



How to Become a Member

SPRING MEMBERSHIP

Spring 2023 Membership-\$50

Discounts (Only 1 discount can be applied)

- Museum of the Coastal Bend Member-\$40
- VC Retirees/Employees-\$40

Membership entitles you to participate in any of the ALL-Gonzales activities at no additional charge, with the exception to a few activities that have a supply or travel fee.

THERE ARE SEVERAL WAYS TO JOIN ALL-GONZALES:

In Person

You may join in person at the VC Gonzales Center:

Victoria College
Gonzales Center
424 E. Sarah DeWitt Drive
Gonzales, TX 78629

Mail or Email

You may become an ALL-Gonzales Member by mailing or emailing the completed membership form and liability release (page 9 & 10) to Melissa.Robinson@VictoriaCollege.edu.

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

Empty Bowls

Friday

Jan. 13

10 a.m.

Want to try your hand at a bit of pottery and contribute to fighting hunger in our community? Then, join us for an evening of creating bowls to help end hunger. No previous experience is necessary, but all will have a guaranteed good time. Area potters have been busy making bowls throughout the past year to prepare for this event. Help support the fight against hunger. Proceeds go to support the agencies whose mission is to fight hunger.

Cost: TBD

Location: Red Hen Pottery Studio and Gallery
15 Belmont Park Blvd., Belmont, TX

Pet Care

Thursday

Jan. 19

11 a.m.

Studies show that having a pet in your life can have a significant impact on the health and well-being of the owner. In return, we need to make sure that when we take on the responsibility of owning a pet, that we take on the responsibility of making sure we keep that pet healthy too. Learn all about caring for your pet in a wholistic way.

Student Leader: Brandi Barthels

Location: VC Gonzales Center
424 E. Sarah DeWitt, Gonzales, TX

Self-Care with Massage

Thursday

Jan. 26

2 p.m.

Learn the importance and benefit of self-care with massage by discussing and practicing several simple techniques in self-massage to reduce muscle tension and stress in all areas of the body.

Study Leader: Thrive Healthplex

Location: VC Gonzales Center
424 E. Sarah DeWitt, Gonzales, TX

Come and Organize It!

Thursday

Feb. 2

2 p.m.

Learn what steps you can take to simplify daily life. Organizational tactics will be covered including annual card files, household spreadsheets, and construction of the ultimate personal organizer. Never forget an important task again and free up time for other pursuits!

Study Leader: Kasey Rhodes, owner of Come and Organize It

Location: VC Gonzales Center
424 E. Sarah DeWitt, Gonzales, TX

Norma's House

Thursday

Feb. 9

10 a.m.

Since 1997, Norma's House has helped hundreds of Gonzales & Lavaca Counties' most vulnerable victims. In FY21, Norma's House provided services to 423 children, despite the challenges of the pandemic. From its conception in 1997 and over the next 3 years, the primary goal of the Gonzales Regional Children's Advocacy Center was to provide local and timely recognition of child abuse and treatment of victims while minimizing the trauma they experienced. In December of 2001, the Center adopted the name "Norma's House" as the new business name in recognition of the contributions of a Charter Member of the Board of Directors, Norma Ehrig. This presentation will inform us of the wonderful services that Norma's House provides to our community and how we can help in return.

Study Leader: Emily Cook

Location: VC Gonzales Center
424 E. Sarah DeWitt, Gonzales, TX

Daughters of the Republic of Texas

Thursday

Feb. 16

2 p.m.

Founded in 1891, the Daughters of The Republic of Texas is the oldest patriotic women's organization in Texas and one of the oldest in the nation. Their motto is Texas, one and indivisible. Come to learn about the mission the Daughters of The Republic of Texas uphold in order to perpetuate the memory and spirit of those who achieved and maintained the independence of Texas.

Study Leader: Holly Heinsohn

Location: VC Gonzales Center
424 E. Sarah DeWitt, Gonzales, TX

Armor of God

Thursday

Feb. 23

11 a.m.

God's Gifts for Wellness: Physically, Emotionally and Spiritually

Come learn the tools the Lord has given us and revealed from Genesis to Revelation in the Bible. Additionally, we will go through the scriptures in Ephesians specifically of the Armor of God utilizing the essential oils and the benefits of using certain oils with these scriptures.

