



Fall 2026 Courses and Lectures

TCU Extended Education

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

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Phone: 817-257-7132

TCU
SilverFrogs



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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

- ⇒ **August 10-21: Course & Lecture Request Process** Two weeks –NO RUSH!
- ⇒ **August 11 @ 2pm: New Member Welcome** in the Brown-Lupton University Union Ballroom
- ⇒ **August 24: Course & Lecture Allocation**
- ⇒ **By August 28: Course & Lecture Results** will be emailed to you
- ⇒ **September 8 @ 9am: Registration for Open Seats**
- ⇒ **September 10 @ 2pm: Semester Kickoff** in the Brown-Lupton University Union Ballroom
- ⇒ **September 14: Programs Begin**
- ⇒ **Week of November 23: Thanksgiving Break!** No Programs
- ⇒ **December 11: Semester Ends**

About the Schedule At A Glance

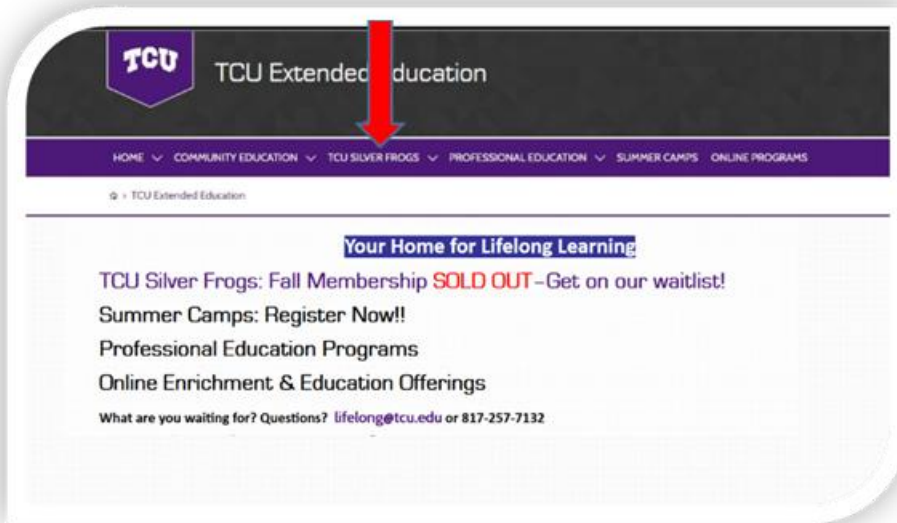
- ⇒ The *Schedule At A Glance* for each session is provided for quick reference. Classes are listed in start date/time sequence. You can also find the complete *Schedule At A Glance*—in a downloadable format you can manipulate in Excel—on the [Silver Frogs web site](#).
- ⇒ Class titles are links to the online listing for each class. Click the link to request the class (during the fall request period **August 10-21**), register for the class (if seats are available, starting **August 31**) 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 each session's *Schedule At A Glance*, in alphabetical order by class title.
- ⇒ Location abbreviations (all are in Fort Worth) in the *Schedule At A Glance*:
 - ACM** – Amon Carter Museum (Lobby), 3501 Camp Bowie Blvd
 - BD** – Blackland Distillery, 2616 Weisenberger St
 - BEMH** – Ball-Eddleman-McFarland House, 1110 Penn St
 - FWBG** – Fort Worth Botanic Garden (Moncrief Garden Center), 3220 Botanic Garden Blvd
 - KAM** – Kimbell Art Museum, 3333 Camp Bowie Blvd
 - SO** – Stevenson Oaks, 6251 Stevenson Oaks Dr
 - STAY** – The Stayton, 2501 Museum Way
 - SW** – Secrest-Wible Building (Room 119), 3015 Merida Ave
 - SWT** – Stage West Theatre, 821 W Vickery Blvd
 - TCUARB** – TCU Annie Richardson Bass Building (various rooms), 2800 W Bowie St
 - TCUFAB** – TCU Fine Arts Building (Lobby), 2805 S University Dr
 - TCULIB** – TCU Mary Couts Burnett Library (Lobby), 2913 W Lowden St
 - TCUBSM** – TCU Burnett School of Medicine, Arnold Hall (Learning Studio A), 1100 W. Rosedale St
 - TCUSCH** – TCU Schollmaier Arena, 3000 Stadium Drive
 - TT** – Trinity Terrace, 1600 Texas St
 - ZOOM** – Online class



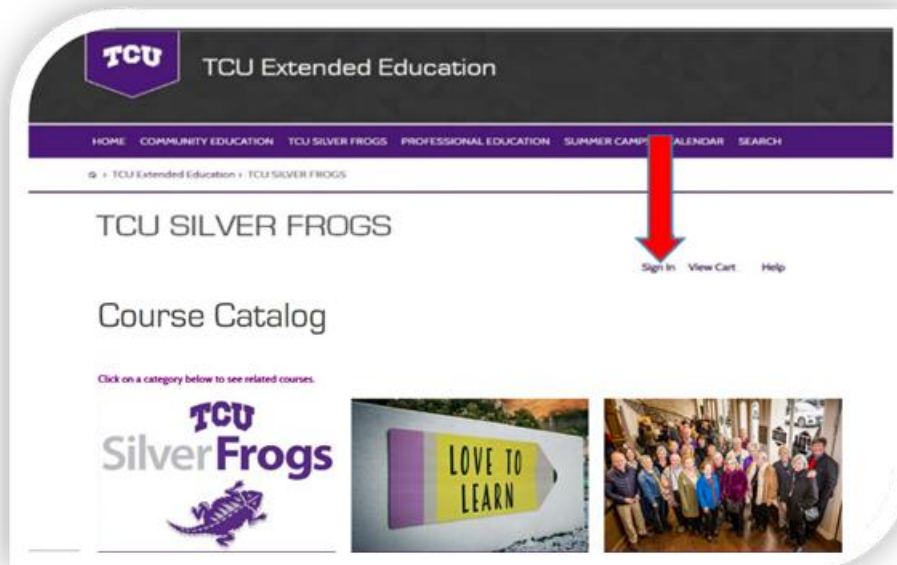
HOW TO REQUEST CLASSES

TCU Silver Frogs Fall 2026 Course & Lecture Request and Allocation Process: August 10-21

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

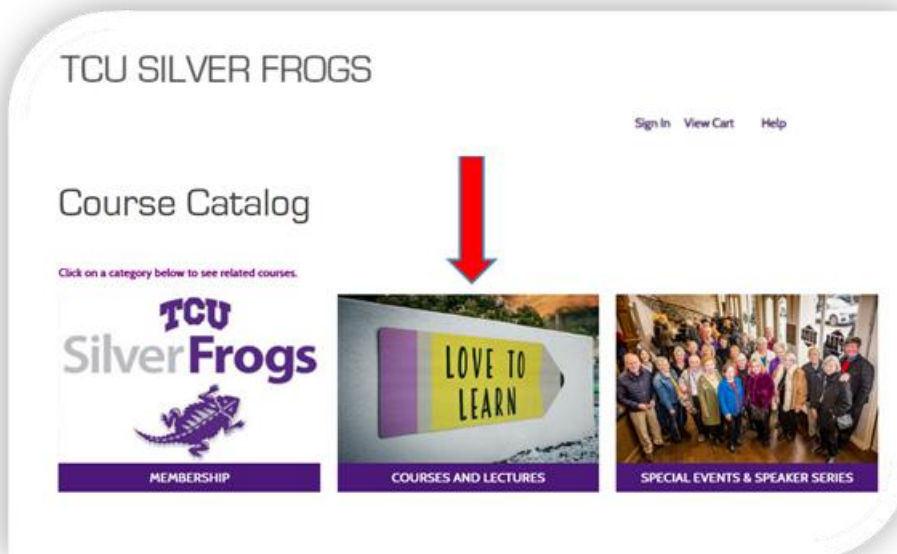
Create New Account

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.

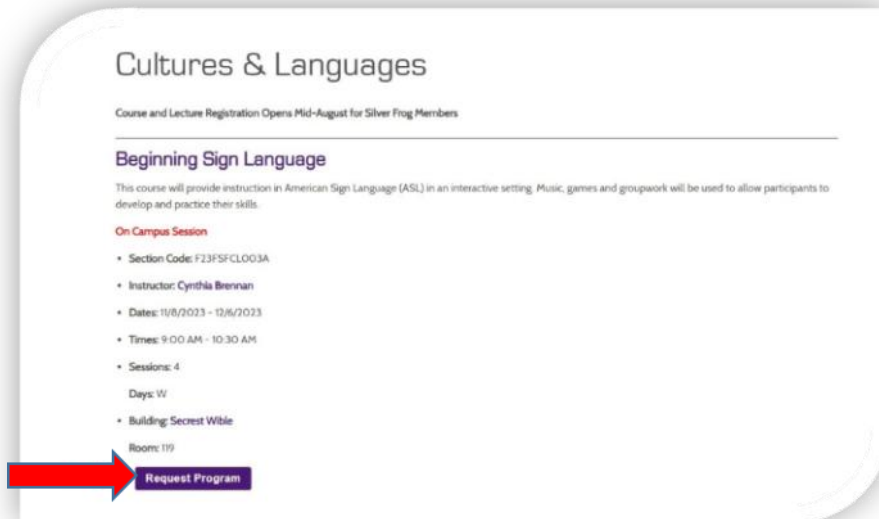


- Arts, Music & Literature
- Culture & Languages
- Financial Management
- Food & Drink
- Health & Healthcare
- History & Current Events
- Hobbies, Crafts & Recreation
- Personal Development & Well-Being
- Politics, Government & Legal Issues
- Religion
- Science & Nature
- Sociology & Psychology
- Technology,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

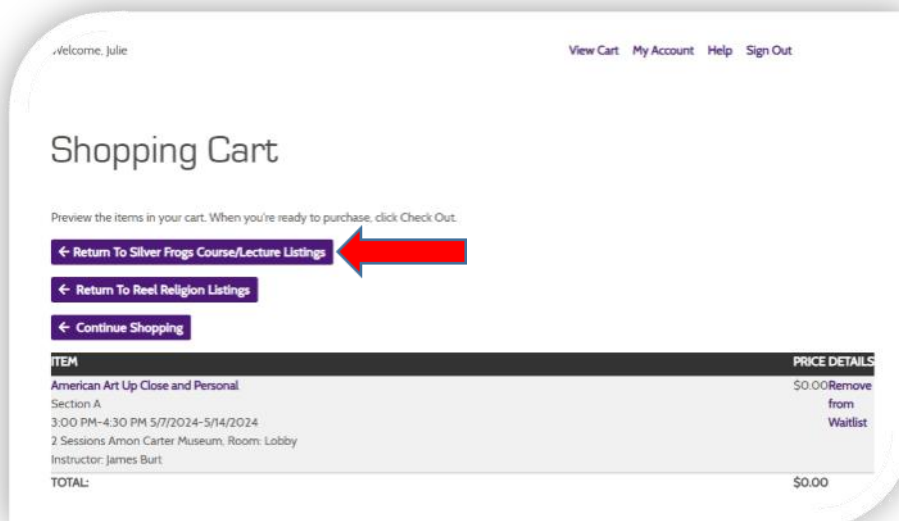
***PRO TIP:** You can also access any class listing by clicking on its title in the Schedule At A Glance, OR by using the **SEARCH** button in the top menu and entering a keyword (from the title, instructor name, or location).

(Tutorial continues on page 6)

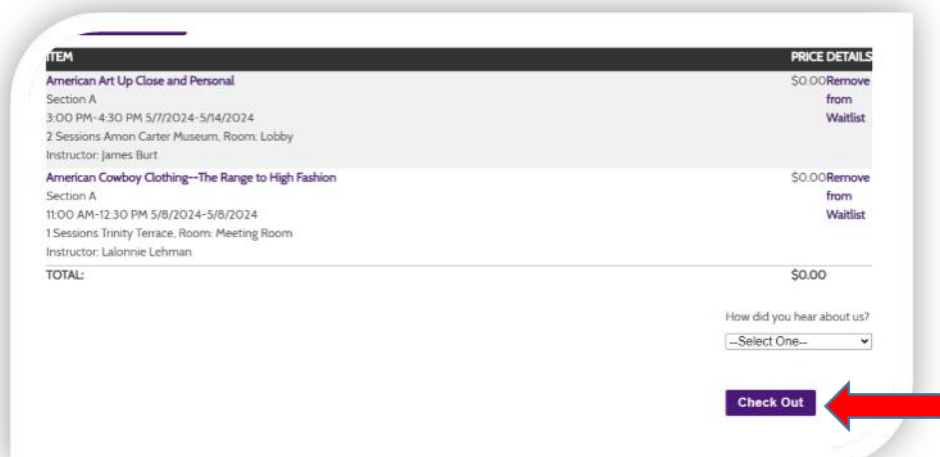
Use the **Request Program** button to add a selected course or lecture to your cart.



Step 5: Click the **Return to Silver Frogs Course/Lecture Listings** button to add more programs. Remember: you have until **August 21 at 4pm** 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: Lalonne 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: None

* First name: TCU

Initial:

* Last name: SuperFrog

* Address 1: 3015 Merida Avenue, Suite 118

Address 2:

* City: Fort Worth

* State: Texas

* Zip Code: 76129

* Day phone: 817 257 - 7132 Ext.

Eve phone:

* Mobile: 817 257 - 0000

☒ Check here if you agree to receive mobile text notifications.

* Date Of Birth: 1/1/2019 (MM/DD/YYYY)

* E-mail: lifelong@tcu.edu

Without a number here, you won't receive texts!

(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.

TCU SILVER FROGS
Welcome, Julie

[View Cart](#) [My Account](#) [Help](#) [Sign Out](#)

Confirmation

Your order has been submitted. You can access all **order history** and print receipts under **My Account: History**.

ORDER SUMMARY

ORDER NUMBER: 1034795 ORDER DATE: Tuesday, July 11, 2023 STUDENT ID: CE1000012

ITEM	STATUS	PRICE DETAILS
Beginning Sign Language	Course	\$0.00
Section A	Requested	
9:00 AM-10:30 AM 11/8/2023-12/6/2023		
4 Sessions Secret Wible, Room: T19		
Instructor: Cynthia Brennan		
A Taste of New Mexico - Hatch Green Chile 101	Course	\$0.00
Section A	Requested	
11:00 AM-12:30 PM 9/28/2023-9/28/2023		
1 Sessions Online Class, Room: Zoom		
Instructor: Suzy Miller		
Subtotal:		\$0.00
Payment:		\$0.00
Previous:		\$0.00
payments:		
Balance:		\$0.00

The Account Overview page

The Account Overview page allows you to review and correct your contact information (My Profile) you've placed and see the classes you've signed up for.

My Profile
[Username & Password](#)
[History](#)
[Class List](#)
[My Membership](#)
[Course Priorities](#)
[View Transcript](#)

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 August 21 at 5pm.**

You will be notified by email of the programs you have been registered for no later than August 28. 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).

TCU SILVER FROGS
Welcome, Julie

[View Cart](#) [My Account](#) [Help](#) [Sign Out](#)

Course Priorities

Please number the courses/lectures requested in order of preference with #1 being highest priority, #2 being second highest priority, etc., for a maximum of six programs. The computer software runs the allocation in an objective fashion, enrolling members in their highest choice within each priority level until the maximum number of available seats is reached. You will be notified of which programs you are confirmed for after the allocation process has ended.

Important: You must "Save Priorities" in order for this ranking of your preferences to be recorded (see button above the listing).

Course priorities for F23F term: [Save Priorities](#) [Print](#)

COURSE ID	SKU	STATUS	TITLE	INSTRUCTOR	SCHEDULE	PRIORITY
HCR045	F23FSFHCR045A	Course Requested	A Taste of New Mexico - Hatch Green Chile 101	Suzy Miller	Sep 28 2023 11:00AM-Sep 28 2023 12:30PM	1
CLO03	F23FSFCL003A	Course Requested	Beginning Sign Language	Cynthia Brennan	Nov 8 2023 9:00AM-Dec 6 2023 10:30AM	2

Registration for any remaining open seats will begin on **September 8 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

	Day	Start Date	Time	#	Instructor
Touring the Japanese Garden: Stories, Culture, and History	Th	9/17	1pm	1	Coalson
Bonsai: An Introduction to the Art and Horticulture of Growing Trees In Pots	Th	9/24	1pm	1	Manuel
The Women History Forgot	Th	10/1	1pm	1	Allen / Cipolla
The Great Texas Alien Invasion of '97 ... 1897	Th	10/8	1pm	1	Davis
Brain Health: Daily Choices Have the Power to Influence Your Cognitive Health	Th	10/15	1pm	1	Copeland
God Bless the USA!	Th	10/22	1pm	1	Turner
Vaccinations: What's the Point?	Th	10/29	1pm	1	Morgenweck
Beethoven's 9th Symphony: What Makes it Great	Th	11/5	1pm	1	Main
Stop The Bleed	Th	11/12	1pm	1	Green
Spies in the American Revolution: Our Unsung Heroes	Th	11/19	1pm	1	Crowder
Meet Me in St. Louis, Louis!	Th	12/3	1pm	1	Harrelson



At The Stayton 2501 Museum Way

	Day	Start Date	Time	#	Instructor
Manners Still Matter!	M	9/14	1pm	1	Turner
High School Success Secrets	M	9/21	1pm	1	Quinn
Meet Betty Crocker	M	9/28	1pm	1	Harrelson
Volunteer View	M	10/5	1pm	1	Yowell
An Intersection: Life of an Artist Engineer	M	10/12	1pm	1	Sukup
So, What's the Good News?	M	10/19	1pm	1	J Greer
How to Write a REAL GOOD STORY About (Almost) Anything	M	10/26	1pm	1	Quinn
The Stories Behind the Hymns We Love to Sing	M	11/2	1pm	1	Turner
Mediterranean Cruise Travel Log: From Rome to Greece and Ephesus	M	11/9	1pm	1	Parr
Classic Movies: Sunset Boulevard	M	11/16	1pm	1	Main
Vice in the American Revolution	M	11/30	1pm	1	Crowder
To Sleep, Perchance to Dream	M	12/7	1pm	1	Goggans

(Continues on next page)



At Trinity Terrace 1600 Texas St, Fort Worth

	Day	Start Date	Time	#	Instructor
Hell or High Water: the Fort Worth Flood of 1949	W	9/16	11am	1	Slick
Japanese Americans: Internment and Integration	W	9/23	11am	1	Yamagata
Landmark Supreme Court Cases	W	9/30	11am	1	Warren
Fort Worth Sister Cities	W	10/7	11am	1	S Borne
The July 4th, 2025 Guadalupe River Flood: Why Were So Many Lives Lost?	W	10/14	11am	1	McIntyre
Planning with Purpose: Financial Priorities at Every Stage of Life	W	10/21	11am	1	Moseley
Solving The Retirement Puzzle	W	10/28	11am	1	Cowley
The Trial of Benedict Arnold	W	11/4	11am	1	Crowder
Pasadena Tournament of Roses Parade: A Look Behind the Scenes	W	11/11	11am	1	Walker
Stranger-Than-Fiction Courtroom Tales: A Baby Rescue, 4 Murders, and A Face Painter	W	11/18	11am	1	Sparks
What Did the Doctor Say? 40 Years of Observations From an Office Stool	W	12/2	11am	1	Parker
Beginning Meditation: Short & Simple	W	12/9	11am	1	Grayson

Other Off-Campus Locations

(Location key can be found on page 3)

Title	Day	Start Date	Time	#	Instructor	Location
Mindfulness & Meditation: An Introduction	Tu	9/15	1pm	4	Wright	TCUBSM
Women in Art at the Kimbell Art Museum	Tu	9/15	1pm	1	Abbott	KAM
Sip & Study: The Craft of Distilling at Blackland Distillery	W	9/16	1pm	1	Brooks / Kypreos	BD
Women in Art at the Kimbell Art Museum	Tu	9/22	1pm	1	Abbott	KAM
Play Reading Club	W	10/7	1pm	1	Schultes	SWT
Mindfulness & Meditation: Beyond the Basics	Tu	10/13	1pm	4	Wright	TCUBSM
What happened to Quality Hill, Fort Worth's Charleston?	W	10/14	11am	1	Tracy	BEMH
Silver Frogs Show Choir	Th	10/15	1pm	7	Gay	SWT
Discovering Art in the Fort Worth Botanic Garden	Th	10/15	1pm	2	M Burt / S Green	FWBG
Discovering Art in the Fort Worth Botanic Garden, Part 2	Th	10/29	1pm	1	M Burt / S Green	FWBG
Hands-On American Art at the Carter Museum	Tu	11/10	3pm	2	J Burt	ACM





ONLINE CLASSES AT A GLANCE



Online classes are presented via Zoom. Attend from anywhere!
No worries about parking or getting the best seat in the room.
You will need a computer, tablet or smart phone to attend.
Zoom links and handouts for online sessions are emailed
in advance of each class.



