

## SPECIAL INTEREST GROUPS-----SIGs

Greetings to all Silver Frog members:

Special Interest Groups (SIGs) foster fellowship and allow members to engage with others who share a common interest. Special Interest Groups are member driven and meet on a regular schedule such as bi-weekly or monthly, according to what the group members decide. SIGs are an added benefit of your Silver Frog membership.

**NEW!!!**

Positive Aging –SIG contact: Anne Carlson  
[carlsonab@sbcglobal.net](mailto:carlsonab@sbcglobal.net)

This group will share resources that enhance positive aging, develop a supportive community to anticipate, smooth, and own expected/unexpected life transitions. In addition, it will provide an informal forum to facilitate in-depth continuing discussions, relationship building and growth

A pre-requisite is that participants need to have taken Kathy Bowser's class called: The Gift of Years - The Art of Aging Gracefully by Joan Chittester, for at least one of the sessions to be familiar with the concept of this SIG. Size may be limited due to the size of the facility we will be using (La Madeleine restaurant at 6240 Camp Bowie) and to allow for strong group interaction.

**NEW!!!**

Contemplative Practices – SIG contact: Katherine Godby  
[katherine.godby@yahoo.com](mailto:katherine.godby@yahoo.com)

This group will meet for discussion and practice of various contemplative practices. (More about the purpose to be developed at the initial meeting)

**Ladies Lunch Out – SIG contact: Virginia Dias  
virginiadias0863@gmail.com**

**This group will meet once a month to share experiences, foster new friends, and socialize in general. Every participant will have the opportunity to suggest a nice restaurant to explore, have lunch and more importantly, have fun!**

**Spanish Club - SIG contact: Virginia Dias  
virginiadias0863@gmail.com**

**The purpose of this group to practice the Spanish language in a fun way, such as sharing experiences, ideas, cultural insights, learning new vocabulary and common expressions. Basic Spanish knowledge is necessary.**

**No Fears Writers Group – SIG contact: Judith Soriano  
Soriano.soriano100@gmail.com**

**Writers of prose and /or poetry come together to exchange ideas, find support and write. If you are not a writer yet but long wanted to muster up the courage, this group is for you, providing a safe space for aspiring writers.**

**Men's Breakfast Group – SIG Contacts:  
Gary Harrell – garem36@sbcglobal.net and  
Jim Box - fishingbones@yahoo.com**

**A men's monthly breakfast group meeting with the goal of fostering friendships, networking and exploring common interests in a relaxed atmosphere. Social and/or service opportunities could arise out of any shared interests.**

**Silver Frogs Fly Fishers**

**SIG contact: Ken Bowers – [68bowers@gmail.com](mailto:68bowers@gmail.com)**

**This group hopes to introduce fly fishing to interested beginners and offer meetings with experienced fly fishers. The group will explore local waters, learn more about casting, etymology, reading water, knots, lines, leaders and tippets, rods, reels, fly tying and fly selection. They plan to have regular meetings and field trips to local fishing holes within a 75-mile radius of Ft. Worth.**

**Classic Canasta – SIG contact: Virginia Dias  
[virginiadiaz0863@gmail.com](mailto:virginiadiaz0863@gmail.com)**

**This group will focus on playing Classic Canasta which provides many hours of fun and the opportunity to make new friends. This game is played with two or more partners making it easy and faster to play and players have fun playing and trying various strategies.**

**Women & Wine – SIG contact: Sian Borne  
[sianb0803@hotmail.com](mailto:sianb0803@hotmail.com)**

**This group meets to provide an opportunity for networking with other Silver Frog women who enjoy tasting and learning about wine, plus possibly arranging for more formal tastings/trips at local wineries around the area.**

**German Conversation – SIG contact: Helga Gerlinger  
[helgagerlinger@sbcglobal.net](mailto:helgagerlinger@sbcglobal.net)**

**Members of this group enjoy having the opportunity to get together to enhance their working knowledge of German, brush up on grammar, add new vocabulary and join in discussions of current events and other topics of interest.**

**Discussion of Current Societal Issues – SIG contacts: Larry and Elaine Klos – [klostx@sbcglobal.net](mailto:klostx@sbcglobal.net)**

**This group explores societal issues chosen by the members. The goal is to provide a welcoming atmosphere where all points of view can be presented and respectfully heard. The group will have succeeded when members can “agree to disagree” with respect to other’s viewpoints.**

**Art of Fort Worth – SIG contact: Ann Heinz  
[agatha1@flash.net](mailto:agatha1@flash.net)**

**Discover Ft. Worth’s unique and fascinating art scene. View the art in our area by visiting galleries, studios, special events and museums with fellow Silver Frogs. Tours are led by docents, artists and gallery owners and generally occur every two weeks. Attendees may decide to get together after a tour to discuss art and visit with new friends.**

**American Sign Language –SIG contact: Lisa Winter  
[lgw.winter@gmail.com](mailto:lgw.winter@gmail.com)**

**Interest in this group was forged in the Spring 2018 American Sign Language class offered by Dianne Fisher. Sign language will be important for seniors to know as they and their parent’s age. It is also a way to communicate with younger grandchildren who are sometimes taught sign language as a form of communication before they are able to talk. The group welcomes all skill levels. Come have fun while learning a new skill.**