



Spring 2026 Courses and Lectures

TCU Extended Education

<https://lifelong.tcu.edu/>

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TCU
SilverFrogs



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TCU Notice of Nondiscrimination

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Instructional Disclaimer

Views expressed by instructors are not necessarily those of the TCU Silver Frogs or Texas Christian University. Seek professional advice before engaging in health, financial or similar decisions.



BEFORE YOU GET STARTED...

Important Dates to Remember

- ⇒ **January 5: TCU Opens**
- ⇒ **January 6-19: Course & Lecture Request Process** Two weeks –NO RUSH!
- ⇒ **January 20: Course & Lecture Allocation Run**
- ⇒ **January 23: Course & Lecture Results** will be emailed to you
- ⇒ **January 26 @ 9am: Registration for Open Seats**
- ⇒ **January 28@ 2pm: New Member Welcome** in the Brown-Lupton University Union Ballroom
- ⇒ **February 4 @ 2pm: Semester Kickoff** in the Brown-Lupton University Union Ballroom
- ⇒ **February 9: Programs Begin**
- ⇒ **March 16-20: Spring Break!** No Programs
- ⇒ **April 3: Good Friday Observance** No Programs

About the Schedule At A Glance

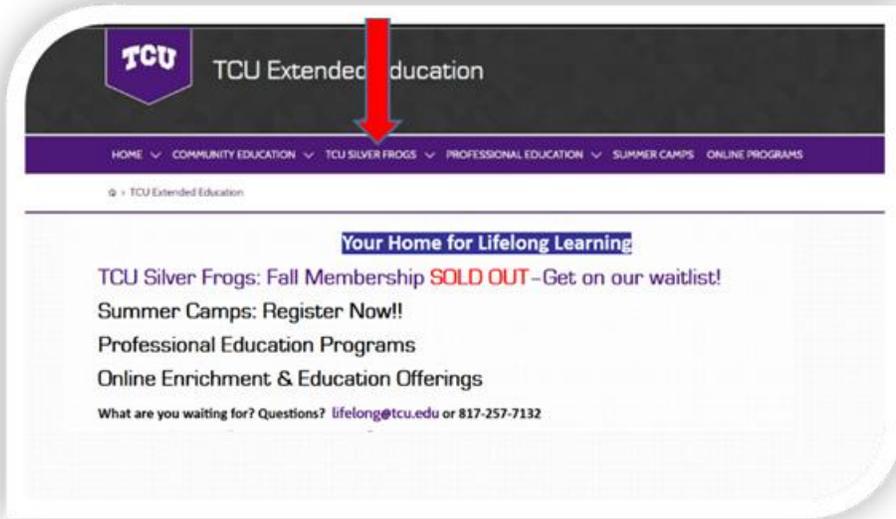
- ⇒ The *Schedule At A Glance* for each session is provided for quick reference. Classes are listed in start date/time sequence. You can also find the complete *Schedule At A Glance*—in a downloadable format you can manipulate in Excel—on the [Silver Frogs web site](#).
- ⇒ Class titles are links to the online listing for each class. Click the link to request the class (during the spring request period **January 6-19**), register for the class (if seats are available, starting **January 26**) or view the description and instructor bio (any time).
- ⇒ The # column tells you how many sessions the class runs; if there are multiple sessions, you meet at the same day and time for each session, in the weeks after the start date.
- ⇒ Full descriptions for the classes are in the catalog pages following the *Schedule At A Glance*, in alphabetical order by class title.
- ⇒ Location abbreviations in the *Schedule At A Glance*:
 - ACM** – Amon Carter Museum of American Art (3501 Camp Bowie Blvd), Lobby
 - BBC** – Broadway Baptist Church (305 W Broadway Ave)
 - FWBG** – Fort Worth Botanic Garden (3220 Botanic Garden Blvd), Deborah B. Moncrief Garden Center
 - KAM** – Kimbell Art Museum (3333 Camp Bowie Blvd)
 - SO** – Stevenson Oaks (6251 Stevenson Oaks Drive), Fort Worth Room
 - STAY** – The Stayton (2501 Museum Way), Sundance Room
 - SW** – Secrest-Wible Building (3015 Merida Ave), Room 119
 - SWT** – Stage West Theatre (821 W Vickery Ave)
 - TCUARB** – TCU Annie Richardson Bass Building (2800 W Bowie St), Room 1004
 - TCUFAB** – TCU Fashion Building (2900 Princeton St), Lobby
 - TCULIB** – TCU Mary Coats Burnett Library (2913 W Lowden St), Lobby
 - TCUSM** – TCU School of Medicine (1100 W Rosedale), Arnold Hall Medical Ed Building Learning Studio A
 - TT** – Trinity Terrace (1600 Texas St), Longhorn Room
 - ZOOM** – Online class



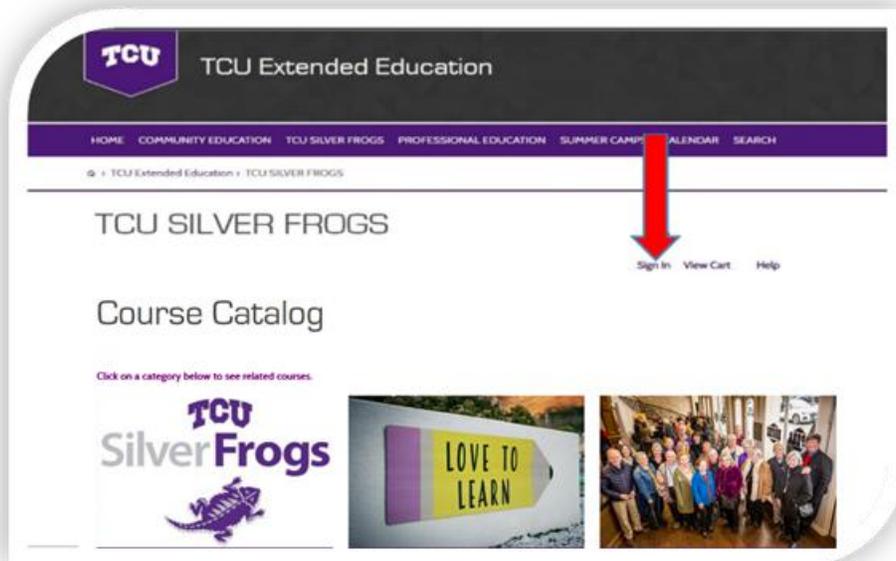
HOW TO REQUEST CLASSES

TCU Silver Frogs Spring 2026 Course & Lecture Request and Allocation Process: January 6-19

Step 1: Visit www.lifelong.tcu.edu and select TCU Silver Frogs from the top band.



Step 2: Click the Sign In button.



(Tutorial continues on page 5)

Step 3: Sign in to your account with your username and password.
You MUST do this to be able to request programs!

Sign In

You must sign in to your account to register for courses.

To sign in, enter your username and password.
If you don't have an account, you can create one quickly by specifying a user name, password, and e-mail address.

When creating your username:

- Choose something unique to you
- It must be a minimum of eight characters
- You may use any combination of letters and numbers
- Username is not case-sensitive

When creating your password:

- Choose something unique to you
- It must be a minimum of eight characters
- You may use any combination of upper & lower case letters, numbers and special characters (!@#%&*~+|=< > ?)
- Password is case-sensitive and must be entered exactly the same way each time.

Sign In to Existing Account

Username:

Password:

Sign In

Create New Account

Username:

Password:

Repeat password:

Step 4: Click on the Courses and Lectures tile. Then pick a category to view the programs—they are listed in alphabetical order.* You will select up to eight 4-week courses, 2-time mini-courses or 1-time lectures—or any combination—for a **MAXIMUM** of eight programs.

TCU SILVER FROGS

Sign In View Cart Help

Course Catalog

Click on a category below to see related courses.

TCU Silver Frogs

MEMBERSHIP

LOVE TO LEARN

COURSES AND LECTURES

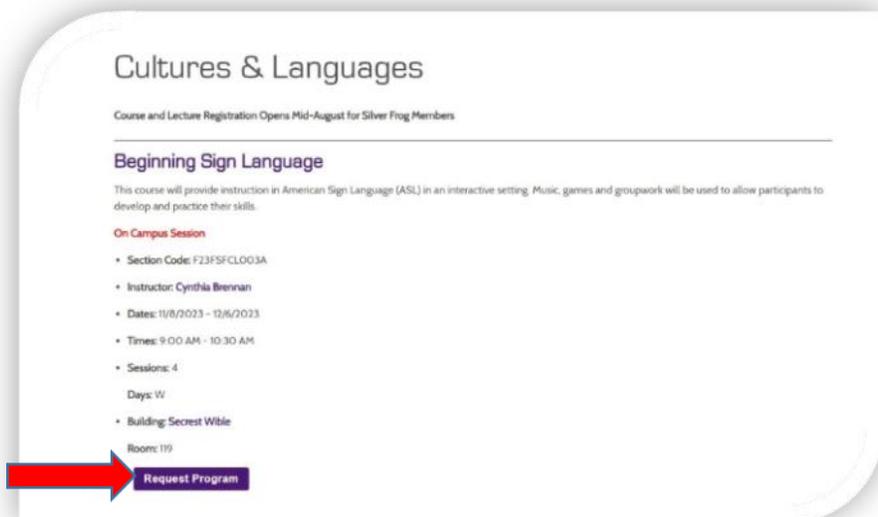
SPECIAL EVENTS & SPEAKER SERIES

- Arts, Music & Literature
- Culture & Languages
- Financial Management
- Food & Drink
- Health & Healthcare
- History & Current Events
- Hobbies, Crafts & Recreation
- Personal Development & Well-Being
- Politics, Government & Legal Issues
- Religion
- Science & Nature
- Sociology & Psychology
- Technology, Computers & Math
- Travel

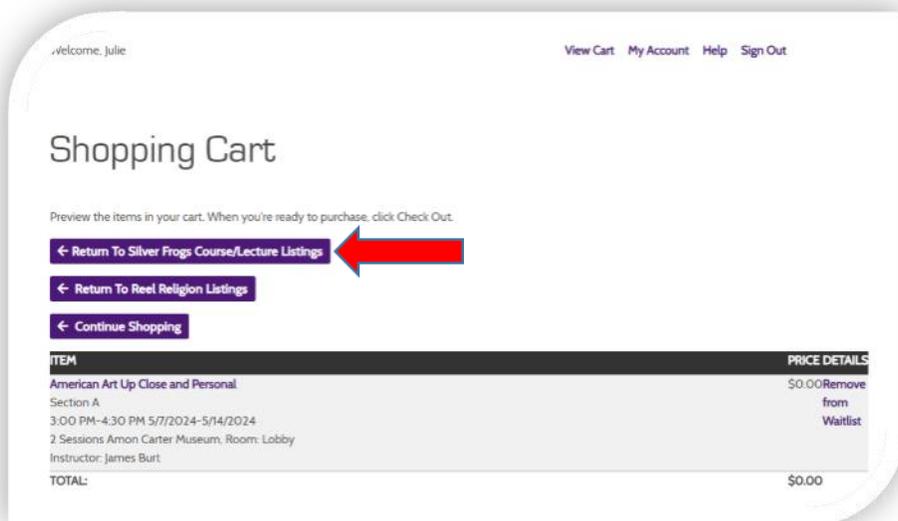
***PRO TIP:** You can also access any class listing by clicking on its title in the Schedule At A Glance, OR by using the **SEARCH** button in the top menu and entering a keyword (from the title, instructor name, or location).

(Tutorial continues on page 6)

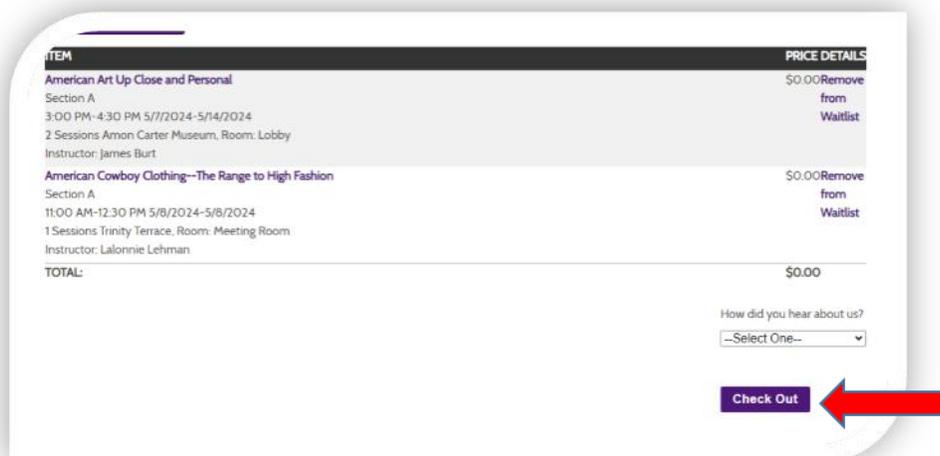
Use the **Request Program** button to add a selected course or lecture to your cart.



Step 5: Click the **Return to Silver Frogs Course/Lecture Listings** button to add more programs. Remember: you have until **January 19 at 5pm** to make your selections—there's no rush!!



Step 6: When you've completed your program requests, click **Check Out**.



Note: if you have selected/prioritized more than eight programs, any priorities beyond your top eight will be discarded. **Please do not select and prioritize more than eight classes!**

(Tutorial continues on page 7)

Step 7: You will see the programs you are requesting. Click **Purchase** (there are no fees for the requested programs).

Welcome, Julie View Cart My Account Help Sign Out

Check Out: Purchase

Verify that your order, billing address, and payment information are correct. Click Purchase to submit your order.

ITEM	PRICE DETAILS
American Art Up Close and Personal Section A 3:00 PM-4:30 PM 5/7/2024-5/14/2024 2 Sessions Amon Carter Museum, Room: Lobby Instructor: James Burt	\$0.00
American Cowboy Clothing--The Range to High Fashion Section A 11:00 AM-12:30 PM 5/8/2024-5/8/2024 1 Sessions Trinity Terrace, Room: Meeting Room Instructor: Lalonie Lehman	\$0.00
Subtotal:\$0.00	
Balance:\$0.00	

[Previous](#) [Purchase](#)

You will be taken to the **Check-Out: My Information** page where you can edit your information. **If you would like to receive text notifications regarding course reminders and other important information in addition to an email, make sure you have a mobile number listed AND you check the box to agree to receive text notifications.**

CONTACT INFORMATION

Required fields are indicated by an asterisk (*)

Title:

* First name:

Initial:

* Last name:

* Address 1:

Address 2:

* City:

* State:

* Zip Code:

* Day phone: - Ext.

Eve phone: - Ext.

Mobile: - **Without a number here, you won't receive texts!**

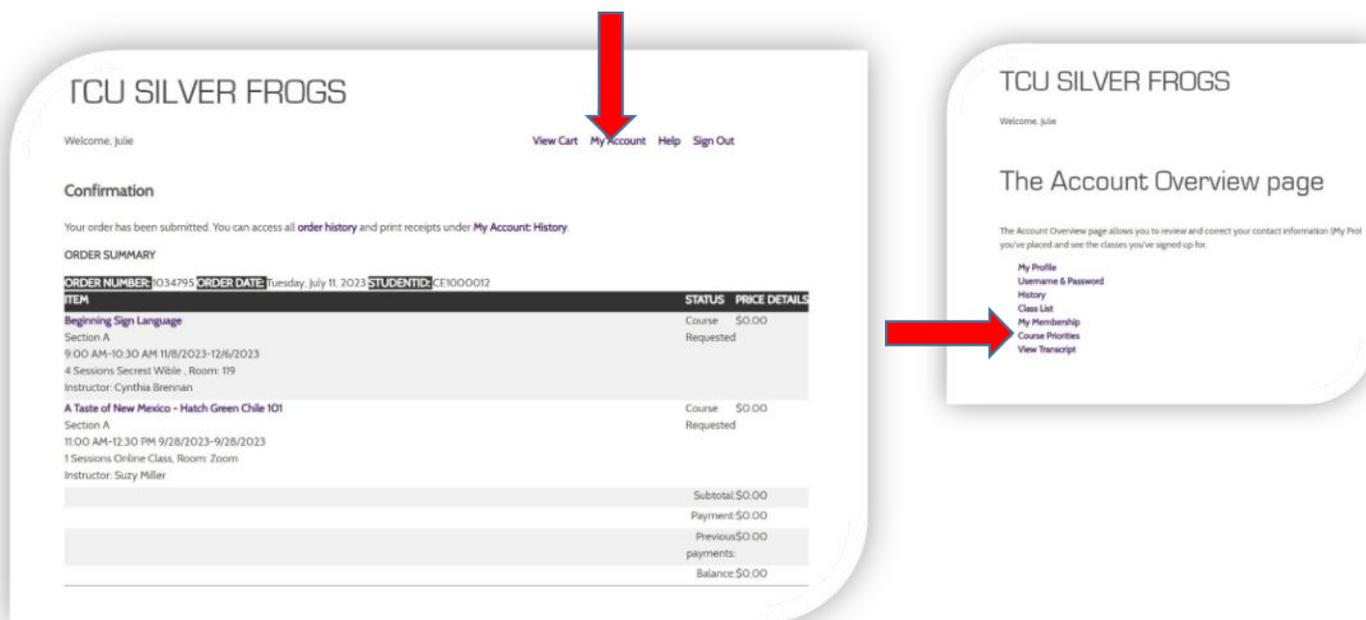
Check here if you agree to receive mobile text notifications.

* Date Of Birth: (MM/DD/YYYY)

* E-mail:

(Tutorial continues on page 8)

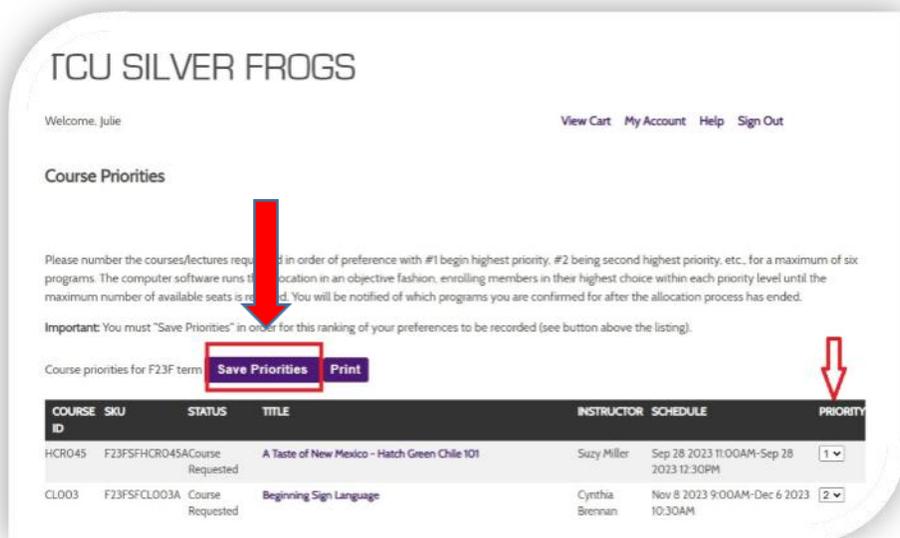
Step 8: On the Confirmation page, you'll go to My Account and select Course Priorities to rank order your requested programs.



Step 9: After you've prioritized your program requests, YOU MUST CLICK SAVE PRIORITIES!!! That's it—you're all done!

If you want to change your priorities, just go back to **My Account**, click **Course Priorities** and make adjustments. To drop a request, call TCU Extended Education at 817-257-7132. **All requests must be completed by January 19 at 5pm.**

You will be notified by email of the programs you have been registered for no later than January 23. If you do not get into a requested class, your name will be placed on the waitlist (if a seat opens up, a name is selected randomly from the waitlist and that member is offered the seat).



Registration for any remaining open seats will begin on **January 26 at 9am**, and continues throughout the semester.



OFF-CAMPUS CLASSES AT A GLANCE

Participants in off-campus classes will receive parking and other logistical information prior to the class start date. Courses and lectures offered off campus are unique (not offered on campus).



At Stevenson Oaks 6251 Stevenson Oaks Dr, Fort Worth

Title	Start Date	Day	Time	#	Instructor
Volunteer View	2/12	Th	1pm	1	Yowell
Italy: Tips for Independent Travel	2/19	Th	1pm	1	Parr
Call Sign: DUSTOFF 34. Hovering Between Life and Death	2/26	Th	1pm	1	Petersen
Curtain Call	3/5	Th	1pm	1	Cipolla
More Little Known Stories, Events, and People in the American Revolution	3/12	Th	1pm	1	Crowder
The Future of NASA and Commercial Space	3/26	Th	1pm	1	Ruffin
Exploring Alaska: An Exploration of the National Parks in Alaska	4/2	Th	1pm	1	Hares
Before Ree, Before Ina, Before Julia, There Was Dione Lucas	4/9	Th	1pm	1	Davis
Antarctica Expedition with Space Legends	4/16	Th	1pm	1	Becker
Phoebe, Pax, and Olive: LLC K-9 Comfort Dogs in Fort Worth	4/23	Th	1pm	1	Marut
Chandor Gardens	4/30	Th	1pm	1	Main
I Promised a Hitman He Would Get the Death Penalty	5/7	Th	1pm	1	Sparks



At The Stayton 2501 Museum Way, Fort Worth

Title	Start Date	Day	Time	#	Instructor
Synthetic Mesh Used for Hernia Repairs: Is it Safe?	2/9	M	1pm	1	Rutledge
Landmark Supreme Court Cases	2/16	M	1pm	1	Warren
How Set Decoration Brings a Film to Life	2/23	M	1pm	1	Curry
Joy of Cooking: A Classic for Generations of Home Cooks	3/2	M	1pm	1	Harrelson
Brain Health: Daily Choices Have the Power to Influence Your Cognitive Health	3/9	M	1pm	1	Copeland
I Attended the Jacqueline Kennedy Onassis Auction Preview	3/23	M	1pm	1	Sety
The July 4th, 2025 Guadalupe River Flood - Why Were So Many Lives Lost?	3/30	M	1pm	1	McIntyre
Retirement by Design: Tax and Estate Planning	4/6	M	1pm	1	Ward
What Did the Doctor Say? 40 Years of Observations From an Office Stool	4/13	M	1pm	1	Parker
An Interview with General Nathaneal Greene "The Fighting Quaker"	4/20	M	1pm	1	Crowder
Boomer Playthings: Games, Cars, Clothes, Books, Movies, and Television	4/27	M	1pm	1	Quinn
Fort Richardson - From the Comanches to the Japanese	5/4	M	1pm	1	Main

(Continues on next page)



At Trinity Terrace 1600 Texas St, Fort Worth

Title	Start Date	Day	Time	#	Instructor
World War II's Sisterhood of Spies: Women in the OSS	2/11	W	11am	1	Sheets
Exploring Global Art Works of the Bowie House Gallery	2/18	W	11am	1	Brzyski
Mary Martin - from Weatherford Tomboy to Broadway Superstar	2/25	W	11am	1	Main
The Ancient Stoics and the Art of Living Well	3/4	W	11am	1	Coalson
Jack, His Beanstalk and King Arthur: All Related	3/11	W	11am	1	Norman
An Interview with Marquis De Lafayette, the Boy General	3/25	W	11am	1	Crowder
Jean Lafitte, The Pirate That Saved New Orleans	4/1	W	11am	1	Seeling
The Battle for Mecca	4/8	W	11am	1	Jefferson
The Science of Sleep	4/15	W	11am	1	Goggans
Small Modular Reactors	4/22	W	11am	1	Davis
The Plague of Ignorance	4/29	W	11am	1	W Greer
Overview of the New NASA James Webb Space Telescope Mission	5/6	W	11am	1	Smith

Other Off Campus Locations

Title	Start Date	Day	Time	#	Instructor(s)	Location
Mindfulness & Meditation: An Introduction	2/10	Tu	1pm	4	Wright	TCUSM
Up Close and Personal: American Art at the Carter Museum	2/11	W	3pm	2	J Burt	ACM
Anne Burnett Marion School of Medicine: SIMS & Clinical Skills Tour	2/12	Th	9am	1	De La Torre	TCUSM
Anne Burnett Marion School of Medicine: SIMS & Clinical Skills Tour	2/12	Th	1:30pm	1	De La Torre	TCUSM
The Allegory Paintings by Boucher	2/13	F	11am	2	Dyson	KAM
The King of Instruments: The Rildia Bee O'Bryan Cliburn Organ - Tour & Demo	3/4	W	1pm	1	Reznicek	BBC
Ways of Seeing (and Loving) Art	3/9	M	3pm	2	Abbott	KAM
Acting Technique: Uta Hagen	3/12	Th	1pm	4	Schultes	SWT
Up Close and Personal: American Art at the Carter Museum	3/25	W	3pm	2	J Burt	ACM
Discovering Art in the FWBG	3/26	Th	1pm	2	M Burt/S Green	FWBG
Up Close and Personal: American Art at the Carter Museum	4/15	W	3pm	2	J Burt	ACM
Yoga for Creativity	4/16	Th	11am	4	Vitek	SWT
Social Media Savvy in 2026	4/16	Th	1pm	4	Harris	SWT





ONLINE CLASSES AT A GLANCE

Online classes are presented via Zoom. Attend from anywhere!
 You will need a computer, tablet or smart phone to attend.
 Handouts for online sessions are emailed in advance of each class.