Title	Day	Start Date	Time	#	Instructor
The New Testament Gospels HYBRID CLASS	M	9/14	9am	2	Grant
Deep Dive: John Lennon and Paul McCartney HYBRID CLASS	M	9/14	11am	2	Selcer, Plante & Tamada
Awakening to the Untapped Power of Your Mind to Relieve Anxiety and Depression	M	9/14	1pm	4	Boger
The Four Freedoms	Tu	9/15	11am	4	Mills
The Mind of God	Tu	9/15	11am	4	W Greer
Daughters of Abraham: An Interfaith Experience Among Jewish, Christian, and Muslim Women	Th	9/17	1pm	2	Lord
Generative AI	Tu	9/22	9am	2	Gagne
Capital Chaos: The Fall of the House of Hitler HYBRID CLASS	Th	9/24	1pm	2	Lanctot
Medicare: Complexities, Difference, and Various Plan Types Available	W	9/30	11am	1	Look
On a Mission: America's Women Astronauts	W	10/7	11am	1	Neal
More Legends of Pop Music: Harry Chapin & Bruce Springsteen HYBRID CLASS	M	10/12	1pm	4	Selcer, Plante & Tamada
The Power of Doing: How Engagement Promotes Wellness	M	10/12	1pm	1	Nouak
From Kaiser to Catastrophe: How and Why The Germans Embraced the Nazis HYBRID CLASS	W	10/14	11am	4	Lanctot
Genealogy Research Using Online Applications	M	10/19	1pm	2	Barth
The Monuments Officers of WWII: Safeguarding, Recovering, and Restoring Cultural Heritage	W	11/4	11am	1	Shelton
Broadway & Hollywood Calling: Music of the 60s and 70s HYBRID CLASS	M	11/9	1pm	4	Selcer, Plante & Tamada
Who Are You? Where Did You Come From?	M	11/9	1pm	4	Morton
Italy: A Travel Sampler	Tu	11/10	11am	2	Parr
Copernicus, Galileo, Newton and Darwin: Their Science and Religion HYBRID CLASS	W	11/11	9am	4	Grant
Stroke of Insight	W	11/11	11am	1	Williamson
France: A Summer Car Trip Travel Log	Th	11/12	1pm	2	Parr
History for the Holidays	Tu	12/1	11am	2	Harrelson
Instant Pot Magic: Don't be Afraid	Tu	12/1	1pm	1	Dulle

LIFELONG LEARNING

SESSION I

September 14–October 9



SCHEDULE AT A GLANCE: SESSION I

Session I: September 14–October 9	Start Date	Day	Time	#	Instructor(s)	Location
The New Testament Gospels HYBRID CLASS	9/14	M	9am	2	Grant	SW/ ZOOM
Deep Dive: John Lennon and Paul McCartney HYBRID CLASS	9/14	M	11am	2	Selcer, Plante & Tamada	SW/ ZOOM
Awakening to the Untapped Power of Your Mind to Relieve Anxiety and Depression	9/14	M	1pm	4	Boger	ZOOM
Death Files: Protect Your Loved Ones from a Potential Scavenger Hunt	9/14	M	1pm	1	Look	SW
Manners Still Matter!	9/14	M	1pm	1	Turner	STAY
The 1960's Folk Music Revival in Four Acts	9/14	M	1pm	4	Erwine	TCUARB
Our Amazing Brains: A Walk Down Memory Lane	9/14	M	3pm	1	Armstrong	SW
The Art of Film: A Brief Course in Film Aesthetics	9/14	M	3pm	4	Bass	TCUARB
AI in the Real World: From Curiosity to Practical Power	9/15	Tu	9am	4	Carr	TCUARB
Common Things Are Common: A Review of the Common Chronic Conditions of Adults	9/15	Tu	9am	4	Parker	SW
Finding Your Neanderthal Roots	9/15	Tu	11am	2	Fitzhugh	SW
The Four Freedoms	9/15	Tu	11am	4	Mills	ZOOM
The Mind of God	9/15	Tu	11am	4	W Greer	ZOOM
Mindfulness & Meditation: An Introduction	9/15	Tu	1pm	4	Wright	TCUSM
Quilting 101	9/15	Tu	1pm	1	Guinn	SW
Women in Art at the Kimbell Art Museum	9/15	Tu	1pm	1	Abbott	KAM
Best Plants for the Fort Worth Metroplex	9/15	Tu	3pm	2	Byers	SW
The Old Chisholm Trail: From Cow Path to Tourist Stop	9/16	W	9am	2	Ludwig	SW
Great Hollywood Film Composers	9/16	W	11am	4	Cortese	SW
Hell or High Water: the Fort Worth Flood of 1949	9/16	W	11am	1	Slick	TT
Anyone Can Collage	9/16	W	1pm	4	Camp	SW
Sip & Study: The Craft of Distilling at Blackland Distillery	9/16	W	1pm	1	Brooks & Kypreos	BD
Watching College Basketball	9/16	W	3pm	2	Kiah	SW
Traveling with Mobility Issues	9/17	Th	9am	2	Kelley	SW
God's Own Lunatics: The US Army Helicopter Pilots in Vietnam 1961 -1975	9/17	Th	11am	4	Godfrey & Murray	SW
Daughters of Abraham: An Interfaith Experience Among Jewish, Christian, and Muslim Women	9/17	Th	1pm	2	Lord	ZOOM
Meals On Wheels, Inc of Tarrant County	9/17	Th	1pm	1	Reed & Rice	SW
Touring the Japanese Garden: Stories, Culture, and History	9/17	Th	1pm	1	Coalson	SO
Bovine Lives	9/17	Th	3pm	1	Lucero	SW
The Weirdness of Quantum Mechanics	9/18	F	9am	4	Frey	SW
Story Night at the Archives: The Wild, Weird, and Wonderful Stories That Built Texas	9/18	F	11am	4	Houchin	SW
The Civil War: The Causes and Notable Battles	9/18	F	1pm	4	Wolf	SW
Baby Boomer Secrets	9/18	F	3pm	1	Quinn	SW
High School Success Secrets	9/21	M	1pm	1	Quinn	STAY
The Beatles at 60: Revolver Changes Everything	9/21	M	3pm	1	Shaw	SW

(Continues on next page)

Session I: September 14–October 9 (continued)	Day	Start Date	Time	#	Instructor(s)	Location
Generative AI	9/22	Tu	9am	2	Gagne	ZOOM
Things You Know for Sure about the US Civil War That Just Ain't So	9/22	Tu	1pm	2	J Burt	SW
Women in Art at the Kimbell Art Museum	9/22	Tu	1pm	1	Abbott	KAM
A Walk Through TCU: History, Landmarks, and Campus Stories	9/23	W	9am	1	Bayer	SW
Japanese Americans: Internment and Integration	9/23	W	11am	1	Yamagata	TT
Bonsai: An Introduction to the Art and Horticulture of Growing Trees In Pots	9/24	Th	1pm	1	Manuel	SO
Capital Chaos: The Fall of the House of Hitler HYBRID CLASS	9/24	Th	1pm	2	Lanctot	SW/ ZOOM
A Month in the Life of a Tarrant County Election Judge	9/25	F	3pm	1	Paslay	SW
Cryptocurrency: Blockchain, Bitcoin, and Stablecoins	9/28	M	9am	2	Frey	SW
Climate Change: None of Us Will Escape Its Effects	9/28	M	11am	2	McIntyre	SW
Meet Betty Crocker	9/28	M	1pm	1	Harrelson	STAY
The Future of Brain Health: New Insights & Reducing Your Risk for Dementia	9/28	M	1pm	2	Cobb Tinsley	SW
Recent Evidence of Atlantis	9/28	M	3pm	2	W Greer	SW
Measure for Measure: Gadgets That Stack Up, or Don't	9/29	Tu	11am	2	Dulle & Harrelson	SW
World War II on the Caribbean Front	9/29	Tu	3pm	1	Lucero	SW
Iwo Jima	9/30	W	9am	1	Davis	SW
Landmark Supreme Court Cases	9/30	W	11am	1	Warren	TT
Medicare: Complexities, Difference, and Various Plan Types Available	9/30	W	11am	1	Look	ZOOM
Basics of Landscape Design	9/30	W	3pm	2	Byers	SW
Basketball 101 with Coach Jamie Dixon and the Horned Frogs	9/30	W	3pm	1	R Rutledge	TCUSCH
Bitcoin Basics: What It Is, Why It Matters, and What's Next	10/1	Th	9am	1	Leland	SW
The Women History Forgot	10/1	Th	1pm	1	Allen & Cipolla	SO
Manage Stress Before it Manages You	10/1	Th	3pm	2	Valdez	SW
Germany's Secret War in America 1914 to 1917 - Yes Before We Were In The War	10/2	F	3pm	2	Jeffereson	SW
Volunteer View	10/5	M	1pm	1	Yowell	STAY
The Story of Libby Zion and the Birth of the 80-hour Surgical Residency Work Week	10/6	Tu	1pm	1	P Rutledge	TCUARB
Advances in Surgery, Medicine, and Anesthesia Since the 1500s	10/6	Tu	3pm	1	P Rutledge	SW
Walking Each Other Home: A Conversation on End of Life	10/7	W	9am	1	Armstrong	SW
Fort Worth Sister Cities	10/7	W	11am	1	S Borne	TT
On a Mission: America's Women Astronauts	10/7	W	11am	1	Neal	ZOOM
Play Reading Club	10/7	W	1pm	1	Schultes	SWT
FW to DFW Airport by Rail: Tips, Tricks & Guided Field Trip!	10/8	Th	9am	1	Crozier & Seely	SW
The Great Texas Alien Invasion of '97 ... 1897	10/8	Th	1pm	1	Davis	SO
VW's: Did You Ever Own or Drive One?	10/8	Th	1pm	1	L Borne	SW



SESSION I COURSES & LECTURES

A Month in the Life of a Tarrant County Election Judge

Instructor: Cindy Paslay

Friday ▪ 9/25/2026 ▪ 3-4:30pm
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

Election Judges are temporary employees who play a pivotal role in the voting process in the county. This course will detail the activities performed by a judge in the weeks leading up to an election including recruiting a team, attending training, and addressing myriad issues on Election Day. If you have ever considered being a poll worker or just want to understand more about how the process works, this class is designed to answer any questions you might have.

A Walk Through TCU: History, Landmarks, and Campus Stories

Instructor: Macy Bayer

Wednesday ▪ 9/23/2026 ▪ 9-10:30am
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

Take a leisurely 90-minute walking tour of Texas Christian University's stunning campus with a knowledgeable TCU student tour guide. Explore the university's rich history, iconic landmarks, and hidden gems while walking around one of the nation's most picturesque college campuses, as recognized by the US News & World Report. Enjoy engaging conversation, fun facts, and a fresh perspective on the campus where students learn, live, and gather. Whether you're a Horned Frog alum or a Silver Frog eager to explore and understand more about TCU, this course offers an enjoyable and enriching way to experience campus. Park at Secrest-Wible to begin the tour.

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

Instructor: Peter Rutledge

Tuesday ▪ 10/6/2026 ▪ 3-4:30pm
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

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 antiseptics (killing of bacteria), first used in 1867. This course will tell the stories of the people involved, and the discoveries they made, in these two critical areas. 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.

AI in the Real World: From Curiosity to Practical Power

Instructor: Stephen Carr

Tuesday ▪ 9/15-10/6/2026 ▪ 9-10:30am
4 Sessions ▪ On Campus ▪ Annie R Bass ▪ 1010

Artificial Intelligence is rapidly transforming the way we work, create, and solve problems, but most people only scratch the surface. This course demystifies AI and shows how to use tools like ChatGPT in practical, real-world scenarios. Students will learn how AI actually works (at a high level), how to prompt effectively, and how to apply it across business, personal productivity, and creative projects. Each session includes live demonstrations, hands-on examples, and actionable frameworks. By the end, participants will confidently use AI to automate tasks, generate ideas, and gain a competitive edge in everyday life.

This course is designed for non-technical professionals, entrepreneurs, and curious learners who want to actually use AI—not just hear about it. The class is interactive, practical, and immediately applicable.

Anyone Can Collage

Instructor: Lacey Camp

Wednesday ▪ 9/16-10/7/2026 ▪ 1-2:30pm
4 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

Learn to collage on 2-1/2" x 3-1/2" Artist Trading Cards! Whether you decide to trade your work or keep it, the collage principles are always the same. In this class, you will learn not only how to create tiny works of art and trade them with other artists, but also how to make worldwide friends. There will be a supply list for all students. We will work each session and trade with each other at the last session. There will be art challenges to help you grow as an artist as well.

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

Instructor: Peter Boger

Monday ▪ 9/14-10/5/2026 ▪ 1-2:30pm
4 Sessions ▪ Online ▪ Zoom

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

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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. Attendees 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.

Baby Boomer Secrets

Instructor: Rix Quinn

Thursday ▪ 9/18/2026 ▪ 1-2:30pm
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

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.

Basics of Landscape Design

Instructor: Bob Byers

Wednesday ▪ 9/30–10/7/2026 ▪ 3-4:30pm
2 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

Learn how the principles common to all art forms apply in your garden and how to utilize them. Examples from gardens around the world will give you inspiration and help you understand how to apply these basic ideas to create the garden that's perfect for you.

Basketball 101 with Coach Jamie Dixon and the Horned Frogs

Instructor: Rory Rutledge

Wednesday ▪ 9/30/2026 ▪ 3-4:30pm
1 Session ▪ On Campus ▪ Schollmaier Arena

Learn about the fundamentals of college basketball from TCU men's basketball head coach Jamie Dixon. An opportunity to participate in a practice or watch a live practice with the team will be included. The class will take place in Schollmaier Arena and includes a tour of TCU athletics facilities.

Best Plants for the Fort Worth Metroplex

Instructor: Bob Byers

Tuesday ▪ 9/15–9/22/2026 ▪ 3-4:30pm
2 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

New to the Fort Worth area and trying to decide what's a good fit for your new garden? Or maybe you'd like to enjoy more success with gardening or just add some new favorites to the plant palette of your home or business. Learn about the distinctive growing areas in the Metroplex and which plants will thrive in each.

Bitcoin Basics: What It Is, Why It Matters, and What's Next

Instructor: Gary Leland

Thursday ▪ 10/1/2026 ▪ 9-10:30am
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

A straightforward, jargon-free introduction to bitcoin tailored for seniors. Discover what bitcoin really is (digital money without banks), why it's gaining attention as sound money and a hedge against inflation, and where this technology is headed, including its potential role in retirement and financial security.

Topics include: The basics of how Bitcoin works, why it differs from traditional money and fiat currency, real-world benefits and risks for everyday people, and simple next steps to explore safely. No prior tech or finance knowledge required – just curiosity!

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

Instructor: David Manuel

Thursday ▪ 9/24/2026 ▪ 1-2:30pm
1 Session ▪ Off-Campus ▪ Stevenson Oaks

Bonsai is the ancient Japanese practice of growing trees in pots. This presentation includes a discussion of the origins of the artform, the general aesthetics, horticulture of the trees, basic techniques and the significance of age and size of the specimens. Many examples are pictured in the presentation and the presenter includes a limited selection of trees from his personal collection. The presentation concludes with a description of the establishment of the upcoming permanent Bonsai Collection at the Fort Worth Japanese Garden.

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Bovine Lives

Instructor: Bonnie Lucero

Thursday ▪ 9/17/2026 ▪ 3-4:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible ▪ 119

Cattle are among the most influential and significant protagonists of modern history. The flesh, milk, fat, skin, and other components of these animals found their way into nearly every aspect of human life, from food and medicine to clothing, shelter, and fuel, while structuring land and labor regimes and social relations. Beyond their labor and flesh, though, cattle have complex social and emotional lives. This lecture highlights some of the historical, social, cultural, and ethical debates arising from human exploitation of cattle and their implications for our daily lives.

HYBRID
CLASS!

Capital Chaos: The Fall of the House of Hitler

Instructor: Linda Lanctot

Thursday ▪ 9/24-10/1/2026 ▪ 1-2:30pm
2 Sessions ▪ **On Campus** ▪ Secrest-Wible ▪ 119

>> OR <<

Thursday ▪ 9/24-10/1/2026 ▪ 1-2:30pm
2 Sessions ▪ **Online** ▪ Zoom

Request your preferred format, On Campus or Online. If the in-person class fills up, overflow students will automatically be enrolled in the online session and notified via email.

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 the ruin of Hitler's capital 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.

Climate Change: None of Us Will Escape Its Effects

Instructor: Buddy McIntyre

Monday ▪ 9/28-10/5/2026 ▪ 11am-12:30pm
2 Sessions ▪ **On Campus** ▪ Secrest-Wible ▪ 119

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.

