



Golden Tigers

COWLEY COLLEGE

SENIOR GOLD CARDS Policy Changes

Cowley College Trustees have recently made changes for the Senior Gold Cards. Gold Cards are now available for residents in Cowley, Sumner, Sedgwick and Chautauqua Counties. The age has also been dropped to 60 years of age.

Gold Cards allow individuals to attend Cowley sports events for free. A reduced fee may be charged for Theater events at Cowley College.

The Gold Cards are available at the Information Desk in Galle-Johnson. You will need to show your Driver's License to get your card.

DRIVER SAFETY CLASS September 13 & 14

The AARP Driver Safety class will be offered Wednesday & Thursday, September 13 & 14 from 1:00 - 5:00 p.m. The class will be held at the Webb-Brown Academic Center - Room 207. Ron Upton will teach the class. The cost is \$15 for AARP members and \$20 for non-members.

The Driver Safety program is an 8-hour classroom refresher course. You must attend both sessions to receive a certificate. Insurance companies in Kansas give a discount to seniors on your car insurance upon class completion.

MAILING LIST

Is your mailing address current? Do you only have a cell phone? If you address or phone number changes, please update your information at the Golden Tiger office.

FALL ENROLLMENT Tuesday, August 22nd

Enrollment for the Fall Semester will be held on Tuesday, August 22nd from 1:00 - 4:00 p.m. in the Brown Center, Earle Wright Room. You may enroll by phone or mail after August 22nd.

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 2:00 p.m.

Fees for classes and trips are paid at enrollment. There is a \$5.00 registration fee and \$2.00 per class fee. Some classes have additional costs or supplies needed.

Here are some guidelines for enrollment:

- Complete the enrollment form. Be sure to include your Cowley ID number, date of birth, middle name.
- 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.

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: Credits for future trips or classes will be given for all trip cancellations. This credit is given only for family emergency, illness or death in family.

Office Hours: Mon. – Thur., 8:30 – 12:00 Noon

Enrollment: Tuesday, August 22nd, 2017, 1:00 – 4:00 p.m. – Brown Center

Questions?? Call 620-441-5286 or email: lena.watkins@cowley.edu

FOR YOUR INFORMATION

Golden Tiger Office – We are currently awaiting the new Coordinator and the office will be relocated to the Brown Center - Room 104 in the lower level

Emergency Contact – We must have an emergency person to contact for all trip participants. Be sure to give someone who will not be with you on the trip. This information will be put on the trip release form.

Classes & Trips – Plans have not been finalized for all the classes and trips. Additional classes may be added to the schedule. Be sure to check for any changes at enrollment.

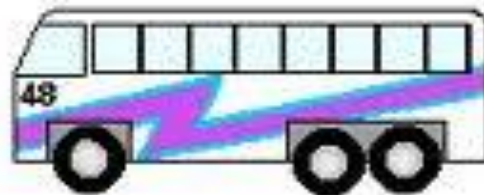
Class Attendance – Class attendance is not required; however, instructors work hard to prepare for these classes. Please let your instructor know if you cannot attend a class session. If the college is closed due to bad weather, we will not hold classes. Information is available on local radio and television stations.

ID Numbers – Cowley ID numbers have been used for several semesters. The ID number is a 999 number followed by a randomly assigned six-digit number. If you have taken classes in the last few years we will have your number available. Social Security numbers can also be used.

