



Golden Tigers

COWLEY COLLEGE

GREETINGS ALL

Hello all! In case you haven't met me, I'm Adriana, your new Golden Tigers Coordinator. This is my first newsletter as your new coordinator. I graduated from WSU in May before coming to work at Cowley. Traveling has always been a favorite past time of mine, so this really is the perfect job for me. It has been a joy working with the Golden Tigers thus far. Getting to know all of you has been very fun for me and I'm looking forward to seeing everyone at enrollment.

-Adriana

A FEW THINGS

- Because trips are paid for in advance, sign up deadlines have been introduced. They are listed in the description of the trip.
- The new office is located in the Brown Center, room 104 (BC 104).
- Classes must have a minimum of 4 students to be held. If there is a class that you're excited about taking, make sure to recruit your friends.
- If you need to drop a class, please let your instructor know.

CLASS CANCELATIONS

If Cowley College cancels classes, the Golden Tigers will not hold their classes. Cowley College will post announcements on the college website and on area radio stations. If the campus is closed for break, no classes will be held that day. If you have any question, call (620) 441-5286

SPRING ENROLLMENT

Tuesday, January 23rd

Enrollment for the Spring Semester will be held on Tuesday, January 23rd from 1p.m. - 3p.m. in the Wright Room inside the Brown Center. You may enroll by phone or mail after January 23rd.

If you are only interested in taking classes, you may want to come later in the afternoon to enroll. The line will be much shorter after 2 p.m.

Fees for classes and trips are paid at enrollment. There is a \$5.00 registration fee and \$3.00 per class fee. Some classes have additional costs or supplies needed. All fees are due at enrollment unless prior arrangements are made with the coordinator.

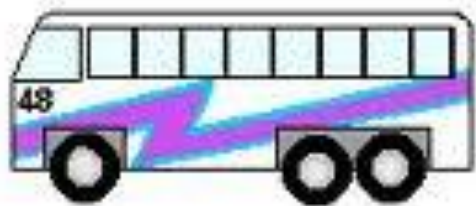
Here are some guidelines for enrollment:

- Complete the enrollment form. Be sure to include your Cowley ID number, date of birth, and an emergency contact.
- Put your label or write your name on all class and trip sign-up sheets.
- Fill out the "Consent & Release Form" if you are participating in any trips. This form must be completed in order for you to go on any trips.

REFUND POLICY

CLASSES: Refunds are not given if you are unable to attend a class. However, you may transfer to another class if space is available.

TRIPS: A trip voucher is available for cancellation if notice is given at least 10 days in advance. Vouchers are available for cancellation 9 days or less in advance due to illness, a death, or in case of family emergency at the director's discretion.



EDUCATIONAL TRIPS

Dinner and a Show – Thursday, March 1st

We will travel to WSU to see *Little Women*, the spring musical, based on the famous book written by Louisa May Alcott. We will eat at a Wichita restaurant before the show starts. Departure time is 4:30p.m. The musical begins at 7:30p.m. Deadline to sign up is Tuesday, February 15th.

Cost - \$50 (includes dinner and ticket)

Mystery Trip – Tuesday, March 13th

Where will we go? Nobody knows! Join us, if you're brave, or even if you're just bored. We'll travel to a mystery location where adventure awaits us.

Departure time is 8a.m. We will return around 6p.m. Deadline to sign up is Tuesday, March 6th.

Cost - \$50 (includes lunch)

Lawrence, KS – Tuesday, April 3rd

If you're a Jayhawks fan, this trip is for you. We're headed to Lawrence where we'll visit the Watkins Museum of History and several places on the KU campus. Lunch will be on campus, and we'll be sure to take some time to explore Massachusetts St.

Departure time is 8a.m. We will return around 6p.m. Deadline to sign up is Tuesday, March 27th.

Cost - \$50 (includes lunch)

Springfield, MO – Tuesday, April 17th

We're headed to Springfield, MO where we'll visit the new Wonders of Wildlife National Museum & Aquarium and the Bass Pro Shop. Be sure to bring along some extra cash if you'd like to get yourself something from either place. Departure time is 7a.m.

We will return around 9p.m. Deadline to sign up is Tuesday, April 10th.

Cost - \$50 (includes lunch and dinner)

February 2018

Term I

Aqua Fun (Term I)

Debbi Davidson, Instructor

10 a.m. to 11 a.m.

Monday, Wednesday, Friday, February 5, 7, 9, 12, 14, 16, 19, 21, 23, 26, 28 & March 2

Family Aquatics Center, ACHS

Participants will be led by trained personnel through a series of specially designed exercises that can help increase joint flexibility and improve mobility. There will be a \$3.00 pool fee for this class.

Aerobics (Term I)

Rikki Hettenbach, Instructor

1:30 p.m. to 2:15 p.m.