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

Instructor: James Parker

Tuesday ▪ 9/15-10/6/2026 ▪ 9-10:30am
4 Sessions ▪ **On Campus** ▪ Secrest-Wible ▪ 119

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.

Cryptocurrency: Blockchain, Bitcoin, and Stablecoins

Instructor: Robert Frey

Monday ▪ 9/28-10/5/2026 ▪ 9-10:30am
2 Sessions ▪ **On Campus** ▪ Secrest-Wible ▪ 119

Bitcoin was the first of many cryptocurrencies. It's based on some cryptographic concepts and a technology called blockchain. The first lecture will discuss what cryptocurrencies are and their possible advantages and disadvantages, using bitcoin as an example. It will describe the underlying technology in a very elementary way, and it will be a repeat of a class that the instructor gave before. The second lecture will extend this discussion to stablecoins and Ethereum, a cryptocurrency with some features that bitcoin doesn't have. This will NOT be an investment seminar or a "how to" seminar. The instructor finds the technology and the economics of cryptocurrency to be very interesting, but he has not invested in any cryptocurrency and has no intention of doing so.

Daughters of Abraham: An Interfaith Experience Among Jewish, Christian, and Muslim Women

Instructor: Janice Lord

Thursday ▪ 9/17-9/24/2026 ▪ 1-2:30pm
2 Sessions ▪ **Online** ▪ Zoom

This Interfaith course will be facilitated by the founder of Daughters of Abraham in Texas. She will introduce the model, followed by a panel of a Jewish, Christian, and Muslim members of the group. They will briefly share similarities and differences but primarily tell stories of how participation in Daughters has increased their

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respect for one another as well as strengthened their own faith. The goal of Daughters of Abraham is to grow from knowledge to respect to genuinely loving one another as sisters. It may be helpful to view the website before the class:

www.daughtersofabraham-tx.org

Death Files: Protect Your Loved Ones from a Potential Scavenger Hunt

Instructor: Frances Look

Monday ▪ 9/14/2026 ▪ 1-2:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible ▪ 119

If you dropped dead tomorrow, would your next of kin be prepared to manage your last wishes, home, possessions, online accounts, assets, finances, etc. or will they be digging into file cabinets, junk drawers, or stacks of paper? Will they have to hack into your phone/computer or call a psychic to find all the things you forgot to list? This is a fun-filled class in how to organize everything your next of kin needs to know. There are many systems available, and we will find what works for you. Don't put it off until it's too late!

**HYBRID
CLASS!**

Deep Dive: John Lennon & Paul McCartney

Instructors: Richard Selcer, Colin Plante, and Ron Tamada

Monday ▪ 9/14–9/21/2026 ▪ 11am-12:30pm
2 Sessions ▪ **On Campus** ▪ Secrest-Wible ▪ 119
>> OR <<

Monday ▪ 9/14–9/21/2026 ▪ 11am-12:30pm
2 Sessions ▪ **Online** ▪ Zoom

Request your preferred format, On Campus or Online. If the in-person class fills up, overflow students will automatically be enrolled in the online session and notified via email.

When we think of John Lennon and Paul McCartney we think of a remarkable writing partnership. The truth is, from about 1967 on, they were each writing their own songs but putting the Lennon-McCartney stamp on the results for contractual reasons. We're going to dive into the Lennon and McCartney songbooks and see some of the most notable songs in a different light. Join the Three Amigos for music and toe-tapping fun!

Finding Your Neanderthal Roots

Instructor: Hank Fitzhugh

Tuesday ▪ 9/15–9/22/2026 ▪ 11am-12:30pm
2 Sessions ▪ **On Campus** ▪ Secrest-Wible ▪ 119

DNA sequencing has revealed that most humans with non-African ancestry carry approximately 2% Neanderthal DNA in their genome. Given that Neanderthals went extinct some 40,000 years ago, how is this possible? Fortunately, recent evidence from sequencing ancient DNA has exposed where and when our ancestors first met and mated with Neanderthals as well as the genetic benefits and risks from the snippets of Neanderthal DNA we may have inherited.

Fort Worth Sister Cities

Instructor: Sian Borne

Wednesday ▪ 10/7/2026 ▪ 11am-12:30pm
1 Session ▪ **Off-Campus** ▪ Trinity Terrace

Fort Worth has been part of the Sister Cities International organization for over 40 years. Learn about the mission, programs and opportunities offered by this 501(c)(3) nonprofit, as it promotes Fort Worth globally and enriches our community through international education, exchange and commerce.

FW to DFW Airport by Rail: Tips, Tricks & Guided Field Trip!

Instructor: Elizabeth Crozier

Thursday ▪ 10/8/2026 ▪ 9-10:30am
1 Session ▪ **On Campus** ▪ Secrest-Wible ▪ 119

Learn to ride TEXRail to DFW Airport! Reduce pre-flight stress by avoiding traffic to DFW for only \$4 (or less) one-way. Week 1: On-campus class (required for field trip). Week 2: Field trip! Approximately 9:30am to 3pm. Max 10 Frogs per field trip date, each guided by two instructors. Sign up for a field trip date during the class. Two field trip dates will be offered in total.

Field Trip: You're on your own to be dropped off or park at the T&P station, which is the start and endpoint. We'll briefly stop at Central Station and continue to DFW Airport. Starting in Terminal B you'll learn how to navigate various departure/arrival scenarios for all terminals. Must be able to walk a fair distance and get on/off trains and shuttles without mobility assistance. Please bring lunch as there are no restaurants outside of security in the terminals we will be visiting. **Course fee:** Field trip participants must purchase a round-trip TEXRail ticket, day of. Detailed instructions will be covered in class.

Generative AI

Instructor: Michele Gagne

Tuesday ▪ 9/22–9/29/2026 ▪ 9-10:30am
2 Sessions ▪ **Online** ▪ Zoom

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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 including gaming, entertainment, and product design. Recent breakthroughs in the field, like GPT (Generative Pre-trained Transformer) and Midjourney, have significantly advanced the capabilities of GenAI.

Germany's Secret War in America 1914 to 1917—Yes, Before We Were In The War

Instructor: David Jeffereson

Friday ▪ 10/2–10/9/2026 ▪ 3-4:30pm
2 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

While Europe was trying to destroy itself, America was busy selling munitions to the combatants. Great Britain could stop munition ships going to Germany with an ocean blockade, so Germany had to stop munitions going to the allies at the source: in America.

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

Instructors: Jim Godfrey & Jeff Murray

Thursday ▪ 9/17–10/8/2026 ▪ 11am–12:30pm
4 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

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.

Great Hollywood Film Composers

Instructor: Paul Cortese

Wednesday ▪ 9/16–10/7/2026 ▪ 11am–12:30pm
4 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

We will explore the music and artistic contributions of four composers active during the latter half of the twentieth century. Amid a period of significant transformation within the Hollywood film industry “particularly as it adapted to the evolving preferences of a younger audience,” these composers

produced exceptional scores whose aesthetic and cultural impact continues to resonate in contemporary film. Featuring the music of Jerry Goldsmith, Elmer Bernstein, Bernard Herrmann, and Henry Mancini.

Hell or High Water: The Fort Worth Flood of 1949

Instructor: Ariel Slick

Wednesday ▪ 9/16/2026 ▪ 11am–12:30pm
1 Session ▪ Off-Campus ▪ Trinity Terrace

The Fort Worth Flood of 1949 tells the story of how the Trinity River broke its levees the night of May 17, 1949 – its environmental causes, the destruction during the night, the heroes who stepped up, and how the tragedy reshaped the city's growth, politics, and public memory. Through archival research and oral history, this presentation describes how the flood devastated neighborhoods, claimed lives, and forced a reckoning with the city's infrastructure and future stewardship of the most precious resource—water.

High School Success Secrets

Instructor: Rix Quinn

Monday ▪ 9/21/2026 ▪ 1-2:30pm
1 Session ▪ Off-Campus ▪ The Stayton

How much good stuff do we learn before we reach age 21? Memoirist Rix Quinn says we acquire loads of knowledge...and he details it in this program. Much of his data comes from extensive interviews with 50 Baby Boomers (born 1946–1964) whom he interviewed while working on a newspaper research project.

Iwo Jima

Instructor: Jerry Davis

Wednesday ▪ 9/30/2026 ▪ 9-10:30am
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

Iwo Jima. Two words that automatically bring to mind one of the most vicious and costly battles of WWII. A two-word shorthand for bravery and sacrifice and the inspiration for numerous books and movies. Come learn about what happened there and maybe even why.

Japanese Americans: Internment and Integration

Instructor: Harvey Yamagata

Wednesday ▪ 9/23/2026 ▪ 11am–12:30pm
1 Session ▪ Off-Campus ▪ Trinity Terrace

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This lecture provides a better understanding of Japanese immigration to the United States, internment during World War II, and integration and contribution to mainstream American society.

Landmark Supreme Court Cases

Instructor: Denise Warren

Wednesday ▪ 9/30/2026 ▪ 11am-12:30pm
1 Session ▪ Off-Campus ▪ Trinity Terrace

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

Manage Stress Before it Manages You

Instructor: Diana Valdez

Thursday ▪ 10/1-10/8/2026 ▪ 3-4:30pm
2 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

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 assist takes a lot of mental energy and can be very exhausting. That's why self-care is so important for such individuals. This presentation will 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."

Manners Still Matter!

Instructor: Susan Turner

Monday ▪ 9/14/2026 ▪ 1-2:30pm
1 Session ▪ Off-Campus ▪ The Stayton

Join us as we explore the world of today where civility seems a "thing of the past." Whatever happened to words like *Please* and *Thank-you* or *Excuse me* and *May I*? What about simple courtesies such as listening, putting others first, following the Golden Rule or making gracious introductions? And don't get me started on cell phones... Let's go back to how we were raised and remember the values and the basic respect we were taught to show one another. It's not too late to model the behaviors we would love to see in others.

Meals On Wheels, Inc of Tarrant County

Instructors: Belinda Reed & Sharon Rice

Thursday ▪ 9/17/2026 ▪ 1-2:30pm
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

For over fifty years, Meals On Wheels, Inc. of Tarrant County has helped our citizens remain independent in their own homes by providing nutritious meals and a multitude of other services. Most people have heard of this amazing organization, but few know of its breadth and depth. This course will be presented by a Meals On Wheels employee along with a Silver Frog (having over 20 years of delivery experience) who will share details from the front line. You will have the opportunity to get all your questions answered. Tarrant County is a great place to grow old!

Measure for Measure: Gadgets That Stack Up, or Don't

Instructors: Mary Dulle & Sharon Harrelson

Tuesday ▪ 9/29-10/6/2026 ▪ 11am-12:30pm
2 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

Ever wonder if those kitchen gadgets you've spent your hard-earned dollars on are worth the hype? Or you found something in your gadget drawer and you don't remember what it's for? Or you've seen an Internet ad for a handy dandy gizmo and wonder, "will that work?" Join Silver Frogs culinary instructors Mary Dulle and Sharon Harrelson as they discuss the gadgets they love, the ones that never worked, and those somewhere in between. Bring your own fun kitchen tools to discuss, if you like...you might even find a new use for something you've already got!

Medicare: Complexities, Differences, and Various Plan Types Available

Instructor: Frances Look

Wednesday ▪ 9/30/2026 ▪ 11am-12:30pm
1 Session ▪ Online ▪ Zoom

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

Meet Betty Crocker

Instructor: Sharon Harrelson

Monday ▪ 9/28/2026 ▪ 1-2:30pm
1 Session ▪ Off-Campus ▪ The Stayton

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Discover the remarkable story of Betty Crocker, the fictional homemaker who became one of America's most trusted culinary voices. This lecture traces her creation in 1921 by Washburn-Crosby Company, her evolution via General Mills, and her influence on American cooking through radio, cookbooks, television, and advertising. From handwritten recipe replies to modern branding, explore how Betty Crocker shaped home kitchens, reflected cultural change, and remains a powerful symbol in food history today. If you have a beloved Betty Crocker cookbook, you're invited to bring it along to class!

Mindfulness & Meditation: An Introduction

Instructor: Anne Wright

Tuesday ▪ 9/15–10/6/2026 ▪ 1-2:30pm
4 Sessions ▪ Off-Campus
 TCU Burnett School of Medicine, Arnold Hall

Looking for practical ways to handle stress, find balance, and feel more connected? In this course, you'll discover simple, effective tools for managing stress, all while building a supportive community.

On a Mission: America's Women Astronauts

Instructor: Valerie Neal

Wednesday ▪ 10/7/2026 ▪ 11am-12:30pm
1 Session ▪ Online ▪ Zoom

Almost 50 years ago, women first joined the NASA astronaut corps, 20 years after men became astronauts. Sally Ride is famous as America's first woman in space, but scores of equally impressive women astronauts are not as well known. This class introduces all the others, with stories about their paths to space and record-setting careers, set in the context of changes in society and NASA's evolving priorities in space. Women are integral to the history of human spaceflight. Trailblazing, inspiring, amazing women have overcome barriers, excelled, and made their mark in space. Let's get acquainted with them!

Our Amazing Brains: A Walk Down Memory Lane

Instructor: Penny Armstrong

Monday ▪ 9/14/2026 ▪ 3-4:30pm
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

Changes in how memory feels and works are common concerns that many of us share as we age. Dr. Armstrong presents a closer look at the

thinking brain and ways the three pathways of memory directly influence how and what we remember. Considerations on the impact of stress, sleep patterns, and super foods are introduced with helpful tips on methods to promote improved brain health and better brain function.

Play Reading Club

Instructor: Dana Schultes

Wednesday ▪ 10/7/2026 ▪ 1-2:30pm
1 Session ▪ Off-Campus ▪ Stage West Theatre

Join Stage West's Executive Producer, Dana Schultes, for a relaxed and engaging 90-minute play reading session! This one-time class invites participants to come together, connect, and bring a full one-act script to life in a low-pressure, collaborative environment. Whether you're an experienced performer or just love storytelling, you'll have the chance to explore characters, practice cold reading, and enjoy the shared experience of live theatre. No memorization or preparation required, just be ready to be a reader or a listener.

Quilting 101

Instructor: Pamela Guinn

Tuesday ▪ 9/15/2026 ▪ 1-2:30pm
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

Curious about quilting but not sure where to start? Join us for a 90-minute demonstration exploring the art and techniques of quilting. Learn about tools, fabrics, piecing methods, and the quilting process. Whether you're a beginner or simply interested in the craft, you'll leave with a greater appreciation for this timeless art form and ideas for getting started on your own.

Recent Evidence of Atlantis

Instructor: William Greer

Monday ▪ 9/28–10/5/2026 ▪ 3-4:30pm
2 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

Are you acquainted with the legend of Atlantis? Have you looked into it? Do you have an opinion about its being fact or fiction? If, like me, you find this subject fascinating, then regardless of how you answer these questions you should enjoy this examination of recent evidence that supports surprisingly varied claims that Atlantis did exist, perhaps in an unexpected form, and maybe in an unexpected location.

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Sip & Study: The Craft of Distilling at Blackland Distillery

Instructors: Sophie Brooks & Markus Kypreos

Wednesday ▪ 9/16/2026 ▪ 1-2:30pm
1 Session ▪ Off-Campus ▪ Blackland Distillery

Discover the art and science of craft distilling with Blackland Distillery, a standout local business that has helped bring premium Texas spirits to a national audience. This course explores core production methods—mashing, fermentation, distillation, and aging—along with the defining characteristics of whiskey, vodka, gin, and other spirits. Participants will gain insight into flavor development, ingredient selection, and the distiller's craft, as well as the growth of Texas in the modern craft spirits industry. No prerequisites required; interest in food and beverage is encouraged.

Story Night at the Archives: The Wild, Weird, and Wonderful Stories That Built Texas

Instructor: Shannon Houchin

Friday ▪ 9/18-10/9/2026 ▪ 11am-12:30pm
4 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

Texas was built by cattle drivers, gamblers, ranchers, rebels, musicians, and artists trying to capture a landscape bigger than reason. But many of the best stories never made it into the history books. In this four-week series, we'll open the archives of TCU Press and explore the surprising people and moments that shaped Fort Worth and Texas. Each class brings one remarkable story to life through books, photographs, and art—sometimes with the authors who uncovered them.

The 1960's Folk Music Revival in Four Acts

Instructor: Michael Erwine

Monday ▪ 9/14-10/5/2026 ▪ 1-2:30pm
4 Sessions ▪ On Campus ▪ Annie R Bass ▪ 1001

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 Art of Film: A Brief Course in Film Aesthetics

Instructor: Sammy Bass

Monday ▪ 9/14-10/5/2026 ▪ 3-4:30pm
4 Sessions ▪ On Campus ▪ Annie R Bass ▪ 1001

Have you ever watched a movie that looks completely unlike anything you have ever seen before, and couldn't put words to why? Have you ever read the credits and wondered what a gaffer or a key grip does? And how did they pull off that disorienting shot in the diner in *Goodfellas*?! This course will be overview of how to analyze the art, style, and sound of films to have a deeper reading of them and a more enjoyable film viewing experience. We will delve into the techniques filmmakers use including editing, set design, sound design, costuming, lighting and more to make movies emotional and compelling.

The Beatles at 60: Revolver Changes Everything

Instructor: Punch Shaw

Monday ▪ 9/21/2026 ▪ 3-4:30pm
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

In August 1966, the Beatles dropped an album that altered the landscape of popular music. *Revolver* saw the band take its songwriting, musicianship and production to a stunning new level, with tracks that included the haunting "Eleanor Rigby," the trippy "Tomorrow Never Knows," and the driving rocker "Got to Get You Into My Life." Join us as we continue to celebrate the Beatles at 60 with a close look at an amazing LP that stunned Beatles fans and paved the way for Sgt. Pepper's the following year.

The Civil War: The Causes and Notable Battles

Instructor: Richard Wolf

Friday ▪ 9/18-10/9/2026 ▪ 1-2:30pm
4 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

This course will explore the causes of the Civil War and examine key battles that shaped its outcome, including Fort Sumter, Bull Run, Fredericksburg, Shiloh, Antietam, Chancellorsville, Gettysburg, and Vicksburg.

The Four Freedoms

Instructor: Don Mills

Tuesday ▪ 9/15-10/6/2026 ▪ 11am-12:30pm
4 Sessions ▪ Online ▪ Zoom

(Continued on page 23)

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The recent 250th celebration of the birth of American Democracy offers an excellent opportunity to explore the Four Freedoms—Freedom of Speech and Expression, Freedom of Worship, Freedom from Want, and Freedom from Fear—that President Roosevelt introduced in his January, 1941 State of the Union Address. World tensions were high when President Roosevelt introduced these concepts, boldly declaring that they applied to “people everywhere.” Join our conversation as we discuss opportunities to confront issues of speech, press, assembly, religion as well security, i.e. economic, domestic and global security. What is our responsibility to maintain and protect these Four Freedoms?

