

Monday, June 8

9:00-10:00: Dr. Abigail Rue - The world as My Teacher

Where would you go if you packed up your family, grabbed your carry-ons, and decided to circle the globe? The Rue family did just that—six continents (sorry, Antarctica), countless flights, and plenty of travel mishaps later, they returned home with new perspectives on the world and each other. In this lively talk, Abigail Rue shares the messy, magical moments of traveling, working, and homeschooling abroad. Based on her book, *Carrying On With Carry-On's*, this presentation blends research, storytelling, and a few questionable parenting decisions.

Abigail Pfister Rue, Ph.D., former professor and college director at Concordia University Texas, packed up her husband and three young boys and set off on an around-the-world adventure. From missed flights to meaningful moments, she shares funny stories, hard-earned insights, and what global travel taught her family about living well back home.

10:30 - 11:30: Jody Patterson - English Is Weird

English is weird. It's full of quiet mysteries—letters that vanished, words that changed their meaning completely, and rules that seem to bend or disappear. Why does “gh” linger in “night”? What happened to “thou” and “thee”? And is what we call “correct” English the best way to communicate? This presentation uncovers the hidden history and surprising logic behind the language we use every day, revealing a system shaped less by rules than by centuries of change. You may never hear English the same way again!

Jody Patterson has shared her love of history, language, and literature through courses such as The Story of English, Shakespeare's World, and Samuel Pepys' London: Fire, Plague, and Revolution. She is excited to circle back to her first love – the English language – which she compares to a toddler: full of chaos, creativity, and joy. And yes... a fair amount of weirdness.

Tuesday, June 9

9:00-10:00: Dr. Lilly Ramphal Naley - Poisons that Impacted Famous Artists

Oil acrylic paints and cleaning solvents have toxins that affect human health. Even today artists use bare hands to clean brushes and blend colors without realizing the potential damage to their nervous systems. This talk is about how many of our famous artists' lives were cut short due to unnecessary toxic exposures to their medium and solvents.

Dr. Ramphal Naley received her medical degree from Rutgers University, and her Masters in Public Health Environmental Medicine from the University of Minnesota. She practiced for 40 years. After retiring in 2018, she began painting and showing her art in regional galleries and juried shows, and has received numerous awards in art as well. She is married to Dr. Rolf Naley and has 3 adult children.

10:30 – Noon: Anthony Triola - When Disaster Strikes

When disaster strikes, most people only see the headlines—but behind the scenes, a coordinated system is already at work. This course offers an inside look at how emergency management protects Williamson County before, during, and after disasters. Learn how officials monitor risks, coordinate with police, fire, and public

health agencies, and support the community through response and recovery. From severe weather and wildfires to unexpected emergencies, discover how planning, communication, and teamwork help keep our community safe. You'll also gain practical insight into how residents can be better prepared.

Anthony Triola serves as an Emergency Management Specialist with the Williamson County Office of Emergency Management. In this role, he helps the county prepare for, respond to, and recover from disasters and emergencies affecting the community. His work includes coordinating planning efforts, supporting emergency operations during incidents, and helping build partnerships with public safety agencies and community organizations.

Wednesday, June 10

9:00-10:00: Dr. Eileen Meyer - The benefits of Music Study for Adult Learners

There are many benefits to studying music at any age, but especially for seniors. I will focus on the benefits of singing or taking voice lessons and/or playing the piano or taking piano lessons. I am a senior who, for the first time in my life, is taking voice lessons, performing exclusively on the piano, and teaching piano lessons to adults.

Dr. Eileen Meyer retired from Southwestern University in 2016, and now teaches piano lessons to adults at her home in Old Town. Dr. Meyer is a lifelong learner as a retired person. She was a professional trombonist for the majority of her career, and now she takes voice lessons and performs on the keyboard. She believes that music is beneficial for the mind and body, especially for adult learners.

10:30- Noon: Dr. John Ray - The Meaning of Myth

A myth is a non-empirical narrative, often traditional, that explains some phenomena, occurrence or event. Myths do not have to be literally true but have historically been powerful in shaping our perceptions of reality and influencing historical events. We will delineate their various meaning, explain their use, explore why they are so powerful, and examine the positive and negative aspects of using them.

Dr. John W. Ray holds a PhD degree in political philosophy from the University of Wisconsin. He is a professor emeritus at Montana Technological University where he taught political science and philosophy for 48 years. His interest in myths was occasioned by his analysis of the use of myth in philosophy going back to the ancient Greeks. He has published peer reviewed articles on the power of myth in politics and political theory as well as giving seminars and professional papers on the topic.

Thursday, June 11

9:00-10:00: Steve Chavez - Generative and Agentic AI

Would you like to learn more about AI from someone who can bring it to you in ways you can understand? What is "Generative AI" and what are the distinct differences between it and "Agentic AI?" How can you optimize its use in your daily life? How is this technology being used to transform business today? I will feature demonstrations focusing on the value both technologies bring to everyday life and business at large, with everyday examples to provide inspiration in how even free access to AI can make your life simpler.

Steve Chavez is a retired executive with the largest management consulting company in the world. He has consulted and facilitated workshops regarding both generative and agentic AI, and has instructed hundreds of

people in the creation of their own personal AI agents, or agents to improve the productivity of a team. Moreover, he can explain the use and deployment of agentic AI in very large businesses and government entities.

10:00- Noon: Vic Figurelli - Frank Sinatra, Chairman of the Board

Frank Sinatra was one of the most influential entertainers of the 20th century, whose career spanned six decades in music, film, and popular culture. His record sales exceeded 150 million, making him one of the best-selling artists of all time. This class will present some of his songs from early stardom through the close of his career.

Vic Figurelli has been a member of Senior University since almost its beginning in 1998. He served on the first operating Board as vice-president and facilities coordinator. He served a total of five years as president in three separate terms. He has also served on a number of nonprofit boards in Georgetown. Vic has presented programs on musicals over the last several years.

Friday, June 12

9:00- 10:00: Molly Roth - Strong Foundations for Healthy Aging

Healthy aging starts with supporting the body's core needs. This 1-hour workshop offers practical, age-appropriate guidance to help you feel steadier, clearer, and more resilient. We'll explore the key foundations of health—sleep, stress, blood sugar balance, digestion, and nutrient-dense nutrition—and how they shift as we age. You'll leave with simple, realistic strategies you can begin using right away. The focus is on education, empowerment, and small changes that make a meaningful difference.

Molly Roth is a Functional Nutritional Therapy Practitioner specializing in digestion, blood sugar balance, stress, and nutrient-dense diets for healthy aging. She helps adults understand how nutritional needs change over time and teaches practical, sustainable strategies to support energy, sleep, and overall well-being. Her background in mental health and nervous system education enhances her whole-body, evidence-informed approach.

10:30 - 11:30: Dr. Stephen Benold - Rural Life of German Immigrants in the Texas Hill Country circa 1900s

Texas was settled by many different European national and ethnic groups. One distinctive group was the German settlers who came to the Texas Hill Country between 1846 and the Civil War, and were the dominant culture there until well into the twentieth century. This lecture will deal with the unique aspects of the German culture that they brought to Texas, and how they had to adapt to a very different geography and climate.

Dr. Stephen Benold has been teaching economics and various other courses for Senior University/Lifelong Learners GTX since 1999. His undergraduate degree was in economics from Rice University where he was the Hayden Honor Scholar in economics. He retired as the medical director of the Williamson County EMS, but he maintains a private financial practice. The Benold family came to both New Braunfels and Fredericksburg between 1846 and the Civil War.