Study Leader: Brandi Barthels

Location: VC Gonzales Center
424 E. Sarah DeWitt, Gonzales, TX

Emotional Intelligence

Thursday

March 2

2 p.m.

This discussion-friendly presentation will include topics like gas lighting, delayed gratification, mindset, bullying, anxiety, and PTSD. Recommended readings (not required): Daniel Goleman's Emotional Intelligence, Carol Dweck's Mindset, and Walter Meschel's The Marshmallow Test.

Study Leader: Jenny Jennings

Location: VC Gonzales Center
424 E. Sarah DeWitt, Gonzales, TX

Bluebonnet Trails Community Services

Thursday

March 9

2 p.m.

Bluebonnet Trails Community Services strive to help communities live healthy and fulfilled lives. They believe by continuously shaping and investing in a system of care valued by our communities, the health and independence of the persons they serve will be improved.

Their mission covers a span of services to adults with serious mental illness; to children and adolescents with serious mental illness or emotional disorders, autism or pervasive developmental disorders; to persons with developmental disabilities; to infants and toddlers with developmental delays; and to adults and children with family health care needs. Come learn about these services and how we might be able to contribute to their overall mission through the different civic, religious, and service oriented organization that we individually belong to as well.

Study Leader: Mara Jabsen

Location: VC Gonzales Center
424 E. Sarah DeWitt, Gonzales, TX

Stayin' Alive

Thursday

March 23

10 a.m.

Remember disco? Learn how the 70s disco classic, "Stayin' Alive" by the Bee Gees, is teaching people how to save lives. Nearly 400,000 Americans suffer out-of-hospital cardiac arrests every year, and almost 90 percent die because they don't receive immediate CPR from someone on the scene. When begun immediately, CPR can double or triple a person's chance of survival. Learn the American Heart Association's new Hands-Only CPR awareness campaign.

Study Leader: Ricky DeLaGarza, Victoria College EMS Coordinator & Instructor

Location: VC Gonzales Center
424 E. Sarah DeWitt, Gonzales, TX



Need the perfect gift?

Consider an ALL membership.
Call (361) 582-2520 for details.

Victoria College Lyceum Lecture Series: Sean Astin

Tuesday
March 28
11 a.m.



After a two-year hiatus due to COVID, Victoria College's Lyceum Committee is excited to announce the return of the Lyceum Lecture Series with actor and mental health advocate Sean Astin speaking at the Victoria Fine Arts Center.

Sean is known for major roles in movies like "Rudy," the "Lord of the Rings," and "The Goonies." In addition to sharing his experiences in filmmaking, he will discuss mental health from a unique perspective. His mother, Academy and multi-Emmy Award-winning Patty Duke, suffered through most of Sean's childhood with an undiagnosed bipolar mood condition. Once diagnosed, she became a nationally renowned mental health advocate writing books, producing a film, and giving lectures across the country in an effort to help destigmatize mental illness.

Sean has continued to build on his mother's legacy of advocacy. By sharing intimate stories and details of growing up in a family where a mental health issue informs everyday life, Sean guides an audience through practical thinking about the issues from a lay perspective. Having built a relationship with film audiences for 40 years, he relies on that goodwill to allow him to delve into these topics in a serious and supportive manner. His discussions are about representation, advocacy, and empowerment in a relatable manner with an emphasis on his disarming and common sense perspective.

Study Leader: Sean Astin

Location: VC Gonzales Center
424 E. Sarah DeWitt, Gonzales, TX (offered via WebEx from VC's Main Campus in Victoria, TX)

Strike up the Fun - Bowling

Thursday
March 30
4 p.m.

Bowling is played by 120 million people in more than 90 countries, and you can be one of them! Tenth Frame is a bowling center in Schulenburg with an 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. For all interested, we will dine at The Garden Company Marketplace & Café after bowling.

Class Fee: TBD

Location: Tenth Frame 233 College Street, Schulenburg, TX

Wine 101 – Part Deux

Thursday
April 20
5:30 p.m.

This past fall, we learned oh so much about wine. But, there is still oh so much more! David DeMent is back to make sure we really know how to pick 'em. We will continue to learn the basics about picking wines, pairing them with foods, and just how to read that wine list on a restaurant menu. We will get a list together for ALL members to bring snacks and a few wines will be provided so that we can all taste the difference.