The Future of Brain Health: New Insights & Reducing Your Risk for Dementia

Instructor: Jaime Cobb Tinsley

Monday ▪ 9/28–10/5/2026 ▪ 1–2:30pm
2 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

What if a large percentage of dementia cases could be delayed or prevented through everyday choices? In this research-informed course, we will explore the latest insights in brain health and dementia risk reduction. Together, we will challenge common myths about aging and memory and focus on what we can influence across the lifespan. You will learn how factors like sleep, movement, nutrition, metabolic and heart health, social connection, and lifelong learning all play a role in supporting the brain. The course translates complex science into practical, realistic strategies that can be applied right away, even with limited time or resources. Whether you are thinking about your own future or supporting someone you love, this class will leave you informed, encouraged, and empowered to take the next step toward better brain health.

The Great Texas Alien Invasion of '97 ... 1897

Instructor: Jerry Davis

Thursday ▪ 10/8/2026 ▪ 1–2:30pm
1 Session ▪ Off-Campus ▪ Stevenson Oaks

In 1897 there were numerous reports across the country of moving lights in the night sky, fueling much speculation. Then, on April 17, 1897 there were reports of a mysterious craft crashing in Aurora Texas ... and the burial of a non-human pilot. 51 years before Roswell ... hmm.

The Mind of God

Instructor: William Greer

Tuesday ▪ 9/15–10/6/2026 ▪ 11am–12:30pm
4 Sessions ▪ Online ▪ Zoom

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.

HYBRID
CLASS!

The New Testament Gospels

Instructor: David Grant

Monday ▪ 9/14–9/21/2026 ▪ 9–10:30am
2 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119
 >> OR <<

Monday ▪ 9/14–9/21/2026 ▪ 9–10:30am
2 Sessions ▪ Online ▪ Zoom

Request your preferred format, On Campus or Online. If the in-person class fills up, overflow students will automatically be enrolled in the online session and notified via email.

An examination of the origins, similarities, and differences in the portraits of Jesus found in the four New Testament gospels: Matthew, Mark, Luke, and John. Attention will be given to the relationships among these gospels.

The Old Chisholm Trail: From Cow Path to Tourist Stop

Instructor: Wayne Ludwig

Wednesday ▪ 9/16–9/23/2026 ▪ 9–10:30am
2 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

Controversy over the name and route of the Chisholm Trail has persisted over time. The popularity of late 19th-century Wild West shows, dime novels, and 20th-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.

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The Story of Libby Zion and the Birth of the 80-Hour Surgical Residency Work Week

Instructor: Peter Rutledge

Tuesday ▪ 10/6/2026 ▪ 1-2:30pm
1 Session ▪ On Campus ▪ Annie R Bass ▪ 1001

In the 1980's, surgical residency training programs required their residents to work 100-120 hours per week. Then, in 1984, Libby Zion died unexpectedly at a New York hospital. At the resulting trial, testimony revealed that the residents caring for her were over-worked and fatigued, possibly contributing to her death. These trial findings brought about the limitation of resident work hours to 80 per week in 2003, which continues today. This talk will discuss the Libby Zion case in detail, and also give a first-hand personal experience of working 120 hours per week over a five-year surgical residency.

The Weirdness of Quantum Mechanics

Instructor: Robert Frey

Friday ▪ 9/18-10/9/2026 ▪ 9-10:30am
4 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

Classical physics teaches us how the universe is designed. Quantum mechanics shows us that at the fundamental level the design is very strange indeed. Particles behave as both particles and waves; properties seem not to exist until they are measured; and entangled particles seem to communicate over long distances almost instantaneously. All of this defies normal human intuition. This class will discuss these ideas in a non-mathematical way. We will avoid math, but we will discuss experiments that require some thought to understand. People who attend this class should be willing to think hard about concepts that strain intuition.

The Women History Forgot

Instructors: Phyllis Allen & Patsy Cipolla

Thursday ▪ 10/1/2026 ▪ 1-2:30pm
1 Session ▪ Off-Campus ▪ Stevenson Oaks

Anne Moody, Wilma Mankiller, Kazue Togasaki, Lillian Garland, Nancy Ward, Mary Ellen Schattman, Viola Liuzzo, Paula Doress-Worters, Kate Moore Barry, Rose Marie McCoy, and many more. Doctors, scientists, bank owners, freedom fighters, spies, negotiators, authors, musicians, educators, women who faced hardship yet refused to back down. We will share stories of incredible

women who changed the course of history, women you likely never heard of or know little about, in an attempt to honor their lives and their work.

Things You Know for Sure About the US Civil War That Just Ain't So

Instructor: James Burt

Tuesday ▪ 9/22-9/29/2026 ▪ 1-2:30pm
2 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

This course will address common assumptions about the US Civil War and present the evidence as to what really happened or what major personalities were really like.

Touring the Japanese Garden: Stories, Culture, and History

Instructor: Nora Coalson

Thursday ▪ 9/17/2026 ▪ 1-2:30pm
1 Session ▪ Off-Campus ▪ Stevenson Oaks

Come along for a visit to one of the most beautiful places in Fort Worth. The 7-1/2 acre Japanese Garden sits within the 120 acres of 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, 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 garden.

Traveling with Mobility Issues

Instructor: Michael Kelley

Thursday ▪ 9/17-9/24/2026 ▪ 9-10:30am
2 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

Traveling the world can be a physically demanding activity, and individuals with mobility issues can encounter challenges at every step of the way. This course will cover several aspects of the travel process as they affect mobility, including trip planning, common mobility obstacles, challenges of various modes of travel (air, ground, hotel, etc.), and the use of mobility assistance devices to make travel easier. We will have ample time for Q&A/discussion and sharing tips and best practices. We will also discuss issues from the perspective of our travel.

Volunteer View

Instructor: Suzanne Yowell

Monday ▪ 10/5/2026 ▪ 1-2:30pm
1 Session ▪ Off-Campus ▪ The Stayton

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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.

VW's: Did You Ever Own or Drive One?

Instructor: Larry Borne

Thursday ▪ 10/8/2026 ▪ 1-2:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible ▪ 119

Share your greatest VW stories. Was it the most fun car you ever drove? Where was Reverse on the stick shift? How did you get to the battery? Did you ever find the spare tire? Did you ever get in trouble while being in a VW? Weren't the wing vents the neatest thing? Come and let's share our stories together.

Walking Each Other Home: A Conversation on End of Life

Instructor: Penny Armstrong

Wednesday ▪ 10/7/2026 ▪ 9-10:30am
1 Session ▪ **On Campus** ▪ Secrest-Wible ▪ 119

Human beings have few certainties in life but one of them is eventually dying. Why, then, is it so difficult to talk about? In this presentation, we look at end of life care and how we can prepare ourselves and help those we love through this tender time of passage. Topics include health care options, palliative and hospice care, and documents needed to assure a final passage that is respectful and desired. We also look at how we can make the most of our lives now and really live while we are still here to enjoy ourselves!

Watching College Basketball

Instructor: Jude Kiah

Wednesday ▪ 9/16-9/23/2026 ▪ 3-4:30pm
2 Sessions ▪ **On Campus** ▪ Secrest-Wible ▪ 119

Do you get frustrated when you watch high school or college basketball because the officials seem not to know what they are doing? What ARE they doing

anyway? Do you know the rules? This session will use game film and analysis (like you see on TV from rules analysts) and other methods to entertain and educate the audience on basketball rules basics and how games are managed by officials. In addition, we will discuss how those officials are selected, how they are identified, compensated, and what their travel looks like.

Women in Art at the Kimbell Art Museum

Instructor: Jan Abbott

Tuesday ▪ 9/15/2026 ▪ 1-2:30pm
1 Session ▪ **Off-Campus** ▪ Kimbell Art Museum

Tuesday ▪ 9/22/2026 ▪ 1-2:30pm
1 Session ▪ **Off-Campus** ▪ Kimbell Art Museum

This will be an interactive tour of selected works of art at the Kimbell Art Museum. We will examine art created by women artists, ranging from the 17th century to the 20th century. You may be familiar with some of these artists, but it is likely that most will be new to you. We will discuss the historical context of these works, as well as the many difficulties these women encountered. *Note: this is the same class, offered twice.*

World War II on the Caribbean Front

Instructor: Bonnie Lucero

Tuesday ▪ 9/29/2026 ▪ 3-4:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible ▪ 119

The Caribbean played a crucial yet still underappreciated role in the confrontation between Allied and Axis powers during World War II. In this lecture, we will explore how Caribbean nations including Cuba, Puerto Rico, Dominican Republic, Trinidad, Curacao, Martinique, and others experienced the critical war years between 1939 and 1945. Silver Frogs will learn how German submarine warfare and Axis invasions of France and Norway transformed regional economies and politics, and how key island nations supported Allied forces via military and air bases and vital resource provisioning.

SESSION II

October 12–November 6



SCHEDULE AT A GLANCE: SESSION II

Session II: October 12–November 6	Start Date	Day	Time	#	Instructor(s)	Location
Understanding Elder Mistreatment: What It Is and What We Can Do	10/12	M	9am	1	Cannell	SW
What Do You Know about the City You Live In?	10/12	M	11am	1	Wadsworth	SW
An Intersection: Life of an Artist Engineer	10/12	M	1pm	1	Sukup	STAY
Awakening II: How to Support and Nurture Your New Awareness in the Ego World	10/12	M	1pm	4	Boger	TCUARB
More Legends of Pop Music: Harry Chapin & Bruce Springsteen HYBRID CLASS	10/12	M	1pm	4	Selcer, Plante & Tamada	SW/ ZOOM
The Power of Doing: How Engagement Promotes Wellness	10/12	M	1pm	1	Novak	ZOOM
Duplicate Bridge for Beginners	10/12	M	3pm	4	Eads	TCUARB
And a Little Child Shall Lead Them	10/13	Tu	9am	1	Norman	SW
From Oporto to Santiago: Walking the Portuguese Central Camino	10/13	Tu	9am	1	Russell	TCUARB
Are You Getting Older or Bolder? What Do You Want to Do & What are You Waiting For?	10/13	Tu	11am	4	Ancona	SW
Confederate Texans in the Civil War	10/13	Tu	1pm	1	Bailey	SW
Mindfulness & Meditation: Beyond the Basics	10/13	Tu	1pm	4	Wright	TCUSM
The Siege of Mecca 1979	10/13	Tu	3pm	2	Jefferson	SW
The Ancient Stoics and the Art of Living Well	10/14	W	9am	2	Coalson	SW
From Kaiser to Catastrophe: How and Why The Germans embraced the Nazis HYBRID CLASS	10/14	W	11am	4	Lancot	SW/ ZOOM
The July 4th, 2025 Guadalupe River Flood: Why Were So Many Lives Lost?	10/14	W	11am	1	McIntyre	TT
What Happened to Quality Hill, Fort Worth's Charleston?	10/14	W	11am	1	Tracy	BEMH
Advanced AI: How to Customize Artificial Intelligence Tools to Achieve Your Objectives	10/14	W	1pm	4	Grado	SW
Oh, My Stars	10/14	W	3pm	1	Burnette	SW
Modern History of Korea	10/15	Th	9am	4	Denny	SW
I Wonder What Heaven Will Be Like!	10/15	Th	11am	1	Turner	SW
Brain Health: Daily Choices Have the Power to Influence Your Cognitive Health	10/15	Th	1pm	1	Copeland	SO
Discovering Art in the Fort Worth Botanic Garden	10/15	Th	1pm	2	M Burt & S Green	FWBG
Orbital Mechanics: This IS Rocket Science	10/15	Th	1pm	2	Smith	SW
Silver Frogs Show Choir	10/15	Th	1pm	7	Gay	SWT
Learning 42 for Beginners, the National Game of Texas	10/15	Th	3pm	4	Roberson	SW
Claude Monet and the Journey to His Waterlilies	10/16	F	9am	1	Leeman	SW
Fashion!	10/16	F	9am	2	Bettinger	TCU FAB
Victorian Faith, Doubt, and the In-Between	10/16	F	11am	1	Middleton	SW
Mah Jongg: Tiles, Tales & Traditions	10/16	F	1pm	4	Dawson	SW
The Professional Organizer's Guide to Having the Most Organized House on the Block (or Floor)	10/16	F	3pm	4	Jones	SW
Les Paul: A Closer Look at A Rock and Roll Visionary	10/19	M	9am	1	Ogle	SW
Building Fort Worth	10/19	M	11am	2	Rutherford	SW
Genealogy Research Using Online Applications	10/19	M	1pm	2	Barth	ZOOM
So, What's the Good News?	10/19	M	1pm	1	J Greer	STAY

(Continues on next page)

Session II: October 12–November 6 (continued)	Start Date	Day	Time	#	Instructor(s)	Location
The Most Comely Hound	10/19	M	3pm	1	Davis	SW
Basic Urology	10/20	Tu	9am	1	Walter	SW
Retirement by Design: Tax and Estate Planning	10/20	Tu	11am	1	Ward	TCUARB
Planning with Purpose: Financial Priorities at Every Stage of Life	10/21	W	11am	1	Moseley	TT
Grit, Guts, & Glory: The Metroplex Recipients of The Medal of Honor	10/22	Th	11am	2	Knudson	SW
God Bless the USA!	10/22	Th	1pm	1	Turner	
Lockheed Martin Advanced Design: Skunkworks	10/23	F	9am	1	Hagseth	SW
American True Crime	10/23	F	11am	1	Marquart	SW
How to Write a REAL GOOD STORY About (Almost) Anything	10/26	M	1pm	1	Quinn	STAY
From the Riviera to the Rhine: Operation Dragoon, France's Other D-Day	10/26	M	9am	2	Knudson	SW
Dark Matter and You	10/26	M	3pm	1	W Greer	SW
WW II Norden Bombsight: Very Secret, Not So Accurate	10/27	Tu	9am	2	Smith	TCUARB
DIY Interior Design/Decor	10/27	Tu	1pm	2	Hall	SW
An Introduction To 3D Printing	10/27	Tu	3pm	1	McAllister	SW
Won't Get Fooled Again: Using AI Tools to Spot Misinformation & Fake Content	10/28	W	9am	2	Grado	SW
Solving The Retirement Puzzle	10/28	W	11am	1	Cowley	TT
That Old Car You Always Dreamed About	10/28	W	3pm	2	Nixon	SW
Discovering Art in the Fort Worth Botanic Garden, Part 2	10/29	Th	1pm	1	M Burt & S Green	FWBG
Secrets of a Personal Stylist	10/29	Th	1pm	2	Ledbetter	SW
Vaccinations: What's the Point?	10/29	Th	1pm	1	Morgenweck	SO
The Mathematics of Casino Games	10/30	F	9am	2	Wilson	SW
Beginners Plus Hand Embroidery Class	10/30	F	11am	2	Clark	TCUARB
Geocaching for Beginners	11/2	M	11am	1	Rice	SW
The Stories Behind the Hymns We Love to Sing	11/2	M	1pm	1	Turner	STAY
Nostalgia Secrets: How Sharing Your Past Can Improve the Future	11/2	M	3pm	1	Quinn	SW
An Introduction To Laser Engraving	11/3	Tu	3pm	1	McAllister	SW
The Monuments Officers of WWII: Safeguarding, Recovering, and Restoring Cultural Heritage	11/4	W	11am	1	Shelton	ZOOM
The Trial of Benedict Arnold	11/4	W	11am	1	Crowder	TT
Beethoven's 9th Symphony: What Makes it Great	11/5	Th	1pm	1	Main	SO
Hope, Healing, and the Power of Community	11/6	F	11am	1	Yowell	SW



Because we are on an active, thriving college campus, room assignments are subject to change.

Please check [the website](#), your email confirmation and email/text reminders for the most up-to-date course and lecture locations on the TCU campus before heading to class.



SESSION II COURSES & LECTURES

Advanced AI: How to Customize Artificial Intelligence Tools to Achieve Your Objectives

Instructor: Ramon Grado

Wednesday ▪ 10/14–11/4/2026 ▪ 1–2:30pm
4 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

This advanced, hands-on course teaches learners how to customize modern AI tools so they work precisely toward their personal goals. Students will explore prompt engineering, multimodal features, workflow design, and safe, reliable customization techniques that make AI more accurate and aligned with their intent. Each session blends demonstration with guided practice, allowing participants to build reusable templates, refine AI outputs, and integrate AI into everyday tasks. By the end of the course, learners will have created a personalized AI workflow they can confidently use beyond the classroom. The course emphasizes clarity, creativity, and ethical, responsible use of AI.

American True Crime

Instructor: James Marquart

Friday ▪ 10/23/2026 ▪ 11am–12:30pm
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

Join author James Marquart as he shares his story of buying the home of a convicted murderer. You will hear details of the crime's investigation, along with the trial and sentencing. James will even share details of his correspondence with the perpetrator, who currently resides in prison. The lecture will conclude with a discussion of "authors vs. criminals," much like the situation involving Truman Capote in his historic book *In Cold Blood*.

An Intersection: Life of an Artist Engineer

Instructor: Richard Sukup

Monday ▪ 10/12/2026 ▪ 1–2:30pm
1 Session ▪ Off-Campus ▪ The Stayton

This lecture is based on two existing art books and a forthcoming third book written by the presenter as he shares his two worlds. The pictorial presentation with photographs and illustrations showcases his career as a licensed professional engineer traveling on five continents, while numerous oil paintings demonstrate his efforts as a lifelong artist.

An Introduction To 3D Printing

Instructor: Mike McAllister

Tuesday ▪ 10/27/2026 ▪ 3–4:30pm
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

You may have seen 3D models and wondered how they did that. You will learn about the different types of 3D printers and accessories along with the pros and cons so you can match the printer to your needs. You will also learn about the different types of printing filament and the various software needed to turn your idea into reality. We will cover the availability of ready-to-print projects including how to personalize them.

An Introduction To Laser Engraving

Instructor: Mike McAllister

Tuesday ▪ 11/3/2026 ▪ 3–4:30pm
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

You will learn what lasers are available to the hobbyist. We will cover both diode and CO2 lasers. How each one works – the pros and cons. We will cover the basics of the software. If you are not an artist, there are plenty of sources for ready-to-use projects. You can get started on a budget...or go wild.

And a Little Child Shall Lead Them

Instructor: Roger Norman

Tuesday ▪ 10/13/2026 ▪ 9–10:30am
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

Isaiah 11:6 presents one of the most profound, captivating, beautiful, encouraging, comforting, and far-reaching truths in all of Scripture conveyed in just seven simple words. In our 90-minute lecture, we'll begin to explore the depth and significance of this remarkable passage, though we will only scratch the surface.