Title	Start Date	Day	Time	#	Instructor
Four Rock Music Legends HYBRID CLASS!	2/9	M	9am	4	Selcer/Plante/Tamada
Corralling the Cupcakes	2/10	Tu	11am	1	Harrelson
Capital Chaos: The Fall of the House of Hitler HYBRID CLASS!	2/11	W	1pm	2	Lanctot
Braver Angels: Encouraging Respectful Political Conversations	2/12	Th	11am	4	Maier
Learn How to Create a Photobook With Ease by Watching	2/17	Tu	11am	1	Sparks
A Hit or Miss? HYBRID CLASS!	3/10	Tu	11am	2	Selcer/Plante/Tamada
Generative AI	3/10	Tu	11am	2	Gagne
Cooking for One or Two: Beyond Baking	3/10	Tu	1pm	2	Dulle
Introduction to A Course in Miracles	3/11	W	9am	1	Phillips
Perfecting the Jelly Roll	3/24	Tu	11am	1	Harrelson
Music To My Heirs: The Challenge of Generational Wealth and How to Succeed	3/26	Th	11am	1	Lewis
So You Want to Make a Hit Record? HYBRID CLASS!	3/31	Tu	11am	2	Selcer/Plante/Tamada
Genealogy Research Using Online Applications	4/1	W	11am	2	Barth
From Russia with Blood: Napoleon's and Hitler's Invasions of Russia HYBRID CLASS!	4/14	Tu	11am	2	Lanctot
Get Into Jail Free	4/14	Tu	11am	1	Gagne
A Practical Guide to Understanding Health Savings Accounts (HSA)	4/15	W	11am	1	Moseley
The Original Camp Bowie HYBRID CLASS!	4/30	Th	9am	1	Alberts
Get Your Jam On	5/6	W	3pm	1	Dulle



SESSION I

February 9–March 6



SCHEDULE AT A GLANCE: SESSION I

Session I: February 9–March 6	Start Date	Day	Time	#	Instructor(s)	Location
Four Rock Music Legends (HYBRID)	2/9	M	9am	4	Selcer / Plante / Tamada	SW, ZOOM
Rise and Fall of the Roman Republic	2/9	M	11am	4	Cecere	SW
Building Chicago	2/9	M	1pm	4	Rutherford	SW
Synthetic Mesh Used for Hernia Repairs: Is it Safe?	2/9	M	1pm	1	Rutledge	STAY
Women: Exploring Human Coloring and How Our Coloring Changes as We Mature	2/9	M	3pm	1	Stoltz	SW
God's Own Lunatics: The US Army Helicopter Pilots in Vietnam 1961 - 1975	2/10	Tu	9am	4	Godfrey / Murray	SW
Are You Getting Older or Bolder? What Do You Want to Do & What are You Waiting For?	2/10	Tu	11am	4	Ancona	SW
Corralling the Cupcakes	2/10	Tu	11am	1	Harrelson	ZOOM
How Your Brain Computes Your Consciousness and Everything It is Aware Of	2/10	Tu	1pm	4	Porter	SW
Mindfulness & Meditation: An Introduction	2/10	Tu	1pm	4	Wright	TCUSM
A Brief History of Film	2/10	Tu	3pm	4	Bass	SW
Astronomy 101	2/11	W	9am	4	Smith	SW
Anyone Can Collage	2/11	W	11am	4	Camp	SW
World War II's Sisterhood of Spies: Women in the OSS	2/11	W	11am	1	Sheets	TT
Capital Chaos: The Fall of the House of Hitler (HYBRID)	2/11	W	1pm	2	Lanctot	SW, ZOOM
Basic Sign Language	2/11	W	3pm	4	Henry	SW
Up Close and Personal: American Art at the Amon Carter Museum	2/11	W	3pm	2	J Burt	ACM
Anne Burnett Marion School of Medicine: SIMS and Clinical Skills Tour	2/12	Th	9am	1	De La Torre	TCUSM
One Cattle Prod. Two Death Verdicts. and A Killer Goes Free	2/12	Th	9am	1	Sparks	SW
Braver Angels: Encouraging Respectful Political Conversations	2/12	Th	11am	4	Maier	ZOOM
Happier in 2026	2/12	Th	11am	4	Eads	SW
Backyard Beekeeping	2/12	Th	1pm	1	Killingsworth	SW
Volunteer View	2/12	Th	1pm	1	Yowell	SO
Anne Burnett Marion School of Medicine: SIMS and Clinical Skills Tour	2/12	Th	1:30pm	1	De La Torre	TCUSM
How You Can Be More Creative	2/12	Th	3pm	1	Greenhill	SW
Exploring America: An Exploration of Our National Parks	2/13	F	9am	1	Hares	TCUARB
The Bible: Then and Now	2/13	F	9am	4	Grant	SW
Ethical Issues in Artificial Nutrition and Hydration	2/13	F	11am	1	Morgenweck	SW
The Allegory Paintings by Boucher	2/13	F	11am	2	Dyson	KAM
Gobsmacked: Places That Exceeded My High Expectations	2/13	F	1pm	2	J Greer	TCUARB
The Mind of God	2/13	F	1pm	4	W Greer	SW
The Professional Organizer's Guide to Having the Most Organized House on the Block (or Floor)	2/13	F	3pm	4	Jones	SW
Thunder on the Water: Charleston and Vicksburg July 1863	2/13	F	3pm	2	J Burt	TCUARB
Landmark Supreme Court Cases	2/16	M	1pm	1	Warren	STAY
Women: Wardrobe and Closet Planning	2/16	M	3pm	1	Stoltz	SW

(Continues on next page)

Session I: February 9–March 6 (continued)	Start Date	Day	Time	#	Instructor(s)	Location
Learn How to Create a Photobook With Ease by Watching	2/17	Tu	11am	1	Sparks	ZOOM
Exploring Global Art Works of the Bowie House Gallery	2/18	W	11am	1	Brzyski	TT
How About a New Kitchen or Bathroom	2/19	Th	9am	1	Latta	SW
Italy: Tips for Independent Travel	2/19	Th	1pm	1	Parr	SO
Why'd Ya Do It? Why People Commit Crime	2/19	Th	1pm	2	Nhan	SW
The Big Idea: The Secrets of Great Innovators and Original Thinkers	2/19	Th	3pm	1	Greenhill	SW
Tales from the Japanese Garden: A Virtual Tour	2/20	F	9am	1	Coalson	TCUARB
Round the World Air Travel	2/20	F	11am	2	Kelley	TCUARB
Taking Care of Our Trees	2/20	F	11am	1	Coke	SW
How Set Decoration Brings a Film to Life	2/23	M	1pm	1	Curry	STAY
Climate Change: None of Us Will Escape Its Effects	2/23	M	3pm	2	McIntyre	SW
Mary Martin - from Weatherford Tomboy to Broadway Superstar	2/25	W	11am	1	Main	TT
Coal Mines of Southwestern Indiana	2/25	W	1pm	1	Walker	SW
Lakes, Levees, and Panther Island	2/26	Th	9am	2	Lampe	SW
Call Sign: DUSTOFF 34, Hovering Between Life and Death	2/26	Th	1pm	1	Petersen	SO
How to Find a Meteorite: Antarctic Expedition	2/26	Th	3pm	1	Mayne	SW
Fashion Trend Cycling: Past, Present and Future Forecasts	2/27	F	9am	2	Bettinger	TCUFAB
That Old Car You Always Dreamed About	2/27	F	9am	2	Nixon	TCUARB
Hand Embroidery for Beginners	2/27	F	1pm	2	Clark	TCUARB
Secrets of a Personal Stylist	2/27	F	3pm	2	Ledbetter	TCUARB
Joy of Cooking: A Classic for Generations of Home Cooks	3/2	M	1pm	1	Harrelson	STAY
The Ancient Stoics and the Art of Living Well	3/4	W	11am	1	Coalson	TT
Powering AI	3/4	W	1pm	1	Seng	SW
The King of Instruments: The Rildia Bee O'Bryan Cliburn Organ - Tour & Demo	3/4	W	1pm	1	Reznicek	BBC
Curtain Call	3/5	Th	1pm	1	Cipolla	SO
The Cannabis Classroom	3/5	Th	1pm	1	Sahba	SW
Home Fire Safety with FWFD Overview	3/5	Th	3pm	1	Tidwell	SW
Chili, It's Not Just For Breakfast Anymore	3/6	F	11am	1	Davis	SW



SESSION I COURSES & LECTURES

A Brief History of Film

Instructor: Sammy Bass

Tuesday ▪ 2/10-3/3/2026 ▪ 3-4:30pm
4 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFAMLO10A

A brief history of film from the silent era to the contemporary movie industry. Class will span from the very early days of Thomas Edison's Black Maria to the Italian Neorealism and French New Wave movements, to the age of the American blockbuster and more! Students will need access to Kanopy through the Fort Worth Public Library, available with a card.

Anne Burnett Marion School of Medicine: SIMS and Clinical Skills Tour

Instructor: Amanda De La Torre

Thursday ▪ 2/12/2026 ▪ 9-10:30am
1 Session ▪ **Off Campus**
TCU Burnett School of Medicine
Course ID: F26SSFHEAO18A

Thursday ▪ 2/12/2026 ▪ 1:30-3pm
1 Session ▪ **Off Campus**
TCU Burnett School of Medicine
Course ID: F26SSFHEAO18B

Join us for an enlightening Silver Frogs session at Arnold Hall, the forever home of the Anne Burnett Marion School of Medicine. Engage with our esteemed faculty as they showcase their cutting-edge curriculum that integrates clinical skills training, simulation learning and advanced technology. This approach equips our Empathetic Scholars to deliver personalized, empathetic care. Discover the pivotal role of standardized patients in medical training and immerse yourself in the state-of-the-art virtual and augmented reality (VR and AR) resources that are transforming medical education today.

Anyone Can Collage

Instructor: Lacey Camp

Wednesday ▪ 2/11-3/4/2026 ▪ 11am-12:30pm
4 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFACT122A

Think you're not an artist? Think again! We will create an 11x14 collage step-by-step together that you will be proud enough to hang! We will begin with the basics for collage. I will have a template available for you if you are not comfortable drawing freehand. You will learn how to collage with a minimum of supplies. Enjoy the freedom that this genre provides! No two collages will look alike as we will all be using different materials we have found or from a stash that I have provided each student. A supply list will be sent.

Are You Getting Older or Bolder? What Do You Want to Do & What are You Waiting For?

Instructor: Lee Ancona

Tuesday ▪ 2/10-3/3/2026 ▪ 11am-12:30pm
4 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFWELO28A

Some older adults, often after they retire, lose focus or don't know quite know what to do with themselves. We will discuss some of the ways to stay mentally, physically, and spiritually engaged and healthy. This class will offer lots of fun discussion, interaction and collective problem solving, lead by an experienced facilitator.

Astronomy 101

Instructor: Randy Smith

Wednesday ▪ 2/11-3/4/2026 ▪ 9-10:30am
4 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFSCTO16A

This course will teach you everything you've ever wanted to know about astronomy – or at least we'll cover the basics and try to explain what you are curious about. Topics will include an overview of Earth's night sky; our solar system – origin, geography of the components, and interesting things about our little piece of the universe; and the universe – origin, development of galaxies, stars, and elements.

Backyard Beekeeping

Instructors: Russ & Gretchen Killingsworth

Thursday ▪ 2/12/2026 ▪ 1-2:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHCRO93A

Not the birds and the bees. Just the bees. Beekeepers Russ and Gretchen will share their experiences with 13 years of backyard beekeeping in a Fort Worth neighborhood. Their presentation includes benefits of bees and other pollinators, bee life cycle, overview of beekeeping, hive types, clothing and equipment, threats to bees and how to help, harvesting and selling honey, beekeeper tasks by season, and resources for beekeepers.

Basic Sign Language

Instructor: Michelle Henry

Wednesday ▪ 2/11-3/4/2026 ▪ 3-4:30pm
4 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFCL011A

Learn the fundamentals of American Sign Language (ASL) in a fun, supportive and engaging environment. Participants will learn essential signs for everyday communication, including greetings, numbers, family, colors, and common phrases. In addition, the class will cover the impact of hearing loss and the technology that Deaf/HH people use to access communication.

Brauer Angels: Encouraging Respectful Political Conversations

Instructor: Ed Maier

Thursday ▪ 2/12-3/5/2026 ▪ 11am-12:30pm
4 Sessions ▪ **Online** ▪ Zoom
Course ID: F26SSFPGL014A

Americans on opposite sides of the political spectrum don't just disagree on the issues—they increasingly dislike one another. This growing partisan animosity is a crisis of our time and threatens our nation. This class will bring participants together to build relationships so they can have respectful dialogue regarding current issues of the day.

Building Chicago

Instructor: Graham Rutherford

Monday ▪ 2/9-3/2/2026 ▪ 1-2:30pm
4 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHCE273A

Beginning with the World's Fair in 1893 (the fair that changed America) we will examine the art and architecture that has shaped modern America. Through influential architects like Louis H. Sullivan, David K. Burnham, Frank Lloyd Wright, and Mies Van der Rohe, we will study the history and architectural masterworks of Chicago. These architects introduced taglines and maxims like: form ever follows function (Sullivan), make no little plans (Burnham), the building is not on the hill but of the hill (Wright), and less is more (Van der Rohe).

Call Sign: DUSTOFF 34, Hovering Between Life and Death

Instructor: Douglas Petersen

Thursday ▪ 2/26/2026 ▪ 1-2:30pm
1 Session ▪ **On Campus** ▪ Stevenson Oaks
Course ID: F26SSFHCE276A

Helicopter Medevac was a staple of Vietnam combat support and Vietnam War movies. Come and hear the real story from a pilot who did it ... for 1300 wounded soldiers.

HYBRID
CLASS!

Capital Chaos: The Fall of the House of Hitler

Instructor: Linda Lanctot

Wednesday ▪ 2/11-2/18/2026 ▪ 1-2:30pm
2 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHCE272A

Wednesday ▪ 2/11-2/18/2026 ▪ 1-2:30pm
2 Sessions ▪ **Online** ▪ Zoom
Course ID: F26SSFHCE272B

Berlin in 1945 was the site of the total collapse of the Third Reich. In this 2-session class we will unearth the truths about Hitler's capital's ruin and the devastation that the local population endured yet likely deserved. The impact of the Red Army and the total siege of Berlin was felt for decades and this class will explore the catastrophe from multiple angles in order to better understand the cataclysmic event that was the Fall of Berlin.

Chili: It's Not Just For Breakfast Anymore

Instructor: Jerry Davis

Friday ▪ 3/6/2026 ▪ 11am-12:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFFB019A

Beans, or no beans? A bowl of red with beef, or white with chicken? The dreaded "five-ways?" This class will look into the history and practice of chili. I think we can all agree though: no tofu.

Climate Change: None of Us Will Escape Its Effects

Instructor: Buddy McIntyre

Monday ▪ 2/23-3/2/2026 ▪ 3-4:30pm
2 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFSN052A

Many of us think climate change is a problem for far in the future. But it's not. We are all being affected now. If your health or property have not yet been impacted, then your homeowner's insurance has. In this class we will not only specifically explore how climate change is impacting our daily weather, but also examine indirect consequences such as its effect on homeowner's insurance, agriculture and our food supply.

Coal Mines of Southwestern Indiana

Instructor: Bud Walker

Wednesday ▪ 2/25/2026 ▪ 1-2:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHCE263A

Learn the history of coal mining in America through the lens of the Southwestern Indiana coal fields which were some of the largest in the nation at one time. Topics include the science of coal mining - what mines used to look like and what they look like today; unionization of the industry; and what it was like to live in a coal mining town, and conservation, the modern redevelopment of the land.

Corralling The Cupcakes

Instructor: Sharon Harrelson

Tuesday ▪ 2/10/2026 ▪ 11am-12:30pm
1 Session ▪ **Online** ▪ Zoom
Course ID: F26SSFHCRO35A

Once upon a time, cupcakes were just for kids—treats at school parties and birthday party staples—because they're individually portioned and were simple for Mom to throw together. Then in the early 2000's they went gourmet, with their own specialty shops (and fancy prices), and even their own television competition shows. In your kitchen, it's your rodeo, so keep it simple or go all out! In class we'll bake, decorate, and display cupcakes for Valentine's Day, and you're invited to tie on your apron and bake along from home.

Curtain Call

Instructor: Patsy Cipolla

Thursday ▪ 3/5/2026 ▪ 1-2:30pm
1 Session ▪ **Off Campus** ▪ Stevenson Oaks
Course ID: F26SSFAMLO08A

Discover the vibrant world of live theatre right here in Fort Worth! Representatives from three dynamic local theatres-- Jubilee Theatre, Stage West, and Circle Theatre--will share insights into their unique productions, histories, and community impact.

Ethical Issues in Artificial Nutrition and Hydration

Instructor: Cynthia Morgenweck

Friday ▪ 2/13/2026 ▪ 11am-12:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHEAO89A

Nancy Cruzan and Terry Schiavo represent two famous—if not infamous—medical ethics cases. Both involved disputes about the use of feeding tubes. This discussion will review the story of both women, examine the history of artificial nutrition and hydration (ANH), which includes feeding tubes. Different mechanisms of ANH will be reviewed with an emphasis on the ethical issues involved in their use—when ANH is appropriate, when ANH is not appropriate and who decides.

Exploring America: An Exploration of Our National Parks

Instructor: David Hares

Friday ▪ 2/13/2026 ▪ 9-10:30am
1 Session ▪ **On Campus** ▪ Annie Richardson Bass
Course ID: F26SSFACT006A

Share an interactive exploration of our National Parks and many of the places in between. These photographs are meant to trigger memories of times you may have spent in these wonderful places, to inspire you to see them again or experience them for the first time. We will discuss the uniqueness of different parks, photography techniques, and various stories that occurred in order to get these photographs. In addition, we will discuss photographic tips and tricks to capture better photographs. We will also have a short presentation of photographs that are possible with your cell phone or tablet.

Exploring Global Art Works of the Bowie House Gallery

Instructor: Emily Brzyski

Wednesday ▪ 2/18/2026 ▪ 11am-12:30pm
1 Session ▪ **Off Campus** ▪ Trinity Terrace
Course ID: F26SSFACT124A

The director of the Bowie House Gallery will give a fascinating lecture about the art collection exhibited in the hotel including slides of the art works currently on display and a history of the artists' lives and methods. This course offers an intimate exploration of the vibrant lives and ongoing legacies of contemporary artists from around the globe and within our local community. Through in-depth studies of artists such as Ashley Collins, Constance Jaeggi, Erik Skoldberg, Abigail Faye Jackson, Jacob Lovett, John Marshall Stubbs, Max Zorn, Rudy Hetzer, Daniel Allen Cohen, Jacob Genovesi, Isabell Beyel, Caroline Von Jarosz, David Yarrow, Steve Wrubel, and others, students will uncover the personal journeys, creative philosophies, and cultural influences that inspire their work. Emphasizing their current artistic pursuits, the course highlights how these artists are shaping the future of contemporary art while leaving lasting legacies. Participants will engage with their stories through dialogue, analysis, and introspection, gaining a deeper understanding of the power of art as a reflection of identity, resilience, and the essential pushing of boundaries as a means to inspire and motivate.

Fashion Trend Cycling: Past, Present and Future Forecasts

Instructor: Nicole Bettinger

Friday ▪ 2/27-3/6/2026 ▪ 9-10:30am
2 Sessions ▪ **On Campus** ▪ TCU FAB
Course ID: F26SSFAMLO21A

Have you ever wondered where fashion trends come from? Learn about how trends start, how they evolve and patterns that form over time. Join us for a fun-filled historical look at fashion trends, what is currently trending, and create a fashion trend forecast for the future.

HYBRID
CLASS!

Four Rock Music Legends

Instructors: Richard Selcer, Colin Plante and Ron Tamada

Monday ▪ 2/9-3/2/2026 ▪ 9-10:30am
4 Sessions ▪ **On Campus** ▪ Secretst-Wible
Course ID: F26SSFAMLO18A

Monday ▪ 2/9-3/2/2026 ▪ 9-10:30am
4 Sessions ▪ **Online** ▪ Zoom
Course ID: F26SSFAMLO18B

This four-week class is a deep dive into the music of four legends of rock and roll: Chuck Berry, Paul Simon, Linda Ronstadt, and Eric Clapton. Each had a career that spanned more than three decades, performing both solo and as part of a group in three cases. Come join the Three Amigos as we explore the musical legacy of these four very different, legendary artists.

Gobsmacked: Places That Exceeded My High Expectations

Instructor: Julianna Greer

Friday ▪ 2/13-2/20/2026 ▪ 1-2:30pm
2 Sessions ▪ **On Campus** ▪ Annie Richardson Bass
Course ID: F26SSFTRA004A

Enjoy photos and stories--some hilarious, some touching--of outstanding structures and locations in the U.S. and the 37 other countries I have visited so far. I've designed this to be of interest whether you are looking for ideas for future travels or just love beautiful pictures and interesting stories. As a bonus, you will hear about some disappointments that may help you decide where NOT to go!

God's Own Lunatics: The US Army Helicopter Pilots in Vietnam 1961-1975

Instructors: Jim Godfrey & Jeff Murray

Tuesday ▪ 2/10-3/3/2026 ▪ 9-10:30am
4 Sessions ▪ **On Campus** ▪ Secretst-Wible
Course ID: F26SSFHCE269A

The story of the US Army Helicopter pilots told by two who served together in the same battalion - One an Aggie and one a Longhorn. Their paths to the cockpit were different but the mission was the same. They will present the men, the machines and the missions of the 22,000 men who served as US Army helicopter pilots during the Vietnam war 1961-1970. Both presenters flew troopships as well as gunships during their tour in Vietnam.

Hand Embroidery for Beginners

Instructor: Nancy Clark

Friday ▪ 2/27-3/6/2026 ▪ 1-2:30pm
2 Sessions ▪ **On Campus** ▪ Annie Richardson Bass
Course ID: F26SSFHCR089A

Looking for a creative new hobby? Join us for a Beginner Hand Embroidery class and learn to make a charming felt heart sachet. This sweet little project is perfect for beginners—simple stitches, step-by-step guidance, and a finished piece you can treasure or gift. There is a \$20 supply fee that will be collected once registration is confirmed.

Happier in 2026

Instructor: Mary Eads

Thursday ▪ 2/12-3/5/2026 ▪ 11am-12:30pm
4 Sessions ▪ **On Campus** ▪ Secretst-Wible
Course ID: F26SSFPER030A

Similar to the positive psychology classes I have taught in past semesters, this class will focus on actions research has demonstrated we can take to improve our level of happiness. I will rely on The How of Happiness by Sonja Lyubormirsky as a textbook, and discuss each of the 12 activities the author recommends, but will focus more on some of these activities than we have in the past. Specifically, I will offer a 30-minute guided relaxation meditation in one class and a loving-kindness meditation in another. I will also discuss other resources I have found beneficial in my study of positive psychology.

Home Fire Safety with FWFD Overview

Instructor: Jim Tidwell

Thursday ▪ 3/5/2026 ▪ 3-4:30pm
1 Session ▪ **On Campus** ▪ Secretst-Wible
Course ID: F26SSFPER088A

This class will provide guidance on ways to avoid accidents at home with an emphasis on fire safety. We will also review changes to the Fort Worth Fire Department including technological advances as well as the recent migration of Emergency Medical Services, to the Fire Department.

How About a New Kitchen or Bathroom?

Instructor: Tim Latta

Thursday ▪ 2/19/2026 ▪ 9-10:30am
1 Session ▪ **On Campus** ▪ Secretst-Wible
Course ID: F26SSFPER092A

Take a look at what makes great kitchens and bathrooms for new building purposes, remodeling or just spiffing up tired areas. You'll learn about new appliances, up to date bathroom fixtures, color trends, etc. Also, some tips for maximizing space in smaller areas.

How Set Decoration Brings a Film to Life

Instructor: Carla Curry

Monday ▪ 2/23/2026 ▪ 1-2:30pm
1 Session ▪ **Off Campus** ▪ The Stayton
Course ID: F26SSFAML011A

After being in the film business for 40 years, I will explain the process from script to what you actually see on-screen! You will never look at films the same way after this class. Please come loaded with questions.

How to Find a Meteorite: Antarctica Expedition

Instructor: Rhiannon Mayne

Thursday ▪ 2/26/2026 ▪ 3-4:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFSNO61A

Join Dr. Rhiannon Mayne for an inside look at the Antarctic Search for Meteorites (ANSMET) program. Discover how scientists brave the extreme cold, vast ice fields, and endless daylight of Antarctica to recover fragments of other solar system bodies that have landed on Earth. Learn what it takes to find a meteorite, and why the icy continent is the best place on Earth to do it!

How You Can Be More Creative

Instructor: Duke Greenhill

Thursday ▪ 2/12/2026 ▪ 3-4:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFFPERO90A

Learn the basics of what we know about the "science of creativity," and surefire, simple ways you can become more creative.

How Your Brain Computes Your Consciousness and Everything It is Aware Of

Instructor: Edward Porter

Tuesday ▪ 2/10-3/3/2026 ▪ 1-2:30pm
4 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFSCTO44A

This lecture will describe the major mechanism of the human brain that create the miraculous awareness of information we experience as consciousness. We will focus on the key roles played by some of the brain's major components, including sensory inputs and the cortex, thalamus, basal ganglia, hippocampus, hypothalamus, amygdala, mamillary bodies, cerebellum, and brain stem...and the key role played by dynamic tuning of different parts of the brain into each other. In addition, we will briefly touch on the electronic and quantum properties of microtubules, which play a major role in our unification of conscious awareness.

Italy: Tips for Independent Travel

Instructor: James Parr

Thursday ▪ 2/19/2026 ▪ 1-2:30pm
1 Session ▪ **Off Campus** ▪ Stevenson Oaks
Course ID: F26SSFTRA011A

Italy is a fascinating country filled with history, art, scenery and culture. Oh, and the food and wine aren't bad either! With all it has to offer, Italy is very welcoming to the U.S. traveler, so why not consider it for a future travel adventure. This lecture is designed for independent travelers not seeking a tour group travel experience. It provides tips on planning your trip and making the most of your time there from the perspective of a Texan with 22 independent trips to Italy from 2011 through 2024.

Joy of Cooking: A Classic for Generations of Home Cooks

Instructor: Sharon Harrelson

Monday ▪ 3/2/2026 ▪ 1-2:30pm
1 Session ▪ **Off Campus** ▪ The Stayton
Course ID: F26SSFFBO20A

Joy of Cooking, the iconic American cookbook first published in 1931, has sold over 20 million copies worldwide. There are 9 distinct editions of the book (with many more printings in between), reflecting changing times and tastes in America. What started with Irma Rombauer has continued as a family enterprise for 95 years. Your copy--complete with splattered pages, turned-down corners, and scrawled annotations--may have been your mother's or your grandmother's, or maybe it was your first real cookbook as a new bride. Bring it along, and we can compare editions as we discover their history.

Lakes, Levees, and Panther Island

Instructor: Mary Beth Lampe

Thursday ▪ 2/26-3/5/2026 ▪ 9-10:30am
2 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFPGL012A

This course will cover the history of the lakes along the Trinity River and the levees in Fort Worth. We'll discuss what determines the lake levels that provide the water supply for Fort Worth and surrounding cities. Finally, we'll learn why the Panther Island project is being built.

