

# **SPECIAL INTEREST GROUPS (SIGs)**

**Spring 2022**

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. SIG's are meeting in person unless otherwise noted.

## **Culture**

### **Art of Fort Worth - contact: Penny McAdoo [sigarttcu@gmail.com](mailto:sigarttcu@gmail.com)**

The Artful Frogs explore art through visits to museums, galleries, studios, and private collections. We have lunch together before or after each event. Camaraderie is a valued result.

### **German Conversation - 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.

## **Food and Fellowship**

### **Ladies Lunch Out - contact: Virginia Dias [virginiadias0863@gmail.com](mailto: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!

### **Men's Breakfast Group – contacts: Gary Harrell [garem36@sbcglobal.net](mailto:garem36@sbcglobal.net) and Jim Box [fishingbones@yahoo.com](mailto:fishingbones@yahoo.com)**

The men's monthly breakfast group meets 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.

### **Positive Aging - 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.

### **Women & Wine - 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.

### **Bake Anything Better - contact: Sharon Harrelson [sharon.r.harrelson@sbcglobal.net](mailto:sharon.r.harrelson@sbcglobal.net)**

Silver Frogs who are already bakers (or those who'd like to be) are invited to join this SIG to improve their understanding of ingredients, recipes, techniques and tools. We'll select a topic for each meeting and take turns "hosting" to present and share information; members will be encouraged to bake a recipe at home, then share their observations and results with the group so we can learn together. *Meeting virtually with Zoom.*

## **Sports and Games**

### **Classic Canasta - contact: Virginia Dias [virginiadias0863@gmail.com](mailto:virginiadias0863@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.

### **Liverpool Rummy - contact: Polly Hooper [hooper.polly@yahoo.com](mailto:hooper.polly@yahoo.com)**

This American game is a multi-player, multi-round card game similar to other variants of Rummy that adds features like buying and going out. Come and have fun with this easy to play game, and make new friends in the process.

## **Working Together, Developing Skills**

### **Give Me A Break - contact: Roger Norman [Roger@Normanestatelaw.com](mailto:Roger@Normanestatelaw.com)**

Give Me a Break is a group of Silver Frogs formed to assist and "give a break" to caregiver Silver Frogs who are caring for their spouse or other family member. Some of our fellow Silver Frogs are not in the best of health and need around-the-clock care by their spouse, so we provide relief for the caregiver on an occasional basis. Times of assistance will vary depending on needs of the caregiver and availability of our volunteer(s), and our volunteers may split a shift depending on their schedules. Volunteers and the ill spouse will be matched by gender. Examples of assistance are keeping the ill person company, making and sharing a drink of coffee or tea, establishing a 'meal train,' running errands, grocery shopping, and taking the ill person out to lunch if the person's condition and situation permits. Volunteers are fully vaccinated and with wear a mask if requested.

### **Photography - contact: Randy Smith [smithrc@flash.net](mailto:smithrc@flash.net)**

This group will provide a social and instructive forum for Silver Frogs members to learn more about photography, the operation of their equipment, and share their artistic work with others. A goal is to improve everyone's photographic skills and possibly capture photos of Silver Frog activities for the newsletter, Silver Streak.