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

Instructor: Lee Ancona

Tuesday ▪ 10/13–11/3/2026 ▪ 11am–12:30pm
4 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

How do you navigate one of the most significant events of adult life, which is retirement? Why wait to go and see the people, visit the places, and enjoy the things that you've always wanted to? Great class discussion and problem solving.

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Awakening II: How to Support and Nurture Your New Awareness in the Ego World

Instructor: Peter Boger

Monday ▪ 10/12–11/2/2026 ▪ 1–2:30pm
4 Sessions ▪ On Campus ▪ Annie R Bass ▪ 1001

For Silver Frogs who have completed the introductory course (*Awakening to the Untapped Power of Your Mind to Relieve Anxiety and Depression*) and are still interested in exploring how to integrate this new awareness into everyday life, this class will meet as a gathering of students of these Tibetan teachings (known as a 'Sangha'), with participants giving and receiving support as the group's collective energy creates a safe place for continuing awakening to unfold.

Basic Urology

Instructor: Michael Walter

Tuesday ▪ 10/20/2026 ▪ 9–10:30am
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

An overview of the major conditions treated by urologists, including kidney stones, prostate enlargement, erectile dysfunction, prostate and bladder and kidney cancers.

Beethoven's 9th Symphony: What Makes it Great

Instructor: Lynn Main

Thursday ▪ 11/5/2026 ▪ 1–2:30pm
1 Session ▪ Off-Campus ▪ Stevenson Oaks

A groundbreaking composition when it was first performed in Vienna in 1824, it was the first symphony that included a movement with vocal soloists and a large chorus. It served as a bridge between the classical and romantic periods of music. Beethoven was profoundly deaf by the time this work was first performed. The chorus, "Ode to Joy," was chosen in 1985 as the official anthem of the European Union. Have I ever sung it? Yes, with performances and rehearsals close to 100 times as a member of the Choral Arts Society of Washington. And each and every time it was thrilling.

Beginners Plus Hand Embroidery Class

Instructor: Nancy Clark

Friday ▪ 10/30–11/6/2026 ▪ 11am–12:30pm
2 Sessions ▪ On Campus ▪ Annie R Bass ▪ 1001

Learn to create a beautiful felt hand-embroidered Christmas ornament in this beginner-friendly class. Students will be introduced to basic embroidery stitches, simple ornament construction, and techniques for adding colorful hand-stitched details to felt. This class is ideal for true beginners and for those with a little experience who would enjoy a relaxing project while strengthening their stitching skills. Each student will leave with a finished ornament and the confidence to continue exploring hand embroidery at home.

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

Instructor: Jessica Copeland

Thursday ▪ 10/15/2026 ▪ 1–2:30pm
1 Session ▪ Off-Campus ▪ Stevenson Oaks

What are the 14 modifiable risk factors for dementia, and how are you managing them? Learn about the daily choices that impact your cognitive function and brain health. We will explore the seven 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 your brain health today; learn how daily choices can help enhance cognitive function and reduce the risk of dementia.

Building Fort Worth

Instructor: Graham Rutherford

Monday ▪ 10/19–10/26/2026 ▪ 11am–12:30pm
2 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

We look at the art and architecture that have shaped Fort Worth, including Art Deco buildings, modern architecture, schools and churches, and public art.

Claude Monet and the Journey to His Waterlilies

Instructor: Donya Leeman

Friday ▪ 10/16/2026 ▪ 9–10:30am
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

The class will trace Claude Monet's early life and success as the Impressionist artist who gave the name to the movement. He moved his studio to his famous gardens in Guerny, where he stayed as the German troops in World War I came closer to Paris. At the death of his second wife and the

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deterioration of his health, he became depressed and gave up painting. His dear friend, Clemenceau, the Prime Minister of France, stepped in and helped him to return to the world of art. During his last years of life, Monet produced approximately 50 paintings of the water lilies in his renowned garden which he donated to France as his contribution to the war effort. They are now on display at L'Orangerie in Paris.

Confederate Texans in the Civil War

Instructor: Anne Bailey

Tuesday ▪ 10/13/2026 ▪ 1-2:30pm
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

This course will examine why Texans voted to join the Confederacy, how the people coped with wartime conditions, and where the men fought. It will look at not only the soldiers that Texas furnished to the southern armies, but also how women back home dealt with their changing roles as head of households.

Dark Matter and You

Instructor: William Greer

Monday ▪ 10/26/2026 ▪ 3-4:30pm
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

Science overwhelmingly asserts the existence of dark matter and energy, but has no idea how these possible phenomena might affect you. Avoiding math and technical language, we will discuss why scientists think this. But more importantly, we will explore the astounding implications of dark matter and energy on our world and on you. Topics will include the nature of life, the reliability of science, the continuation of humanity, and the survival of the soul.

Discovering Art in the Fort Worth Botanic Garden

Instructors: Melinda Burt & Subie Green

Thursday ▪ 10/15–10/22/2026 ▪ 1-2:30pm
2 Sessions ▪ Off-Campus
Fort Worth Botanic Garden
Deborah B. Moncrief Garden Center

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 Sellers; 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.

Discovering Art in the Fort Worth Botanic Garden, Part 2

Instructors: Melinda Burt & Subie Green

Thursday ▪ 10/29/2026 ▪ 1-2:30pm
1 Session ▪ Off-Campus
Fort Worth Botanic Garden
Deborah B. Moncrief Garden Center

Discovering Art in the Botanic Garden Part II, explores additional sculptures in the beautiful Fort Worth Botanic Garden. This class builds on the art included in Part I and includes work that was not introduced in Part I. The course stands as a complete experience by itself, and Part I is not a required prerequisite.

DIY Interior Design/Decor

Instructor: Patricia Hall

Tuesday ▪ 10/27–11/3/2026 ▪ 1-2:30pm
2 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

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 that is 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 everyone. Our first session will focus on professional designers’ recipe for a well-decorated space, and the second session will focus on refreshing an existing space applying the pros method. So, bring your notebook, your questions and enjoy becoming a DIY Designer.

Duplicate Bridge for Beginners

Instructor: Randy Eads

Monday ▪ 10/12–11/2/2026 ▪ 3-4:30pm
4 Sessions ▪ On Campus ▪ Annie R Bass ▪ 1001

We will explain the basics of “duplicate” bridge, focused on beginners. The term “duplicate” means several pairs will be playing the same (i.e., duplicate) hands. Your score is based on how well you play vs. the other pairs who have played the same cards. We’ll talk about bidding, playing, and scoring a hand. Finally, we will talk about opportunities to learn more and to play.

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Fashion!

Instructor: Nicole Bettinger

Friday ▪ 10/16–10/23/2026 ▪ 9–10:30am
2 Sessions ▪ On Campus ▪ TCU FAB ▪ Lobby

Go behind the scenes of the fashion industry and discover what happens before clothing reaches the store. In this two-part course, explore textiles, fashion trends, consumer influences, and the retail buying process through engaging discussions and hands-on activities. Gain a deeper understanding of how ideas become the products consumers love each season.

HYBRID
CLASS!

From Kaiser to Catastrophe: How and Why The Germans Embraced the Nazis

Instructor: Linda Lanctot

Wednesday ▪ 10/14–11/4/2026 ▪ 11am–12:30pm
4 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119
>> OR <<

Wednesday ▪ 10/14–11/4/2026 ▪ 11am–12:30pm
4 Sessions ▪ Online ▪ Zoom

Request your preferred format, On Campus or Online. If the in-person class fills up, overflow students will automatically be enrolled in the online session and notified via email.

I'm going to answer the question of how Germany went from Kaiser to Fuhrer. We'll examine the Weimer Republic, the European challenges after World War I and specifically the effects of the devastatingly punitive Versailles Treaty on the people and government of Germany in the early 20th Century. We'll examine how Hitler was able to both rescue and condemn his adopted homeland. We'll do a deep dive into the everyday German and look at this event as though we were in Germany in 1919 and beyond.

From Oporto to Santiago: Walking the Portuguese Central Camino

Instructor: Rick Russell

Tuesday ▪ 10/13/2026 ▪ 9–10:30am
1 Session ▪ On Campus ▪ Annie R Bass ▪ 1010

Walk the Portuguese Central Route of the Camino de Santiago through the eyes of a modern pilgrim. Beginning in Oporto, this session blends practical planning tips, helpful technology, packing guidance, and on-the-trail insights with photos and short videos from the journey. We'll explore the history of the Camino, the story of St. James, and the cultural traditions that shape this ancient pilgrimage. Whether you're considering the walk

yourself or simply curious about the experience, this class offers an engaging look at one of Europe's most meaningful long-distance paths.

From the Riviera to the Rhine: Operation Dragoon, France's Other D-Day

Instructor: Kent Knudson

Monday ▪ 10/26–11/2/2026 ▪ 9–10:30am
2 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

In August 1944, the Allies invaded the southern coast of France in an operation eventually named DRAGOON. The capture of the great ports of Toulon and Marseilles, along with the drive north through the Rhone River valley to Lyon and Dijon would be one of the most successful and controversial campaigns of World War II. Often overlooked as an afterthought for its contributions because of the June 1944 landings in Normandy and the simultaneous liberation of Rome, the campaign provided critical support to the Normandy-based armies as they joined to head east toward the Third Reich. This two-part lecture will initially describe Allied and Axis assets on the eve of battle then go ashore with the Allied forces as they head to the Rhine River. "On se voit-bas!" See you there!

Genealogy Research Using Online Applications

Instructor: Crystal Barth

Monday ▪ 10/19–10/26/2026 ▪ 1–2:30pm
2 Sessions ▪ Online ▪ Zoom

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.

Geocaching for Beginners

Instructor: Sharon Rice

Monday ▪ 11/2/2026 ▪ 11am–12:30pm
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

Get out of the house! Geocaching is known as the world's largest treasure hunt! A perfect combination of high tech and nature. There are millions of caches hidden around the world, since its invention in 2000. Yes, even in your neighborhood! This is a fun, easy outdoor activity for individuals, groups, or families. You can determine which caches to hunt based on degree of difficulty and terrain. Creating a free account on the phone app will open up maps of hidden

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geocaches. After our 90 minute class, you will be prepared to join this ecologically friendly community and immediately find local caches. Caution: this can be addictive!

God Bless the USA!

Instructor: Susan Turner

Thursday ▪ 10/22/2026 ▪ 1-2:30pm
1 Session ▪ Off-Campus ▪ Stevenson Oaks

Happy Birthday, America! How blessed we are to be citizens of this great country! Join me for a creative, trivia-filled journey through our 250 years as we look at unique ways our freedom has been celebrated along the way. Our journey will include some mind-boggling ways Americans actually wind up disrespecting the flag, national anthem and pledge – when thinking they are showing honor.

Get ready! The class might even be quizzed on how much YOU know about these symbols of our freedom! One thing is for sure! We'll have fun together as we reflect on why we are proud to live in the United States of America.

Grit, Guts, & Glory: The Metroplex Recipients of The Medal of Honor

Instructor: Kent Knudson

Thursday ▪ 10/22–10/29/2026 ▪ 11am–12:30pm
2 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

In 2025, our oldest branches of the United States Armed Forces celebrated their 250th anniversary. Since the American Revolution, 40 million individuals have served in its ranks. However, only 3,500 men and one woman have received its highest award for valor: the Medal of Honor. Join us for a two-part lecture commemorating Medal of Honor recipients from Fort Worth, Arlington, and Dallas. Course participants will get an introduction to each recipient's life before they joined the military, the events and campaigns in which they participated, and the heroic and self-sacrificing actions that justified their nomination for the Medal of Honor. These recipients saw action during World War II and the Korean and Vietnam Wars. Those Silver Frogs considering participation in this semester's trip to the National Medal of Honor Museum in Arlington on November 5 will find this course a fitting prelude.

Hope, Healing, and the Power of Community

Instructor: Suzanne Yowell

Friday ▪ 11/6/2026 ▪ 11am–12:30pm
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

Children experiencing abuse, neglect, and involvement in temporary care often need more than services—they need trusted adults, meaningful connections, and communities willing to stand beside them. In this engaging presentation, CASA of Tarrant County shares the mission of CASA, the realities of child advocacy work, and the powerful impact compassionate individuals and community partnerships can have on the life of a child. Attendees will gain insight into the child welfare system, the important role CASA volunteers play in helping children find stability and hope, and the ways communities can work together to create safety, belonging, and brighter futures for vulnerable children and families.

How to Write a REAL GOOD STORY About (Almost) Anything

Instructor: Rix Quinn

Monday ▪ 10/26/2026 ▪ 1-2:30pm
1 Session ▪ Off-Campus ▪ The Stayton

We all learn about the world through stories. The earliest ones -- rhymes and fairy tales -- teach us basic life lessons. Religious and spiritual stories provide us with moral values, teach us to appreciate our friends and families, and show us how to treat others the way we would like to be treated. Here are a few things we will discuss in this short program:

- The fairy tale writing secret
- 5 ways to get a reader's attention
- How to keep readers reading what you wrote
- How setting and mood help a story tell itself
- How to write a book by simply writing simple scenes

As an editor once said: "Telling a story that teaches a lesson may be the most important thing you ever learn."

I Wonder What Heaven Will Be Like!

Instructor: Susan Turner

Thursday ▪ 10/15/2026 ▪ 11am–12:30pm
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

Heaven.....hmmmm. I wonder where it is. What does the Bible mean when it says one day there will be a brand new heaven and earth? What will life be like? What will I do in heaven? What kind of body will I have? Who will be there? Will I recognize people? Bring all your questions and let's explore the incredible future believers have as they spend eternity in Heaven.

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Learning 42 for Beginners, the National Game of Texas

Instructor: Dennis Roberson

Thursday ▪ 10/15–11/5/2026 ▪ 3–4:30pm
4 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

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 & Lore of the National Game of Texas*

Les Paul: A Closer Look at A Rock & Roll Visionary

Instructor: Robert Ogle

Monday ▪ 10/19/2026 ▪ 9–10:30am
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

Les Paul is revered by guitarists in all musical genres for pioneering the solid-body electric guitar, but his legacy reaches far beyond the instrument itself. He was a recording and studio innovator whose contributions include multi-tracking, overdubbing, and other sophisticated studio techniques that have a profound impact even today. Learn more about his impact on modern music, as well as overcoming serious physical challenges.

Lockheed Martin Advanced Design: Skunkworks

Instructor: Paul Hagseth

Friday ▪ 10/23/2026 ▪ 9–10:30am
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

Lockheed Martin's Advanced Design group (aka "The Skunkworks") has developed many of the most advanced, successful aircraft in the world which has led to Lockheed Martin being Tarrant County's largest employer for many decades. The history and unique aspects of the Skunkworks will be presented.

Mah Jongg: Tiles, Tales & Traditions

Instructor: Julie Dawson

Friday ▪ 10/16–11/6/2026 ▪ 1–2:30pm
4 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

Discover the rich history and lively fun of Mah Jongg in this welcoming introduction to the game. Learn how Mah Jongg began, explore the meaning behind the tiles, and build confidence playing step by step in a relaxed, supportive setting. No experience is needed—just curiosity and a sense of fun! By the end of the series, you'll be ready to join a game, and we'll share local opportunities where you can continue playing after you graduate. Come for the stories, stay for the strategy, and leave ready to play!

Mindfulness & Meditation: Beyond the Basics

Instructor: Anne Wright

Tuesday ▪ 10/13–11/3/2026 ▪ 1–2:30pm
4 Sessions ▪ Off-Campus
TCU Burnett School of Medicine ▪ Arnold Hall
Medical Ed Building Learning Studio A

If you've completed the introductory course and are eager to deepen your practice, this class is here for you. This course explores more practices, including a Seated Movement Practice, Loving-Kindness meditation, and a meaningful silent retreat. We'll also read *Real Happiness* by Sharon Salzberg together as a group (book not provided).

Join us for this next step in your mindfulness journey, building on what you've learned to strengthen your resilience and deepen your mindfulness skills. *Prerequisite course: *Mindfulness & Meditation: An Introduction*

Modern History of Korea

Instructor: Samuel Denny

Thursday ▪ 10/15–11/2/2026 ▪ 9–10:30am
4 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

In this course, we will read about the life of Dr. Kyoung-jin Kim. Dr. Kim's life encapsulates the modern history of the Korean Peninsula as he was born in the Japanese puppet state of Manchukuo, Manchuria, in northeastern China in 1936, fled to Seoul in the waning days of the Second World War in 1945 where he lived at first under the US Military Government (1945–1948), then witnessed the birth of the Republic of Korea (1948), survived occupation by North Korea during the Korean War (1950–1953), and finally was able to live in the vibrant democracy that South Korea has become today.

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HYBRID
CLASS!

More Legends of Pop Music: Harry Chapin & Bruce Springsteen

Instructors: Richard Selcer, Colin Plante
and Ron Tamada

Monday ▪ 10/12–11/2/2026 ▪ 1–2:30pm
4 Sessions ▪ **On Campus** ▪ Secrest-Wible ▪ 119
>> OR <<

Monday ▪ 10/12–11/2/2026 ▪ 1–2:30pm
4 Sessions ▪ **Online** ▪ Zoom

Request your preferred format, On Campus or Online. If the in-person class fills up, overflow students will automatically be enrolled in the online session and notified via email.

Harry Chapin and Bruce Springsteen are two of the recognized giants of pop music, starting in the 1970s. Both were master storytellers, drawing from their own experiences and from observation. Though they created very different music, both are also better known for their concerts and their albums than for a few Top 40 singles. Join the Three Amigos as we dig into the catalogs of Chapin and Springsteen.

Nostalgia Secrets: How Sharing Your Past Can Improve the Future

Instructor: Rix Quinn

Monday ▪ 11/2/2026 ▪ 3–4:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible ▪ 119

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.

Oh, My Stars

Instructor: Donna Burnette

Wednesday ▪ 10/14/2026 ▪ 3–4:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible ▪ 119

Star light, star bright first star I see tonight. Umm, no. The stars at night are big and bright. Oops, not that. Starry, Starry Night, paint your palette blue and gray. Oh, gee! Anyway, how about we make our own stars from toilet paper rolls? This is a fun and easy craft. Just in time for Christmas, New

Years, or all year! Each star is made from 8–16 toilet paper rolls so start saving! Paper towel rolls can also be used (1 paper towel roll = 3 t.p. rolls.) Bring scissors and be ready to fire up your glue gun!

