

SPECIAL INTEREST GROUPS (SIGs)

Fall 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

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.

Food and Fellowship

Ladies Lunch Out - 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!

Men's Breakfast Group – contacts: Gary Harrell garem36@sbcglobal.net and Jim Box 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

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

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

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

“NEW”

Silver Frog Pickleballers - contact: Jack Darrell Crowder jdcflash@hotmail.com

Meet old or new friends and get some exercise playing the fastest growing game in the country. All games would be double pickleball. Play would be at the TCU tennis courts, days and times to be determined – cost is \$5.00 court fee, paid at the pro shop. Players would need to bring their own paddle and an outdoor pickleball. Instruction would be provided for those who have not played before.

Classic Canasta - contact: Virginia Dias 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: Virginia Dias virginiadias0863@gmail.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

Photography - contact: Randy Smith 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.

Non-Fiction Book Club - contact: Joann Schulte Joann.m.schulte@gmail.com

This group will read and discuss non-fiction book at a monthly meeting.