Landmark Supreme Court Cases

Instructor: Denise Warren

Monday ▪ 2/16/2026 ▪ 1-2:30pm
1 Session ▪ **Off Campus** ▪ The Stayton
Course ID: F26SSFHCE262A

The Supreme Court of the United States is the highest court in the land. Throughout history the Supreme Court has ruled on thousands of cases. Many are considered landmark decisions because they set the precedent for generations to come. Many are controversial and some have been overturned by subsequent Court decisions. Join us to dive into many of these cases; the circumstances, the arguments, the decisions and the opinions of the justices.

Learn How to Create a Photobook With Ease by Watching

Instructor: Ken Sparks

Tuesday ▪ 2/17/2026 ▪ 11am-12:30pm
1 Session ▪ **Online** ▪ Zoom
Course ID: F26SSFACT084A

This will be a practical demonstration via Zoom on how to create your own photobook with free and easy-to-use top-rated software. The instructor has created over 40 photobooks using images ranging from a cruise vacation, trips with friends, a grandchild's birthday party, soccer season, baseball season, dance recital, and gymnastics competition to a family photo album. Photobooks make wonderful birthday and Christmas presents! A photobook will be created during the session, and you will become a photobook expert!

Mary Martin - from Weatherford Tomboy to Broadway Superstar

Instructor: Lynn Main

Wednesday ▪ 2/25/2026 ▪ 11am-12:30pm
1 Session ▪ **Off Campus** ▪ Trinity Terrace
Course ID: F26SSFACMO03A

From a pampered, privileged background to the bright lights of Broadway, Mary Martin was a musical theater legend. I bet you watched her at least once on a black and white TV when she played Peter Pan. Star of South Pacific and the original Maria in the Sound of Music, she gave it all to the stage. Learn about that drive and what it cost her.

Mindfulness & Meditation: An Introduction

Instructor: Anne Wright

Tuesday ▪ 2/10-3/3/2026 ▪ 1-2:30pm
4 Sessions ▪ **Off Campus**
TCU Burnett School of Medicine
Course ID: F26SSFWELO33A

Interested in beginning a mindfulness and meditation practice? Join us for a four-week course to learn the fundamentals of meditation and how to apply them in your daily life. We will lead you through meditation practices, give you tips on moving through life mindfully and learn together as a class what works best for our own personal meditation journey!

One Cattle Prod, Two Death Verdicts, and A Killer Goes Free

Instructor: Ken Sparks

Thursday ▪ 2/12/2026 ▪ 9-10:30am
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFPGL018A

A person accused of the capital murder of his 10-year old niece was arrested, shocked with a cattle prod numerous times, and signed a written confession to the crime. After the death penalty was assessed, this mistreatment caused a motion for new trial to be granted and resulted in a federal indictment of the police officers involved. At the second trial he received another death sentence, but the case was reversed after a novel ruling by an appellate court.

Powering AI

Instructor: Tom Seng

Wednesday ▪ 3/4/2026 ▪ 1-2:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFCT073A

The Artificial Intelligence (AI) boom is underway, but how will we power these mega-data centers? This class will examine the power needs, challenges, and potential solutions for supplying electricity to power these new behemoths.

Rise and Fall of the Roman Republic

Instructor: Joseph Cecere

Monday ▪ 2/9-3/2/2026 ▪ 11am-12:30pm
4 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHCE002A

The course focuses on the foundation of Rome, its evolution from a backwater settlement to the major force in the Mediterranean, and its unique representative form of government and how the years as a republic were a major factor in its success.

Synthetic Mesh Used for Hernia Repairs: Is it Safe?

Instructor: Peter Rutledge

Monday ▪ 2/9/2026 ▪ 1-2:30pm
1 Session ▪ **Off Campus** ▪ The Stayton
Course ID: F26SSFHEA077A

This lecture will investigate if there is any harm from using synthetic mesh for hernia repairs. The ongoing legal case against BARD mesh products will be summarized. Different types of mesh, biological and synthetic, as well as different mesh weave patterns will be discussed.

Round the World Air Travel

Instructor: Michael Kelley

Friday ▪ 2/20-3/6/2026 ▪ 11am-12:30pm
2 Sessions ▪ **On Campus** ▪ Annie Richardson Bass
Course ID: F26SSFTRA022A

Class will provide an overview of "Round the World" air travel programs such as Oneworld Explorer. These fares allow one to visit multiple countries on a single trip and often result in significant savings when compared to booking separate trips. The course will cover the basic rules of RTW airfares and related products as well as providing a few tips and tricks to maximize the value of an RTW journey. We will also share pictures from our Summer 2025 RTW itinerary to Japan, Thailand, India, and Europe.

Taking Care of Our Trees

Instructor: David Coke

Friday ▪ 2/20/2026 ▪ 11am-12:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHCRO04A

Still have a yard? Do you have trees in your yard? If so, are you properly taking care of their health? This course will walk you through the basics of good tree care to ensure they live as long as possible, don't pose a hazard to people or property, and provide great shade.

Secrets of a Personal Stylist

Instructor: Kim Ledbetter

Friday ▪ 2/27-3/6/2026 ▪ 3-4:30pm
2 Sessions ▪ **On Campus** ▪ Annie Richardson Bass
Course ID: F26SSFPERO61A

I have been a Personal Stylist for Stitch Fix for 11 years and love showing people how to feel confident and put together in whatever stage of life they are in...and whatever shape you are in! Join us for a lively interactive discussion and tips on looking and feeling your best.

Tales from the Japanese Garden: A Virtual Tour

Instructor: Nora Coalson

Friday ▪ 2/20/2026 ▪ 9-10:30am
1 Session ▪ **On Campus** ▪ Annie Richardson Bass
Course ID: F26SSFSNO53A

Come along for a virtual visit to one of the most beautiful gardens in Fort Worth. The 7 1/2 acre Japanese Garden sits within the 120 acres known as the Fort Worth Botanic Garden. A trip here offers experiences in gardening, history, culture, and wildlife. From the Tea House to the Spring-flowering Cherry Trees to the almost barren and intriguing Karesansui and the beautiful Mikoshi, a gift from Fort Worth's sister city, this garden offers a place of tranquility and beauty as well as amusing interludes. Visitors from all over the world come to experience this amazing place.

That Old Car You Always Dreamed About

Instructor: Chuck Nixon

Friday ▪ 2/27-3/6/2026 ▪ 9-10:30am
2 Sessions ▪ On Campus ▪ Annie Richardson Bass
Course ID: F26SSFHCRO96A

Some people dream of owning, restoring, driving, or showing an antique or classic car. Your presenter has been there, done that numerous times and will share his knowledge and experiences. These sessions will cover many aspects of finding, refreshing, or restoring a car, as well as activities with and benefits of joining a car community. You may feel like you've traveled down memory lane. Learn about important routes to take and potholes to avoid to improve the chances your journey will be free of roadblocks and filled with joy.

The Allegory Paintings by Boucher

Instructor: Laura Dyson

Friday ▪ 2/13-2/20/2026 ▪ 11am-12:30pm
1st Session ▪ On Campus ▪ Annie Richardson Bass
2nd Session ▪ Off Campus ▪ Kimbell Art Museum
Course ID: F26SSFAML013A

Learn the history and stories within the beautiful set of paintings at the Kimbell Art Museum. Our first class will explore the Rococo art movement, the painter Francois Boucher, the inspiring ancient myths from Virgil's The Aeneid and Ovid's Metamorphoses, and the rescue of the paintings from the Nazi's efforts to steal them. We go to the museum for the second session to look and leisurely unpack the array of characters and symbols in these four large paintings with Laura, docent at the Kimbell Art Museum.

The Ancient Stoics and the Art of Living Well

Instructor: Nora Coalson

Wednesday ▪ 3/4/2026 ▪ 11am-12:30pm
1 Session ▪ Off Campus ▪ Trinity Terrace
Course ID: F26SSFPERO58A

What might the Ancient Stoics teach us about how to live in today's turbulent world? Surprisingly, quite a lot. The Stoic Epictetus, who was a slave for his first 30 years of life, once said, "He who laughs at himself never runs out of things to laugh at." Stoic wisdom has been around for centuries. We will delve into their core beliefs and practices, learning

from the greats: Zeno, Epictetus, Seneca, and Marcus Aurelius. How could an ancient philosophy remain not only relevant but inspiring in today's world? This is a class for participation and discussion.

The Bible: Then and Now

Instructor: David Grant

Friday ▪ 2/13-3/6/2026 ▪ 9-10:30am
4 Sessions ▪ On Campus ▪ Secrest-Wible
Course ID: F26SSFRELO67A

A wide-ranging exploration of the Jewish and Christian Bibles from an academic perspective. We'll explore such questions as: Who wrote the books in the Bible? When were those books written? What do we know about how the books were selected that ended up in the Bible? What do we know about the religions of ancient Israel and early Christianity in whose cultures the Bible arose? How have interpretations of the Bible varied among believing communities? What was the impact of historical criticism on our understanding of the Bible? What was impact of the rise of science on interpretations of the Bible?

The Big Idea: The Secrets of Great Innovators and Original Thinkers

Instructor: Duke Greenhill

Thursday ▪ 2/19/2026 ▪ 3-4:30pm
1 Session ▪ On Campus ▪ Secrest-Wible
Course ID: F26SSFNO58A

From the most innovative film animation studio, Pixar, to the clever artists and scientists who figured out how to trick the human lizard brain into thinking "outside the box," learn the tricks used by the most original creators and companies of today.

The Cannabis Classroom

Instructor: Caroline Sahba

Thursday ▪ 3/5/2026 ▪ 1-2:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHEA019A

We are living in a constantly changing landscape of cannabis legalization, decriminalization, commercialization and methods of use. Embellished marketing and promotion of THC and CBD products, with limited research and FDA approval, can leave one with a skewed perception of reality. This course will provide answers to questions about cannabis such as: What is THC? CBD? How does it affect the body and brain? What are the risks and benefits of using? How can I talk to my loved ones about cannabis? What do we (and don't we) know about cannabis? Wait, I thought it was called "weed"?

The King of Instruments: The Rildia Bee O'Bryan Cliburn Organ Tour & Demo

Instructor: Bradley Reznicek

Wednesday ▪ 3/4/2026 ▪ 1-2:30pm
1 Session ▪ **Off Campus**
Broadway Baptist Church
Course ID: F26SSFACT075A

The pipe organ was proclaimed the King of Instruments for its vast array of sound and flexibility. Broadway Baptist Church boasts the 12th largest pipe organ in the world. Hear the history, engineering, and evolution of the organ. Learn about the building and design of this one, and explore the sounds of this monumental organ through a variety of pieces as demonstrated by the church's organist. This lecture will take place at Broadway Baptist Church.

The Mind of God

Instructor: William Greer

Friday ▪ 2/13-3/6/2026 ▪ 1-2:30pm
4 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFSN059A

This illustrated course presents a novel philosophical theory about the nature of Reality, your role in it and why You are immortal. The course strives to be thorough, reasonable, satisfying, and independent of religious dogma. The main areas of discussion can be grouped as Reality, Science, Spirituality and Self. This theory is new, and not something you can research online – although it falls under Absolute Idealism.

The Professional Organizer's Guide to Having the Most Organized House on the Block (or Floor)

Instructor: Elizabeth Jones

Friday ▪ 2/13-3/6/2026 ▪ 3-4:30pm
4 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFPERO08A

Are you at a loss for what to do with that giant box of family photos? Or that jadeite glass collection you've been collecting for decades? Or a garage so full you can't park two cars inside? Then this class is for you! Not only is it a step-by-step guide on decluttering and organizing, but you'll learn how to honor the things you love and want to keep.

Thunder on the Water: Charleston and Vicksburg July 1863

Instructor: James Burt

Friday ▪ 2/13-2/20/2026 ▪ 3-4:30pm
2 Sessions ▪ **On Campus** ▪ Annie Richardson Bass
Course ID: F26SSFHCE244A

In July 1863, three great campaigns of the Civil War culminated. Two, at Vicksburg, Mississippi and Charleston, South Carolina, were on bodies of water, the Mississippi River and the Atlantic Ocean. Both had tremendous strategic consequences for the US Civil War. In addition to exploring the campaigns that culminated in Vicksburg and Charleston, this mini-course may provide a foundation for better understanding of other courses and programs concerning the Civil War.

Up Close and Personal: American Art at the Amon Carter Museum

Instructor: James Burt

Wednesday ▪ 2/11-2/18/2026 ▪ 3-4:30pm
2 Sessions ▪ **Off Campus** ▪ Amon Carter Museum
Course ID: F26SSFACT126A

The Amon Carter Museum of American Art is a trove of paintings, sculptures, and other works from the 18th century to the present day. Every work has a story. See the works and learn their stories with docent-guides from the Carter.

Volunteer View

Instructor: Suzanne Yowell

Thursday ▪ 2/12/2026 ▪ 1-2:30pm
1 Session ▪ **Off Campus** ▪ Stevenson Oaks
Course ID: F26SSFPERO77A

Volunteer View is an inspiring outreach class developed to inform and encourage older adults to explore meaningful volunteer opportunities within Tarrant County. This dynamic session will explore the history of volunteerism, current local trends, the financial impact of volunteerism in our community, various service categories, and the physical and emotional health benefits of community engagement. Participants are guided in discovering how to align their passion, time and skills with impactful service organizations in our community.

Why'd Ya Do It? Why People Commit Crime

Instructor: Johnny Nhan

Thursday ▪ 2/19-2/26/2026 ▪ 1-2:30pm
2 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFSOCO02A

Understanding the theories of crime will give you a better insight into the solutions to crime. This class dives into over a dozen motivations for crime and criminal behavior. Professor T would approve.

Women: Exploring Human Coloring and How Our Coloring Changes as We Mature

Instructor: Elaine Stoltz

Monday ▪ 2/9/2026 ▪ 3-4:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFPERO15A

This course will first examine the properties of color. Then you will see how these properties are used to determine which colors are flattering on a person. For example: why do certain colors of clothing enhance your appearance while other colors are not as flattering? Have you noticed your coloring changes as you mature? We will examine how our coloring changes.

Two companion classes are *Closet and Wardrobe Planning* and *Styling a Capsule Wardrobe*.

Women: Wardrobe and Closet Planning

Instructor: Elaine Stoltz

Monday ▪ 2/16/2026 ▪ 3-4:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFPERO25A

Have you ever found yourself saying any of the following: "My closet is overflowing, yet I can't find anything to wear", "I waste money on clothes that end up collecting dust" or "I feel overwhelmed when I try to pick out an outfit" If so, it's time to take control of your closet. Learn how to efficiently organize your clothes and determine which items are worth keeping. Decluttering your closet is the first step towards simplifying our life.

World War II's Sisterhood of Spies: Women in the OSS

Instructor: Ann Sheets

Wednesday ▪ 2/11/2026 ▪ 11am-12:30pm
1 Session ▪ **Off Campus** ▪ Trinity Terrace
Course ID: F26SSFHCE270A

During World War II, there were 13,000 persons in the Office of Strategic Services, predecessor to the CIA. Of those in the OSS, more than 4,000 officers were women. They had a wide variety of duties: creating propaganda, interrogating German prisoners, decoding intelligence, and counterintelligence, among other assignments. Their ranks included some famous women, but most worked quietly behind the scenes. This class will share some of their stories of service to their country.

Remember to select and prioritize a maximum of 8 classes! You'll be able to add more to your schedule after the allocation has completed.

LIFELONG LEARNING

Speaker Series Technology, Computers & Math Travel CONVERSATION

SESSION II

March 9–April 10

No classes March 16–20 (TCU Spring Break)
or Friday, April 3 (Good Friday Observance)



SCHEDULE AT A GLANCE: SESSION II

Session II: March 9–April 10	Start Date	Day	Time	#	Instructor(s)	Location
The 1960's Folk Music Revival in Four Acts	3/9	M	9am	4	Erwine	SW
Awakening to the Untapped Power of Your Mind to Relieve Anxiety and Depression	3/9	M	11am	4	Boger	SW
Brain Health: Daily Choices Have the Power to Influence Your Cognitive Health	3/9	M	1pm	1	Copeland	STAY
Who Are You? Where Did You Come From?	3/9	M	1pm	4	Morton	SW
Ways of Seeing (and Loving) Art	3/9	M	3pm	2	Abbott	KAM
Albert Einstein and the Revolution in Physics, 1900 to 1930	3/10	Tu	9am	4	Frey	SW
A Hit or Miss? (HYBRID)	3/10	Tu	11am	2	Selcer/Plante/ Tamada	SW, ZOOM
Generative AI	3/10	Tu	11am	2	Gagne	ZOOM
Cooking for One or Two: Beyond Baking	3/10	Tu	1pm	2	Dulle	ZOOM
Legacy of Henrietta Lacks: Ethical and Legal Issues Involving Human Body Property Rights	3/10	Tu	1pm	1	Harrington	SW
Consumer Behavior	3/10	Tu	3pm	4	Ross	SW
Breaking WW-II German Secret Encryption - Enigma & Lorenz	3/11	W	9am	2	Smith	SW
Introduction to A Course in Miracles	3/11	W	9am	1	Phillips	ZOOM
Jack, His Beanstalk and King Arthur: All Related	3/11	W	11am	1	Norman	TT
Medical Benefits from DNA Sequencing	3/11	W	11am	4	Fitzhugh	SW
A Basic Introduction to Investment Markets, Options, Annuities, and Real Estate	3/11	W	1pm	4	Shannon	SW
Trap-Neuter-Return: Introduction to Community Cat Care	3/11	W	3pm	1	Hudson	SW
Acting Technique: Uta Hagen	3/12	Th	1pm	4	Schultes	SWT
Criminal Death Penalty: Justice or Myth?	3/12	Th	9am	4	Hennig	SW
Quanah Parker: From Comanche Warrior to Successful Businessman	3/12	Th	11am	1	Bailey	SW
More Little Known Stories, Events, and People in the American Revolution	3/12	Th	1pm	1	Crowder	SO
Intermediate 42: Fun and Competition in Silver Frogs!	3/12	Th	1pm	4	Frazer	SW
Card Making - Fun Folds	3/12	Th	3pm	4	Burnette	SW
From Fabric to Fabulous Fashion	3/13	F	9am	2	Bettinger	TCUFAB
The Old Chisholm Trail: From Cow Path to Tourist Stop	3/13	F	9am	2	Ludwig	SW
Tour Prehistoric and Historic Henan Province in China: Luoyang, Kaifeng, and Anyang	3/13	F	9am	2	Yarbrough	TCUARB
50's Classic Sci-Fi Movies	3/13	F	11am	1	Davis	SW
Thunder on the Hills: Gettysburg July 1863	3/13	F	11am	2	J Burt	TCUARB
DIY Interior Design/Decor	3/13	F	1pm	2	Hall	SW
I Attended the Jacqueline Kennedy Onassis Auction Preview	3/23	M	1pm	1	Sety	STAY
Perfecting the Jelly Roll	3/24	Tu	11am	1	Harrelson	ZOOM
Medicare: Complexities, Difference, and Various Plan Types Available	3/24	Tu	1pm	1	Look	SW
An Interview with Marquis De Lafayette, the Boy General	3/25	W	11am	1	Crowder	TT
Up Close and Personal: American Art at the Amon Carter Museum	3/25	W	3pm	2	J Burt	ACM
Fort Worth's Other Airline	3/26	Th	11am	1	Swanson	SW

(Continues on next page)

Session II: March 9–April 10 (continued)	Start Date	Day	Time	#	Instructor(s)	Location
Music To My Heirs: The Challenge of Generational Wealth and How to Succeed	3/26	Th	11am	1	Lewis	ZOOM
Discovering Art in the FWBG	3/26	Th	1pm	2	M Burt/S Green	FWBG
The Future of NASA and Commercial Space	3/26	Th	1pm	1	Ruffin	SO
Behind the Seams at Texas Ballet Theater--Refurbishing Swan Lake Sets and Costumes	3/27	F	11am	1	O'Keefe	SW
New Age Garden Design and How to Keep Plants Thriving	3/27	F	3pm	1	Nouak	SW
The July 4th, 2025 Guadalupe River Flood: Why Were So Many Lives Lost?	3/30	M	1pm	1	McIntyre	STAY
Understanding Changes in Memory: From Mild Cognitive Impairment to Alzheimer's	3/30	M	3pm	2	Cobb Tinsley	SW
So You Want to Make a Hit Record? (HYBRID)	3/31	Tu	11am	2	Selcer / Plante / Tamada	SW, ZOOM
Going from "We" to "Me"	3/31	Tu	1pm	1	Sullivan	SW
Celestial Navigation	4/1	W	9am	2	Smith	SW
Genealogy Research Using Online Applications	4/1	W	11am	2	Barth	ZOOM
Jean Lafitte, The Pirate That Saved New Orleans	4/1	W	11am	1	Seeling	TT
What Happened to the Apostles?	4/1	W	3pm	2	Yarbrough	SW
From Clueless to Confident: Financial Basics for Non-Finance Managing Spouses	4/2	Th	11am	2	Moseley	SW
Exploring Alaska: An Exploration of the National Parks in Alaska	4/2	Th	1pm	1	Hares	SO
Retirement by Design: Tax and Estate Planning	4/6	M	1pm	1	Ward	STAY
Art in the Mary Coats Burnett Library	4/7	Tu	1pm	1	Menchaca	TCULIB
Lady Undertakers of Old Texas	4/7	Tu	1pm	1	Main	SW
The Battle for Mecca	4/8	W	11am	1	Jefferson	TT
Before Ree, Before Ina, Before Julia, There Was Dione Lucas	4/9	Th	1pm	1	Davis	SO
Boating's Essential Skills	4/10	F	9am	1	Webster	SW
Retirement Master Class	4/10	F	11am	1	Cowley	SW
Death Files: Tips to Prevent a Scavenger Hunt for Loved Ones	4/10	F	1pm	1	Look	SW



SESSION II COURSES & LECTURES

50's Classic Sci-Fi Movies

Instructor: Jerry Davis

Friday ▪ 3/13/2026 ▪ 11am-12:30pm
1 Session ▪ **On Campus** ▪ Secretst-Wible
Course ID: F26SSFAMLO12A

Science Fiction movie making came of age in the 1950s partly fueled by the Cold war and nuclear threats as well as a new fascination with UFOs. The films were mostly black-and-white, the special effects crude compared to today's CGI, and the stories ranged from the ridiculous to truly thought provoking. These are some of the movies we grew up with and were common drive-in theater fodder. Come down memory row ... it's Them!

A Basic Introduction to Investment Markets, Options, Annuities, and Real Estate

Instructor: Wes Shannon

Wednesday ▪ 3/11-4/8/2026 ▪ 1-2:30pm
4 Sessions ▪ **On Campus** ▪ Secretst-Wible
Course ID: F26SSFFIN035A

This is a comprehensive course combining parts of separate courses previously presented. This class is designed to provide beginning knowledge of the Stock Market, Bond Market, Options, Annuities, and Investment Real Estate. This is a class for beginners wanting to learn the fundamentals.

HYBRID CLASS!

A Hit or Miss?

Instructors: Richard Selcer, Colin Plante and Ron Tamada

Tuesday ▪ 3/10-3/24/2026 ▪ 11am-12:30pm
2 Sessions ▪ **On-Campus** ▪ Secretst-Wible
Course ID: F26SSFAMLO17A

Tuesday ▪ 3/10-3/24/2026 ▪ 11am-12:30pm
2 Sessions ▪ **Online** ▪ Zoom
Course ID: F26SSFAMLO17B

From deep in Rick's vault of Golden Oldies, this class is about songs you may not remember by some groups you may not have heard of. The songs didn't chart the first time around or hovered at the bottom of the Top 40. We'll give them a 2nd chance. You'll

get to vote on each one, whether it should have been a hit -- or was it truly a miss, then and now? Either way, the Three Amigos hope the music transports you back to your college or high school days when life was simpler and the music way better.

Acting Technique: Uta Hagen

Instructor: Dana Schultes

Thursday ▪ 3/12-4/9/2026 ▪ 1-2:30pm
4 Sessions ▪ **Off Campus** ▪ Stage West Theatre
Course ID: F26SSFAMLO20A

Ground your performance in truth with this focused exploration of Uta Hagen's acting exercises. Stage West Artistic Director, Dana Schultes, will lead participants through Hagen's Nine Questions and selected exercises from Respect for Acting to build authentic, moment-to-moment work. Students will practice crafting specific circumstances, objectives, and inner life, then apply those discoveries to short monologues and scene work. This class will take place at Stage West Theatre.

Albert Einstein and the Revolution in Physics, 1900 to 1930

Instructor: Robert Frey

Tuesday ▪ 3/10-4/7/2026 ▪ 9-10:30am
4 Sessions ▪ **On Campus** ▪ Secretst-Wible
Course ID: F26SSFSCOT23A

The early part of the 20th century was a time of revolutionary change in physics. The atomic theory was approaching full acceptance. A new theory, quantum mechanics, drastically changed our concept of how physics works at the atomic and molecular scale. Special relativity changed our concept of space and time, and general relativity changed our concept of gravity and the large-scale structure of the universe. Albert Einstein was involved in all these things and was the leader in the development of special and general relativity. This course will discuss his life and science. The science portion of the class will be directed at lay people and presented in a non-mathematical way. Nevertheless, it will require a willingness to think hard about some strange and non-intuitive concepts.

An Interview with Marquis De Lafayette, the Boy General

Instructor: Jack Crowder

Wednesday ▪ 3/25/2026 ▪ 11am-12:30pm

1 Session ▪ **Off Campus** ▪ Trinity Terrace

Course ID: F26SSFHCE267A

At the age of nineteen, Lafayette was one of the men in Europe with close ties to the royal court. Yet, he chose to come to America to wade through southern swamps, freeze at Valley Forge with Washington, and put his life on the line in battle to help the colonies win their independence. He will tell you in person why he did this, how he became one of Washington's greatest generals, and why he was loved by his adoptive country. The interview will focus on his involvement in the American Revolution.