Orbital Mechanics: This IS Rocket Science

Instructor: Randy Smith

Thursday ▪ 10/15–10/22/2026 ▪ 1–2:30pm
2 Sessions ▪ **On Campus** ▪ Secrest-Wible ▪ 119

This course will provide an overview of the science of launching rockets and maneuvering spacecraft in Earth orbit, with a sampling of how these craft are sent beyond Earth orbit, to the likes of the moon and Mars. A description of the physical elements for all orbits will lead to demonstration of how to transfer from one orbit to another. For those who grew up watching the Mercury, Gemini, and Apollo missions we’ll explain the meaning and purpose of the terms you heard often, but didn’t understand: launch window, main engine cutoff, delta-velocity burns, orbital insertion, deorbit, reentry, and splashdown. All this will be done with an absolute minimum of equations.

Planning with Purpose: Financial Priorities at Every Stage of Life

Instructor: Bonnie Moseley

Wednesday ▪ 10/21/2026 ▪ 11am–12:30pm
1 Session ▪ **Off-Campus** ▪ Trinity Terrace

Planning with Purpose: Financial Priorities at Every Stage of Life is an educational class designed to help you understand what financial planning actions matter most at each phase of life, and how to make confident decisions no matter where you are on your journey. This class focuses on practical guidance, not one-size-fits-all advice. Throughout the discussion, we emphasize intentional planning—helping you understand why certain strategies matter now, and what to start thinking about next.

Retirement by Design: Tax and Estate Planning

Instructor: Lisa Ward

Tuesday ▪ 10/20/2026 ▪ 11am–12:30pm
1 Session ▪ **On Campus** ▪ Annie R Bass ▪ 1010

Smart tax and estate planning can make all the difference in protecting your income, reducing stress, and leaving a lasting legacy. In this course, you’ll learn how taxes impact retirement income, what recent law changes mean for you, and how to

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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.

Secrets of a Personal Stylist

Instructor: Kim Ledbetter

Thursday ▪ 10/29–11/5/2026 ▪ 1-2:30pm
2 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

Do you have a closet full of clothes but “nothing to wear”? Do you love to shop but end up buying things you never wear? I have been a Personal Stylist for Stitch Fix for 11+ years and love showing people how to look put-together and confident no matter what stage of life they are in ...or what shape they are in! Join us for a lively, interactive discussion on dressing your body type, trends for the season and creating a wardrobe that works for you using what you already have.

Silver Frogs Show Choir

Instructor: Sarah Gay

Thursday ▪ 10/15–12/3/2026 ▪ 1-2:30pm
7 Sessions ▪ Off-Campus ▪ Stage West Theatre

Step into the spotlight and rediscover the joy of performing in this fun, welcoming Show Choir class! During this course, participants will learn upbeat musical numbers featuring group vocals and light, easy-to-follow choreography, all tailored to be accessible, energizing, and enjoyable. No prior experience is necessary, just bring your enthusiasm and love of music! Experience that thrill of singing and moving together in a supportive, low-pressure environment.

****Please note this is a seven session class with a final performance at the 2026 Silver Frogs Holiday Celebration.**

So, What's the Good News?

Instructor: Julianna Greer

Monday ▪ 10/19/2026 ▪ 1-2:30pm
1 Session ▪ Off-Campus ▪ The Stayton

Since the COVID-19 era, it's often felt as though all the news is bad. Reports about international conflicts, worsening natural disasters, affordable housing shortages, and political discord dominate every news cycle and the feeds we receive on

social media. There is woefully little reporting about the many encouraging developments worldwide, especially in the areas of health care, environmental science and renewable energy. This session will be devoted to those bright spots.

Solving The Retirement Puzzle

Instructor: Ryan Cowley

Wednesday ▪ 10/28/2026 ▪ 11am-12:30pm
1 Session ▪ Off-Campus ▪ Trinity Terrace

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!

That Old Car You Always Dreamed About

Instructor: Chuck Nixon

Wednesday ▪ 10/28–11/4/2026 ▪ 3-4:30pm
2 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

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 experience. 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. You do not have to own an antique or classic car to attend and enjoy this class.

The Ancient Stoics and the Art of Living Well

Instructor: Nora Coalson

Wednesday ▪ 10/14–10/21/2026 ▪ 9-10:30am
2 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

The Ancient Stoics have much to teach us about how to live well in a turbulent world. This 2000+ year old practical philosophy remains relevant today. You will meet some of the greats, one of whom was an early proponent of women's rights. Another was a slave, and yet another a Roman Emperor. We will cover their core beliefs, discuss modern relevance, and see how Stoic ideas might compliment Christianity. Marcus Aurelius, perhaps the most well-known of these ancient men, once said: “Waste no more time arguing about what a good man should be. Be one.”

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The July 4th, 2025 Guadalupe River Flood: Why Were So Many Lives Lost?

Instructor: Buddy McIntyre

Wednesday ▪ 10/14/2026 ▪ 11am-12:30pm
1 Session ▪ **Off-Campus** ▪ Trinity Terrace

119 lives were lost on the Guadalupe River July 4th, 2025, including 27 campers and counselors 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 Mathematics of Casino Games

Instructor: Ronald Wilson

Friday ▪ 10/30-11/6/2026 ▪ 9-10:30am
2 Sessions ▪ **On Campus** ▪ Secrest-Wible ▪ 119

This is NOT a gambling class! While we will go over the rules and restriction of three popular casino games (Blackjack, Roulette, and Craps), we will focus on the odds of certain bets within these games. Should I double down? Should I bet "behind the line"? Red or Black? It will help if you aren't afraid of talking about fractions, but we'll have "cheat sheets" to help where we can. So join us as we take a look "behind the scenes" to find out why casino games are so appealing to many people.

The Monuments Officers of WW II: Safeguarding, Recovering, and Restoring Cultural Heritage

Instructor: Casey Shelton

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

Join Casey Shelton, senior researcher at the Monuments Men and Women Foundation, as she explores the safeguarding measures and postwar recovery and restitution efforts of the Monuments Men and Women of World War II. Through compelling stories of their extraordinary work in the theater, she reveals how the legacy of these operations continues to shape the preservation of art and cultural heritage today.

The Most Comely Hound

Instructor: Jerry Davis

Monday ▪ 10/19/2026 ▪ 3-4:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible ▪ 119

"The Most Comely Hound" is not just my opinion: it is in the Bible. Maybe you once went to the dog

track and placed a bet, or maybe not. Greyhounds are an ancient breed, make wonderful pets, have a long and interesting history ... and more than a few quirks. Not commonly seen around Fort Worth neighborhoods, come and learn more about these professional athletes, the second fastest land animal. And, perhaps meet an "ambassador."

The Power of Doing: How Engagement Promotes Wellness

Instructor: Laura Novak

Monday ▪ 10/12/2026 ▪ 1-2:30pm
1 Session ▪ **Online** ▪ Zoom

This course will explore how the brain changes as we age and how engaging in our most cherished activities helps us maintain or even improve brain connectivity. Participants will learn about why some activities become attached to deeper meaning, and how continuation of these activities has a significant effect on our cognitive, physical, and psychosocial wellness. Additionally, participants will explore ways to modify participation to accommodate changing abilities.

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

Instructor: Elizabeth Jones

Friday ▪ 10/16-11/6/2026 ▪ 3-4:30pm
4 Sessions ▪ **On Campus** ▪ Secrest-Wible ▪ 119

Whether you live in a 700-square-foot English cottage with tiny closets, a sprawling ranch-style with clutter in every corner, or curse your junk drawers in the high-rise retirement community you call home, this class will show you how to curate the sentimental collections you love, all the best places to take the things you don't, and what to do with the in between.

The Siege of Mecca 1979

Instructor: David Jeffereson

Tuesday ▪ 10/13-10/20/2026 ▪ 3-4:30pm
2 Sessions ▪ **On Campus** ▪ Secrest-Wible ▪ 119

In 1979 the Grand Mosque in Mecca was taken over by armed men. For two weeks the Saudi Arabian government tried to take the Mosque back. This largely unpublicized action had worldwide religious/political implications that are still affecting us today.

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The Stories Behind the Hymns We Love to Sing

Instructor: Susan Turner

Monday ▪ 11/2/2026 ▪ 1-2:30pm
1 Session ▪ **Off-Campus** ▪ The Stayton

Join us as we explore the history behind hymns such as Amazing Grace, How Great Thou Art, It is Well, Great is Thy Faithfulness and many, many more. Who wrote them? What is the story that caused the author to pen these meaningful verses that we all love to sing? Be prepared! We might even sing along with a few of them as we take the words to heart and fully embrace the message in these songs that minister to our hearts and offer hope and encouragement when we need it the most.

The Trial of Benedict Arnold

Instructor: Jack Crowder

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

The name Benedict Arnold is synonymous in American history with the word traitor. Before September 1780, Arnold was considered by the Americans and the British as the best General under George Washington. He was a hero who had saved the Revolution twice. After September, he became despised by both sides.

You will be part of the jury that will judge Benedict Arnold. He will answer questions from a prosecutor and present his side of what happened, before and after he defected to the British. At the end of the trial, you may question Arnold and then you decide the verdict.

Understanding Elder Mistreatment: What It Is and What We Can Do

Instructor: Brad Cannell

Monday ▪ 10/12/2026 ▪ 9-10:30am
1 Session ▪ **On Campus** ▪ Secrest-Wible ▪ 119

Elder mistreatment—including financial exploitation, emotional abuse, neglect, and scams—affects millions of older adults each year. This lecture will provide a clear, balanced overview of what elder mistreatment is, why it happens, and how it can be prevented. Participants will learn to recognize common warning signs, understand practical steps to reduce risk, and explore how families, friends, and communities can support safety and independence in later life. The session emphasizes empowerment, prevention, and community connection, offering realistic strategies

to protect dignity and well-being without creating unnecessary fear.

Vaccinations: What's the Point?

Instructor: Cynthia Morganweck

Thursday ▪ 10/29/2026 ▪ 1-2:30pm
1 Session ▪ **Off-Campus** ▪ Stevenson Oaks

This discussion will provide an overview of the history of vaccinations—historical developments and the expansion of their use. A description of the benefits and burdens of vaccines will enable the participant to understand the rise of their use and also to understand the vaccine hesitancy that has emerged in the last 25 years. There will be an overview of the Wakefield case as well as a description of a case of tetanus that occurred in the last ten years.

Victorian Faith, Doubt, and the In-Between

Instructor: Darren Middleton

Friday ▪ 10/16/2026 ▪ 11am-12:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible ▪ 119

Drawing on selected Victorian verse, this lecture probes the cultural skirmishes between traditional Christian faith and modern skepticism in nineteenth-century Britain. We will explore the “withdrawing roar” of faith in Matthew Arnold’s “Dover Beach” and the cosmic pessimism of Thomas Hardy’s “God Forgiven,” juxtaposed with the optimistic nature-mysticism of Elizabeth Barrett Browning. From John Henry Newman’s self-forgetting humility to the “dappled” insights of Gerard Manley Hopkins and God’s dogged pursuit in Francis Thompson’s “The Hound of Heaven,” we will evaluate as well as ponder how these poets navigated an era of faith, doubt, and the in-between.

What Do You Know About the City You Live In?

Instructor: Peggy Wadsworth

Monday ▪ 10/12/2026 ▪ 11am-12:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible ▪ 119

How well do you know your city? This engaging 90-minute lecture provides an inside look at how local government works, the services available to residents, and who to contact when you need assistance. Learn about the roles of the Mayor, City Council, public safety, transportation, planning, and other city departments. You'll leave with a better understanding of how your city operates and how to make the most of the resources your community offers.

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What Happened to Quality Hill, Fort Worth's Charleston?

Instructor: Jerre Tracy

Wednesday ▪ 10/14/2026 ▪ 11am-12:30pm
1 Session ▪ Off-Campus
Ball-Eddleman-Mc Farland-House

Turn back time to the 1960's and learn about Quality Hill, Fort Worth's premier silk-stocking neighborhood of the day. Find out who lived on Penn Street and married Elliott Roosevelt, son of President Franklin D. Roosevelt and Eleanor.

What happened to Quality Hill in 1969 that caused the Junior League of Fort Worth to establish a preservation charity named Historic Fort Worth, Inc? Why did the Junior League purchase the 1899 Ball-Eddleman-McFarland House for its first headquarters in 1978? What lessons have been learned to save Fort Worth's distinct historic identity?

Won't Get Fooled Again: Using AI Tools to Spot Misinformation and Fake Content

Instructor: Ramon Grado

Wednesday ▪ 10/28-11/4/2026 ▪ 9-10:30am
2 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

Every day, millions of Americans encounter misleading headlines, doctored photos, and AI-generated fake videos online—and older adults are among the most frequent targets. In this hands-on course, you'll learn practical strategies to evaluate the credibility of news, images, and video content you encounter on social media, email, and the web. Using free, easy-to-access AI-powered tools, you'll discover how to fact-check stories in seconds, reverse-search suspicious images, and recognize the telltale signs of "deepfake" videos. No technical background required. You'll leave with a personal toolkit and the confidence to protect yourself and help your family and friends.

WW II Norden Bombsight: Very Secret, Not So Accurate

Instructor: Randy Smith

Tuesday ▪ 10/27-11/3/2026 ▪ 9-10:30am
2 Sessions ▪ On Campus ▪ Annie R Bass ▪ 1010

The nearly mythical Norden bombsight made the precision aerial bombing campaign of Germany possible. How did it work? How was it kept so secret? And, did it actually deliver the bombs on-target?

Remember:

Select up to eight (8) classes during the request period, and be sure to prioritize them.

If you select more than eight, your 9th and higher priorities will not be included in the allocation.

Starting September 8, you can add more classes to your schedule – any class with open seats can be selected, and there is no charge!

If you are on a waitlist, you will be notified if a seat opens up and you are randomly selected to fill it.

If you register for a class and find that you have a conflict or cannot attend, please email or call the Extended Ed office to release the seat.

SESSION III

November 9–December 11
(no classes the week of Thanksgiving)



SCHEDULE AT A GLANCE: SESSION III

Session III: November 9–December 11	Start Date	Day	Time	#	Instructor(s)	Location
Artificial Intelligence (AI) Helps Me Win a Lawsuit	11/9	M	9am	1	Cung	SW
Greek and Roman Mythology in the Visual Arts	11/9	M	11am	4	Cecere	SW
Broadway & Hollywood Calling: Music of the 60's and 70's HYBRID CLASS	11/9	M	1pm	4	Selcer, Plante & Tamada	SW/ ZOOM
Mediterranean Cruise Travel Log: From Rome to Greece and Ephesus	11/9	M	1pm	1	Parr	STAY
Mnemonics: Remembering Names and Other Nonsense	11/9	M	1pm	2	J Greer	TCUARB
Who Are You? Where Did You Come From?	11/9	M	1pm	4	Morton	ZOOM
Bucket List Books	11/9	M	3pm	4	Barnes	SW
Intro to Mah Jongg (National Mah Jongg League)	11/9	M	3pm	4	Stephens	TCUARB
From Little Queries Come Big Theories	11/10	Tu	9am	4	Parker	TCUARB
A History of Astronomical Discovery	11/10	Tu	11am	4	Smith	SW
Italy: A Travel Sampler	11/10	Tu	11am	2	Parr	ZOOM
Hands on American Art at the Carter Museum	11/10	Tu	3pm	2	J Burt	ACM
The Family Enterprise: Preserving Wealth, Engagement, and Purpose Across Generations	11/10	Tu	3pm	4	Haggard	SW
Copernicus, Galileo, Newton and Darwin: Their Science and Religion HYBRID CLASS	11/11	W	9am	4	Grant	SW/ ZOOM
Leaders in Blue and Grey: Ulysses S Grant and Robert E Lee	11/11	W	11am	2	J Burt	SW
Stroke of Insight	11/11	W	11am	1	Williamson	ZOOM
Pasadena Tournament of Roses Parade: A Look Behind the Scenes	11/11	W	11am	1	Walker	TT
New Orleans' Storyville: Madams, Music and Murder	11/11	W	1pm	4	Seeling	SW
How To Read Great Literature: Plato's Republic	11/11	W	3pm	4	Hudson	SW
The Ultimate Champion's Guide: 21 Smart Questions to Ensure You are Prepared for Health Emergencies, or the Inevitable	11/12	Th	9am	2	Johnson & Wingard	SW
Abdominal Anatomy, Physiology, and Disease Processes	11/12	Th	1pm	4	P Rutledge	SW
France: A Summer Car Trip Travel Log	11/12	Th	1pm	2	Parr	ZOOM
Stop The Bleed	11/12	Th	1pm	1	P Green	SO
Intermediate 42: Fun and Competition in Silver Frogs!	11/12	Th	3pm	4	Frazer	SW
Societal Issues Discussion Group	11/13	F	9am	4	L Klos & E Klos	SW
An Experiential Look at Dementia	11/13	F	11am	2	Snider	SW
AI Ethics: How to Use Artificial Intelligence Responsibly, Safely, and Wisely	11/13	F	1pm	1	Grado	TCUARB
Feel That Sea Breeze? A Cruising Update	11/13	F	1pm	1	Woodard	TCUARB
Under 65? Alternatives to ACA (Marketplace) Plans: Choices and Saving Money!	11/13	F	1pm	1	Look	TCUARB
Why Does The World Hate Israel?	11/13	F	1pm	1	Turner	SW
Caring for Aging Pets	11/13	F	3pm	1	Armstrong	TCUARB
Coal Mines of Southwestern Indiana	11/13	F	3pm	2	Walker	TCUARB
The Jazz Family Tree	11/13	F	3pm	4	Seeling	TCUARB
The Professional Organizer's Guide to Having the Most Organized Home on the Block, Part 2	11/13	F	3pm	4	Jones	SW
Urban Placemaking and Quality of Life	11/13	F	3pm	2	Sikes	TCUARB

(Continues on next page)

Session III: November 9–December 11 (continued)	Start Date	Day	Time	#	Instructor(s)	Location
Charles Goodnight, Oliver Loving, and the Goodnight-Loving Trail	11/16	M	9am	1	Ludwig	SW
Classic Movies: Sunset Boulevard	11/16	M	1pm	1	Main	STAY
The Vaccination Debate: Legal and Ethical Issues	11/17	Tu	1pm	1	Harrington	SW
Stranger-Than-Fiction Courtroom Tales: A Baby Rescue, 4 Murders, and A Face Painter	11/18	W	11am	1	Sparks	TT
Spies in the American Revolution: Our Unsung Heroes	11/19	Th	1pm	1	Crowder	SO
An Interview with George Washington	11/20	F	1pm	1	Crowder	TCUARB
Famous TV Cowboys of the 50s and 60s	11/20	F	1pm	2	Main	TCUARB
Living Through Grief	11/20	F	1pm	1	Armstrong	TCUARB
What You Don't Know CAN Kill You: Unexpected Prescription Drug Consequences	11/20	F	1pm	1	Dulle & Rogers	SW
Real Estate: Buying or Selling Homes	11/20	F	3pm	1	O'Harra	TCUARB
Vice in the American Revolution	11/30	M	1pm	1	Crowder	STAY
The Ku Klux Klan in Fort Worth (1916-1927)	11/30	M	9am	1	Sparks	SW
History for the Holidays	12/1	Tu	11am	2	Harrelson	ZOOM
Art Mystery Class	12/1	Tu	1pm	2	Camp	SW
Instant Pot Magic: Don't be Afraid	12/1	Tu	1pm	1	Dulle	ZOOM
Art in TCU's Mary Coats Burnett Library	12/2	W	9am	1	Menchaca	TCULIB
What Did the Doctor Say? 40 Years of Observations From an Office Stool	12/2	W	11am	1	Parker	TT
Lakes, Levees, and Panther Island	12/2	W	11am	2	Lampe	SW
America 250: Documenting a Revolution	12/3	Th	9am	2	Wingard	SW
History of Golf in DFW	12/3	Th	11am	2	Maxwell	SW
Meet Me in St. Louis, Louis!	12/3	Th	1pm	2	Harrelson	SO
Americana Music: The Further Evolution of the Folk Music Revival	12/4	F	1pm	1	Erwine	SW
Stopping the Presses: The Decline of American Newspapers	12/4	F	1pm	1	Ogle	TCUARB
What Your POA/Executor Needs to Know	12/4	F	1pm	2	Weaver	TCUARB
How to Use Short Stories to Explain (Almost) Anything	12/4	F	3pm	1	Quinn	TCUARB
Breaking Down Boundaries: Playing for Change	12/7	M	9am	1	Woodard	SW
To Sleep, Perchance to Dream	12/7	M	1pm	1	Goggans	STAY
Beginning Meditation: Short & Simple	12/9	W	11am	1	Grayson	TT
Art of Jim Woodson	12/11	F	1pm	1	Woodson	TCUARB
General George Armstrong Custer	12/11	F	1pm	1	Wolf	TCUARB
The Facts on Falls	12/11	F	1pm	1	P Green	SW
Mount Capulin	12/11	F	3pm	1	Main	TCUARB



Because we are on an active, thriving college campus, room assignments are subject to change.