Monday & Wednesday, February 5, 7, 12, 14, 19, 21, 26, 28

Ben Cleveland Wellness Center

This energetic and upbeat class is sure to get your body moving. It's fun and relatively easy with a mix of '50s to today's music hits that combine dancing, cardio, and light weights for a great total body workout.

Exercise (Term I)

LaDona Anstine, Instructor

1:30 p.m. to 2:30 p.m.

Tuesday & Thursday, February 6, 8, 13, 15, 20, 22, 27, & March 1.

Ben Cleveland Wellness Center

Functional exercises will be done in a comfortable setting with the goal of improving stability and mobility of joints, strength and endurance of muscles, as well as the promotion of overall well-being.

Restorative Yoga (Term I)

Ruy Vaz, Instructor

11 a.m. to noon

Wednesday & Friday, January 31st, February 2, 7, 9, 14, 16, 21, 23

Office Hours: Mon. – Fri. 8a.m. – 4:30p.m.

Enrollment: Tuesday, January 23rd, 1p.m. – 3p.m. in the Brown Center

Questions? Call 441-5286 or email: adriana.somerville@cowley.edu

Brown Center 203

Restorative Yoga is considered the dessert of yoga. This class is designed for those who prefer a slow, gentle stretch. Great for participants who need to decompress, relax and release tension. Remember to bring your Yoga matt.

Computers: I Want To Do (Term I)

Ron Upton, Instructor

1:30 p.m. to 3:30 p.m.

February 5, 12, 19 & 26

Webb Brown 105

Creating a mailing list using Excel and Avery labels, saving items from the internet and downloading, file management and finding items on my computer. Be sure to bring your flash drive and laptop.

Card Games (Term I)

Debra Holman, Instructor

11:15 a.m. to 12:15 p.m.

Monday, February 5, 12, 19, 26

Ben Cleveland Wellness Center.

Learn to play 5 Crowns, Hand and Foot, Kings in the Corner, Skipo, Uno, and Fan Tan.

Line Dancing (Term I)

Debra Holman, Instructor

11:15 a.m. to 12:15 p.m.

Tuesday, February 6, 13, 20, 27

Ben Cleveland Wellness Center

Learn 5-6 dances per session – slow to medium tempo.

Cooking Class (Term I)

Jennifer Munson, Instructor

10 a.m. to noon

Wednesday, January 31 & February 7, 14, 21

Jennifer's House (address provided at enrollment)

For both novices and experienced cooks alike, this hands-on course will progress from kitchen basics to creating delicious meals simply and easily. From how to read a recipe and identify various measurements and kitchen tools, to chopping fresh vegetables to make homemade soup, this fun class has something

for everyone. Each class will end with a light lunch that we've created!

March 2018

Term II

Aqua Fun (Term II)

Debbi Davidson, Instructor

10 a.m. to 11 a.m.

Monday, Wednesday, Friday, March 5, 7, 9, 12, 14, 16, 26, 28 & 30

Family Aquatics Center, ACHS

Participants will be led by trained personnel through a series of specially designed exercises that can help increase joint flexibility and improve mobility. There will be a \$3.00 pool fee for this class.

Aerobics (Term II)

Rikki Hettenbach, Instructor

1:30 p.m. to 2:15 p.m.

Monday & Wednesday, March 5, 7, 12, 14, 26, 28

Ben Cleveland Wellness Center

This energetic and upbeat class is sure to get your body moving. It's fun and relatively easy with a mix of '50s to today's music hits that combine dancing, cardio, and light weights for a great total body workout.

Exercise (Term II)

LaDona Anstine, Instructor

1:30 p.m. to 2:30 p.m.

Tuesday & Thursday, March 6, 8, 13, 15, 27, 29

Ben Cleveland Wellness Center

Functional exercises will be done in a comfortable setting with the goal of improving stability and mobility of joints, strength and endurance of muscles, as well as the promotion of overall well-being.

Restorative Yoga (Term II)

Ruy Vaz, Instructor

11 a.m. to noon

Wednesday & Friday, February 28, March 2, 7, 9, 14, 16, 28 & 30

Brown Center 203

Office Hours: Mon. – Fri. 8a.m. – 4:30p.m.

Enrollment: Tuesday, January 23rd, 1p.m. – 3p.m. in the Brown Center

Questions? Call 441-5286 or email: adriana.somerville@cowley.edu

Restorative Yoga is considered the dessert of yoga. This class is designed for those who prefer a slow, gentle stretch. Great for participants who need to decompress, relax and release tension. Remember to bring your yoga matt.

Woodcarving (Term II)

Fred Taylor, Instructor

Tuesday, March 6, 13, 20 & 27

1 p.m. to 3 p.m.

Cherokee Strip Museum

This class is open for beginning and advanced carvers. Wood blanks will be available for purchase (approx. \$10.00) at the first class. Bring your tools and be ready for a fun project.