Art in the Mary Couts Burnett Library

Instructor: Kerri Menchaca

Tuesday ▪ 4/7/2026 ▪ 1-2:30pm

1 Session ▪ **On Campus**

Mary Couts Burnett Library

Course ID: F26SSFACT044A

Come join us for a walking tour of the Mary Couts Burnett Library and learn about the library's art collection. You'll see a wide array of art from original Rembrandt Etchings to Andy Warhol Screen prints (and everything in between). We'll take a look at the artworks themselves and discuss how the university acquired them. Participants will also learn about the library's efforts toward conservation and academic research.

Awakening to the Untapped Power of Your Mind to Relieve Anxiety and Depression

Instructor: Peter Boger

Monday ▪ 3/9-4/6/2026 ▪ 11am-12:30pm

4 Sessions ▪ **On Campus** ▪ Secretst-Wible

Course ID: F26SSFPER072A

Western psychotherapy, like western medicine, is focused on symptom reduction and symptom management, rather than focusing on the root causes. This class will introduce students to an alternative understanding of their mind, based on ancient Tibetan teachings and practices. By accessing the untapped potential to use awareness

to relieve anxiety and depression at the source, students will acquire the ability to find peace and a deep inner calm, regardless of their external environment. Students will need an open mind, and a readiness to take responsibility for facing their emotional and psychological suffering, as well as a willingness to be temporarily confused and uncomfortable as they 'empty their cup' of their current belief system and become familiar with a different 'map' to negotiate life's challenges.

Before Ree, Before Ina, Before Julia, There Was Dione Lucas

Instructor: Jerry Davis

Thursday ▪ 4/9/2026 ▪ 1-2:30pm

1 Session ▪ **Off Campus** ▪ Stevenson Oaks

Course ID: F26SSFFB013A

Who graduated from the Cordon Bleu cooking school in Paris in the 20s? Who introduced the French omelet to America? Who popularized the flourless chocolate roulade cake? Who started and ran the Cordon Bleu cooking school in London and then New York? Who had TV cooking shows in New York from 1946-1962? Who can flute a mushroom faster than Peter Piper can pick peppers? Why, Dione Lucas, of course. And, she did it all without a food processor, convection oven, or even Saran Wrap.

Behind the Seams at Texas Ballet Theater--Refurbishing Swan Lake Sets and Costumes

Instructor: Tim O'Keefe

Friday ▪ 3/27/2026 ▪ 11am-12:30pm

1 Session ▪ **On Campus** ▪ Secretst-Wible

Course ID: F26SSFACT128A

Even the most elegant swans need a little preening to shine their brightest--and so does a timeless masterpiece like Swan Lake, choreographed by Ben Stevenson, O.B.E. Follow the pros at TBT through the journey of refurbishing bodices, backdrops, and everything in between. Artistic Director Tim O'Keefe reveals the iconic movements that have made Swan Lake a classic for generations. From stretches at the barre to sketches on the page, Production Director Tom Boyd brings you into the fascinating world of set and costume design. Then, Interim Executive Director Jill Caughron connects the stitches to the strategy, showing how artistic creativity and community support come together to make this swan shimmer again.

Boating's Essential Skills

Instructor: Michael Webster

Friday ▪ 4/10/2026 ▪ 9-10:30am
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHCRO85A

Boating should be a pleasure! Stand around a boat ramp and you'll see all kinds of stress and trouble. A few tips, tricks, and hints can provide the basic skills to handle most situations. We'll introduce you to a few simple knots that are common on boats (and in life generally), the essentials of navigation and charts and how these related to what you see on the water, how to work a marine VHF radio, common safety equipment's purpose and use, and how to enhance your enjoyment.

Brain Health: Daily Choices Have the Power to Influence Your Cognitive Health

Instructor: Jessica Copeland

Monday ▪ 3/9/2026 ▪ 1-2:30pm
1 Session ▪ **Off Campus** ▪ The Stayton
Course ID: F26SSFHEAO72A

What are the 7 Pillars of Brain Health and how do they relate to the 14 modifiable risk factors for dementia? Join us for an engaging conversation about daily lifestyle-related choices that can impact your cognitive function and brain health. We will explore the 7 Pillars of Brain Health, discussing how nutrition, movement, sleep, social engagement, cognitive engagement, general health, mindfulness and outlook play significant roles in shaping cognitive fitness and healthspan. Take charge of these lifestyle choices to enhance cognitive function and reduce the risk of dementia. Start small. Be consistent. Practice progress not perfection. Your daily choices matter.

Breaking WWII German Secret Encryption: Enigma & Lorenz

Instructor: Randy Smith

Wednesday ▪ 3/11-3/25/2026 ▪ 9-10:30am
2 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHCE153A

A key to victory during war is to keep your communications secret while learning what your enemy is transmitting. This two-part class is based on the earlier Enigma lecture with the addition of the more secret and complex Nazi teletype-based encryption system, Lorenz. The Lorenz was

developed in the later years of the war and primarily used by the highest levels of the Reich. These machines have millions of possible settings, so the Germany considered them both to be completely secure, but they were not. The analysts who broke the Enigma and Lorenz codes and engineers who designed and built the devices to help break them is a fascinating story. The very secret Colossus built to break Lorenz is considered the first programable computer, though it was not credited as such until it was declassified decades later. This class will discuss the similarities and differences in these two systems, how they were used by the Nazis, and the organization that broke the codes. If you attended the Enigma lecture, come back for a refresher and to hear the rest of the story.

Card Making: Fun Folds

Instructor: Donna Burnette

Thursday ▪ 3/12-4/9/2026 ▪ 3-4:30pm
4 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHCRO70A

In this class we will go beyond the traditional folded greeting card. Each week we will craft a different fun fold. In the words of Tina Turner, we will "start it off nice and easy" and then finish it "nice and rough". But don't be intimidated - these cards are all easy!

Celestial Navigation

Instructor: Randy Smith

Wednesday ▪ 4/1-4/8/2026 ▪ 9-10:30am
2 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFCTO63A

Celestial navigation is the primary method for determining position on earth by reference to the stars, planets, sun, and moon. Various methods have been developed throughout history, from very primitive observations to sophisticated modern techniques.

This course will provide an overview of the principles of celestial navigation. We will cover the history of these methods and demonstrate determining latitude by the sun and by Polaris (north star) progressing to accurately locating both latitude and longitude with the modern sextant. While you most likely won't be able to go take a celestial fix after this class, you will have a good overview of how it is done.

Consumer Behavior

Instructor: Gretchen Ross

Tuesday ▪ 3/10-4/7/2026 ▪ 3-4:30pm
4 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFFINO18A

The most complex aspect of marketing is understanding the heart and mind of YOU the consumer. If consumer behavior was easy to predict, then all products would sell as well as projected. In actuality, we as consumers are frustrating, irrational, and difficult to predict. This course provides insights into why you make the purchase decisions you do and how brands influence your decisions.

Cooking for One or Two: Beyond Baking

Instructor: Mary Dulle

Tuesday ▪ 3/10-3/24/2026 ▪ 1-2:30pm
2 Sessions ▪ **Online** ▪ Zoom
Course ID: F26SSFFBO21A

Last Fall, we learned about baking for one or two. This time, we'll expand our repertoire to beyond baking. The class will cover main dishes, sides, soups and salads in portions that won't leave you with a week's worth of leftovers (who wants to eat the same thing day after day?).

Criminal Death Penalty: Justice or Myth?

Instructor: Greg Hennig

Thursday ▪ 3/12-4/9/2026 ▪ 9-10:30am
4 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHCE215A

Death penalty has been the most extreme punishment throughout history. It has changed in its use, cultural application and acceptance over time. Most recently it has been subject to increased attention and has again become a major political concern. How is the death penalty applied in Texas, and how does it differ from capital punishment in comparison to the other states, countries and cultures in our world? What changes have occurred and why, and what concerns and ideas draw the attention of Silver Frogs?

Death Files: Tips to Prevent a Scavenger Hunt for Loved Ones

Instructor: Frances Look

Friday ▪ 4/10/2026 ▪ 1-2:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFFINO28A

If you dropped dead tomorrow would your next of kin be prepared to manage your last wishes, home, possessions, online accounts, assets, finances. Or will they be digging into file cabinets, junk drawers, or stacks of paper? Or hack into your phone, computer or call a psychic to find all the things you forgot to list. This class in how to organize all your next of kins needs to know. There are many systems out there- we will find what works for you. Fun filled class since most people have put this off- until it's too late!

Discovering Art in the Fort Worth Botanic Garden

Instructor: Melinda Burt and Subie Green

Thursday ▪ 3/26-4/2/2026 ▪ 1-2:30pm
2 Sessions ▪ **Off Campus**
Fort Worth Botanic Garden
Course ID: F26SSFACM007A

The beautiful Fort Worth Botanic Garden is home to a marvelous collection of sculpture and paintings. Art in the Garden classes will explore the outdoor sculpture collection including works by Fort Worth Circle artists Charles Truett Williams, Gene Owens, and Evaline Sellors; nationally recognized artists such as Patrick Dougherty and Glenna Goodacre; and TCU professors Cameron Schoepp and Chris Miller. Explore how the works complement plantings in the Garden and the history of their acquisition and their artists. All this and flowers, too! You will need to pay for admission at the Botanic Garden if you are not a member of the Fort Worth Botanic Garden. Fee is \$10/day or \$20 total for the program.

DIY Interior Design/Decor

Instructor: Patricia Hall

Friday ▪ 3/13-3/27/2026 ▪ 1-2:30pm
2 Sessions ▪ On Campus ▪ Secrest-Wible
Course ID: F26SSFHCRO92A

Interested in "Do It Yourself" interior design and decorating for your home? We will explore the how-to's that the professionals use and ways to use our own talents to create a personal signature look. Budget friendly, low tech and fun. We all have different style and color preferences and we live in different kinds of dwellings, but the principles of professional interior design apply to all. Our first session will focus on professional designers' recipe for a well decorated space, and the second session we will focus on refreshing an existing space applying the pros method. So, bring your notebook, your questions and enjoy becoming a DIY Designer.

Exploring Alaska: An Exploration of the National Parks in Alaska

Instructor: David Hares

Thursday ▪ 4/2/2026 ▪ 1-2:30pm
1 Session ▪ Off Campus ▪ Stevenson Oaks
Course ID: F26SSFACTO47A

This lecture is an interactive exploration of Alaska and its 8 National Parks. Alaska is not an easy state to explore and often times takes a lot of planning (and sometimes a little luck) to get to these 8 very remote parks. We will walk through all the steps it took to visit these parks over 38 days, including: 9 commercial airline legs, 4 airplane charters, 6 float planes, a research boat, a tour boat, a bus, an UnCruise, an old pickup truck and more.....

Fort Worth's Other Airline

Instructor: Jane Swanson

Thursday ▪ 3/26/2026 ▪ 11am-12:30pm
1 Session ▪ On Campus ▪ Secrest-Wible
Course ID: F26SSFHCE265A

A glimpse into the history of one of the nation's pioneering feeder airlines, which had its headquarters in Fort Worth for eighteen years. Delve into the origins of the airline and its early supporters. Additionally, I'll share personal anecdotes about flying on a series of early aircraft, including the Gooney Bird, an unpressurized, unairconditioned troop carrier that operated back when flight attendants were still referred to as stewardesses.

From Clueless to Confident: Financial Basics for Non-Finance Managing Spouses

Instructor: Bonnie Moseley

Thursday ▪ 4/2-4/9/2026 ▪ 11am-12:30pm
2 Sessions ▪ On Campus ▪ Secrest-Wible
Course ID: F26SSFFINO37A

Too often, one partner handles the household finances while the other stays in the dark--until life throws a curveball. This class is designed for spouses who haven't been actively involved in managing money but want to build confidence, clarity, and control. Whether your partner handles the bills, investments, or budgeting, you'll learn how to step in, ask the right questions, and prepare for the unexpected. Through real-life scenarios, simple tools, and supportive guidance, we'll cover:

- What every spouse should know about household finances
- How to locate and understand key accounts, documents, and passwords
- Basics of budgeting, banking, insurance, and retirement planning
- What to do financially if your spouse becomes ill or passes away
- How to start financial conversations without conflict or confusion

Who Should Attend: Spouses who want to feel more secure, informed, and empowered--whether you're newly married, retired, or somewhere in between. No prior financial knowledge required.

From Fabric to Fabulous Fashion

Instructor: Nicole Bettinger

Friday ▪ 3/13-3/27/2026 ▪ 9-10:30am
2 Sessions ▪ On Campus ▪ TCU FAB
Course ID: F26SSFAMLO22A

From cozy cottons to shimmering silks, every fabric has a story to tell! Join us for an interactive exploration of fashion fabrics where you'll get hands-on with some textiles. Then, we'll explore a sneak peek of next season's fabric trends --the colors, textures, and materials shaping future fashion styles.

Genealogy Research Using Online Applications

Instructor: Crystal Barth

Wednesday ▪ 4/1-4/8/2026 ▪ 11am-12:30pm

2 Sessions ▪ Online ▪ Zoom

Course ID: F26SSFPERO20A

Genealogy research online has become more popular as records are digitized and made available through Ancestry, Family Search, Find a Grave, Google, and many, many other web sites. We will look at the more popular ones to see what is available.

Generative AI

Instructor: Michele Gagne

Tuesday ▪ 3/10-3/24/2026 ▪ 11am-12:30pm

2 Sessions ▪ Online ▪ Zoom

Course ID: F26SSFTCM001A

Generative AI (GenAI) is a type of Artificial Intelligence that can create a wide variety of data, such as images, videos, audio, text, and 3D models. It does this by learning patterns from existing data, then using this knowledge to generate new and unique outputs. GenAI is capable of producing highly realistic and complex content that mimics human creativity, making it a valuable tool for many industries such as gaming, entertainment, and product design. Recent breakthroughs in the field, such as GPT (Generative Pre-trained Transformer) and Midjourney, have significantly advanced the capabilities of GenAI.

Going from "We" to "Me"

Instructor: Ingrid Sullivan

Tuesday ▪ 3/31/2026 ▪ 1-2:30pm

1 Session ▪ On Campus ▪ Secrest-Wible

Course ID: F26SSFPERO89A

The journey from "We" to "Me" is one that many of us will face, whether through loss or life's unexpected changes. Losing a lifelong partner who shared responsibilities such as finances, home maintenance, cooking, or arranging social activities can leave a giant void in one's life. The shift can feel overwhelming, especially when so many aspects of daily living change all at once. In this seminar, we will explore steps "We" can take now to prepare, as well as what resources and support are available to those who have expectantly or unexpectedly become a "Me".

I Attended the Jacqueline Kennedy Onassis Auction Preview

Instructor: Darcy Sety

Monday ▪ 3/23/2026 ▪ 1-2:30pm

1 Session ▪ Off Campus ▪ The Stayton

Course ID: F26SSFHCE185A

Beginning in grade school I have been fascinated with the JFK family. When the opportunity to attend the auction of Mrs. Onassis belongings presented itself, I jumped at the chance. However, it wasn't QUITE that easy. I take you along on the journey when my mother and I attended the auction preview at Sotheby's in NYC and witnessed the joy, insanity, and total abandon of all fiscal responsibility that was the auction.

Intermediate 42: Fun and Competition in Silver Frogs!

Instructor: Jeff Frazer

Thursday ▪ 3/12-4/9/2026 ▪ 1-2:30pm

4 Sessions ▪ On Campus ▪ Secrest-Wible

Course ID: F26SSFHCR038A

Come "Shake Some Bones"! The Intermediate 42 class is designed for people who already know how to play and want some fun and competition in 42. We will stress more of the rules used by the N42PA, so you will feel more comfortable playing tournament 42. Who is going to be the King or Queen of 42 for Silver Frogs?

Introduction to A Course in Miracles

Instructor: Bob Phillips

Wednesday ▪ 3/11/2026 ▪ 9-10:30am

1 Session ▪ Online ▪ Zoom

Course ID: F26SSFRELO85A

A Course in Miracles is a spiritual path, not a religion. Many who attend churches, synagogues, mosques, etc., study and practice the Course. It is not meant to replace your faith, but to supplement it or be your sole path. This class will be most helpful to those who are open-minded and searching for a closer relationship with God and those they're experiencing life with. You will not be asked to join or purchase anything.

Jack, His Beanstalk and King Arthur: All Related

Instructor: Roger Norman

Wednesday ▪ 3/11/2026 ▪ 11am-12:30pm
1 Session ▪ **Off Campus** ▪ Trinity Terrace
Course ID: F26SSFAMLO04A

We will explore King Arthur, Jack, his beanstalk, their kinship, and how understanding who they are will shake up our perception of who we are and our history. When and how did these accounts, legends and stories develop over hundreds of years from different places on our planet, yet they are all related, fit together and very precisely tell an amazing story?

Jean Lafitte, The Pirate That Saved New Orleans

Instructor: Ken Seeling

Wednesday ▪ 4/1/2026 ▪ 11am-12:30pm
1 Session ▪ **Off Campus** ▪ Trinity Terrace
Course ID: F26SSFHCE073A

Who was Jean Lafitte? Should we judge him a cutthroat pirate, a patriotic privateer, or a gentleman rover? And what did he do to save New Orleans? Prepare to learn more about one of the most enigmatic figures in American history.

Lady Undertakers of Old Texas

Instructor: Lynn Main

Tuesday ▪ 4/7/2026 ▪ 1-2:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHCE169A

In the early history of Texas, one of the professions dominated by women was being an undertaker. These women provided a needed service to their pioneer communities. With the introduction of new scientific methods in body preparation, the field gradually became dominated by men. Really not as grim as it sounds.

Legacy of Henrietta Lacks: Ethical and Legal Issues Involving Human Body Property Rights

Instructor: Maxine Harrington

Tuesday ▪ 3/10/2026 ▪ 1-2:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHCE171A

Henrietta Lacks unknowingly donated cervical cancer cells for research in 1951. Her cells were the first human cells able to reproduce indefinitely. The cell line, known as HeLa, led to major medical discoveries and is still being used today. The HeLa cells generated huge profits for biomedical companies but neither Lacks nor her descendants were given an opportunity to share in the profits. This case raises questions about whether our bodies are our "property" and who owns our cells, specimens, and genetic material once they are no longer part of us.

Medical Benefits from DNA Sequencing

Instructor: Hank Fitzhugh

Wednesday ▪ 3/11-4/8/2026 ▪ 11am-12:30pm
4 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFSC066A

Every disease, every medical condition (except trauma) has a genetic component. Sequencing DNA for these genetic components is revolutionizing diagnosis, prevention and treatment of cancer, Autism Spectrum Disorder, Alzheimer's, Parkinson's, inter alia. Course will cover novel technologies (e.g., CRISPR enabled gene editing and therapy) and pharmaceuticals (e.g., mRNA vaccines, cancer immunotherapies). Course is designed for non-geneticists interested in gaining general understanding of current and anticipated benefits from DNA sequencing and medical genetics research.

Medicare: Complexities, Differences, and Various Plan Types Available

Instructor: Frances Look

Tuesday ▪ 3/24/2026 ▪ 1-2:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHEA087A

Medicare can be FUN! Let's hack through the mountains of information and misinformation on all types of Medicare plans in plain English. We will dissect the various and confusing plans, and of course latest in industry news, changes. Absolutely no sales, just information!

More Little Known Stories, Events, and People in the American Revolution

Instructor: Jack Crowder

Thursday ▪ 3/12/2026 ▪ 1-2:30pm
1 Session ▪ **Off Campus** ▪ Stevenson Oaks
Course ID: F26SSFHCE268A

We all learned about General Washington, Paul Revere, maybe even heard of Lafayette. They didn't fight for independence alone, listen my children, come and hear about many others.

Music To My Heirs: The Challenge of Generational Wealth and How to Succeed

Instructor: Steve Lewis

Thursday ▪ 3/26/2026 ▪ 11am-12:30pm
1 Session ▪ **Online** ▪ Zoom
Course ID: F26SSFFINO38A

What makes a third generation of financially successful families succeed? And, as important, what missteps to avoid.

New Age Garden Design and How to Keep Plants Thriving

Instructor: Inman Novak

Friday ▪ 3/27/2026 ▪ 3-4:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHCR095A

Explore innovative and practical approaches to garden design tailored to North Texas's unique climate. This flexible course adapts to participants' individual interests and challenges, covering topics such as small-space garden design, thriving with potted plants, increasing biodiversity, and embracing failure as part of growth. Discover uncommon and cold-hardy plants, balance natives with nativars, and learn how to create visually stunning landscapes that thrive locally. Led by the owner of D&I Landscape and Construction, an award-winning designer featured in multiple publications, this class offers real-world insight for gardeners ready to think beyond the ordinary.

Perfecting the Jelly Roll

Instructor: Sharon Harrelson

Tuesday ▪ 3/24/2026 ▪ 11am-12:30pm
1 Session ▪ **Online** ▪ Zoom
Course ID: F26SSFHCR098A

It's all about that spiral! Rolled cakes can be light and airy, filled with whipped cream and fruit, or rich and decadent, frosted with ganache. These cakes bake quickly, are easy to serve, and can be an everyday or special-occasion dessert (perfect for your Easter table or spring brunch!). We'll make a traditional spring-themed Swiss roll and learn to use the same technique for a vertical layer cake. Bake along if you like! You'll receive the recipe in advance.

Quanah Parker: From Comanche Warrior to Successful Businessman

Instructor: Anne Bailey

Thursday ▪ 3/12/2026 ▪ 11am-12:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHCE180A

Quanah Parker, son of a Comanche chief and a captive white woman, became the most famous Native American in Texas in the latter part of the nineteenth century. His band was the last of the Comanches roaming far West Texas to surrender to the US Army, and move to a reservation in the Indian Territory (Oklahoma today). We will discuss his life, his famous mother, Cynthia Ann Parker, and the twilight of the Comanche nation. We will see how Quanah Parker went from a brutal Comanche warrior attacking white settlements in Texas to a successful businessman in the white man's world.

Retirement by Design: Tax and Estate Planning

Instructor: Lisa Ward

Monday ▪ 4/6/2026 ▪ 1-2:30pm
1 Session ▪ **Off Campus** ▪ The Stayton
Course ID: F26SSFFINO32A

Smart tax and estate planning can make all the difference in protecting your income, reducing stress, and leaving a lasting legacy. You'll learn how taxes impact retirement income, what recent law changes mean for you, and how to ensure your estate plan reflects your wishes. We'll cover everything from Roth IRA conversions and Social Security taxation to wills, trusts, and charitable giving. By attending, you will know how to manage retirement income and cash flow in a tax-efficient way; understand the essentials of wills, trusts, and the probate process and create or update an estate plan that protects your legacy and loved ones.

Retirement Master Class

Instructor: Ryan Cowley

Friday ▪ 4/10/2026 ▪ 11am-12:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFFINO31A

This lecture will cover many of the most pressing issues for retirees. We'll cover Tax Rate Risks, Retirement Income Planning, Maximizing Social Security, Retirement Distribution Pitfalls and Why Losses During Retirement Matter. Be the master of your retirement!

HYBRID
CLASS!

So You Want to Make a Hit Record?

Instructors: Richard Selcer, Colin Plante and Ron Tamada

Tuesday ▪ 3/31-4/7/2026 ▪ 11am-12:30pm
2 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFAMLO16A

Tuesday ▪ 3/31-4/7/2026 ▪ 11am-12:30pm
2 Sessions ▪ **Online** ▪ Zoom
Course ID: F26SSFAMLO16B

Hit records have more than one element to their success, most of those elements are added in the recording studio. Return with us now to those thrilling days of yesteryear when you heard a new song on the radio and it blew you away! We're going to listen to hits from the early 1960s into the '80s and see what made them a hit. Was it a great guitar riff? Heart-tugging lyrics? How about a killer bass line? Vocal harmonizing? Or something else? You'll hear classic examples of these and other elements that made a hit record -- and gave us the songs we loved.

The 1960's Folk Music Revival in Four Acts

Instructor: Michael Erwine

Monday ▪ 3/9-4/6/2026 ▪ 9-10:30am
4 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFACT004A

The history of this revival is illustrated by using four musical acts (approximately) to explain aspects of what Dave Van Ronk called "The Great Folk Scare": The Kingston Trio (and others): making folk music safe; Dave Van Ronk (and Joan Baez): the revenge of the "pure" folksingers; Bob Dylan: the rise of the singer/songwriters and additional artist(s) to be named later: the folk revival evolves.

The Battle for Mecca

Instructor: David Jefferson

Wednesday ▪ 4/8/2026 ▪ 11am-12:30pm
1 Session ▪ **Off Campus** ▪ Trinity Terrace
Course ID: F26SSFHCE271A

In 1979 a battle took place that fundamentally changed Islam and how it interacts with the rest of the world. A radical group took over the holiest site of Islam and when it was over the power structure in the middle east was forever altered. Yet this battle is almost never mentioned in the West.

The Future of NASA and Commercial Space

Instructor: Ken Ruffin

Thursday ▪ 3/26/2026 ▪ 1-2:30pm
1 Session ▪ **Off Campus** ▪ Stevenson Oaks
Course ID: F26SSFCT074A

Introduction to the robotic NASA missions gathering data; answering old questions and inspiring new ones on both the Moon and Mars. These missions have been occurring prior to NASA astronauts - and perhaps space tourists - traveling to those destinations. Also, an intro to crewed missions by just a few of several hundred Commercial Space companies which have sent, or will send, their rockets, capsules, software, experiments, space stations, greenhouses, people, and/or more, to Low Earth Orbit (LEO) and beyond.

The July 4th, 2025 Guadalupe River Flood:

Why Were So Many Lives Lost?

Instructor: Buddy McIntyre

Monday ▪ 3/30/2026 ▪ 1-2:30pm
1 Session ▪ **Off Campus** ▪ The Stayton
Course ID: F26SSFSN062A

119 lives were lost on the Guadalupe River July 4th, 2025, including 27 campers from Camp Mystic. Were at least some of these deaths preventable? We will look at this event in detail and determine who, if anyone, could have done more to save lives. It's important to examine this because a flood of this magnitude will happen again.