Please check [the website](#) and your email confirmation and email/text reminders for the most up-to-date course and lecture locations on the TCU campus before heading to class.



SESSION III COURSES & LECTURES

A History of Astronomical Discovery

Instructor: Randy Smith

Tuesday ▪ 11/10–12/8/2026 ▪ 11am–12:30pm
4 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

This course will focus on the most important astronomical discoveries from ancient times into the 21st century. This will be light on technical details, while still explaining the science, and focusing on the people who made these amazing discoveries. We'll provide the significant background of the individual's life and the interesting stories of what they learned, leading us to our current understanding of the universe. A few of the super stars of astronomy such as: Aristotle, Claudius Ptolemy, Tycho Brahe, Nicolaus Copernicus, Galileo Galilei, Johannes Kepler, Isaac Newton, Edwin Hubble, Albert Einstein, Stephen Hawking and more. This course is a follow up to the more technical *Astronomy 101* class from past semesters, but that is not a prerequisite. It is suggested you take both in no specific order. *Astronomy 101* will return in the spring.

Abdominal Anatomy, Physiology, and Disease Processes

Instructor: Peter Rutledge

Thursday ▪ 11/12–12/10/2026 ▪ 1–2:30pm
4 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

This four-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.

AI Ethics: How to Use Artificial Intelligence Responsibly, Safely, and Wisely

Instructor: Ramon Grado

Friday ▪ 11/13/2026 ▪ 1–2:30pm
1 Session ▪ On Campus ▪ Annie R Bass ▪ 1010

This course explores the ethical questions raised by today's rapidly advancing AI tools and helps learners use AI responsibly in everyday life. Participants will examine issues such as privacy, bias, misinformation, intellectual property, and the human impact of automation. Through real examples, guided discussions, and hands-on demonstrations, students will learn how to evaluate AI outputs critically, recognize risks, and make informed decisions about when and how to use AI. The course emphasizes practical, senior-friendly guidance that empowers learners to stay safe, confident, and thoughtful as AI becomes part of daily communication, creativity, and problem-solving.

America 250: Documenting a Revolution

Instructor: Leah Wingard

Thursday ▪ 12/3–12/10/2026 ▪ 9–10:30am
2 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

What made the American Revolution truly revolutionary? This interactive seminar explores the radical ideas, documents, and decisions that sparked a nation—and why they still matter 250 years later.

Americana Music: The Further Evolution of the Folk Music Revival

Instructor: Michael Erwine

Friday ▪ 12/4/2026 ▪ 1–2:30pm
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

A personal look at the Americana scene. This genre is, in many ways, the evolution of the great folk scare—um—revival of the 1960s.

An Experiential Look at Dementia

Instructor: Gail Snider

Friday ▪ 11/13–11/20/2026 ▪ 11am–12:30pm
2 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

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

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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 George Washington

Instructor: Jack Crowder

Friday ▪ 11/20/2026 ▪ 1-2:30pm
1 Session ▪ On Campus ▪ Annie R Bass ▪ 1011

Let's meet, listen to, and talk to George Washington. He could curse like a sailor. He wrote love letters to a married woman while engaged to Martha. After he died, a doctor had a bizarre plan to bring him back to life. He was once chastised from the pulpit for regularly leaving before communion service. Why was he sterile? Was he the #1 moonshiner in the country? Was he a slave owner at the age of 11? What's the real story about his false teeth? Did he really lose more battles than he won? General Washington will answer these questions and any others from the audience.

Art in TCU's Mary Coutts Burnett Library

Instructor: Kerri Menchaca

Wednesday ▪ 12/2/2026 ▪ 9-10:30am
1 Session ▪ On Campus
Mary Coutts Burnett Library

Come join us for a walking tour of the Mary Coutts 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.

Art Mystery Class

Instructor: Lacey Camp

Tuesday ▪ 12/1-12/8/2026 ▪ 1-2:30pm
2 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

Come create and play! This is going to be a surprise course for anyone who is ready to stretch their wings creatively. Supply fee will be \$20. All you need to do is show up!

Art of Jim Woodson

Instructor: Jim Woodson

Friday ▪ 12/11/2026 ▪ 1-2:30pm
1 Session ▪ On Campus ▪ Annie R Bass ▪ 1010

A PowerPoint presentation of the artist's works along with a few actual works. The artist will also present a description of his process and intentions.

Artificial Intelligence (AI) Helps Me Win a Lawsuit

Instructor: Bo Cung

Monday ▪ 11/9/2026 ▪ 9-10:30am
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

In this class, I will describe how a dispute with my neighbors, Mr. and Mr. Smith (not their real names), began when I believed their actions on their property had caused damage to mine. When my repeated requests to meet were ignored, I started considering a lawsuit, even though I had never been involved in one before and did not want to spend money hiring an attorney to represent me. Instead, I turned to AI for help, and in this talk I will explain which AI engine I used, what information I gave it, what it advised me to do, and how those steps ultimately shaped the result of the lawsuit.

Beginning Meditation: Short & Simple

Instructor: Jeaninne Grayson

Wednesday ▪ 12/9/2026 ▪ 11am-12:30pm
1 Session ▪ Off-Campus ▪ Trinity Terrace

We will discuss the benefits of meditation, the different types of meditation, have a short demonstration, include time for Q&A and leave with a guided meditation you can use daily. Our lives are full of busy schedules and a constant stream of information to process, leaving most of us feeling highly stressed by the end of the day. Many people are turning to meditation to boost our emotional and physical well-being. People who practice meditation as part of their regular routine have reported higher levels of happiness, patience, and compassion. They also show lower levels of stress and frustration, which leads to other benefits like lower blood pressure and increased energy levels.

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Breaking Down Boundaries: Playing for Change

Instructor: Lew Woodard

Monday ▪ 12/7/2026 ▪ 9-10:30am
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

Playing For Change is an organization that was created to inspire and connect the world through music. Playing For Change is more than just music; it's a movement that believes in the power of music to break down barriers, connect people, and create positive change. Traveling around the world inspired the founders to unite many of the greatest musicians they met throughout their journeys. These musicians come from many different countries and cultures, but through music they speak the same language. Learn more about this movement and enjoy what they have created. Lots of music videos, but different than what you may be used to seeing.

HYBRID
CLASS!

Broadway & Hollywood Calling: Music of the 60s and 70s

Instructors: Richard Selcer, Colin Plante
and Ron Tamada

Monday ▪ 11/9-12/7/2026 ▪ 1-2:30pm
4 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119
>> OR <<

Monday ▪ 11/9-12/7/2026 ▪ 1-2:30pm
4 Sessions ▪ Online ▪ Zoom

Request your preferred format, On Campus or Online. If the in-person class fills up, overflow students will automatically be enrolled in the online session and notified via email.

Both Broadway and Hollywood have been BIG contributors to the Top 40 charts dating back to the 1950s, but the use of songs from stage and screen really took off in the 1960s thanks to Rodgers & Hammerstein and Simon & Garfunkel. Join the 3 Amigos as we recall those memorable songs that made it to the R&R charts.

Bucket List Books

Instructor: Shari Barnes

Monday ▪ 11/9-12/7/2026 ▪ 3-4:30pm
4 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

The first book is Sue Grafton's *W Is For Wasted*. Kinsey Milhone becomes involved with homeless people when she discovers a slip of paper with her name on it in a dead man's pocket. The second book is Louise Penny's *The Grey Wolf*. Detective Armand Gamache receives a package containing a jacket with a red stain on the chest. The third book

is Ariel Lawhon's *The Frozen River* about an 18th century midwife who investigates a murder and a rape. The last book is Will Schwalbe's *The End Of Your Life Book Club*, a memoir about how his mother deals with her diagnosis of terminal pancreatic cancer. Come for good reading and great discussion.

Caring for Aging Pets

Instructor: Penny Armstrong

Friday ▪ 11/13/2026 ▪ 3-4:30pm
1 Session ▪ On Campus ▪ Annie R Bass ▪ 1011

Unless we have owned and loved a precious companion animal, it is hard to understand the commitment and love surrounding our precious friends. Certified by the University of Vermont School of Veterinarian Science, Dr. Armstrong introduces the care of aging pets and an examination of the aging pet's health care options. Topics include quality of life tools, palliative and hospice care for animals, memorializing pets, and working through the grief of losing a much-loved companion.

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

Instructor: Wayne Ludwig

Monday ▪ 11/16/2026 ▪ 9-10:30am
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

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?

Classic Movies: Sunset Boulevard

Instructor: Lynn Main

Monday ▪ 11/16/2026 ▪ 1-2:30pm
1 Session ▪ Off-Campus ▪ The Stayton

What to do if you were one of the biggest stars of the silent movie era and time has passed you by? If you are Gloria Swanson, you create the character of Norma Desmond. A fallen star living in her Hollywood mansion desperate for another chance

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in front of the camera. A famous director serving as your butler. By chance you find a young screenwriter to help you with a new script and hope Cecil B. DeMille will direct your comeback. "I'm ready for my closeup, Mr. DeMille."

Coal Mines of Southwestern Indiana

Instructor: Bud Walker

Friday ▪ 11/13–11/20/2026 ▪ 3–4:30pm
2 Sessions ▪ On Campus ▪ Annie R Bass ▪ 1004

Explore the period of 1898–1989 in southwestern Indiana coal mining. Look at early coal mining in the area and trace development up to the 1980s through pictures and words. Topics include such things as equipment, materials, social, economic, unions, and even basketball and football.

HYBRID CLASS! Copernicus, Galileo, Newton and Darwin: Their Science and Religion

Instructor: David Grant

Wednesday ▪ 11/11–12/9/2026 ▪ 9–10:30am
4 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119
>> OR <<

Wednesday ▪ 11/11–12/9/2026 ▪ 9–10:30am
4 Sessions ▪ Online ▪ Zoom

Request your preferred format, On Campus or Online. If the in-person class fills up, overflow students will automatically be enrolled in the online session and notified via email.

Few cultural developments have affected Christians and their thoughts more than the rise of science. We'll explore the relations between religion and the developing sciences in the thought of Nicolas Copernicus, Galileo Galilei, Isaac Newton, and Charles Darwin.

Famous TV Cowboys of the 50s and 60s

Instructor: Lynn Main

Friday ▪ 11/20–12/4/2026 ▪ 1–2:30pm
2 Sessions ▪ On Campus ▪ Annie R Bass ▪ 1010

The 50s and the 60s were the heydays of the western television show. Seven out of ten top shows on TV were Westerns, and many of the biggest movie stars of the time had their starts in these shows. Part one will cover the transition from movies to television and the early careers for some major stars. Part two will cover the rise of the ensemble cast and the shows that seemed to go on forever and ever. And many of these are still on television today with cable networks like GRIT and WestTV.

Feel That Sea Breeze? A Cruising Update

Instructor: Lew Woodard

Friday ▪ 11/13/2026 ▪ 1–2:30pm
1 Session ▪ On Campus ▪ Annie R Bass ▪ 1004

The world of cruising is a dynamic environment that changes quickly and constantly. This class will address recent trends and changes in cruising—ships, itineraries, and new features. Experienced cruisers: get an update on future options. New cruisers: bring your questions and get some tips on how to choose and book your cruise. This will include navigating cruise ads, cruise myths, the value of travel advisors, travel insurance, passports, and other subjects that will make your cruise (or other vacation) even more enjoyable.

France: A Summer Car Trip Travel Log

Instructor: James Parr

Thursday ▪ 11/12–11/19/2026 ▪ 1–2:30pm
2 Sessions ▪ Online ▪ Zoom

Come along to relive our 2024 summer driving trip through eastern and southern France. Heading east from Paris, our first stop is the Alsace region with its heavily Germanic influence and half-timbered houses. Turning south, we visit the magnificent French/Italian alps and take a thrilling skyride up towering Mont Blanc. We re-enter France for a stop at Annecy, the lakeside town known as the Venice of France. Continuing west into Provence we tour lavender fields in full bloom, attend a French village market day, and marvel at a Roman engineering achievement from 2,000 years ago. We then turn back north, stopping to sample wines from the famous Burgundy region, and make our final stop in the beautiful Loire Valley to visit 16th century Chateaux.

From Little Queries Come Big Theories

Instructor: James Parker

Tuesday ▪ 11/10–12/8/2026 ▪ 9–10:30am
4 Sessions ▪ On Campus ▪ Annie R Bass ▪ 1010

How old is the Universe? Why do we have volcanoes and earthquakes? How did life get started and how did humans get here? Why do we get sick?

In this class, we will start with a discussion of what is a theory and how it differs from facts, rules and laws. From there, we will dive into how seemingly simple questions led to the development of some of the most profound theories and ideas in nature and science: The Big Bang, Plate Tectonics, Evolution and Germs.

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General George Armstrong Custer

Instructor: Richard Wolf

Friday ▪ 12/11/2026 ▪ 1-2:30pm
1 Session ▪ **On Campus** ▪ Annie R Bass ▪ 1011

This lecture covers the life and times of General George Armstrong Custer. From his early childhood, time at West Point, the Civil War, and to his final days as an Indian Fighter.

Greek and Roman Mythology in the Visual Arts

Instructor: Joseph Cecere

Monday ▪ 11/9–11/30/2026 ▪ 11am-12:30pm
4 Sessions ▪ **On Campus** ▪ Secrest-Wible ▪ 119

This course will explore Greek and Roman Mythology and how, through the centuries, it has helped artists to communicate love, anger, loyalty, danger, justice and injustice. The Greeks did not worship ugly idols but created instead a constellation of beautiful radiant gods. We will discuss the most salient myths and legends of the Greek lore.

Hands on American Art at the Carter Museum

Instructor: James Burt

Tuesday ▪ 11/10–11/17/2026 ▪ 3-4:30pm
2 Sessions ▪ **Off-Campus** ▪ Amon Carter Museum

Unlike the Kimbell and The Modern, the Carter Museum in Fort Worth concentrates on American art. Come see an instructor-curated selection of works.

History for the Holidays

Instructor: Sharon Harrelson

Tuesday ▪ 12/1–12/8/2026 ▪ 11am-12:30pm
2 Sessions ▪ **Online** ▪ Zoom

Tradition looms large in Washington, DC at the holidays, and nowhere is tradition more important and public than in the President's house. From presidential Christmas cards to fantastical trees to elaborate gingerbread houses, each family in residence chooses elements of the season to represent the time and their administration. And for this special Zoom edition of History for the Holidays, we'll also explore and recreate some presidential recipe traditions. Join me for highlights of Christmases past in the White House.

History of Golf in DFW

Instructor: Craig Maxwell

Thursday ▪ 12/3–12/10/2026 ▪ 11am-12:30pm
2 Sessions ▪ **On Campus** ▪ Secrest-Wible ▪ 119

Learn about the rich history of DFW's amateur and professional golfers, as well as many notable golf courses. Session 1 will focus on men and women who played amateur golf, college team golf, and DFW golf courses. Session 2 will focus on professional golfers and local professional golf tournaments.

How To Read Great Literature: Plato's Republic

Instructor: Emily Hudson

Wednesday ▪ 11/11–12/9/2026 ▪ 3-4:30pm
4 Sessions ▪ **On Campus** ▪ Secrest-Wible ▪ 119

Plato's Republic is one of the most influential and frequently misunderstood works in the Western Canon. It tackles some of the most fundamental questions of human existence such as: What is justice? How should a society be structured to foster human flourishing? and What is the nature of truth and reality? Although it is often categorized as a work of political philosophy, it is first and foremost a literary masterpiece. Over the course of a month, we will read Plato's text not merely as a collection of arguments, but as a complex work of dramatic art, exploring the tension between its philosophical claims and its literary form. No prior background in philosophy is necessary, only a willingness to read carefully and accept that some of the best questions are the ones that stay open.

How to Use Short Stories to Explain (Almost) Anything

Instructor: Rix Quinn

Friday ▪ 12/4/2026 ▪ 3-4:30pm
1 Session ▪ **On Campus** ▪ Annie R Bass ▪ 1011

It took me years and years as an editor to discover a great truth: most events in life can be simplified and explained through a powerful short story. But what makes a story powerful, and memorable? Is it vivid description of characters, problems, concepts, or solutions that helps us remember and repeat these stories? We will cover these issues and discuss classic parables, allegories, and fables, and why we remember them.

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Instant Pot Magic: Don't be Afraid

Instructor: Mary Dulle

Tuesday ▪ 12/1/2026 ▪ 1-2:30pm
1 Session ▪ Online ▪ Zoom

Did you get an Instant Pot and it's still in the box? Or is it sitting in your cabinets and you're terrified of using it because: PRESSURE COOKER? Well, the new electric versions are really simple and can help you prepare healthy, tasty meals with not much hands-on work. Join instructor Mary Dulle as she demystifies these magic appliances.

Intermediate 42: Fun and Competition in Silver Frogs!