Sign Up Sheets – Please be sure to put your name on the sign up sheets for classes and trips. This is the only way to determine if space is available during enrollment. **If your name is not on the sign up sheet and the class is actually full, your name will be put on the waiting list.**

Dates to Remember

August 22 – Golden Tiger Enrollment
October 26-29 – Fall Break
November 9 -11 – Fall Musical
November 20 - 24 – Thanksgiving Break
December 10 – Vespers Concert
December 21 – January 2 – Winter Break



EDUCATIONAL TRIPS

Thursday, October 12 – Coffeyville & Chanute, KS
Our Southeast Kansas adventure will show you a few of the many hidden treasures in the Sunflower State. In Chanute, we will visit the Martin & Osa Johnson Safari Museum, learning of their explorations in distant, exotic lands. We will also make a journey through Coffeyville, KS. Here we will visit the Aviation Heritage Museum, featuring memorabilia from the Coffeyville Air Base and many other displays. We will also visit the Dalton Defenders Museum to explore the history and artifacts from the 1890's as well as a lot of Coffeyville history. The bus leaves at 8am and we should return around 7pm. Cost is \$50 (includes lunch)

Tuesday, November 7 – Wellington / Oxford, KS
We will spend the day touring the many museums in Wellington, KS. These include, the National Glass Museum, the Panhandle Railroad Museum, and the Chisholm Trail Museum. We will see many exhibits during these tours, including the early 20th century locomotive bell, military items and artifacts from early pioneer wagons and cowboys travelling the Chisholm Trail. We will also stop at the Sunflower Shrimp Co in Oxford, KS where we will see how Kansas is able to grow shrimp in its land-locked state. Plan to leave at 8:00 a.m. and return by 7:30 p.m. Cost - \$50 (includes lunch)

Thursday, November 30 – Wichita, KS
Our final trip this semester will feature holiday lights in Wichita, Kansas. The "Illuminations" light display at Wichita Botanica will be the highlight of our trip. We will depart at 4:00 p.m. and return around 11:00 p.m. Cost - \$35



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September, 2017

Aqua Fun (Session I) – Monday, Wednesday, Friday, September 1, 6, 8, 11, 13, 15, 18, 20, 22, 25, 27 and 29, 10:00 - 11:00 a.m. Family Aquatics Center, ACHS. Debbi Davidson, Instructor. 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 (Session I) – Monday and Wednesday, September 6, 11, 13, 18, 20, 25, and 27, 1:30 – 2:30 p.m., Ben Cleveland Wellness Center. Rikki Hettenbach, Instructor. This energetic and upbeat class is sure to get your body moving. It's fun and easy with a mix of 50's – 90's music that combine dancing, cardio and light weights for a great total body workout.

Exercise – (Session I) – Tuesday & Thursday, September 5, 7, 12, 14, 19, 21, 26 and 28, 1:30 – 2:30 p.m., Ben Cleveland Wellness Center. LaDona Anstine, Instructor. Participants will engage in exercises to increase the following: strength, endurance, stability, balance, flexibility & mobility. Hand weights, elastic resistance bands and other small devices will be used in the class.

Double Deck Pinochle – Tuesday, September 5, 12, 19, 26 and October 3 & 10, 1:00 – 2:30 p.m., Webb – Brown Academic Center, Room 207. Debra Holman, Instructor. Students will learn how to play double deck pinochle. Basic rules, how to count, melt and take tricks will be covered.

Line Dancing – Thursdays, September 7, 14, 21, 28, October 5 and 12, 11:30 a.m. – 12:30 p.m., Ben Cleveland Wellness Center. Debra Holman – Instructor. Learn 5- 6 dances per session - slow to



medium tempo. The class will learn one dance per session.

Computers & You - Monday, September 11, 18, 25, & October 2, 1:30 – 3:30 p.m., Webb-Brown Academic Center, Room 105. Ron Upton, Instructor. Learn basic computer skills including file management, backup, maintenance and installing programs. You'll also work with email, printers and scanners as well as Microsoft Office Basics. Participants should have a USB flash drive to use in class.

AARP Driver Safety – Wednesday and Thursday, September 13 & 14, 1:00 – 5:00 p.m., Webb-Brown Academic Center – Room 207. Ron Upton, Instructor. This class provides a refresher on the rules of the road and tips on how to adapt one's driving to compensate for physical and cognitive changes that come with aging. Insurance companies in Kansas also offer a discount for participants completing the class. Cost - \$15 (AARP members) \$20 (non-members). Pay fee at first class.