Card Games (Term II)

Debra Holman, Instructor

11:15 a.m. to 12:15 p.m.

Monday, March 5, 12, 26

Ben Cleveland Wellness Center

Learn to play 5 Crowns, Hand and Foot, Kings in the Corner, Skipo, Uno, and Fan Tan.

Line Dancing (Term II)

Debra Holman, Instructor

11:15 a.m. to 12:15 p.m.

Tuesday, March 6, 13, 27

Ben Cleveland Wellness Center

Learn 5-6 dances per session – slow to medium tempo.

Genealogy: How Do I? (Term II)

Ron Upton, Instructor

1:30 p.m. to 3:30 p.m.

March 5, 12 & 26

Webb Brown 105

Using the internet and sites to resolve or find data. Downloading data or pictures and using them in a program or document. Creating reports and sharing. Be sure to bring you laptop and flash drive.

AARP Driver's Safety Course (Term II)

Ron Upton, Instructor

1 p.m. to 5 p.m.

Wednesday & Thursday, March 7 & 8

Webb Brown 103

The Driver Safety program is an 8-hour classroom refresher course. You must attend both session to receive a certificate. Insurance companies in Kansas give a discount to seniors who complete the course. \$15 for AARP members, \$20 for non-members.

April 2018

Term III

Aqua Fun (Term III)

Debbi Davidson, Instructor

10 a.m. to 11 a.m.

Monday, Wednesday, Friday April 2, 4, 6, 9, 11, 13, 16, 18, 20, 23, 25, 27

Family Aquatics Center, ACHS

Participants will be led by trained personnel through a series of specially designed exercises that can help increase joint flexibility and improve mobility. There will be a \$3.00 pool fee for this class.

Aerobics (Term III)

Rikki Hettenbach, Instructor

1:30 p.m. to 2:15 p.m.

Monday & Wednesday, April 2, 4, 9, 11, 16, 18, 23, 25 & 30

Ben Cleveland Wellness Center

This energetic and upbeat class is sure to get your body moving. It's fun and relatively easy with a mix of '50s to today's music hits that combine dancing, cardio, and light weights for a great total body workout.

Exercise (Term III)

LaDona Anstine, Instructor

1:30 p.m. to 2:30 p.m.

Tuesday & Thursday, April 3, 5, 10, 12, 17, 19, 24, 26

Ben Cleveland Wellness Center

Functional exercises will be done in a comfortable setting with the goal of improving stability and mobility of joints, strength and endurance of muscles, as well as the promotion of overall well-being.

Office Hours: Mon. – Fri. 8a.m. – 4:30p.m.

Enrollment: Tuesday, January 23rd, 1p.m. – 3p.m. in the Brown Center

Questions? Call 441-5286 or email: adriana.somerville@cowley.edu

Restorative Yoga (Term III)

Ruy Vaz, Instructor

11a.m. to noon

Wednesday & Friday, April 4, 6, 11, 13, 18, 20, 25
& 27

Brown Center 203

Restorative Yoga is considered the dessert of yoga.

This class is designed for those who prefer a slow, gentle stretch. Great for participants who need to decompress, relax and release tension. Remember to bring you yoga matt.

Class participants will learn techniques for making a spool block. This block will be used to create a small wall hanging, table runner or quilt. It can be created with scraps, pre-cuts or fat quarters. A supply list will be provided at enrollment.

Line Dancing (Term III)

Debra Holman, Instructor

11:15 a.m. to 12:15 p.m.

Tuesday, April 3, 10, 17, 24

Ben Cleveland Wellness Center

Learn 5-6 dances per session – slow to medium tempo.

Card Games (Term III)

Debra Holman, Instructor

11:15 a.m. to 12:15 p.m.

Monday, April 2, 9, 16, 23, 30

Ben Cleveland Wellness Center

Learn to play 5 Crowns, Hand and Foot, Kings in the Corner, Skipo, Uno, and Fan Tan.

Photography: Getting Better Pictures (Term III)

Ron Upton, Instructor

1:30 p.m. to 3:30 p.m.

Monday, April 9, 16, 23 & 30

Webb Brown 105

Using Adobe Elements to fix/repair pictures.

Including pictures in your documents and reports.

Reproducing and copying images to use in albums.

Copying pictures from your cell phone to a computer. Please be sure to bring you laptop, camera and flash drive.

Spooling Around With Fabric (Term III)

Margaret Neal, Instructor

9:30 a.m. to 3:30 p.m.

Thursday, April 3 & 10

Senior Center

Office Hours: Mon. – Fri. 8a.m. – 4:30p.m.

Enrollment: Tuesday, January 23rd, 1p.m. – 3p.m. in the Brown Center

Questions? Call 441-5286 or email: adriana.somerville@cowley.edu