The Old Chisholm Trail: From Cow Path to Tourist Stop

Instructor: Wayne Ludwig

Friday ▪ 3/13-3/27/2026 ▪ 9-10:30am
2 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHCE034A

Controversy over the name and route of the Chisholm Trail has persisted over time. The popularity of late nineteenth-century Wild West shows, dime novels, and twentieth-century radio, movie, and television western drama has propelled the bygone era of the cattle trail into myth. The rise of automobile tourism, potential economic impact of tourists, and the appearance of numerous "historical" markers based on little more than hearsay contributed to the Chisholm Trail legend. Primary documents and sources that may have been unavailable to previous historians will be used to offer a new look at the Old Chisholm Trail.

Thunder on the Hills: Gettysburg, July 1863

Instructor: James Burt

Friday ▪ 3/13-3/27/2026 ▪ 11am-12:30pm
2 Sessions ▪ **On Campus** ▪ Annie Richardson Bass
Course ID: F26SSFHCE247A

The Battle of Gettysburg was the largest battle on North American soil in history. This course explores the leadup to the battle, unravels some myths and mysteries of the fight, and follows the post-battle pursuit to its frustrating culmination. This program stands on its own, but you may find it informative to also take the companion mini-course, Thunder on the Water: Charleston and Vicksburg July 1863.

Tour Prehistoric and Historic Henan Province in China: Luoyang, Kaifeng, and Anyang

Instructor: Lynn Yarbrough

Friday ▪ 3/13-3/27/2026 ▪ 9-10:30am
2 Sessions ▪ **On Campus** ▪ Annie Richardson Bass
Course ID: F26SSFHCE278A

Henan Province, in northern China has been the location of ancient capital cities, a repository of bones that were used for telling the future and on which are the origins of many Chinese characters, and the site of a community of Chinese Jews that existed for several hundred years. Some still claim that heritage. I toured these sites in Fall of 2025.

Trap-Neuter-Return: Introduction to Community Cat Care

Instructor: Lydia Hudson

Wednesday ▪ 3/11/2026 ▪ 3-4:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFPERO95A

In this class, we teach people what to do when they come across community cats, including what to do when they find kittens, feral cats, and friendly strays. Our main focus will be TNR (Trap-Neuter-Return), which has been a city ordinance since 2013. Our goal is to educate people about community cats so that there are managed, stable colonies, and fewer unwanted kittens trying to survive in a harsh environment.

Understanding Changes in Memory: From Mild Cognitive Impairment to Alzheimer's

Instructor: Jaime Cobb Tinsley

Monday ▪ 3/30-4/6/2026 ▪ 3-4:30pm
2 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHEAO86A

Discover how memory changes and what it might mean. This course helps you understand the difference between Mild Cognitive Impairment (MCI), which causes early memory changes, and Alzheimer's disease, a progressive condition affecting thinking and behavior. Learn what goes into a proper diagnosis, and explore how symptoms evolve across the early, middle, and late stages of dementia. Gain clarity, confidence, and tools to better support yourself or a loved one.

Up Close and Personal: American Art at the Amon Carter Museum

Instructor: James Burt

Wednesday ▪ 3/25-4/1/2026 ▪ 3-4:30pm
2 Sessions ▪ **Off Campus** ▪ Amon Carter Museum
Course ID: F26SSFACT126B

The Amon Carter Museum of American Art is a trove of paintings, sculptures, and other works from the 18th C. to the present day. Every work has a story. See the works and learn their stories with docent-guides from the Carter. **This is a two-session course**

Ways of Seeing (and Loving) Art

Instructor: Jan Abbott

Monday ▪ 3/9-3/23/2026 ▪ 3-4:30pm
1st Session ▪ **On Campus** ▪ Annie Richardson Bass
2nd Session ▪ **Off Campus** ▪ Kimbell Art Museum
Course ID: F26SSFAMLO09A

This is a condensed art appreciation course, designed to encourage further exploration. In the first class we will look at a range of artworks and learn techniques for analyzing and describing elements such as line, color, shape, texture, and space. As we look at works from various time periods, we will discover how learning about the historical context provides greater understanding and ultimately enhances enjoyment. The subsequent class will be a tour at the Kimbell Art Museum the following week. The exact time TBA at the end of our first class.

What Happened to the Apostles?

Instructor: Lynn Yarbrough

Wednesday ▪ 4/1-4/8/2026 ▪ 3-4:30pm
2 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFRELO84A

This mini-course will cover what tradition and such evidence as exists, how each of Jesus' disciples lived out their lives in ministry and how each one died. The course will also present what is known and what tradition says about Paul's life after Acts.

Who Are You? Where Did You Come From?

Instructor: Thomas Morton

Monday ▪ 3/9-4/6/2026 ▪ 1-2:30pm
4 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFPERO12A

Who are you? Where did you come from? I can help you trace your family history back through the centuries--back to Kings, Queens, and Emperors. I will show you how to quickly use all the online resources and how to organize your data. I will show you how to prepare and assemble a 350-page hard-covered book for your family and friends. No genealogy experience necessary.

Remember to select and prioritize a maximum of 8 classes! You'll be able to add more to your schedule after the allocation has completed.

SESSION III

April 13–May 8



SCHEDULE AT A GLANCE: SESSION III

Session III: April 13–May 8	Start Date	Day	Time	#	Instructor(s)	Location
Zentangle: Zippered Pouch with Design	4/13	M	9am	2	Dyson	SW
Common Things Are Common: A Review of the Common Chronic Conditions of Adults	4/13	M	11am	4	Parker	SW
Abdominal Anatomy, Physiology, and Disease Processes	4/13	M	1pm	4	Rutledge	SW
What Did the Doctor Say? 40 Years of Observations From an Office Stool	4/13	M	1pm	1	Parker	STAY
Bucket List Books	4/13	M	3pm	4	Barnes	SW
The Ice Ages and their Relation to the Milankovitch Cycles	4/14	Tu	9am	1	Frey	SW
From Russia with Blood: Napoleon's and Hitler's Invasions of Russia (HYBRID)	4/14	Tu	11am	2	Lanctot	SW, ZOOM
Get Into Jail Free	4/14	Tu	11am	1	Gagne	ZOOM
Kings of France: Let Them Eat Cake!	4/14	Tu	1pm	4	Seeling	SW
Shrink Seminar: How to Grow Your Specialty by Thinking Smaller	4/14	Tu	3pm	1	Quinn	SW
A Practical Guide to Understanding Health Savings Accounts (HSA)	4/15	W	11am	1	Moseley	ZOOM
The Science of Sleep	4/15	W	11am	1	Goggans	TT
Today's Musical Theatre: Broadway Shows and National Tours	4/15	W	11am	1	Humphrey	SW
Advances in Surgery, Medicine, and Anesthesia Since the 1500s	4/15	W	1pm	1	Rutledge	SW
How to Read Great Literature: The Greek Tragedies	4/15	W	3pm	4	Hudson	SW
Up Close and Personal: American Art at the Amon Carter Museum	4/15	W	3pm	2	J Burt	ACM
Water for North Texas - Present and Future	4/16	Th	9am	2	Gugliuzza/ Tamada	SW
The Original Codetalkers	4/16	Th	11am	1	Davis	SW
Yoga for Creativity	4/16	Th	11am	4	Vitek	SWT
Antarctica Expedition with Space Legends	4/16	Th	1pm	1	Becker	SO
Social Media Savvy in 2026	4/16	Th	1pm	4	Harris	SWT
Beginner Winning 42: Learn the National Game of Texas!	4/16	Th	3pm	4	Roberson	SW
A Class About Nothing	4/17	F	9am	4	Sease	SW
Societal Issues Discussion Group	4/17	F	9am	4	L Klos, E Klos	TCUARB
Intermediate Hand Embroidery	4/17	F	11am	4	Clark	SW
The Supreme Court and the Rastafari	4/17	F	11am	1	Middleton	TCUARB
Land Titles and Title Insurance--What Can Go Wrong?	4/17	F	1pm	1	Minke	SW
Tiles, Strategy, & Fun: An Introduction to Mahjong	4/17	F	1pm	2	Edwards	TCUARB
The Professional Organizer's Guide to Having the Most Organized Home on the Block: PART 2	4/17	F	3pm	4	Jones	SW
An Interview with General Nathaneal Greene "The Fighting Quaker"	4/20	M	1pm	1	Crowder	STAY
Giving with Purpose: Tax-Smart and Charitable Planning Strategies	4/21	Tu	9am	1	Villegas	SW
Extreme Weather: Supercells and Tornadoes	4/21	Tu	3pm	2	McIntyre	SW
Gardening by the Moon: Almanacs and How to Use Them	4/22	W	9am	1	Byers	SW
Beyond the Merits Docket: The Rise and Reach of the Supreme Court's Emergency Decisions	4/22	W	11am	1	Houston	SW
Small Modular Reactors	4/22	W	11am	1	Davis	TT
Bonsai: An Introduction Into the Art and Horticulture of Growing Trees In Pots	4/22	W	1pm	1	Manuel	SW

(Continues on next page)

Session III: April 13–May 8 (continued)	Start Date	Day	Time	#	Instructor(s)	Location
Dream Theory and Absolute Mind	4/23	Th	11am	2	W Greer	SW
Phoebe, Pax, and Olive: LLC K-9 Comfort Dogs in Fort Worth	4/23	Th	1pm	1	Marut	SO
Travel Log: A Summer Car Trip Through France	4/23	Th	1pm	2	Parr	SW
An Experiential Look at Dementia	4/24	F	11am	2	Snider	TCUARB
The Beatles in Early 1966: The Best of Times or the Worst of Times?	4/24	F	1pm	1	Shaw	SW
Famous TV Cowboys of the 50's and 60's	4/27	M	9am	1	Main	SW
Boomer Playthings: Games, Cars, Clothes, Books, Movies, and Television	4/27	M	1pm	1	Quinn	STAY
The F.I.F.A. World Cup--Final Notes	4/28	Tu	11am	1	Woodard	SW
A Star is Born	4/29	W	9am	2	Harrelson	SW
Manage Stress Before it Manages You	4/29	W	11am	2	Valdez	SW
The Plague of Ignorance	4/29	W	11am	1	W Greer	TT
The Sound of Health: Exploring the Importance of Hearing Healthcare	4/29	W	1pm	1	Carson	SW
The Original Camp Bowie (HYBRID)	4/30	Th	9am	1	Alberts	SW, ZOOM
Chandor Gardens	4/30	Th	1pm	1	Main	SO
If I Could Tell The World!	5/1	F	1pm	2	Sikes	SW
Texas Governor Ann Richards Brought to Life	5/1	F	1pm	2	Villari	TCUARB
Fort Worth Sister Cities	5/4	M	9am	1	S Borne	SW
Fort Richardson: From the Comanches to the Japanese	5/4	M	1pm	1	Main	STAY
Charles Goodnight, Oliver Loving, and the Goodnight-Loving Trail	5/5	Tu	9am	1	Ludwig	SW
Great Perennial Borders and How to Grow Them	5/5	Tu	3pm	1	Byers	SW
Overview of the New NASA James Webb Space Telescope Mission	5/6	W	11am	1	Smith	TT
Barbary Pirates	5/6	W	1pm	1	Norman	SW
Get Your Jam On	5/6	W	3pm	1	Dulle	ZOOM
Soccer: Laws of the Game	5/7	Th	9am	1	Woodard	SW
New Mexico: How the Indians Made Their Pottery	5/7	Th	11am	1	L Borne	SW
I Promised a Hitman He Would Get the Death Penalty	5/7	Th	1pm	1	Sparks	SO
What Your POA/Executor Needs to Know	5/7	Th	1pm	1	Weaver	SW
Nostalgia Secrets: How Sharing Your Past Can Improve the Future	5/8	F	11am	1	Quinn	TCUARB



SESSION III COURSES & LECTURES

A Class About Nothing

Instructor: Thomas Sease

Friday ▪ 4/17-5/8/2026 ▪ 9-10:30am
4 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFPER070A

Want to meet new people and have meaningful (or lighthearted) conversations? Whether you're exploring retirement, curious about current events, or just looking to connect, this class is for you. We'll meet once a week for a month, breaking into small groups to discuss questions and prompts from both the instructor and participants. Come ready to share, listen, and enjoy thoughtful conversations about everything and nothing at all.

A Practical Guide to Understanding Health Savings Accounts (HSA)

Instructor: Bonnie Moseley

Wednesday ▪ 4/15/2026 ▪ 11am-12:30pm
1 Session ▪ **Online** ▪ Zoom
Course ID: F26SSFFIN039A

Discover how to make the most of your Health Savings Account (HSA)! This lecture covers how HSAs work, tax advantages, distribution planning, and strategies for managing and investing HSA funds. Real-world examples and case studies will help you apply what you learn. Perfect for anyone looking to take control of healthcare costs and build financial resilience.

A Star is Born

Instructor: Sharon Harrelson

Wednesday ▪ 4/29-5/6/2026 ▪ 9-10:30am
2 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFAML014A

There have been four film versions of A Star is Born, starting with the non-musical 1937 drama, followed every 20 years or so by a musical version. How do they rank? In my opinion, there is no question that the 1954 film directed by George Cukor, with near-perfect performances by Judy Garland and James Mason, is by far the best. You may disagree, but wait until after we examine all the fascinating details of this film's stars and stories to make that decision. There's music, romance, heartbreak and some Hollywood magic involved in this one!

Abdominal Anatomy, Physiology, and Disease Processes

Instructor: Peter Rutledge

Monday ▪ 4/13-5/4/2026 ▪ 1-2:30pm
4 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHEA069A

This 4-week course will cover basic abdominal anatomy and physiology and will be aimed toward the non-medical population. Anatomy of the digestive tract, liver, gallbladder, appendix, pancreas, and spleen will be reviewed. The physiology, or function, of each organ will also be discussed. Finally, knowing basic anatomy and physiology, I will discuss common abdominal diseases: Gastro-esophageal reflux (GERD), stomach ulcers, Bariatric (obesity) surgery, bowel obstruction, Crohn's disease, colon cancer, diverticulitis, appendicitis, gallstones, pancreatic cancer, pancreatitis, cirrhosis of the liver, and the enlarged spleen. The diagnosis and treatment for each disease will also be covered briefly.

Advances in Surgery, Medicine, and Anesthesia Since the 1500s

Instructor: Peter Rutledge

Wednesday ▪ 4/15/2026 ▪ 1-2:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHEA085A

There have been two necessary developments over the last 175 years which have made surgery possible in the form it takes today: the development of anesthesia beginning in 1846, and the invention of anti-sepsis (killing of bacteria), first used in 1867. This two week course will tell the stories of the people involved, and the discoveries they made, in the development of anesthesia and anti-sepsis. Without their vision, tenacity, and willingness to fight ingrained medical beliefs and customs, 21st century surgery would not be the safe practice we take for granted today.

An Experiential Look at Dementia

Instructor: Gail Snider

Friday ▪ 4/24-5/1/2026 ▪ 11am-12:30pm
2 Sessions ▪ **On Campus** ▪ Annie Richardson Bass
Course ID: F26SSFHEAO73A

This interactive course offers a hands-on understanding of dementia through Dementia Live, providing participants with insights into how those with dementia may perceive and react to real-life situations. By experiencing sensory and cognitive challenges firsthand, participants will learn how to recognize behaviors that may escalate a crisis and discover effective ways to respond. The second session explores deeper caregiving strategies, reducing risks, and fostering supportive relationships for those with dementia. Active participation is encouraged, offering an immersive experience to better understand and assist individuals living with dementia.

An Interview with General Nathaneal Greene:

"The Fighting Quaker"

Instructor: Jack Crowder

Monday ▪ 4/20/2026 ▪ 1-2:30pm
1 Session ▪ **Off Campus** ▪ The Stayton
Course ID: F26SSFHCE266A

In 1780, the southern states were about to fall under the control of the British army. General George Washington gave Nathaneal Greene command of the Southern Department to prevent this and save the Revolution. Many historians consider Greene as the best general, next to Washington, that the Americans had. Washington even told his officers that, if anything were to happen to him, he wanted Greene placed in charge. When Greene first joined the army, some wanted him to resign because he walked with a limp, and they felt he was an embarrassment to the regiment. He also felt insecure his entire life, because he had very little schooling. In his own words General Greene will tell you how he rose in ranks to become the "most underrated general" in American history.

Antarctica Expedition with Space Legends

Instructor: Christine Becker

Thursday ▪ 4/16/2026 ▪ 1-2:30pm
1 Session ▪ **Off Campus** ▪ Stevenson Oaks
Course ID: F26SSFSNO54A

Join me in reliving my experience on a space themed voyage in Antarctica with fellow space enthusiasts. The video and photos include comments by our speakers on board. The space legends included: William Shatner, Neil DeGrasse Tyson, astronauts: Jose Hernandez, Scott Kelly, and Charlie Duke, along with Ann Curry and Celine Cousteau. We explored several islands via wet and dry landings. Of course, we could never get tired learning about and watching those adorable penguins amongst the icebergs surrounding us.

Barbary Pirates

Instructor: Roger Norman

Wednesday ▪ 5/6/2026 ▪ 1-2:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHCE277A

"To the shores of Tripoli" goes the Marine Hymn. The Barbary pirates (also called Barbary corsairs) were pirates who operated from the 16th through the 19th centuries along the Barbary Coast of North Africa, preying on ships in the Mediterranean Sea and into the Atlantic Ocean. Many were Muslim seafarers from North Africa, but their ranks also included renegades from Europe who converted to Islam and joined them. They raided merchant ships, seized cargo, and captured crews and passengers. Captives were sold as slaves in North African markets or held for ransom. The pirates often operated under the protection (or at least tolerance) of the North African Ottoman regencies, and their leaders were sometimes state officials. The United States fought two separate wars with Tripoli (1801--1805) and Algiers (1815--1816) in an attempt to shut down the piracy, although at other times it preferred to pay tribute to obtain the release of hostage captives.

Beginner Winning 42: Learn the National Game of Texas!

Instructor: Dennis Roberson

Thursday ▪ 4/16-5/7/2026 ▪ 3-4:30pm
4 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHCR083A

Learn the National Game of Texas! The domino game of 42, invented in Texas, is like a card game played with dominoes. It is a fun and challenging trick-taking game. Learn the basics and practice honing your skills with fellow players. Recommended book: Winning 42: Strategy and Lore of the National Game of Texas

Beyond the Merits Docket: The Rise and Reach of the Supreme Court's Emergency Decisions

Instructor: Rachael Houston

Wednesday ▪ 4/22/2026 ▪ 11am-12:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFPGL021A

In recent years, the Supreme Court's emergency or "shadow" docket has moved from a relatively quiet procedural track to a more prominent part of the Court's work. Learn how the emergency docket differs from the Court's regular merits docket and its growing use in areas such as immigration, public health, and election administration. And, what is known about the frequency and characteristics of these decisions and their implications for precedent and transparency of the Court.

Bonsai: An Introduction Into the Art and Horticulture of Growing Trees In Pots

Instructor: David Manuel

Wednesday ▪ 4/22/2026 ▪ 1-2:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHCRO94A

Bonsai is the ancient Japanese practice of growing trees in pots. This presentation includes a discussion of the origins of bonsai as an artform, the general aesthetics, horticulture of the trees, and basic techniques. What is the significance of size of the trees? Many examples are pictured and the presenter discusses and describes a limited selection of trees from his personal collection. The presentation concludes with a description of the upcoming permanent public bonsai collection in the Fort Worth Japanese Garden.

Boomer Playthings: Games, Cars, Clothes, Books, Movies, and Television

Instructor: Rix Quinn

Monday ▪ 4/27/2026 ▪ 1-2:30pm
1 Session ▪ **Off Campus** ▪ The Stayton
Course ID: F26SSFHCE189A

Were you born between 1946 and 1964? If so...congratulations, you're a Boomer. Do you remember what toys you bought? The cars you drove? The games you played? And what did we wear? We'll cover all that in a 1.5 hour "look back" at what we liked, and why we liked it. Do you want to go back? Not me. But I'd like to look in the rearview mirror.

Bucket List Books

Instructor: Shari Barnes

Monday ▪ 4/13-5/4/2026 ▪ 3-4:30pm
4 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFLW002A

Our first book is the BIBLE BOOK OF RUTH (NASB). It is a tale of love, loss, faithfulness, and redemption. The second book is THE CALL OF THE WILD by Jack London. It is about Buck, a dog from the Santa Clara Valley who finds himself living as a sled dog in the Arctic. The third book is RAPUNZEL by Paul O. Zelinsky. A husband and wife are sorrowful because they have no children. When a baby girl finally arrives, a sorceress takes the child away. The sorceress cares for the child, and the girl grows into a beauty. The last book is THE GOLDFINCH by Donna Tartt. A Pulitzer Prize winning novel, it follows the life of Theo Decker.

Chandor Gardens

Instructor: Lynn Main

Thursday ▪ 4/30/2026 ▪ 1-2:30pm
1 Session ▪ **Off-Campus** ▪ Stevenson Oaks
Course ID: F26SSFACTO62A

Can a famous British portrait painter find true love with a Weatherford, Texas girl? This is the story of Douglas Chandor and Ina Kuteman Hill. He painted some of the most significant figures of the 20th century. She supported him as he pursued his vision of the perfect garden. And you can visit this remarkable garden today in Weatherford.

Charles Goodnight, Oliver Loving, and the Goodnight-Loving Trail

Instructor: Wayne Ludwig

Tuesday ▪ 5/5/2026 ▪ 9-10:30am
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHCE110A

The Goodnight-Loving Trail, also known as the Goodnight Trail or the Loving Trail, was one of several routes used to drive herds of wild Texas cattle from Texas to more viable markets during the latter half of the nineteenth century. Charles Goodnight and Oliver Loving certainly left their mark on the history of Texas and the American West, yet did not blaze the trail that carries their name. Like most topics related to the American West, the lines between legend, fiction, and reality have become blurred with the passage of time. What is the real story behind the legend of Charles Goodnight, Oliver Loving, and the Goodnight-Loving Trail?

Common Things Are Common: A Review of the Common Chronic Conditions of Adults

Instructor: James Parker

Monday ▪ 4/13-5/4/2026 ▪ 11am-12:30pm
4 Sessions ▪ On Campus ▪ Secrest-Wible
Course ID: F26SSFHEAO21A

In this class, I will attempt to explain, in an easy to understand fashion, the underlying mechanisms for the common chronic conditions of adults. These will include heart disease, high blood pressure, high cholesterol, diabetes, chronic kidney disease chronic lung disease and others. We will discuss why, when, and how we can treat these conditions, touching on the various common treatments for these diseases and how they work.

Dream Theory and Absolute Mind

Instructor: William Greer

Thursday ▪ 4/23-4/30/2026 ▪ 11am-12:30pm
2 Sessions ▪ On Campus ▪ Secrest-Wible
Course ID: F26SSFNO60A

There are dozens of dream theories and diverse views on the interpretation, meaning and significance of dreams. These range from the mundane to the spiritual. We will briefly review the most common theories before exploring a new theory of dreams from the philosophical perspective of Absolute Idealism. This new theory touches on abnormal psychology, consensus reality, imagination, personal identity, philosophy and spirituality. Only GENERAL interpretation issues will be discussed. Specific interpretive details or methods will NOT be included.

Extreme Weather: Supercells and Tornadoes

Instructor: Buddy McIntyre

Tuesday ▪ 4/21-4/28/2026 ▪ 3-4:30pm
2 Sessions ▪ On Campus ▪ Secrest-Wible
Course ID: F26SSFCTO30A

Supercells are the least common type of thunderstorm, yet they are responsible for the most violent of tornadoes and severest of hailstorms. We will examine how these unique storms develop, how to recognize them, and most importantly, how to survive them.

Famous TV Cowboys of the 50's and 60's

Instructor: Lynn Main

Monday ▪ 4/27/2026 ▪ 9-10:30am
1 Session ▪ On Campus ▪ Secrest-Wible
Course ID: F26SSFAMLO19A

In the early years of television, 7 of the top 10 rated programs were westerns. Many of our biggest movie stars got their start as a TV cowboy. And some of these shows went on week after week forever. Let's look at some of these cowboys and see where riding a horse and managing a six shooter led to even more exciting roles as their careers took on bigger challenges.

Fort Richardson: From the Comanches to the Japanese

Instructor: Lynn Main

Monday ▪ 5/4/2026 ▪ 1-2:30pm
1 Session ▪ Off Campus ▪ The Stayton
Course ID: F26SSFHCEO83A

We'll explore the history of Fort Richardson located just outside Jacksboro, TX. The fort went from an outpost protecting Texas settlers to a training site for soldiers who inspired The Bridge on the River Kwai. At one time it was the largest army installation in the United States--and only 50 miles from Fort Worth!

Fort Worth Sister Cities

Instructor: Sian Borne

Monday ▪ 5/4/2026 ▪ 9-10:30am
1 Session ▪ On Campus ▪ Secrest-Wible
Course ID: F26SSFAC127A

Fort Worth has been part of Sister Cities International organization for 40 years. Learn about the mission, programs and opportunities offered by this 501c3 nonprofit, as it promotes Fort Worth globally and enriches our community through international education, exchange and commerce.

HYBRID
CLASS!

From Russia with Blood: Napoleon's and Hitler's Invasions of Russia

Instructor: Linda Lanctot

Tuesday ▪ 4/14-4/21/2026 ▪ 11am-12:30pm
2 Sessions ▪ On Campus ▪ Secrest-Wible
Course ID: F26SSFHCE251A

Tuesday ▪ 4/14-4/21/2026 ▪ 11am-12:30pm
2 Sessions ▪ Online ▪ Zoom
Course ID: F26SSFHCE251B

Both leaders experienced career ending outcomes by attacking Russia. What are the similarities and differences as well as lessons learned from taking on the bear in the East?

Gardening by the Moon: Almanacs and How to Use Them

Instructor: Bob Byers

Wednesday ▪ 4/22/2026 ▪ 9-10:30am
1 Session ▪ On Campus ▪ Secrest-Wible
Course ID: F26SSFHCRO87A

A long tradition exists in the United States of performing tasks related to gardening, agriculture, homemaking, and health and beauty according to recommendations in almanacs. But what are these recommendations based on and can we use them in a modern context? If so, how? Take an interesting journey into the history, background, ideas, and practices based on these iconic North American publications and what we can learn from them today. Maybe you, too, can enjoy the many benefits of Gardening by the Moon. It is recommended that you bring a copy of Old Farmers or similar almanac.