Class Fee: TBD

Study Leader: David Dement

Location: VC Gonzales Center
424 E. Sarah DeWitt, Gonzales, TX

Backyard Beekeeping

Thursday
April 27
10 a.m.

Texas Board Certified Entomologist, Molly Keck, the official spokesperson for the Texas A&M AgriLife Extension Service in Bexar County, will give basic information on what beekeeping is about, why caring for bees is important, and some things you can do if you are interested in starting your own honeybee hive

Study Leader: Molly Keck

Location: VC Gonzales Center
424 E. Sarah DeWitt, Gonzales, TX

Bonsai Tree What?

Thursday

May 4

2 p.m.

Do you have a bonsai tree and not know how to care for it? Our very own ALL member, Jon Such is going to teach us how to care for the bonsai tree and prune the branches. Bring your bonsai for an enlightening experience.

Study Leader: Jon Such

Location: VC Gonzales Center
424 E. Sarah DeWitt, Gonzales, TX

A Night at the Gaslight Theatre

Friday

May (Day TBD)

6:30 p.m.

The spring production has not been listed as of yet. More information to come.

Class Fee: \$35 - Member will need to RSVP.

Location: 207 E. 7th Street, Shiner, TX

End-of-Year ALL Celebration

Thursday

June 1

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

Enjoy a potluck lunch with all your ALL friends. Bring a dish (and your recipe if you wish) to share with everyone. Participants may either emailed their recipe prior to the event or bring one copy to the event. Recipes will be compiled and emailed to attendees. Drinks, plates, and utensils will be provided.

Location: VC Gonzales Center
424 E. Sarah DeWitt, Gonzales, TX

EXTRA OPPORTUNITIES

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. • MuseumOfTheCoastalBend.org

DATE	EVENT/ACTIVITY	TIME	LOCATION
Jan. 26	JOHN W. STORMONT LECTURE: <i>Lessons From Building a Pioneer Farm</i> with Justin Butts	5:30 p.m.	Museum of the Coastal Bend
Feb. 1-28	Black History Month: <i>George McJunkin & Folsom Points</i>	10 a.m.-4 p.m.	Museum of the Coastal Bend
Feb. 16	Art and Artifacts Happy Hour	4-6 p.m.	Museum of the Coastal Bend
Feb. 23	JOHN W. STORMONT LECTURE: <i>The Goliad Campaign of 1835</i> presented by Scott McMahon	5:30 p.m.	Museum of the Coastal Bend
March 2	JOHN W. STORMONT LECTURE: <i>Deeply Rooted</i> presented by Dr. Leslie Bush	5:30 p.m.	Museum of the Coastal Bend
March 23	JOHN W. STORMONT LECTURE: <i>Chasing Billy the Kid</i> presented by Kurt House	5:30 p.m.	Museum of the Coastal Bend
May 4	16th Annual Spring Artisans Market	11 a.m.-6 p.m.	Museum of the Coastal Bend
May 5	McNeill Ranch Site Tour (Advance Registration Required)	9-11 a.m.	Museum of the Coastal Bend

TRAVEL WITH ALL

Collette Trips (Ask Us For Details)

October 2023: Postcards from Vermont



November 2023: Hawaiian Adventure

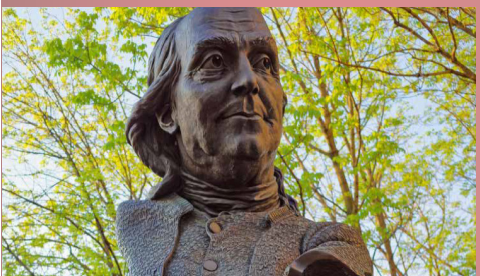


Premier World Discovery Trips (Ask Us For Details)

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



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



The fun doesn't stop at ALL.

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

Emotional Intelligence-\$110

PSYC CE01

This discussion-friendly class will include topics like gas lighting, delayed gratification, mindset, bullying, anxiety, and PTSD. Participants are welcome to bring their lunch to eat while they learn. Recommended readings (not required): Daniel Goleman's *Emotional Intelligence*, Carol Dweck's *Mindset*, and Walter Meschel's *The Marshmallow Test*. Facilitated by Jenny Jennings. 18 contact hours

GONZALES-CRN: 42052

Feb. 8-May 3* • CRN: 42052 • Term: CE Second Quarter 2022-2023
Wed. • 5:30-7 p.m.