Instructor: Jeff Frazer

Thursday ▪ 11/12-12/10/2026 ▪ 3-4:30pm
4 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

42 is a domino game of suits and trumps. It is easy to learn and fun to play. Come learn this game and meet some new friends in Silver Frogs. We have saved you a seat at the table and it's your shake!

Intro to Mah Jongg (National Mah Jongg League)

Instructor: Gail Stephens

Monday ▪ 11/9-12/7/2026 ▪ 3-4:30pm
4 Sessions ▪ On Campus ▪ Annie R Bass ▪ 1001

Beginning Mah Jongg for people who want to engage their minds. Prerequisite is that you must [purchase the 2026 Card](#) from the National Mah Jongg League, not Amazon or secondary sellers. They are different. This is hard to learn but so much fun to play.

Italy: A Travel Sampler

Instructor: James Parr

Tuesday ▪ 11/10-11/17/2026 ▪ 11am-12:30pm
2 Sessions ▪ Online ▪ Zoom

This class reveals many of the delights that Italy has to offer. We will visit the majority of Italy's twenty regions. We will sample food and wine, visit museums and archeological sites, and attend operas. We will explore special art venues, and take time to enjoy natural wonders, mountain lakes and hilltop villages. If you have never been to Italy, you will receive a great introduction. If you are planning your next trip, you will pick up a few ideas to add to your enjoyment of this fascinating country. The course content is based on personal experiences from 25 trips to Italy since 2011, the most recent being spring of 2026.

Lakes, Levees, and Panther Island

Instructor: Mary Beth Lampe

Wednesday ▪ 12/2-12/9/2026 ▪ 11am-12:30pm
2 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

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.

Leaders in Blue and Grey: Ulysses S Grant and Robert E Lee

Instructor: James Burt

Wednesday ▪ 11/11-11/18/2026 ▪ 11am-12:30pm
2 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

Great lives of the American Civil War in just 90 minutes each. The presentation includes rare photographs (colorized) and little known aspects of the lives and works of Ulysses S Grant and Robert E Lee.

Living Through Grief

Instructor: Penny Armstrong

Friday ▪ 11/20/2026 ▪ 1-2:30pm
1 Session ▪ On Campus ▪ Annie R Bass ▪ 1004

Living through grief can be a painful and lonely experience. The class is designed for people who are experiencing sorrow as well as people supporting others who are facing grief and loss. We examine fundamental indicators of anticipatory grief, mourning and bereavement, and consider strategies to serve and support people through this healing time.

Mediterranean Cruise Travel Log: From Rome to Greece and Ephesus

Instructor: James Parr

Monday ▪ 11/9/2026 ▪ 1-2:30pm
1 Session ▪ Off-Campus ▪ Trinity Terrace

Come along to relive our 2022 cruise from Rome to Greece and Ephesus. We board the ship in Civitavecchia, Rome's cruise port, and visit the Bay of Naples, four Greek islands, and the well preserved Roman archeological site of Ephesus, Turkey where Paul's ministry was an important chapter in establishing the early Christian church. Additional bonus information is included about the range of experiences available at each port.

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Meet Me in St. Louis, Louis!**Instructor: Sharon Harrelson****Thursday ▪ 12/3–12/10/2026 ▪ 1-2:30pm**
2 Sessions ▪ Off-Campus ▪ Stevenson Oaks

Step into the world of the 1944 movie musical *Meet Me in St. Louis* in this engaging course exploring its music, story, and cultural impact. Set against the backdrop of the 1904 St. Louis World's Fair, the film captures turn-of-the-century American life while highlighting holiday traditions. Examine the artistry of Judy Garland and director Vincente Minnelli, including their personal and professional relationship, and discover why this beloved musical remains a timeless portrait of family, nostalgia, and seasonal celebration. (Singing along is optional, but great fun.)

Mnemonics: Remembering Names and Other Nonsense**Instructor: Julianna Greer****Monday ▪ 11/9–11/16/2026 ▪ 1-2:30pm**
2 Sessions ▪ On Campus ▪ Annie R Bass ▪ 1001

Association. Pictorialization. Acronyms. Rhyming. This two-session workshop will be devoted to understanding and practicing these and other techniques for improving learning and recall. Besides remembering names, we will review mnemonics for other memory challenges such as your medications regimen and the list you left at home.

Mount Capulin**Instructor: Lynn Main****Friday ▪ 12/11/2026 ▪ 3-4:30pm**
1 Session ▪ On Campus ▪ Annie R Bass ▪ 1010

In northeastern New Mexico, Mt. Capulin is an extinct volcano located in the remains of an 8000-square-mile volcanic field. Declared a national monument in 1916, from the rim you can see four states. Learn about the first woman to be named a custodian of the park service, the man who built the road to the top, the discovery that proved humans lived in the area 11,000 years ago and how you can hike the rim and see the remnants of the lava flows from the last eruption 60,000 years ago.

New Orleans' Storyville: Madams, Music and Murder**Instructor: Ken Seeling****Wednesday ▪ 11/11–12/9/2026 ▪ 1-2:30pm**
4 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

Exploring the People and Culture of New Orleans at the Turn of the 20th Century. We will take a closer look at the deep-rooted culture of violence and crime, and the infamous Red-Light District that helped shape the notorious reputation that adheres to New Orleans today. We will also explore many of the personalities related to the early development of New Orleans-style jazz, some of which we will sample.

Pasadena Tournament of Roses Parade: A Look Behind the Scenes**Instructor: Bud Walker****Wednesday ▪ 11/11/2026 ▪ 11am-12:30pm**
1 Session ▪ Off-Campus ▪ Trinity Terrace

Instead of just watching the floats, become aware of the many things making the Rose Parade work. The floats, the parade day and the wrap up of one great American holiday event.

Real Estate: Buying or Selling Homes**Instructor: Lisa O'Harra****Friday ▪ 11/20/2026 ▪ 3-4:30pm**
1 Session ▪ On Campus ▪ Annie R Bass ▪ 1011

This class will teach you current information about buying or selling a home. You will learn what you need to know before you buy or sell, current interest rates and future forecasts. Also included will be how to stage a home, pre inspect when selling and what to watch for on the buying side.

Societal Issues Discussion Group**Instructors: Larry & Elaine Klos****Friday ▪ 11/13–12/11/2026 ▪ 9-10:30am**
4 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

Class sessions begin with a 15-30 minute summary of a current societal issue, followed by discussions which will be thoughtful, but not heated, while eliciting alternative positions and associated rationale from participants. Topics are selected by class members and could include Climate Change, Tariffs, Welfare, Gender Identity, etc. Class can be repeated since subjects will vary each time.

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Spies in the American Revolution: Our Unsung Heroes

Instructor: Jack Crowder

Thursday ▪ 11/19/2026 ▪ 1-2:30pm
1 Session ▪ **Off-Campus** ▪ Stevenson Oaks

Can you keep a secret? The members of the most successful spy ring in the American Revolution could. The Culper spy ring was established in 1778 by George Washington, and the identities of its members were not uncovered during the war. In fact, most of the members were still a mystery until the 1930s, and some are still unknown. George Washington saw that intelligence could make the difference between victory and defeat in a battle. During the war he established several spy rings and used many people. The individuals who became spies were from all walks of life; some were males and some females. There were spies of color, and spies as young as eight years old. They all knew the risk if caught, yet they were willing to put their lives on the line for their country. This presentation will not only explore the people, but the methods they used and how their actions helped win the American Revolution. As one British officer said, "Washington did not really outfight the British, he simply outspied us."

Stop The Bleed

Instructor: Paula Green

Thursday ▪ 11/12/2026 ▪ 1-2:30pm
1 Session ▪ **Off-Campus** ▪ Stevenson Oaks

STOP THE BLEED is part of a nationwide campaign to make our nation more resilient by better preparing the public to save lives if people nearby are severely bleeding. This preparation is being done by raising awareness and teaching people how to learn three quick actions to control serious bleeding before someone bleeds out: (1) How to use your hands to apply pressure to a wound; (2) How to pack a wound to control bleeding; (3) How to correctly apply a tourniquet. This class is one hour lecture and 30 minutes hands-on training.

Stopping the Presses: The Decline of American Newspapers

Instructor: Robert Ogle

Friday ▪ 12/4/2026 ▪ 1-2:30pm
1 Session ▪ **On Campus** ▪ Annie R Bass ▪ 1011

Since the early to mid-1990s, newspapers in the U.S. have experienced drastic declines in both circulation and influence. The course explores multiple reasons for that decline—not just

technology, but the changing nature of information and news, and evolving ways that readers gather and consume information. It's a fascinating look at an industry that dates back to the early 1800s, but has virtually disappeared from everyday life in the 21st century.

Stranger-Than-Fiction Courtroom Tales: A Baby Rescue, 4 Murders, and A Face Painter

Instructor: Ken Sparks

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

This class is about real cases and authentic trials that are unforgettable and too strange to make up! It showcases a lawyer's journey through justice, irony and the unpredictable nature of the law.

Stroke of Insight

Instructor: Jeffrey Williamson

Wednesday ▪ 11/11/2026 ▪ 11am-12:30pm
1 Session ▪ **Online** ▪ Zoom

A personal story of recovery from a STROKE. The account of the three essential elements necessary for returning to normal. The selection of a professional medical restoration team, drafting a recovery diet plan for brain health and the choosing of a wellness center for physical recovery/restoration. All are designed to get you back to normal again.

The Facts on Falls

Instructor: Paula Green

Friday ▪ 12/11/2026 ▪ 1-2:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible ▪ 119

Falls are a significant public health concern, especially among older adults. Education and awareness are crucial in preventing them and their associated injuries. This lecture will provide information on the incidence and prevalence of falls for patients over 65 years old. We will identify personal and environmental factors that increase risk, such as age, balance problems, vision impairments, medications, and home hazards. We will also identify different programs/ courses available that can help mitigate the chance of a fall.

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The Family Enterprise: Preserving Wealth, Engagement, and Purpose Across Generations

Instructor: Clint Haggard

Tuesday ▪ 11/10–12/8/2026 ▪ 3–4:30pm
4 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

How do families preserve wealth, engagement, and purpose across multiple generations? Whether they continue to operate a business or manage investments through a family office, long-term success requires more than financial performance alone. It requires intentional governance, clear guidelines, adaptive investment structures, and healthy relationship practices. In this four-week seminar, we will explore the frameworks used over time to sustain capital, strengthen trust and prepare the next generation. Through discussion and real-world examples, participants will gain insight into how successful family enterprises balance stewardship, leadership, and legacy.

The Jazz Family Tree

Instructor: Ken Seeling

Friday ▪ 11/13–12/11/2026 ▪ 3–4:30pm
4 Sessions ▪ On Campus ▪ Annie R Bass ▪ 1001

Explore the evolution of America's unique musical language, from its New Orleans roots to today's global scene. This course traces how African rhythms and European harmonies merged to create jazz. Beyond history, you will master the art of listening. Through guided sessions, you'll learn to identify key genres, from the Swing Era's big bands and the complexity of Bebop to Modern Fusion. No musical background is required; simply bring an open ear to discover how jazz continues to shape our culture.

The Ku Klux Klan in Fort Worth (1916–1927)

Instructor: Ken Sparks

Monday ▪ 11/30/2026 ▪ 9–10:30am
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

From 1916 to 1927 the Fort Worth Ku Klux Klan had one of the strongest Klans in the country with over 6,000 members including civic leaders, government officials, clergy, deputy sheriffs, and police officers. They performed good deeds in daylight for public relations reasons and dark deeds at night including the lynching of a black man to terrorize their opponents.

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

Instructor: Elizabeth Jones

Friday ▪ 11/13–12/11/2026 ▪ 3–4:30pm
4 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

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 Ultimate Champion's Guide: 21 Smart Questions to Ensure You are Prepared for Health Emergencies, or the Inevitable

Instructors: Karen Telschow Johnson & Leah Wingard

Thursday ▪ 11/12–11/19/2026 ▪ 9–10:30am
2 Sessions ▪ On Campus ▪ Secrest-Wible ▪ 119

Do you know and understand your healthcare rights and responsibilities? Have you documented your wishes? Reviewed your plan recently? Do your loved ones know your decisions made? Are you prepared in case of emergency? Invest 90 minutes to see if you might need to update your plan. Or learn how to plan from A to Z with *Ultimate Champion's Guide* and prepare your documents.

The Vaccination Debate: Legal and Ethical Issues

Instructor: Maxine Harrington

Tuesday ▪ 11/17/2026 ▪ 1–2:30pm
1 Session ▪ On Campus ▪ Secrest-Wible ▪ 119

This course addresses the legal and ethical issues involved in vaccination policies. Topics include:

- compulsory vaccination laws and vaccine requirements for entry to school and certain jobs;
- the tension between individual autonomy, parental rights, and the protection of children and the community;
- and vaccine safety.

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To Sleep, Perchance to Dream

Instructor: Tinker Goggans

Monday ▪ 12/7/2026 ▪ 1-2:30pm
1 Session ▪ Off-Campus ▪ The Stayton

This class will open with a review of the mechanisms of sleep which were discussed in my spring semester course, *The Science of Sleep*. However, it will focus more on the significance of dreams and nightmares. We will discuss how sleep affects our overall health and creativity, as well as how dreams are involved with problem solving and creativity. We will discuss topics such as lucid dreaming and how recurring nightmares can be resolved. The information will be based primarily on two books, *Why We Sleep* and *Nightmare Obscura*. It is not necessary to read the books in order to participate in the course.

Under 65? Alternatives to ACA (Marketplace) Plans: Choices and Saving Money!

Instructor: Frances Look

Friday ▪ 11/13/2026 ▪ 1-2:30pm
1 Session ▪ On Campus ▪ Annie R Bass ▪ 1011

The Enhanced Subsidies are gone! Many are having to choose between health care, food, or a roof over their heads. Less expensive alternatives are available. Perhaps one spouse needs a few months until signing up for Medicare or between jobs. We'll talk about Short Term Plans, Indemnity Plans, Cancer/Stroke/Critical Care and Accident plans as well, for you or loved ones. Pros and cons of all. Come explore options!

Urban Placemaking and Quality of Life

Instructor: Russ Sikes

Friday ▪ 11/13-11/20/2026 ▪ 3-4:30pm
2 Sessions ▪ On Campus ▪ Annie R Bass ▪ 1010

An exploration of urbanism and its effects on our quality of life. Topics to include traditional neighborhood form and postwar suburban sprawl, their differences and effects. Issues addressed will include walkability, transit, social connection, public health, aging in place, and more. No prior knowledge of the subject is required. This course will be of interest to anyone concerned with the ways we shape our human habitat, and the ways it shapes us!

Vice in the American Revolution

Instructor: Jack Crowder

Monday ▪ 11/30/2026 ▪ 1-2:30pm
1 Session ▪ Off-Campus ▪ The Stayton

John Adams wrote, "The prevalence of debauchery, gambling, profaneness, and blasphemy, terrifies the best people upon the continent from trusting their sons and other relatives to the army." In addition to facing the British Army, the most powerful in the world, General George Washington also had to contend with prostitution, venereal disease, drunkenness, and other vices among his troops. In the early days of the Revolution the Americans were short of manpower, which was partly due to the army's reputation as a moral cesspool. As a result, some parents were reluctant to let their sons enlist.

Washington was forced to use punishment and fines to protect his army from itself and outside temptations. "That the sum of ten dollars shall be paid by every officer, and the sum of four dollars by every soldier, who shall enter or be sent into any hospital to be cured of the venereal disease." This presentation will look at the problems that the Continental Army faced, and the solutions that solved those problems.

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

Instructor: James Parker

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

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.

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What You Don't Know CAN Kill You: Unexpected Prescription Drug Consequences

Instructors: Mary Dulle & Jacob Rogers

Friday ▪ 11/20/2026 ▪ 1-2:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible ▪ 119

Many seniors have multiple physicians prescribing a variety of drugs, and use several pharmacies. While in theory electronic health records help doctors and pharmacists keep everything in order, sometimes the systems fail to communicate. Join guest lecturer clinical pharmacologist Jacob Rogers, Pharm.D., as he discusses the potential consequences of prescription drugs and their interactions.

What Your POA/Executor Needs to Know

Instructor: Diane Weaver

Friday ▪ 12/4–12/11/2026 ▪ 1-2:30pm
2 Sessions ▪ **On Campus** ▪ Annie R Bass ▪ 1004

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 in order to find documents, pay bills, handle assets, etc. A Microsoft Word document will be provided that can be used to create an "Emergency Document" with everything needed for someone 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.

Who Are You? Where Did You Come From?

Instructor: Thomas Morton

Monday ▪ 11/9–12/7/2026 ▪ 1-2:30pm
4 Sessions ▪ **Online** ▪ Zoom

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 hardcover book for your family and friends. No genealogy experience necessary.

Why Does The World Hate Israel?

Instructor: Susan Turner

Friday ▪ 11/13/2026 ▪ 1-2:30pm
1 Session ▪ **On Campus** ▪ Secrest-Wible ▪ 119

Since Israel's birth in 1948, other countries were invading her borders and threatening her existence. Fast forward to today--and nothing has changed. Join us as we explore the history of Israel, the countries who are threatened by her existence and the core issue driving the relentless attacks.

- **Select up to eight (8) classes during the request period, and be sure to prioritize them.**
- **If you select more than eight, your 9th and higher priorities will not be included in the allocation.**
- **Starting September 8, you can add more classes to your schedule – any class with open seats can be selected, and there is no charge!**
- **On a waitlist? You will be notified if a seat opens up and you are randomly selected to fill it.**



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.

Antique & Classic Automobiles

Contacts: [David Coke](#) and [Chuck Nixon](#)

For Silver Frog members who have an interest related to the appreciation of antique and classic cars. Owning an antique or classic car is not a requirement to be a member. Members will get together monthly or more often to participate in gatherings, discussions, car shows, tours, and share experiences with each other.

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.

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](#) and [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, but also brunches together to see what local restaurants are baking!

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 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.

GenX Social Club

Contact: [Julie Bowker](#)

A laid-back, friendly group created for Silver Frogs in their 50s (born 1965 or later) 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.

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SHARED INTEREST GROUPS

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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.

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 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: [Jim Box](#) and [Jim Godfrey](#)

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.

Pickleballers

Contact: [Sheila Carlson](#)

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 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.

Silver Frogjong: Mahjong Interest Group

Contact: [Layla Edwards](#)

Come practice your skills and meet like-minded enthusiasts around a relaxed and friendly mahjong table. This SIG offers open play, guided play and beginner instruction for multiple mahjong styles. Offering benefits that include improved cognitive function, enhanced social interaction, stress reduction, and better sleep, this is a fun way to boost fine motor skills and overall well-being. Let's carve our corner in the trend sweeping North Texas!

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