Get Into Jail Free

Instructor: Michele Gagne

Tuesday ▪ 4/14/2026 ▪ 11am-12:30pm
1 Session ▪ Online ▪ Zoom
Course ID: F26SSFPERO94A

The Prison Entrepreneurship Program (PEP) unites volunteers and inmates through entrepreneurial passion and servant leadership to transform lives, restore families, and rebuild communities. Founded in 2004, PEP provides a holistic solution of forming men while in prison to develop the business skills and character traits necessary for entrepreneurship. Upon release, PEP supports them

with wraparound services (community, employment, transportation, transition housing, and business services). Learn what it's like to serve with PEP and how you can Volunteer to transform lives on the Inside, virtually, and/or on the outside.

Get Your Jam On

Instructor: Mary Dulle

Wednesday ▪ 5/6/2026 ▪ 3-4:30pm
1 Session ▪ Online ▪ Zoom
Course ID: F26SSFFBO22A

Prepare for summer's bounty of fresh, ripe fruits by learning how to create luscious, low-sugar jams. You can have seven jars of golden apricot jam in just over an hour, start to finish! Cherry jam takes longer as you need to pit and chop the cherries, but it's still an easy process.

You'll need fruit, sugar and pectin, some measuring cups, a large pot to cook the jam, some pint jars, and a stew pot to process the finished product. Amaze your friends and family with these jewel-toned delights. They make great gifts if you find you can't eat all the jars.

Giving with Purpose: Tax-Smart and Charitable Planning Strategies

Instructor: Melissa Villegas

Tuesday ▪ 4/21/2026 ▪ 9-10:30am
1 Session ▪ On Campus ▪ Secrest-Wible
Course ID: F26SSFFIN034A

Learn how to create a lasting impact through your estate plan while maximizing tax benefits. This class explores smart strategies for charitable giving, including gifts through wills, trusts, retirement accounts, appreciated assets, and qualified charitable distributions (QCDs). Discover how planned giving can reduce federal and estate taxes as well as capital gains tax, possibly create a lifetime income for you, provide for loved ones, and support the nonprofits you care about most. Perfect for anyone interested in aligning their financial and philanthropic goals. No prerequisites required.

Great Perennial Borders and How to Grow Them

Instructor: Bob Byers

Tuesday ▪ 5/5/2026 ▪ 3-4:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHCRO88A

Nothing brings a garden to life like a well-designed and maintained border of flowers. The best borders usually rely heavily on perennial plants as the primary source of color, texture, and structure. This course teaches you the basics of how great borders are created, the key roles various types of plants play in them, and some recommendations for locally adapted plants to serve those functions. After learning how to properly look at borders and a few simple rules for designing a successful one, you'll be able to create your own to fit any setting or style of your choosing.

How to Read Great Literature: The Greek Tragedies

Instructor: Emily Hudson

Wednesday ▪ 4/15-5/6/2026 ▪ 3-4:30pm
4 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFAMLO15A

The ancient Greek plays of Aeschylus, Sophocles, and Euripides laid the intellectual and artistic groundwork of Western literature. They shaped the genre of tragedy, deepened character psychology, explored universal ethical questions, and established drama as a form through which societies could examine themselves--a legacy that continues to guide writers and thinkers to this day. In this course, we will be reading the most celebrated works of each author: Agamemnon by Aeschylus, Oedipus the King and Antigone by Sophocles and The Medea by Euripides. Emphasis will be placed on close reading and the pleasures of grappling with the moral questions raised by these great works of drama.

Texts: Aeschylus II: The Oresteia (The Complete Greek Tragedies), translated by David Greene and Richard Lattimore ISBN-10 8#8207; : 8#8206; 0226311473

Sophocles I: The Theban Plays: Antigone, Oedipus the King, Oedipus at Colonus, translated by David Greene and Richard Lattimore, Third Edition, edited by Mark Griffith and Glenn W. Most ISBN-10 8#8207; : 8#8206; 0226311511 Euripides Medea (Hacket Classics), translated by Diane Arnson Suarlien ISBN-10 8#8207; : 8#8206; 0872209237

Euripides Medea (Hacket Classics), translated by Diane Arnson Suarlien

ISBN-10 8#8207; : 8#8206; 0872209237

I Promised a Hitman He Would Get the Death Penalty

Instructor: Ken Sparks

Thursday ▪ 5/7/2026 ▪ 1-2:30pm
1 Session ▪ **Off Campus** ▪ Stevenson Oaks
Course ID: F26SSFPGLO15A

The court-appointed lawyer for a hit man charged with the capital murder of a husband, wife and 14-month old baby so the wife's brother could inherit a \$400,000 estate will present the case facts, the jury trial, the appeal, and the aftermath of a highly publicized Harris County case that had more twists and turns than could be imagined.

If I Could Tell The World!

Instructor: Russ Sikes

Friday ▪ 5/1-5/8/2026 ▪ 1-2:30pm
2 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFPERO91A

"If I Could Tell The World" is simply everyone's chance to truly hold forth on a topic of their choice for a few minutes, then accept questions from others in the class about their topic and statements. The reason I think this would be a great class is that, as you all point out, EVERYONE has life experience, a story to tell, and closely-held passions. We all want to hold forth on some topic we hold dear, but seldom have the opportunity of an audience to listen, question, and discuss.

Intermediate Hand Embroidery

Instructor: Nancy Clark

Friday ▪ 4/17-5/8/2026 ▪ 11am-12:30pm
4 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHCRO90A

Take your embroidery skills to the next level in our Intermediate Workshop! This season's project is an elegant monogrammed linen tea towel--a timeless and practical piece perfect for your guest bathroom or as a thoughtful hostess gift. Learn decorative stitches, master monogram placement, and add a touch of elegance to your embroidery collection. A \$20 supply fee will be collected once registration is confirmed.

Kings of France: Let Them Eat Cake!

Instructor: Ken Seeling

Tuesday ▪ 4/14-5/5/2026 ▪ 1-2:30pm
4 Sessions ▪ **On Campus** ▪ Secretst-Wible
Course ID: F26SSFHCEO41A

During most of its history, France was ruled by kings. The course will dive into the facts, myths and folklore of the French monarchy. Get ready to learn more about the intrigue, glamour and debauchery of the royal families. Learn wig melting, head chopping, and odd tidbits of information to impress your friends and family.

Land Titles and Title Insurance: What Can Go Wrong?

Instructor: Janet Minke

Friday ▪ 4/17/2026 ▪ 1-2:30pm
1 Session ▪ **On Campus** ▪ Secretst-Wible
Course ID: F26SSFFINO36A

Learn the basics of land titles and of title insurance from its origin in 1874 to today. Gain an understanding of how title companies work to prevent claims and losses--and why. Explore unexpected things that often come up before or during a transaction. Learn why title companies sometimes require unexpected people to sign documents. Along the way listen to stories about what can go wrong even when everyone does everything right.

Manage Stress Before It Manages You

Instructor: Diana Valdez

Wednesday ▪ 4/29-5/6/2026 ▪ 11am-12:30pm
2 Sessions ▪ **On Campus** ▪ Secretst-Wible
Course ID: F26SSFPERO49A

People from many backgrounds and life experiences can develop stress and burnout. However, those of us who like to help others are especially vulnerable. We focus. We listen. We care - sometimes too deeply. Our desire to help takes a lot of mental energy and can be very exhausting. That's why self-care is so important for helpers. This presentation will help increase self-awareness of early warning signs of burnout. It will provide practical self-care strategies and methods for reducing the risk of burnout. And, best of all, you may walk away with a new idea or two that can help you "put your mask on first".

New Mexico: How the Indians Made Their Pottery

Instructor: Larry Borne

Thursday ▪ 5/7/2026 ▪ 11am-12:30pm
1 Session ▪ **On Campus** ▪ Secretst-Wible
Course ID: F26SSFACTO23A

I will explain how Southwest Indian pottery was made by sharing my first-hand experience with some of the New Mexico potters. I will also have fine examples of the different styles to share from my personal collection. Whether you are interested in starting your own collection or simply curious about the different styles of pottery, I will share how my collection was started and what to look for in authentic pieces.

Nostalgia Secrets: How Sharing Your Past Can Improve the Future

Instructor: Rix Quinn

Friday ▪ 5/8/2026 ▪ 11am-12:30pm
1 Session ▪ **On Campus** ▪ Annie Richardson Bass
Course ID: F26SSFHCE275A

Former magazine editor Rix Quinn says a popular feature of many publications is the "looking back" section. Readers are attracted to others' personal histories, because it helps them avoid future mistakes. And, sharing stories of the past can help strengthen connections with family and friends. During this workshop, we'll discuss the value of life lessons learned from elders; how discussing past joys can develop appreciation for the present; how reminiscing helps people link the past and the present; how to tell stories about the past that teach lessons for the future; and much more.

Overview of the New NASA James Webb Telescope Mission

Instructor: Randy Smith

Wednesday ▪ 5/6/2026 ▪ 11am-12:30pm
1 Session ▪ **Off Campus** ▪ Trinity Terrace
Course ID: F26SSFSCTO38A

The James Webb Space Telescope has been in development for decades and was just launched into a unique orbit around the Sun, beyond the Earth's orbit. This lecture will be an overview of the telescope's mission, its development and construction, its launch, and orbital insertion around the Lagrange 2 point.

Phoebe, Pax, and Olive: LLC K-9 Comfort Dogs in Fort Worth

Instructor: Janice Marut

Thursday ▪ 4/23/2026 ▪ 1-2:30pm
1 Session ▪ **Off Campus** ▪ Stevenson Oaks
Course ID: F26SSFPERO93A

Come meet three Comfort Dogs that serve Fort Worth and surrounding communities. Their job is to love on people and reduce stress while helping provide care that helps improve overall well-being.

Shrink Seminar: How to Grow Your Specialty by Thinking Smaller

Instructor: Rix Quinn

Tuesday ▪ 4/14/2026 ▪ 3-4:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHCE274A

This is a story of miniaturization. We'll take a look at a huge number of company's whose success was built on one product. Then we'll discuss why some of them made a line extension mistake...adding a product that was not synergistic with their major one.

And, have you noticed that many famous people are remembered for only one thing? When I say the names Alexander Graham Bell or Thomas Edison or Neil Armstrong, what events come to mind?

I am a former business magazine editor. Several years ago, we steadily built our magazines by shrinking our magazine size pictures, and shortening our business reports and stories. Each of our stories focused on one subject only, and this proved to be a successful formula.

One idea, one product, one powerful idea. Let's look at the history of shrinking and miniaturization, and how you can benefit from it.

Think about the great hugely popular magazines of the 20th century: National Geographic, Reader's Digest, TV Guide. All offered smaller sized formats.

Small Modular Reactors

Instructor: Jerry Davis

Wednesday ▪ 4/22/2026 ▪ 11am-12:30pm
1 Session ▪ **Off Campus** ▪ Trinity Terrace
Course ID: F26SSFCTO72A

There's been a lot of recent talk about building Small Modular Reactors (SMRs) instead of new, large nuclear power plants to meet the needs of "The Cloud," Crypto Mining, and Artificial Intelligence. Even non-electric companies are rumored to want to build these to power new facilities. But, so far it is still all talk. SMRs aren't new, numerous companies worldwide had designed and proposed these over the last 30 years. But, up to now, nobody has actually built one. Take this class and see what some of this talk is all about.

Soccer: Laws of the Game

Instructor: Lew Woodard

Thursday ▪ 5/7/2026 ▪ 9-10:30am
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHCR086A

The FIFA 2026 World Cup starts in June 2026. Nine matches are scheduled for Dallas Stadium, so for several weeks this summer, soccer will be a constant. This class will give you a chance to learn or review the Laws (rules) of the Game prior to the beginning of play. We will not be discussing the details of the World Cup tournament, but will focus on understanding the play on the field. Whether attending a match or watching on TV, the basics of this class can improve enjoyment of the game.

Social Media Savvy in 2026

Instructor: Na'Tori Harris

Thursday ▪ 4/16-5/7/2026 ▪ 1-2:30pm
4 Sessions ▪ **Off Campus** ▪ Stage West Theatre
Course ID: F26SSFTCM008A

Social media can feel overwhelming, but it doesn't have to be. In this approachable, hands-on course designed for adults 55+, Stage West Marketing Associate Na'Tori Harris-Jackson will guide participants through today's most popular platforms, including Facebook, Instagram, and TikTok. You'll learn how to spot reliable information, recognize AI-generated content, and use simple tools to connect meaningfully with friends, family, and communities online. With step-by-step instruction and plenty of time for questions, you'll leave class with practical skills, more confidence, and a clear understanding of how to safely and effectively engage in the digital world.

Societal Issues Discussion Group

Instructors: Larry & Elaine Klos

Friday ▪ 4/17-5/5/2026 ▪ 9-10:30am
4 Sessions ▪ On Campus ▪ Annie Richardson Bass
Course ID: F26SSFHCE200A

Class sessions will begin with a 15-30 minute summary of a current societal issue. Discussions will be non-adversarial (thoughtful but not heated), eliciting from class members alternative positions and associated rationale. Topics for each class period will be selected by class members and could include topics such as: School Vouchers; Income Inequality; Climate Change; and Death with Dignity. This class can be repeated, since if taken multiple times the specific discussion topics will be different for each class. Our final meeting will be held on Tuesday, 5/5 at 11am in the Secrest Wible classroom.

Texas Governor Ann Richards Brought to Life

Instructor: Libby Villari

Friday ▪ 5/1-5/8/2026 ▪ 1-2:30pm
2 Sessions ▪ On Campus ▪ Annie Richardson Bass
Course ID: F26SSFHCE264A

If you have seen the powerful one woman play *ANN*, about Texas Governor Ann Richards, you know Texas actress Libby Villari, who has played Ann around the country. She brings Ann Richards to life with scenes from the play, plus a personal presentation of her experience being tutored by actress Holland Taylor of "The Practice" and "Two and a Half Men" fame, who wrote the play and brought it to Broadway in 2013. Libby is thrilled to bring the story of her hero to you. Expect some politics, plenty of jokes, and a tad of profanity, as that was Ann's way.

The Beatles in Early 1966: The Best of Times or the Worst of Times?

Instructor: Punch Shaw

Friday ▪ 4/24/2026 ▪ 1-2:30pm
1 Session ▪ On Campus ▪ Secrest-Wible
Course ID: F26SSFACT129A

The first six months of 1966 were a relatively quiet period for the Beatles, with no new album release in England. But a lot happened during this stretch, including an unfortunate comment about Jesus, the beginning of the Revolver sessions, a catch-up album in the U.S. that included "Yesterday" and a

single that would mark the beginning of a new era for the band. Join us as we continue our celebration of the Beatles at 60 by exploring all the noise in this deceptively quiet time that set the stage for the earth-shattering albums to come, Revolver and Sgt. Pepper.

The FIFA World Cup: Final Notes

Instructor: Lew Woodard

Tuesday ▪ 4/28/2026 ▪ 11am-12:30pm
1 Session ▪ On Campus ▪ Secrest-Wible
Course ID: F26SSFHCR084A

The final qualifier matches are now complete, so all the teams in the World Cup have been determined. In this class, we will look at the 48 qualified teams, which group each was allocated to, and some interesting alignments. Specifically, we will examine the Group Stage games to be played in Dallas Stadium and possible match-ups in the Knockout Rounds. Is there any chance that the US team will play here? Updates on tickets and area transportation will be discussed.

The Ice Ages and their Relation to the Milankovitch Cycles

Instructor: Robert Frey

Tuesday ▪ 4/14/2026 ▪ 9-10:30am
1 Session ▪ On Campus ▪ Secrest-Wible
Course ID: F26SSFSN056A

Over the past two million years, the earth has oscillated between cold periods (ice ages) and warmer interglacial periods. These oscillations are related to variations in the earth's orbit around the sun that are known as Milankovitch cycles, but the relationship is more complex than some people may expect. This lecture will discuss the ice ages and how they were triggered by the Milankovitch cycles.

HYBRID
CLASS!

The Original Camp Bowie

Instructor: Tyler Alberts

Thursday ▪ 4/30/2026 ▪ 9-10:30am
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHCE250A

Thursday ▪ 4/30/2026 ▪ 9-10:30am
1 Session ▪ **Online** ▪ Zoom
Course ID: F26SSFHCE250B

Ever wonder who Hulen Street was named for? Before WWI, you traveled west from downtown on Arlington Heights Boulevard. Then, this big, sprawling army camp was built and the street renamed. Actually, a lot of streets were named and renamed following the construction and decommissioning of Camp Bowie. Learn the story of where it sprawled, what changes it made to Fort Worth, and what remains now. The class includes excellent overlays of Camp Bowie onto the current map of Fort Worth, and much, much more.

The Original Codetalkers

Instructor: Jerry Davis

Thursday ▪ 4/16/2026 ▪ 11am-12:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHCE256A

Is your only memory about the US military's use of Native American code talkers from the movie "Windtalkers" starring Nicolas Cage? Well, long before the Navajo and members of 18 other tribes served in this role in WWII, this idea was created right here in Fort Worth. Numerous Choctaw were members of the 36th Division, training at Camp Bowie. A bright idea led to 18 of them being selected to send unbreakable messages within the division during WWI, as remarkably few German soldiers spoke Choctaw. Amazingly, this idea was remembered and then expanded for WWII. But, it all started here.

The Plague of Ignorance

Instructor: William Greer

Tuesday ▪ 4/29/2026 ▪ 11am-12:30pm
1 Session ▪ **Off Campus** ▪ Trinity Terrace
Course ID: F26SSFPGL020A

In today's complicated world, ignorance is a huge, compelling problem. It has far-reaching implications in politics and life in general. This illustrated lecture will examine types of ignorance and its ramification for ethics, truth, responsibility, and better living. Importantly, we will address the personal implications of ignorance and how you can mitigate its effects.

The Professional Organizer's Guide to Having the Most Organized Home on the Block, Part 2

Instructor: Elizabeth Jones

Friday ▪ 4/17-5/8/2026 ▪ 3-4:30pm
4 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFPDWO40A

This is the SECOND level for students who have already taken the first Professional Organizer's Guide class. You'll learn how to tackle your own specific clutter crises {including photos and paperwork}, file fold t-shirts like an Olympic sport, and wrap lamp cords so they look like a piece of art. You'll find out all the best places to take your donations and consignments. And you'll even have a class on Elizabeth's favorite products {for any budget}.

The Science of Sleep

Instructor: Tinker Goggans

Wednesday ▪ 4/15/2026 ▪ 11am-12:30pm
1 Session ▪ **Off Campus** ▪ Trinity Terrace
Course ID: F26SSFSN057A

This course is based on the book, "Why We Sleep?" by Matthew Walker. We will discuss the nature of sleep and why all creatures require it to maintain health. Participants are invited, but not obligated, to read his book. Topics will include the nature of sleep, how sleep deprivation impacts our weight, immune system, and cardiovascular system. We will also consider how sleep changes over our lifespan.

The Sound of Health: Exploring the Importance of Hearing Healthcare

Instructor: Robin Carson

Wednesday ▪ 4/29/2026 ▪ 1-2:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHEA014A

This lecture is focused on raising awareness about the significance of hearing healthcare and its impact on overall health and well-being. It will discuss the anatomy of the ear, the understanding of how we hear, and the relationship between the ear and our brain. It will also discuss the benefits of preventative measures, early intervention, and the implications of untreated hearing loss. The course will also cover common misconceptions about hearing health and provide practical tips for maintaining the health of your ears.

The Supreme Court and the Rastafari

Instructor: Darren Middleton

Friday ▪ 4/17/2026 ▪ 11am-12:30pm
1 Session ▪ **On Campus** ▪ Annie Richardson Bass
Course ID: F26SSFPGL022A

The United States Supreme Court agreed in the summer of 2025 to hear the appeal of a former Louisiana prisoner, Damon Landor, whose dreadlocks were cut by prison officials in violation of Landor's Rastafari faith convictions. Our lecturer, Dr. Middleton, helped to write an "amicus brief" that his team filed in September 2025. Middleton will describe his experience on this religious liberty case, comment on what this means for the Rastafari religious movement nationally and internationally, and then answer any questions you may have.

Tiles, Strategy, & Fun: An Introduction to Mahjong

Instructor: Layla Edwards

Friday ▪ 4/17-4/24/2026 ▪ 1-2:30pm
2 Sessions ▪ **On Campus** ▪ Annie Richardson Bass
Course ID: F26SSFHCRO80A

This class introduces Mahjong, covering both Hong Kong and American styles of play. Each session includes guided instruction and time for open play, allowing students to practice and refine their skills. Mahjong offers numerous benefits, including improved cognitive function, enhanced social interaction, stress reduction, and better sleep. It's a fun way to boost fine motor skills and overall well-being. Join us to discover the latest trend sweeping North Texas--and see how this timeless game can improve your mind and connect you with others. See you at the table!

Today's Musical Theatre: Broadway Shows & National Tours

Instructor: Jessica Humphrey

Wednesday ▪ 4/15/2026 ▪ 11am-12:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFACT071A

Want to know what shows you should see on your next trip to New York? Want to learn more about the tours of Broadway musicals coming to the area? Are you a musical theatre lover who can't get enough show tunes? Then you will love this lecture on what is happening in musical theatre today. We'll explore productions that are currently running and what is coming up next on Broadway, musical movies, and more!

Travel Log: A Summer Car Trip Through France

Instructor: James Parr

Thursday ▪ 4/23-4/30/2026 ▪ 1-2:30pm
2 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFTRA012A

Come with me to relive a summer driving trip through eastern and southern France. The route starts at Charles De Gaulle Airport and heads east to the highly Germanic Alsace Region. We turn south to visit the magnificent French/Italian Alps and then reenter France to visit lavender fields in full bloom. We spend several days in Provence where Van Gogh painted many of his masterpieces. No trip to France is complete without wine, so we head into the Burgundy region for its famous vintage. The final stop is the Loire Valley to visit beautiful Chateaux from the 16th century.

Up Close and Personal: American Art at the Amon Carter Museum

Instructor: James Burt

Wednesday ▪ 4/15-4/22/2026 ▪ 3-4:30pm
2 Sessions ▪ **Off Campus** ▪ Amon Carter Museum
Course ID: F26SSFACT126C

The Amon Carter Museum of American Art is a trove of paintings, sculptures, and other works from the 18th century to the present day. Every work has a story. See the works and learn their stories with docent-guides from the Carter.

Water for North Texas: Present and Future

Instructors: Mary Gugliuzza & Ron Tamada

Thursday ▪ 4/16-4/23/2026 ▪ 9-10:30am
2 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFCTO19A

This mini-course will present information on one of our most vital resources: water.

The first week includes a brief primer on water and water sources for humans, and water availability for North Texas. We will discuss the many responsibilities and activities of a water utility including treatment and distribution of drinking water, treatment of wastewater to protect the environment, and a look at how water is supplied to people. The second week will discuss current issues affecting water supply and address questions from the class participants. We will also discuss current developments affecting Fort Worth Water customers including understanding their water use and conclude with some challenges to adequate water supply for future generations.

What Did the Doctor Say? 40 Years of Observations From an Office Stool

Instructor: James Parker

Monday ▪ 4/13/2026 ▪ 1-2:30pm
1 Session ▪ **Off Campus** ▪ The Stayton
Course ID: F26SSFHEA005A

Have you ever come home from a doctor visit to be met with the question, "What did the doctor say?". The more important question may be why did the doctor say nothing or appear to be unconcerned. I hope to give some insight as to how we doctors think and what we are listening for as you tell us of your concerns. I hope to make this a fun and educational presentation with real world anecdotes and scenarios from 40 years of practicing medicine in Fort Worth.

What Your POA/Executor Needs to Know

Instructor: Diane Weaver

Thursday ▪ 5/7/2026 ▪ 1-2:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFFIN007A

If something happens to you, will your family, Power of Attorney (POA) or the Executor of your estate know how to handle your affairs? We will go over a list of items that your POA/Executor needs to know to find documents, pay bills, handle assets, etc. A template in MSWord document will be provided that can be used to create an Emergency Document with everything that will be needed by someone that needs to step in and take over your accounts. Discussion will include 1) what needs to be addressed NOW, and 2) what nightmares can occur if this information is not readily available to the person you have asked to be your POA or the executor of your estate.

Yoga for Creativity

Instructor: Julie Vitek

Thursday ▪ 4/16-5/7/2026 ▪ 11am-12:30pm
4 Sessions ▪ **Off Campus** ▪ Stage West Theatre
Course ID: F26SSFHCR097A

Whether you're an artist, performer, or simply looking to awaken your creative spirit, this yoga class blends mindful movement with exercises designed to spark imagination. Julie Vitek will guide students through gentle, mindful movement and short meditative practices that encourage presence, openness, and creative flow. No prior yoga experience is necessary, just bring curiosity and a willingness to explore.

Zentangle: Zippered Pouch with Design

Instructor: Laura Dyson

Monday ▪ 4/13-4/20/2026 ▪ 9-10:30am
2 Sessions ▪ **On Campus** ▪ Secrest-Wible
Course ID: F26SSFHCR091A

Unleash your creativity making a Zentangle Zippered Pouch, where art meets functionality. This delightful 8" x 5" canvas pouch is a canvas for your imagination, featuring intricate Zentangle designs that you can personalize using the included fabric markers. All materials are provided, allowing you to create a unique piece that you can take home and showcase your artistic flair. Perfect for organizing your essentials or as a thoughtful gift, this two session class promises a fun and engaging experience for all skill levels. Prior experience with Zentangle encouraged but not required. A supply fee of \$10 will be collected prior to the start of class.

SPRING 2026 SPEAKER SERIES

The Speaker Series is held in the 3rd-floor ballroom at the Brown-Lupton University Union (BLUU) on select Fridays from 11am-12:30pm. Light refreshments are served and advance registration is required.

When registration opens for each program, members will receive an email with a description of the speaker's topic and a registration link. In the meantime, you can mark your calendar with these dates!

February 27

Toby Owen
CEO, Presbyterian Night Shelter

April 17

Kira Johnson
Daughter of WWII Monuments Man
Clyde Kenneth Harris



OUR INSTRUCTORS

All TCU Silver Frogs instructors generously share their time and life experiences as volunteers. Many have been teaching with us for years and offer multiple classes each semester. The Silver Frogs program could not exist without them!