VC Gonzales Center, Room 124

*(Class will not be held March 15)

Priority Registration: Oct. 31, 2022-Jan. 25, 2023

Pay by: Jan. 25, 2023 at Noon

Registration: Jan. 26-Feb. 1, 2023

Pay by: Feb. 1, 2023 at Noon

Genealogy for Beginners-\$75

GENE CE01

This beginner's genealogy course is perfect for amateur family historians interested in learning how to correctly and systematically research and document ancestry. Topics will include how to get started, how to progress, excellent genealogy sources, vital records, census records, and court documents. Individualized guidance and suggestions for continued genealogical records research will be offered. Resources relevant to students' particular areas of research will be available. Facilitated by Holly Heinsohn. 8 contact hours

GONZALES-CRN: 44001

May 30-June 8 • CRN: 44001 • Term: CE Fourth Quarter 2022-2023
Tues. & Thurs. • 6-8 p.m.

VC Gonzales Center Conference Room

Priority Registration: Oct. 31, 2022-May 16, 2023

Pay by: May 16, 2023 at Noon

Registration: May 17-23, 2023

Pay by: May 23, 2023 at Noon

How to Raise an Adult-\$100

PSYC CE02

This discussion-friendly class will include topics like teaching life skills from ages 2-18, critical thinking, ways of parenting, parental crutches, over parenting, parental involvement and advice, and self-efficacy. Recommended readings (not required): Julie Lythcott-Haims' *How to Raise an Adult*. Facilitated by Jenny Jennings. 16.5 contact hours

GONZALES-CRN: 42054

Feb. 7-April 25* • CRN: 42054 • Term: CE Second Quarter 2022-2023
Tues. • 5:30-7 p.m.

VC Gonzales Center, Room 124

*(Class will not be held March 14)

Priority Registration: Oct. 31, 2022-Jan. 24, 2023

Pay by: Jan. 24, 2023 at Noon

Registration: Jan. 25-31, 2023

Pay by: Jan. 31, 2023 at Noon

Robert's Rules of Order-\$45

CRPT CE01

Robert's Rules of Order, written by US Army officer Henry Martyn Robert, is a manual of parliamentary procedure which provides a framework for groups to ethically conduct business and make decisions. Learn how to increase the quality and productivity of your meetings by implementing Robert's Rules of Order! Facilitated by Jenny Jennings. 4.5 contact hours

GONZALES-CRN: 42053

Feb. 9-23 • CRN: 42053 • Term: CE Second Quarter 2022-2023
Thurs. • 5:30-7 p.m.

VC Gonzales Center, Room 124

Priority Registration: Oct. 31, 2022-Jan. 26, 2023

Pay by: Jan. 26, 2023 at Noon

Registration: Jan. 27-Feb. 2, 2023

Pay by: Feb. 2, 2023 at Noon



Academy of Lifelong Learning-Gonzales Center
Membership Form & Liability Release

New Member Returning Member

MEMBERSHIP OPTIONS

- Annual Membership-\$50
Discounts (Only 1 discount can be applied)
Museum of the Coastal Bend Member-\$40
VC Retirees/Employees-\$40

Form fields for personal information: 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

Form fields for emergency contact: Name, Relationship, Phone Number

QUESTIONS OR MORE INFO:

Victoria College
Gonzales Center
Attention: Melissa Robinson
424 E. Sarah DeWitt Drive
Gonzales, TX 78629

Phone: (830) 672-6251

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Form fields for payment information: Charge My: AMEX, Discover, Mastercard, 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.

Revised 07/05/2021



**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?

Member can register the following ways:

IN PERSON

You may register in person at the VC Gonzales Center:

Victoria College
Gonzales Center
424 E. Sarah DeWitt Drive
Gonzales, TX 78629

MAIL OR EMAIL

You may become an ALL-Gonzales Member mailing or emailing the completed membership form and liability release (page 9 & 10) to Melissa.Robinson@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
- Victoria College retirees or employees will receive \$10 off their annual membership
- Discounts may not be combined.

What are your office hours?

VC Gonzales Center

Fall & Spring Hours

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

Summer Hours

Monday - Thursday, 7:30 a.m. to 5 p.m.

Closed on Fridays