Jan Abbott is a retired art history professor with a PhD in art history from Pennsylvania State University (2008). She currently volunteers as a docent at the Kimbell Art Museum, after completing an intense ten-month training period. Prior experience includes teaching art history at the University of Tennessee (2003–2007), and more recently as a lecturer at Caldwell University in New Jersey, where she taught a number of art history courses, as well as art appreciation.

Tyler Alberts was born and raised where Camp Bowie stood, graduating from Arlington Heights High School. He is the Curator of the Fort Worth Military Museum and has been the Historian of the 90th Infantry Division for the past 25 years. He was also a member of the WWI Centennial Commission concerned with the war history of the 36th Division. In this role, he began his research on the history and legacy of Camp Bowie and has continued to update his presentations as new information emerges.

Lee Ancona, PhD is currently a staff member in the TCU Athletic Department (Tutor/Academic Advisor). He is a volunteer in the Leadership Program, Neeley School of Business at TCU. Lee is a retired faculty member of the University of North Texas.

Dr. Anne J. Bailey is a specialist in Civil War and Texas history. She is the author of nine books, numerous book chapters, and over 300 articles and book reviews. She has taught at Texas Tech University, the University of Arkansas, Fayetteville, and in the University of Georgia system. She edited the Society of Civil War Historians Newsletter for almost 25 years.

Shari Barnes is retired from TCU. She facilitates book discussion classes, including one for homeless people at the Presbyterian Night Shelter. Shari is a wife, mother, grandmother, and great grandmother. She is a published author who enjoys a good cup of coffee and a fireside. She is a community volunteer and serves on the board of Stage West Theatre. Shari has a bachelor's degree from California Baptist University and a master's degree from TCU.

Crystal Barth is a retired government employee who took up the challenge of tracing her family genealogy after she retired. Her ancestors hail mainly from England and Germany, with a little French added, and have spread all over the USA and Canada. Her paternal line has been traced back to 1538 England. She is a member of several national, state, county and local genealogical societies and is currently Treasurer for the Fort Worth Genealogical Society.

Sammy Bass has a BA from Texas Christian University in Cinema and Media Studies and is working on her MLIS at the University of North Texas. She is a lifelong film lover and specializes in folk horror and the French New Wave. She is an award-winning writer and longtime TCU employee looking forward to sharing her love of film with Silver Frogs!

Christine Becker has wanted to go to space since watching the Apollo 11 moon landing. She had a blast at adult Space Camp. Astronaut Alan Bean handed her the graduation certificate and a membership to the National Space Society. She realized that other people are interested in space and has been traveling to space conferences ever since.

Nicole Bettinger is an Instructor in TCU's Department of Interior Design and Fashion Merchandising. Her areas of expertise include buying, planning, inventory analysis and production. She has taught Fashion Media Trends, Introduction to the Fashion Industry and Merchandise Planning and Analysis. She received her Bachelor's degree from TCU and her Master's degree from Texas Woman's University.

Peter Boger, MA has been a practicing psychotherapist for over 50 years. His practice has involved working with all aspects of mental health, but primarily focused on the human encounter with unavoidable suffering in everyday life. For the past 30 plus years he has been a student and practitioner of Bon Dzogchen, an area of Tibetan teachings and practices that pre-date Buddhism, and have, over time, been absorbed into the other Buddhist lineages. He is currently working to incorporate these teachings and practices with traditional psychotherapy, addressing root causes rather than secondary symptoms.

Larry Borne's interest in Indian pottery stems from vacations taken with his family as a boy, which included time spent at Mesa Verde and Bandolier National Parks. Climbing the ladders, going down into the kivas, and spending time in the museums planted a seed that later germinated into wanting to learn more about Southwestern pottery. His learning curve included spending time with Native American potters who educated him on the various techniques of crafting their skill. Over time, his collection from various potters and pueblos has grown to be quite extensive.

Siân Borne has been a member of the Fort Worth Sister Cities Board for three years and has participated in three adult exchanges and well as hosted an exchange student and been a day host for visiting delegations. Her daughter was also a youth ambassador in 2004. She is planning to participate in two more adult exchanges in 2026.

Emily Brzyski, with a Master's degree in Art History from the University of South Florida, brings a unique blend of academic expertise and innovative leadership to the art world. As the Director of the Gallery at Bowie House, the first fully functional art gallery housed inside every single room of a luxury hotel, she is dedicated to transforming art appreciation and engagement. Emily has extensive experience in both art curation and sales, leveraging this knowledge to create captivating exhibitions that appeal to a broad audience and collectors alike. Additionally, she has taught Art History at USF, fostering a deep understanding of art's cultural impact and market dynamics.

Donna Burnette has been crafting since she was knee-high to a grasshopper. Her crafting is self taught and often experimented on with unsuspecting relatives. Before retiring to become a full time Gammy, Donna was a drafter/designer of equipment of cranial and spinal surgery for a major medical company.

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OUR INSTRUCTORS

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James Burt earned his BA from The University of Pennsylvania 1972, served in the US Army (Cavalry) 1972-1977, received his JD from Memphis State University 1980, was admitted to the bars of Tennessee, Kentucky, and Texas, Moderator for Quora Spaces American Civil War 1861-1865 and American War of the Southern Rebellion, as well as contributing to numerous other Quora history spaces. He is a member of the Fort Worth Civil War Roundtable.

Melinda Burt has been an Art in the Garden docent at the Fort Worth Botanic Garden since 2021, giving monthly tours to Garden visitors and special guests. She is an experienced docent at the Amon Carter Museum of American Art and has a broad knowledge of American art and artists with a special interest in Texas artists. She loves helping others see meaning in art that may at first seem mystifying.

Bob Byers has worked in the world of public horticulture and garden design for over 35 years, as a college instructor in landscape architecture and in many positions in public gardens in Arkansas and Texas. From 2015 to 2020 he served as the director of the Fort Worth Botanic Garden and now serves as the Gardens Executive Vice President for Special Projects. Bob has delivered presentations on horticulture, design, and many related topics to audiences across the South and at national and international conferences. He enjoys gardening and traveling when he has free time.

Lacey Camp is a mixed media artist whose five-minute claim to fame was winning 1st Place Master Craftsmen at the Texas State Fair with a mixed media piece of over 2000+ buttons in her representation of Van Gogh's Starry Night. She has collected Artist Trading Cards from every state within the United States as well as most of its protectorates. Her collection includes cards from Canada, Mexico, Europe, Asia, and Australia.

Dr. Robin Carson is a highly skilled and dedicated audiologist with a passion for promoting hearing health and enhancing the lives of individuals with hearing difficulties. With over 25 years of experience in this field, Robin has become renowned for her expertise in diagnosing and treating various types of hearing impairments. She is focused on patient education and takes a holistic approach to

hearing healthcare. Robin has earned her Master's degree in Audiology from the University of New Mexico and her doctorate degree from the Arizona School of Health Sciences. Born with a hearing loss herself, her passion, compassion, and love for her work is unmatched.

Joseph Cecere is a Retired Oral and Maxillofacial Surgeon who studied to become a Docent at the Kimbell Art Museum. He has traveled extensively throughout Italy, Greece, and Spain.

Patsy Cipolla owned a nationally award winning custom frame shop and art gallery in Fort Worth for 33 years. The shop specialized in archival and creative work. She has also been a volunteer in Fort Worth for 50 years.

Nancy Clark, a TCU Theatre graduate, has spent over 30 years perfecting the art of hand embroidery and now shares her passion through teaching.

Nora Coalson After retiring from nursing in 2012, a love of the outdoors led her to volunteer at the Fort Worth Botanic Garden, initially in the Perennial Garden. She now works as a docent and an ambassador in the Japanese Garden. Walking those acres in the garden keeps me physically fit, and the Silver Frogs programs provide mental stimulation and challenge. Now I enjoy teaching topics which have caught my interest, like the Ancient Stoics. Interestingly, both the Japanese Garden Class and the Ancient Stoic class deal with the topic of "flourishing", although in different contexts.

Jaime Cobb Tinsley, Community Health Worker and Montessori Dementia Care Professional is the Vice President of Family & Professional Education at James L. West Center for Dementia Care. She has been working in dementia care for over 18 years. Jaime has developed and implemented a variety of innovative programs that focus on enhancing the quality of life for individuals and families living with dementia and leads collaborative models of training for current and future healthcare workers.

David Coke is a retired engineer/manager who spent his career managing power generating stations. But, he grew up on the high plains of west Texas and after moving to Austin as a teenager, he fell in love with trees. Upon retiring David got involved with the Cross Timbers Urban Forestry Council (CTUFC) and took their training and became a Certified Citizen Forester. This organization is focused

on supporting those public entities that own trees that need care and maintenance. David was elected to the board of the CTUFC and became the Education Coordinator for the Citizen Forester Training program. He is no longer either of these, but, he is still a Citizen Forester and has provided a significant number of volunteer hours working on improving publicly owned trees in the Cross Timbers Area, mostly in Fort Worth. David is not an ISA Certified Arborist, but he can help you understand the basics of maintaining your trees.

Jessica Copeland, NBC-HWC, LMC, CDP, E-RYT. As the Whole Health Coach at UNTHSC's Center for Older Adults, she facilitates meaningful conversations with clinic patients and research participants about how lifestyle choices impact health. Coaching for the research study, Self-Management Program for Brain Health, she uses evidence-based strategies to empower individuals to improve cognitive health by addressing modifiable risk factors for dementia. Mayo Clinic Certified Coach, National Board-Certified Health & Wellness Coach, American College of Lifestyle Medicine Coach, Experienced-Registered Yoga Teacher, Alzheimer's Research and Prevention Foundation Brain Longevity Specialist, Certified Dementia Practitioner, Texas Certified Special Education Teacher.

Ryan Cowley serves the community by helping individuals build solid foundations for their future. Ryan has a Bachelor of Business Administration degree from Abilene Christian University and a MBA in finance and marketing from Texas Christian University. Ryan is President of Cowley Financial Group, located in Fort Worth.

Jack Crowder is a retired teacher and administrator with 40 plus years in the classroom. He holds a B.A. and master's from Texas Christian University. He has published 12 books on the American Revolution and has given talks on the Revolutionary War to school classes, historical societies, and Daughters of the American Revolution Chapters.

Carla Curry is an Emmy nominated Set Decorator in the Film Industry for 40 years with over 50 projects under her belt.

Jerry Davis is a licensed Professional Engineer and retired nuclear engineer who worked in the nuclear power industry and taught engineering at

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OUR INSTRUCTORS

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UNT for more years than he'd like to admit.

Mary Dulle is retired and is a community volunteer. After a career in public relations, she retired in 2005 as Director of Strategic Corporate Communications from Alcon. She was an Adjunct Professor at TCU's Schieffer School of Journalism from 2001 to 2009. She is Secretary for Jubilee Theatre and served on the boards of GFW/PRSA, Berkeley Neighborhood Association, IABC, Fort Worth Sister Cities International, Downtown Fort Worth, The Better Business Bureau of Metropolitan Fort Worth, and Stage West. Mary lives in Fort Worth with her husband Joe, and cat Sparky. She enjoys traveling, reading and cooking.

Laura Dyson, retired Physical Therapist, is now enjoying the arts and literature and also enjoys sharing with others. She has led the Art Quest SIG for several years and expanded her interest by becoming a docent at The Kimbell Art Museum.

Mary Eads is a Silver Frog, Practicing Attorney, and Student of Positive Psychology. She has studied Positive Psychology with Tal Ben-Shahar through the University of Pennsylvania online and attended three International Positive Psychology Congresses. She and her husband are also active Ballroom Dancers. She believes that the classes and activities offered through Silver Frogs contribute to our well-being!

Layla Edwards is a self-professed hobbyist who was recently introduced to mahjong. Layla quickly developed a passion for mahjong, not only for its mental challenge but also for its tactile learning experience. Regularly studying with two instructors and practicing both online and in person during open play, Layla has grown to recognize the cognitive benefits of mahjong, including enhanced strategic thinking, memory, and focus.

Amanda De La Torre Our Clinical Skills and Simulation Faculty will lead this tour: Dr. Layla Edwards, M.D., Director of Clinical Skills, and Dr. Adam Jennings, D.O., Executive Director for Simulation Education, Innovation and Research.

Michael Erwine has loved folk music since the day he first heard a Peter, Paul, and Mary album in 1962. Today Michael participates in three area song circles: The Keller Folk Music Society, The Tarrant County Folk Music Society, and the Hoot at the Birdhouse in

Covington. Playing guitar and singing folk music are among Michael's favorite pastimes.

Hank Fitzhugh Following PhD (Texas A&M) and Post doctorate studies (Institute Animal Genetics, Univ. Edinburgh, UK), Hank conducted research and taught graduate genetics at TAMU before embarking on career in international agricultural R&D which eventually led to his appointment as Director General (CEO) of the International Livestock Research Institute (ILRI) with principal laboratories for genetics research and vaccine development in Nairobi, Kenya and Addis Abba, Ethiopia.

Jeff Frazer is a retired Government and US History teacher. In his family, the holidays have always meant three things: 1) good food, 2) football, and 3) 42. He has been playing 42 with family and friends for over 45 years. He would love to show you the rules of this fun game and give you the chance to build your own skills in a relaxed setting at Silver Frogs. We will be saving you a place at the table for some 42--Come Shake Some Bones!

Robert Frey has had a lifelong interest in science. He has a BA in physics from Duke and a PhD in chemistry (physical) from Johns Hopkins. He spent the bulk of his working career at the U.S. Army Aberdeen Proving Ground working on projects of a military nature. His Silver Frog classes are based on his interests, not his professional career.

Michele Gagne is an Instructor at the Neeley School of Business. She has over 30 years of business experience, holds an EMBA from TCU and a BBA from the University of Iowa. Michele is passionate about giving back to the community and currently volunteers with the Prison Entrepreneurship Program teaching Entrepreneurship and serving as a Business Plan Advisor. Michele also volunteers at local wineries where she provides seasonal help harvesting grapes and bottling wine as needed. Lastly, Michele and her German Shepherds Trapper, Tanner, and Klassy foster dogs for Good Shepherd Rescue of Texas.

Jim Godfrey graduated from the University of Texas at Austin. A lifelong pilot of helicopters and fixed wing aircraft, he served as a gunship pilot in Vietnam from June 1969 - June 1970 followed by two years as an instructor pilot. He also served a total of four years as a pilot and was Airborne and Ranger qualified.

Tinker Goggans is a retired Physician Assistant and worked in pediatric neurology and has experience with children with neurological disorders, many of whom had sleep difficulties which impacted their health and behavior.

David Grant, Professor of Religion Emeritus, earned his PhD from Harvard University in the Study of Religion: Special Field Christian Theology. Coming to TCU in 1981, he taught in the Department of Religion for 41 years until he retired in 2022. During those years he held positions as the Director of the Honors Program (1988-94) and Chair of the Department of Religion (2004-2010). Twice nominated for the Chancellor's Award for Distinguished Teaching, he received the Honors Faculty Recognition Award in 1995. For over 40 years he taught *Understanding Religion: The Bible* to hundreds of students.

Subie Green has been an Art in the Garden docent at the Fort Worth Botanic Garden since 2021, giving monthly tours to Garden visitors and special guests. She is an experienced docent at the Amon Carter Museum of American Art and has a broad knowledge of American art and artists with a special interest in Texas artists. She loves helping others see meaning in art that may at first seem mystifying.

Duke Greenhill is a multi-award-winning professional creative with 20 years of success as an advertising producer and creative director for clients like MasterCard, Tiffany & Co., L'Oreal, the Government of Monaco, Chanel, Nintendo/Pokemon, two US presidential election campaigns, and countless gubernatorial, senatorial and congressional races.

Julianna Greer is a Phi Beta Kappa graduate of Trinity University, where she earned a BA in Social Sciences. She completed her master's degree in gerontology at the University of North Texas. In addition to stints in health care and retirement community administration, she worked in human resources and was vice-president of the Frank Lloyd Wright Trust. She has taught and lectured for universities, conferences, organizations and lifelong learning programs, and loves traveling and folk dancing.

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OUR INSTRUCTORS

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William Greer brings varied knowledge and life experience to this course, having lectured, taught or written on physics, mathematics, philosophy, astrology and psychology (BA, College of Santa Fe). He has held two national offices --one technical, one philosophical-- and for several years practiced astrology professionally from a Jungian perspective. He has been a member of AMORC, the American Federation of Astrologers, the Association for Psychological Type, Greater Cincinnati Friends of Jung, the Transpersonal Institute, Mensa and Intertel, and for several years was a National Lecturer for the Theosophical Society in America. He authors the Quora Space, "Reality Wisdom".

Mary Gugliuzza is media relations and communications coordinator for Fort Worth Water, where she has worked for almost 27 years. She confesses that before she took this job she knew nothing about water and admits to taking it for granted. Now considers herself a water nerd.

Patricia Hall Retiring from a lengthy career in finance and private banking, Patricia fulfilled the dream of her youth and studied interior design. She enjoys the planning of design and the art of decorating her own home. "It's gratifying to share the joy of creating a welcoming home for myself, my loved ones and my friends. I do not practice professionally but rather am an avid hobbyist and always learning this amazing field."

David Hares After 27 years in corporate America and with two kids off to college, David prepared for a life-long dream outside of the corporate world...to explore and photograph the National Parks. Even though he had always traveled and taken photographs, he refined his photography skills by studying with some lifelong professional photographers before heading out on his journey. David's adventures have taken him over 150,000 miles and through all 50 states in an attempt to capture the beauty of our National Parks. He has conducted lectures about photography and the National Parks with over 10,000 people and over 3,500 kids in the schools.

Sharon Harrelson is retired from a 30-year career in computing services. She is a Fort Worth native who has been baking for nearly 60 years, since the Christmas when Santa delivered a light-bulb-powered Easy Bake oven. Researching, developing and teaching

her signature baking classes has been great fun, and led her down several fascinating rabbit holes, inspiring other classes such as *Julia Child, An Original Influencer* and *Jacques & Julia: Two French Chefs*.

Maxine Harrington is Professor Emerita of Texas A&M University School of Law in Fort Worth, where she taught Health Law and Bioethics and the Law. She also served as the law school's Associate Dean for Academic Affairs. Prior to joining A&M, she was a partner in a Fort Worth law firm, specializing in medical malpractice defense. Professor Harrington earned her J.D. from George Washington University School of Law. She is a member of the Tarrant County Medical Society Ethics Consortium and is part of a group assisting with the ethics curriculum at the TCU Burnett School of Medicine.

Na'Tori Harris, Stage West Theatre's Marketing Associate, is a Fort Worth native with over 10 years of experience in marketing and graphic design. She has previously worked in the theatre industry at various levels, from regional theatre to off-off-Broadway, and even on-Broadway at the marketing agency SPOTCO. But most of all, she is proud to bring theatre to life in the community nearest to her heart!

Greg Hennig is a retired attorney, having practiced law in Houston for 50 years before moving to Fort Worth. His experience included some criminal law and appeals, including murder cases, during his career before moving to business and corporate litigation and in-house corporate counsel and international transactions. He was involved in criminal law during the period of US Supreme Court suspension of the death penalty nationwide, and he acted as lead counsel during the immediate period of adjustment and reinstatement by the Supreme Court thereafter.

Michelle Henry graduated from the Deaf Education Program at TCU in 2002. She moved to Tampa, Florida and was a teacher of the Deaf and program administrator for 20 years. She has just returned to TCU to lead the Deaf Studies Program. She has taught sign language classes at the University of Tampa and currently at TCU.

Rachael Houston is an Assistant Professor in the Department of Political Science at Texas Christian University. She earned her PhD from the University of Minnesota in 2022 after completing her undergraduate

degree at Coastal Carolina University. Her research examines how people learn about and form opinions of the US Supreme Court at the intersection of judicial behavior, political communication, and social psychology. She teaches courses in public law, including Judicial Politics and multiple Constitutional Law offerings. Her publications span leading journals including the Journal of Law and Courts, Political Research Quarterly, Journal of Supreme Court History, Interest Groups and Advocacy, and a range of law reviews.

Emily Hudson received her MA from St. John's College (The Great Books Program) and her PhD in Comparative Religion and Literature from Emory University (2006). She has taught at Harvard Divinity School, Harvard University, and Boston University. Her book *Disorienting Dharma: Ethics and the Aesthetics of Suffering in the Mahabharata* (2012) won The Award for Excellence: Textual Studies from the American Academy of Religion.

Lydia Hudson Since 2020, Lydia has been practicing TNR (Trap-Neuter-Return) to help manage cat colonies and control the cat population, fixing over 300 cats and kittens. In addition, she has completed TNR trainings and is certified in TNR. In the last years, she has created an online community on Facebook called DFW Feral Caregivers with over 5,000 members in North Texas dedicated to helping community cats in need. Through these connections, community members have been able to fix thousands of cats. She would like to bring her knowledge and expertise to more communities to help people and cats.

Jessica Humphrey is an Assistant Professor of Theatre at TCU. She is also a working actress, director, choreographer and voice-over artist and has been in productions nationwide. She holds a Bachelors of Music in Musical Theatre from Western Carolina University, a Masters of Fine Arts in Musical Theatre from San Diego State University and soon will hold a Doctorate in Higher Education Leadership from TCU.

David Jefferson spent part of his childhood overseas in a family which was involved, in a minor way, with several historic events. This led to a lifelong chase of, and appreciation for, history in just about any and all facets. He has a couple of degrees (not about history) and spent over 40 years in Public Health.

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OUR INSTRUCTORS

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Elizabeth Jones rifles through people's drawers, closets, and cabinets for a living. She started her organizing business in 2012 and is a Golden Circle member of the National Association of Professional Organizers. Elizabeth never gets tired of organizing...or showing people all the fun, innovative ways to showcase their most beloved things.

Michael (Mike) Kelley is a retired Lockheed Martin business development director who spent 30 years selling F-16s, F-35s, and C-130s around the world. His travels have taken him to over 60 countries on six continents, totaling over seven million air miles. He and his family have done several round-the-world trips over the past 20 years, including a two month long adventure during Summer 2025.

Russ and Gretchen Killingsworth have kept bees for 13 years in their backyard in a Fort Worth neighborhood. Gretchen has taught beekeeping classes for six years for Metro Beekeepers Association (MBA). They have both served on the Metro Beekeepers Board of Directors.

Larry & Elaine Klos Larry is a retired software engineering manager from Lockheed Martin with a degree in Physics. Elaine has a degree in Psychology and is a Community Volunteer with decades of paid and volunteer experience in a number of Social Service Organizations. They are charter Silver Frogs members and were previously Silver Frogs instructors and Societal Issues SIG leaders for multiple years.

Mary Beth Lampe has been a Tarrant County Election poll worker since 2022. She retired as a civil engineer in 2021 and for most of her career she worked in information technology. She has been a computer hardware, network, and application support professional and a programmer. She taught Computer Science at Tarrant County College while her children were young. She has a BS in Applied Mathematics and an ME in Industrial Engineering from Texas A&M, an MBA from the University of Dallas, and received her Professional Engineering License in Civil Engineering in 2014 at the age of 60.

Linda Lanctot graduated from the University of Texas with a degree in English. She worked for 10 years with Time/Life publishing in sales and distribution. She lived in England for five years and traveled throughout

Europe. Linda has visited most major battlefields and concentration camps in Europe and continues yearly to travel with her husband to obscure WW2 locations to deepen her experience and understanding of this monumental event.

Tim Latta College degree in business, returned to take design curriculum at various institutions. An interior designer for 38 years and member of the American Society of Interior Designers, Board member of California Peninsula chapter of ASID; Board member of Texas Chapter of ASID; owner of TL Design Group LLC with clients in Texas, California, Washington, D.C.; Oklahoma and Ely, Minnesota. TL Design Group is a full service, published and award-winning firm.

Kim Ledbetter is a Certified Health Coach and loves helping people learn how to improve their health and wellness. She is a lifelong learner who enjoys discovering healthy recipes, incorporating yoga, strength training and walking along with meditation and prayer to strengthen mind, body and soul.

Steve Lewis is the Senior National Director at AB Bernstein and an adjunct in the sales center.

Frances Look is a licensed agent in the Medicare Disability market in five states. An experienced Medicare Education facilitator, author, and speaker. Passionate about helping people navigate the complex set of ever-changing rules and regulations in the complex field of Senior Healthcare and types of Plans. Loves to help people learn to advocate for themselves and loved ones.

Wayne Ludwig is an independent cattle trails historian, author of *The Old Chisholm Trail: From Cow Path to Tourist Stop* (recently released by Texas A&M University Press), creator of the Texas Cattle Trails History Group on Facebook, and member of Western Writers of America. He is a Fort Worth native and a volunteer at the National Multicultural Western Heritage Museum, formerly Cowboys of Color Museum.

Ed Maier is a member of Brauer Angels and will coordinate various speakers for this course.

Lynn Main A retired elementary school principal, Lynn lived for 30 years in Washington, DC. During that time her family often returned to Texas to visit family and friends. Now living in Weatherford, she is interested in the

historical sites and national parks and monuments she passes on trips to her second home in Colorado.

David (Dave) Manuel is an avid bonsai enthusiast and has actively cultivated trees since 2016. He attended his first bonsai society meeting in 1988; however, a growing family, career endeavors, and other hobbies (fly fishing and fly tying, ancestry research, and other hobbies) called for his attention elsewhere. After retirement in 2016 and relocating to Fort Worth, he and his wife, Betty Coe Manuel, have enjoyed living closer to one of their two sons, his wife and three grandchildren.

Janice Marut is a retired educator who was looking for a new "career" following initial retirement. Following the news after the Sandy Hook shooting, she was curious to know about the dogs who served the community. That curiosity led to finding out more about the LCC Comfort dogs which resulted in the placement of Phoebe - the first of three Comfort Dogs to come to Fort Worth.

Dr. Rhiannon Mayne is the Oscar and Juanita Monnig Chair of Meteoritics and Planetary Science, Curator of the Monnig Meteorite Collection, and a faculty member in TCU's Department of Environmental and Sustainability Sciences. Originally discouraged from studying space, she rediscovered her passion for planetary science during her geology studies at the University of Edinburgh. She earned her PhD from the University of Tennessee and completed a postdoctoral fellowship at the Smithsonian before joining TCU in 2009. Her research focuses on the early history of the Solar System, studying meteorites to understand planetary formation and evolution.

Buddy McIntyre is a retired meteorologist after a 30 year career with the National Weather Service. He has considerable experience studying and warning for severe thunderstorms and tornadoes. He has trained thousands of storm spotters across Texas. Buddy is a graduate of TCU and has a MS in meteorology from Utah State University.

Kerri Menchaca currently works in the Special Collections Department in the Mary Coats Burnett Library at TCU with the university's art collection. She graduated from the University of Texas at Austin with degrees in Painting, Art History and Geology.

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OUR INSTRUCTORS

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Dr. Darren J. N. Middleton directs the Baylor Interdisciplinary Core in the Honors College at Baylor University. He teaches several courses in religion and the arts, has published 14 books, and currently serves as the editor-in-chief of the journal *Christianity and Literature*. In 2023, he was named John F. Weatherly Professor Emeritus of Religion after an almost quarter-century career at TCU. He is at work on a book on the Rastafari, scheduled to appear with Cambridge University Press in 2026.

Janet Minke grew up in Fort Worth. Instead of following her plan to teach school, after graduating from UNT she spent 48 years in the title insurance industry. During her career she earned the designation of Certified Title Insurance Professional, was honored by Texas Land Title Association as Title Woman of the Year in 2006 and became an Honorary Member for Sustained Meritorious Service in 2019. In retirement she enjoys research, travel and genealogy as hobbies. Janet is a member of several lineage organizations, leads genealogy groups at Senior Living Communities and serves on the board of the Fort Worth Genealogical Society.

Cynthiane Morgenweck was Associate Professor of Bioethics and Medical Humanities at the Medical College of Wisconsin. She served on the ethics committees of the Milwaukee County Behavioral Health Division and Froedtert Hospital. She taught in both the graduate and medical school of the Medical College of Wisconsin. She was a team leader for the ethics consultation service at Froedtert Hospital. Her interests in ethical issues are those related to the perioperative experience - which include but are not limited to informed consent; do not resuscitate orders; use of scarce resources; pain management and palliative care.

Thomas (Tom) Morton is a retired Professional Engineer. He was a Senior Vice President of Lennox Industries running the Manufacturing, Marketing, R&D, Sales and Distribution divisions. At one time he ran the Lennox factory on Airport Freeway in Fort Worth. He graduated from Carleton University, Ottawa, Canada in 1966 with a degree in Mechanical Engineering. His interest in Genealogy started in 1966 and he has been doing it now for 60 years. He now has over 260,000 people in his Family Tree file. He has done research of hundreds of people and publishes hard covered books of their family. He

has been teaching Genealogy for eight years at TCU in their Extended Education Program and in their Silver Frogs Program.

Bonnie Moseley an experienced local Investment Advisor and Certified Financial Planner. She is an established practitioner and enjoys helping her community experience a successful and enjoyable financial life. She is a member of the Ninety Nines Women's Pilot Organization and also helps women in the aviation industry or women learning to fly.

Johnny Nhan is a professor of criminology and criminal justice and interim associate provost and dean of graduate studies at TCU. He has taught and conducted research at TCU since 2008.

Chuck Nixon has been a "car guy" since the age of 14. In high school and college he was always driving the most popular chevy he could afford. While in the Air Force 1968 - 1972, Chuck acquired a rare 1929 Model A Ford Huckster pickup truck and completely rebuilt it from ground up.

Roger Norman is a retired attorney having specialized in estate planning. He is a student of Scripture. He has taught in the Extended Education Department of TCU and as part of the Silver Frogs program. He has a BA degree from the University of Oklahoma and a Law degree from the University of Texas. His wife of 39 years died 24 years ago and they have two sons residing in Fort Worth with their families, one a block east and the other a block west from Roger. Does it get any better than that?

Inman Novak is the owner of D&I Landscape and Construction. He studied landscape architecture at Texas Tech University. Some accomplishments include winning "best outdoor space" in Fort Worth Magazine and being featured multiple times in articles from five separate publications.

Tim O'Keefe, a native Houstonian, was awarded a scholarship to Houston Ballet Academy in 1981, joining the professional company one year later. He was promoted to Soloist in 1985, and was named Principal Dancer in 1995. In 1997, Houston Ballet Artistic Director Ben Stevenson created the title role of Dracula for him. O'Keefe has choreographed works for Houston Ballet's Cullen Contemporary Series and for Houston Ballet Academy, as well as Love Thing, Ragtime Dance, and Violin Concerto in D for Texas Ballet Theater. O'Keefe joined Texas

Ballet Theater in 2002 and was named Acting Artistic Director in 2022 and Artistic Director in 2023.

Dr. James Parker is a TCU class of '79 alum and obtained his MD from the UTMB in Galveston in 1982. He completed his internship and residency at the University of Iowa Hospital and Clinics in Iowa City, Iowa. He has been practicing internal medicine in Fort Worth since 1985.

James (Jim) Parr is a retired Commercial Realtor and entrepreneur. He has taught classes for Realtor groups state-wide, and for several years has offered classes through TCU's Extended Ed program. He and his wife Kathy continue to travel extensively in the US, Europe, and the Caribbean.

Douglas (Doug) Petersen grew up on the East Coast and began his lifelong commitment to service early, enrolling in a military college before enlisting in the US Army. He became a helicopter pilot and served as a medevac pilot in Vietnam, flying under the call sign Dust-off 34. As a decorated Vietnam veteran, Doug flew life-saving missions under fire, rescuing hundreds of wounded soldiers and civilians from the battlefield. Doug is a recipient of the Congressional Gold Medal (Congress' highest civilian honor) alongside numerous other military decorations, including the Meritorious Service Medal, 21 Air Medals, the Army Commendation Medal with three oak leaf clusters, and the Presidential Unit Citation. He retired as a Chief Warrant Officer 4 (CW4).

Bob Phillips was first introduced to *A Course in Miracles* in 2004. He has attended many workshops, classes, and study groups over the years, and the Course is his sole spiritual path. He is happy to share his experience with those who are looking to deepen their relationship with God and those they share life with.

Colin Plante is a retired Information Technology Manager who started his career with a degree in Broadcasting and Cinematic Arts, then worked 26 years at a motion picture film laboratory, where he transitioned into an Information Technology career.

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OUR INSTRUCTORS

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Edward Porter Now retired, Edward spent most of his professional career as a patent attorney specializing in patenting inventions, particularly ones relating to computer hardware and software. In his senior year at college, 1969-70, he did a yearlong independent study on artificial intelligence under the head of MIT's AI department. Since then, as a major hobby, he has read many academic articles and attended many lectures and conferences on microelectronics, artificial intelligence, brain science, and the science of consciousness.

Rix Quinn has been writing short stories and biographies since his high school days at Paschal, when he wrote for their Pantherette newspaper. At TCU, he wrote for the literary magazine. He holds degrees in journalism and feature writing. He wrote for two large department store chains before joining his father's national business magazine company in the late 1970s. As an editor, he specialized in writing biographies on successful people in many fields. After the company sold its largest magazine, he began writing a humor column for weekly newspapers. He also wrote and recorded comedy for a radio network. Today his humor column continues...and he occasionally still writes biographies that honor leaders in business and education.

Bradley Reznicek is the organist at Broadway Baptist Church Fort Worth after serving in various large churches with significant pipe organs throughout his life. A native Texan, he earned undergraduate and graduate degrees in organ and has performed as both soloist and with various groups throughout his career.

Dennis Roberson is a sixth-generation Texan and a third-generation 42 player. This fun, Texas-invented game has been passed down orally throughout the state since the late 1800s, and Dennis published the first and only book (in 1997) covering the colorful history of the game, as well as the basic playing skills and strategies.

Gretchen Ross is an Assistant Professor of Marketing at TCU. She conducts research in the area of consumer behavior, with interests in judgment and decision making, preferences, sensory marketing, and financial constraints. Several of her research projects focus on preference changes during times of loss (e.g., financial loss and downsizing). Her work has been presented at various

conferences and universities. Gretchen received her B.A. in Economics and Sociology from the University of Virginia, her Master of Accounting from the College of William & Mary, and her PhD from Penn State University. She worked as a CPA for five years before joining academia.

Ken Ruffin, a former aerospace engineering student, has essentially been the president of the National Space Society of North Texas (NSS-NT) since 2011, presenting to over 200 audiences on present and anticipated space missions. Also, Ken has launched NSS-NT to earn the NSS Chapter of the Year Award (#1) six years, and to earn the NSS Excellence in Public Outreach Award (#2) seven other years, from 2013-2025, inclusive and worldwide. Additionally, Ken is a member of two NSS Boards, and four NSS committees. Furthermore, Ken contracts with organizations within and adjacent to the space industry, to supplement their public outreach.

Graham Rutherford is a docent at the Kimbell Art Museum specializing in the Architecture of the Kahn Building, the masterpiece of modern architecture by Louis Kahn, and the Piano Pavilion designed by the Pritzker Prize winning architect Renzo Piano. Mr. Rutherford is a member of the Fort Worth Historical Society and as a volunteer provides guided tours of both the Kahn building, Piano Pavilion and other architecturally significant buildings in Fort Worth.

Peter Rutledge practiced as a General Surgeon in Fort Worth from 1990 until his retirement in 2021. His career was spent diagnosing and treating abdominal disease processes involving the digestive tract, appendix, gallbladder, liver, spleen, and pancreas.

Caroline Sahba, MEd, MBA, LPC-S is the Associate Director of the TCU Counseling and Mental Health Center, overseeing all Substance Use and Recovery Services for students. Utilizing a harm-reduction approach, Caroline directs all of the substance use prevention, intervention, and post-vention programs for the TCU campus. She has worked in the field for 12 years and is passionate about advocacy for treatment and recovery.

Dana Schultes is a stage and screen actor, director, producer, and educator who currently serves as Executive Producer at Stage West Theatre in Fort Worth. A Texas Wesleyan graduate, Magna Cum Laude, and proud 25-year member of Actors Equity Association,

she has appeared in more than 40 plays and directed 14 major productions and countless short plays related to Festival of the Kid. Under her leadership, Stage West has expanded its programs, facility, and community reach. She is equally devoted to activism and the arts raising millions in support of live theatre while continuing to act, direct, and share her love of storytelling.

Thomas Sease is an Associate Research Scientist at the Institute of Behavioral Research at TCU. He has taught undergraduate and graduate level courses in areas of psychology, exercise science, and teacher education. Thomas strives to create a supportive class environment where all students feel heard and are excited to attend and engage in class. If you sign up for Thomas' class this upcoming semester, you are guaranteed to have fun with the added bonus of potentially learning a few things along the way.

Ken Seeling is a native of New Orleans, who loves sharing his passion for the unique history, culture, and traditions of the Crescent City. Ken is an avid researcher, and his courses combine his interest of history, genealogy and reading to provide engaging facts and trivia on topics of interest.

Dr. Richard Selcer is a Fort Worth author and historian who has taught for 46 years, published 10 books and dozens of articles. He has taught at colleges and universities in both the US and Europe. He is an Austin College (BA and MA) and TCU (PhD) graduate.

Tom Seng is an Assistant Professor of Energy Finance at the Ralph Lowe Energy Institute, Neeley School of Business at TCU. Dr. Seng is also the Director of Academics for RLEI with responsibility for the Energy MBA and Energy Business Minor Programs. He has over 30 years of experience in the energy industry.

Darcy Sety has NO experience at attending auctions, which makes this adventure so much more fun. She is, however, completely fascinated with everything related to Jacqueline Bouvier Kennedy Onassis and is happy to share that enthusiasm with you.

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OUR INSTRUCTORS

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Wes Shannon With 40 years' experience in the insurance and financial services industry, Wes is the founder of Brazos Wealth Advisors. He has a BBA from the University of North Texas majoring in Financial Planning. Wes is a Certified Financial Planning Professional and is an active member of the DFW chapter of the Financial Planning Association (FPA) and National Association of Personal Financial Advisors (NAPFA).

Punch Shaw, PhD, is a retired freelance journalist, educator and lecturer. He was a frequent contributor to the arts pages of the Fort Worth Star-Telegram and other publications, covering a wide range of performing and visual arts. Dr. Shaw is a former member of the Radio-TV-Film faculty at Texas Christian University, where he also taught courses for the Bob Schieffer College of Communications, the TCU Honors College and TCU's Master of Liberal Arts (MLA) program. He has also written and lectured extensively about the Beatles in both popular and academic contexts.

Ann Sheets is a retired youth development professional, having worked over 40 years for Camp Fire. During her college years, she worked at a camp in a national park that had been used to train OSS officers, which led to an interest in that organization and the women who were spies during World War II. She enjoys researching little known historical stories and sharing them with Silver Frogs.

Russ Sikes is an amateur urbanist. Along with several other citizen-activists, he co-founded the North Texas Chapter of the Congress for New Urbanism, a movement dedicated to walkability and time-tested principles of town-building and urban design, and served as board president from 2010-2013.

Randy Smith is a retired aerospace engineer (flight test and project manager) and former USAF navigator. He has many interests and hobbies beyond his work experience, several of which are presented as Silver Frog classes: astronomy/space, science, photography, military history, and woodworking.

Gail Snider is the Executive Director of Dementia Friendly Fort Worth, where her leadership is shaped by personal experience caring for a loved one with dementia. Gail deeply understands the challenges faced by individuals with dementia and their caregivers. Through her advocacy, she works to

reduce stigma and change perceptions, educating diverse audiences to foster empathy and inclusion. A Certified Dementia Live Coach and Dementia Care Practitioner, Gail is a key resource for families, healthcare professionals, and the public. She also serves on the Texas Law Enforcement Advisory Council at the Regional Police Academy, enhancing community support for dementia.

Ken Sparks was a Chief Prosecutor in the Harris County District Attorney's Office, a criminal defense attorney in Houston, and was the elected District and County Attorney in Colorado County, TX. He was named as a Texas Monthly Super Lawyer and has been Board Certified in Criminal Law for 40 years. His hobby is photography, having served as President of the Fort Worth Camera Club for two years, and has created over 45 photobooks.

Elaine Stoltz is a Certified Image Consultant Master, one of 24 in the world, and calls herself "an architect of the body". She started her image consulting business over 35 years ago, specializing in positive first impressions. Her passion is performing makeovers on women, enhancing their own natural beauty like What Not to Wear. Her personal services include custom color analysis, cosmetic makeovers and body style analysis.

Ingrid Sullivan is a nationally recognized real estate professional and co-founder of Senior Downsizing Experts in the Dallas-Fort Worth area. With more than 20 years of experience, she specializes in helping baby boomers and older adults navigate the emotional and practical challenges of downsizing and rightsizing. As both a Seniors Real Estate Specialist (SRES) and a Certified Senior Housing Professional (CSHP), Ingrid blends expertise with compassion to guide clients through life transitions. Ingrid's insights have been featured on CNBC.com and the Retire With Purpose podcast, where she shared how her personal experiences inspired her mission to make downsizing less overwhelming and more empowering. She is also the co-author of The Ultimate Guide to Downsizing and a certified trainer with the Seniors Real Estate Institute. Through community programs like the Smart Senior Series, Ingrid continues to educate and equip older adults and their families to plan proactively for the future.

Jane Swanson is a native Texan and Silver Frog who trained and was based here in Fort Worth with a small feeder airline that was near and dear to her heart and gave her the opportunity to work alongside bomber pilots from WWII, who she considered some of the best pilots in the sky.

Ronald Tamada is a retired environmental engineer who specialized in the design of water and wastewater treatment facilities. He practiced engineering with several consulting firms over 29 years. The last nine years of his career he was employed by the Trinity River Authority, a wholesale water utility. Ron likes listening to classic rock, watching baseball and all things water.

Jim Tidwell retired from the Fort Worth Fire Department, where he served in every rank including fire marshal and fire chief; he then served the International Code Council as a senior staff member responsible for all state and local government relations as well as national fire service activities. He left the ICC and opened an independent consulting shop where he has represented many global companies in the regulatory arena. Jim serves locally on the City Plan Commission and stays active in the community.

Dr. Diana Valdez has been training and practicing in the mental health field for more than 20 years. She was a licensed professional counselor, board certified in biofeedback (Fellow), and certified in clinical hypnosis. Dr. Valdez specializes in working with children and adults who suffer from stress-related illnesses and disorders that may create pain, anxiety and other symptoms that interfere with personal health and mental wellness.

Libby Villari has performed all over DFW including Circle Theater, Casa Manana, and Dallas Theater Company. She is well known for her screen roles like the *Friday Night Lights* TV series playing Mayor Lucy Rodell, and the film *Bohemia*. Libby has devoted the last five years to playing Ann Richards all over the country in the one woman show ANN, written by actress Holland Taylor. Libby brings to our series her journey with ANN, including scenes from the show and an in depth look at Governor Richards fascinating life.

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OUR INSTRUCTORS

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Melissa Villegas, CFP, EA, is passionate about helping people make smart financial decisions that create lasting impact. As Senior Director of Gift Planning at TCU since 2015, she guides donors in exploring tax-wise giving strategies and estate planning options. Before her work in higher education, Melissa worked with high-net-worth clients as a financial planner, bringing both technical expertise and a personal approach to her work in philanthropy.

Julie Vitek is a yoga teacher dedicated to creating a welcoming space for students of all levels. Trained through a 200-hour Teaching Apprenticeship and 200-hour Alchemy Advanced Training, as well as studies in yoga philosophy, mindfulness, and trauma-sensitive practices, Julie guides classes with gentle movement, mindful breathing, and presence. Rooted in gratitude and connection, their teaching invites students to grow, pause, and move with the breath. Each class is designed to leave students feeling relaxed, renewed, and deeply connected to themselves.

Bud Walker served for 25 years as co-chair of the Pasadena Developer's Club. He is past president of the Rotary Club of Pasadena, former board member of the Rotary Rose Parade Float Committee, and current National Advisor to the RRPFC.

Lisa Ward founded Plumb Financial with a passion for helping clients achieve their life goals through sound financial planning. She believes that financial literacy is key to empowering individuals to make confident, informed decisions about their future. Outside work, Lisa enjoys experimenting with baking projects. Her most recent endeavor is sourdough recipes. On the weekends you can find her in the garden or

attending the Maverick Region Porsche Club of America events. She is currently a Maverick PCA and Women Inspiring Philanthropy board member and serves on the National Breast Cancer Foundation Advisory Council. She is a recipient of the Inaugural Class of Arlington's 40 Under 40 in 2022. Most importantly, she enjoys spending time with friends and family.

Denise (Denny) Warren taught U.S. Government and U.S. History for 28 years at Robinson High School in Robinson, Texas. She also was the content specialist for a Teaching American History federal grant for several years at the Education Service Center in Waco, Texas.

Diane Weaver holds a Bachelor of Business Administration in Accounting. She is a Certified Public Accountant who spent most of her career in various positions within the oil and gas industry.

Michael Webster has been an avid sailor for over 40 years. He lived aboard as a cruising sailor for three years as well as USCG -R search and rescue boat crew, EMT, and Maritime Law Enforcement Officer in MA and MD for four years. His sailing resume includes the East Coast from Boston to the Florida Keys, Bahamas, and central Maine coast.

Lew Woodard had a career in accounting and auditing in the non-profit sector and is a travel advisor in his retirement. He is an experienced instructor with the Silver Frogs having presented lectures and classes that include Cruise Vacations, Hawai'i, International Humanitarian Law, Clara Barton, WWII in the Caribbean, Vote Smart, and various classes on soccer.

Anne Wright is currently pursuing an MLA at TCU and serves as the Coordinator for the Physician

Communication Team at the Anne Burnett Marion School of Medicine, where she was previously a Standardized Patient in Clinical Skills. Anne completed her Mindfulness Institute for Emerging Adults Teacher Certification and is thrilled to begin sharing mindfulness with others. She also has performing experience in communication and as an opera singer. A native of North Texas, Anne has degrees from TCU in Music, Advertising/PR, and Opera Performance, with graduate studies at the New England Conservatory of Music in Boston.

Lynn Yarbrough lived in China 1992 - 2020, as a teacher, volunteer, program planner, and friend. In addition to teaching duties, she enlisted and hosted volunteers for short-term service in China. She has traveled to most of the provinces and visited many of the historic and scenic places. She has walked on the Great Wall, zip-lined across the Yellow River, and ridden a Mongolian pony on the grasslands. She now lives in Fort Worth, Texas.

Suzanne Yowell is a passionate connector and community champion who has spent over 30 years working with nonprofits across Tarrant County. She's built a career in the volunteer management field, including serving as a former State Director for a national nonprofit. Suzanne has helped countless organizations grow their volunteer programs and deepen their impact. She's trained in community asset mapping and the economic impact of nonprofits and holds the prestigious Certification in Volunteer Administration (CVA). As a keynote speaker and adjunct instructor, she's inspired many to get involved. Suzanne brings warmth, energy, and purpose to every space she's part of.

SHARED INTEREST GROUPS



42 Dominoes
Contact: [Edward Luke](#)

Texas 42 is a trick-taking game played with a standard set of double six dominoes. Members will play as well as helping others learn how to play and encouraging participation in beginner and intermediate classes. Owning a set of dominoes is not required but members will be encouraged to bring a set to facilitate participation and enjoyment.



Art of Fort Worth
Contact: [Penny McAdoo](#)

The Artful Frogs explore art through visits to museums, galleries, studios, and private collections. We have lunch together before or after each event. Learning and camaraderie are the valued results.

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SHARED INTEREST GROUPS

(Continued from page 63)



Art Quest

Contact: [Laura Dyson](#)

We provide opportunities for Silver Frog members who are not in the original Art SIG to meet for exploration of the Fort Worth area arts and artists. We offer regular events within the metroplex visiting galleries, studios, special events and museums by arrangement with docents, artists, gallery owners and curators of art collections. We also have lunch or coffee together on the same day to foster discussion of art and cultivate friendships.



Bake Anything Better

Contacts: [Sharon Harrelson & Mary Dulle](#)

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. Usually meets virtually with Zoom.



Biblical Studies

Contact: [Susan Turner](#)

We will explore the lives and ministries of both Old and New Testament heroes of faith as well as enjoy facilitator-led discussions on pertinent, life-impacting Biblical topics. Semesters will be broken down into two five-week studies, allowing SIG members to participate in one or both studies. The Bible will be the foundation for all studies, ensuring a single source of truth to reference regardless of the topic.



Boomers & Board Games

Contact: [Cindy Mulkey](#)

This group will meet at various times (afternoon, evening or weekend) to play board games that should last no longer than an hour or two. Bring your own favorite game or play the extensive collection that is available and enjoy the company of fellow Silver Frogs for some fun times.



Boys & Beverages

Contact: [Jerry Davis](#)

Periodic meetings for men to share their knowledge and interest in various beverages. A rotating calendar of beer, bourbon, scotch, tequila and even coffee tastings at a variety of local venues. Various hosts, each with a keen interest or special knowledge of the particular "beverage of the month".



Classic Canasta

Contact: [Susan Frymire](#)

Meets to focus on playing Classic Canasta which provides many hours of fun and the opportunity to make new friends. The game is played with two or more partners making it easy and faster. Everyone has fun while trying new strategies.



Gardening

Contact: [Susan Turner](#)

Members will visit various gardening locations throughout the Metroplex, including home gardens, non-profit gardens and retail gardening centers. Join others to enjoy the beauty of nature, learn new skills and increase your knowledge of plant care and maintenance. Gatherings may include cutting exchanges and exhibitions by subject matter experts.



GenX (Born 1965 or After) Social Club

Contact: [Julie Bowker](#)

A laid-back, friendly group created for Silver Frogs in their 50s who want to expand their social circle, make new friends, and enjoy meaningful connection with fellow Gen Xers. Whether you're looking for great conversation, casual meetups, shared activities, or simply a place to belong, this group is all about building community with people in our same stage of life. Come join us as we create new memories, discover interests, and enjoy good company in a relaxed, inclusive environment.



Joy & Positivity

Contact: [Sherry Flowers](#)

The Positive Aging SIG has been reorganized and is now the Joy and Positivity SIG. If you are interested in knowing the changes to anticipate in many areas of your life and how to navigate your life after retirement, this may be just the place for you. The group will meet the second Thursday of each month from 1:30 PM until 3:00 PM at La Madeleine Restaurant at 6240 Camp Bowie.



Ladies Afternoon Tea

Contact: [Susan Hennig](#)

Join women who are interested in learning about the English custom of afternoon tea and participating in it. Those who are already familiar with this custom will delight in sharing it with other like-minded members.

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SHARED INTEREST GROUPS

(Continued from page 63)



Ladies Fine Dining in the Afternoon

Contact: [Sherry Flowers](#)

For women who enjoy fine dining and prefer to have a late lunch/early dinner. We'll try new restaurants and also return to earlier favorites occasionally.



Ladies Golf Scramble

Contact: [Debra Hester](#)

Ladies who love golf courses and playing golf are invited to play an 18-hole scramble at Fort Worth area golf courses. Ladies who have a golf course connection are asked to assist the members to play on their course where we pay and play. If you don't play and simply want to be on the course, come join us and drive the golf cart!



Ladies Lunch Out

Contact: [Susan Frymire](#)

Meets 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!



Liverpool Rummy

Contacts: [Sue](#) & [Steve Huszar](#)

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.



Men's Breakfast Club

Contacts: [Gary Harrell](#) & [Jim Box](#)

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.



Non-Fiction Book Club

Contact: [Donya Leeman](#)

Read and discuss non-fiction books at a monthly meeting.



Paper Crafting

Contact: [Shawn Wagner](#)

Brings together Silver Frog Members who are interested in learning about paper crafting, fostering friendships while learning and developing skills in different forms of paper crafting.



Performing Arts

Contact: [Susan Turner](#)

The Dallas/Fort Worth area is home to some of the finest live theatre productions and musical performances in the state. This SIG will attend a variety of shows and concerts then enjoy a meal together after the performance.



Photography

Contact: [Randy Smith](#)

Provides 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.



Pickleballers

Contact: [Jack Crowder](#)

Meet old or new friends and get some exercise playing the fastest-growing game in the country. All games will be double pickleball. Play is at the TCU tennis courts, days and times are communicated by email—cost is \$7.50 per person court fee, paid at the pro shop. Players will need to bring their own paddle and an outdoor pickleball. Instruction is provided for those who have not played before.



Women & Wine

Contact: [Siân Borne](#)

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.

Want to create your own SIG?
Click [HERE](#) for the proposal link!