Office Hours: Mon. - Thursday, 8:30 a.m. – 12:00 Noon
Enrollment: Tuesday, August 22nd, Brown Center, 1:00 – 4:00 p.m.
Questions? Call 620-441-5286 or email: lena.watkins@cowley.edu

October, 2017

Aqua Fun – (Session II) – Monday, Wednesday, Friday, October 2, 4, 6, 9, 11, 13, 16, 18, 20, 23, 25 and 30, 10:00 – 11:00 a.m. Family Aquatics Center, ACHS. Debbi Davidson, Instructor. 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 (Session II) – Monday and Wednesday, October 2, 4, 9, 11, 16, 18, 23, 25, and 30, 1:30 – 2:30 p.m., Ben Cleveland Wellness Center. Rikki Hettenbach, Instructor. . This energetic and upbeat class is sure to get your body moving. It's fun and easy with a mix of 50's – 90's music that combine dancing, cardio and light weights for a great total body workout.

Exercise – (Session II) – Tuesday & Thursday, October 3, 5, 10, 12, 17, 19, 24 and 31, 1:30 – 2:30 p.m., Ben Cleveland Wellness Center. Participants will engage in exercises to increase the following: strength, endurance, stability, balance, flexibility & mobility. Hand weights, elastic resistance bands and other small devices will be used in the class.

Double Deck Pinochle – Tuesday, October 17, 24, 31 and November 7, 14 & 28, 1:00 – 2:30 p.m., Webb – Brown Academic Center, Room 207. Debra Holman, Instructor. Students will learn how to play double deck pinochle. Basic rules, how to count, melt and take tricks will be covered.

Line Dancing - Thursday, October 19, November 2, 9, 16 and 30, 11:30 a.m. – 12:30 p.m., Ben Cleveland Wellness Center. Debra Holman – Instructor. Learn 5- 6 dances per session - slow to medium tempo. The class will learn one dance during each class.

Advanced Computers – Monday, October 9, 16, 23 & 30, 1:30 – 3:30 p.m., Webb-Brown Academic Center – Room 105. Ron Upton, Instructor. Learn how to create more computer documents including

mailing lists and labels. Also assist participants with individual projects.

Woodcarving – Tuesday, October 3, 10, 17 & 24, 1:00 – 3:00 p.m., Cherokee Strip Museum. Fred Taylor, Instructor. Class participants will learn basic techniques in relief carving and in the round woodcarving. The wood needed for class project will be available to purchase at the first class meeting.

November, 2017

Aqua Fun – (Session III) – Monday, Wednesday, Friday, November 1, 3, 6, 8, 10, 13, 15, 17, 27 and 29, 10:00 – 11:00 a.m., Family Aquatics Center, ACHS. Debbi Davidson. 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 (Session III) – Monday and Wednesday, November 1, 6, 8, 13, 15, 27 and 29, 1:30 – 2:30 p.m., Ben Cleveland Wellness Center. Rikki Hettenbach, Instructor. . This energetic and upbeat class is sure to get your body moving. It's fun and easy with a mix of 50's – 90's music that combine dancing, cardio and light weights for a great total body workout.

Exercise – (Session III) – Tuesday & Thursday, November 2, 7, 9, 14, 16, 28 and 30, 1:30 – 2:30 p.m., Ben Cleveland Wellness Center. LaDona Anstine, Instructor. Participants will engage in exercises to increase the following: strength, endurance, stability, balance, flexibility & mobility. Hand weights, elastic resistance bands and other small devices will be used in the class.

Genealogy Q & A – Monday, November 6 & 13, 1:30 – 3:30 p.m., Webb-Brown Academic Center – Room 105. Ron Upton, Instructor. Class members will work with online searching and documentation. Also work with individuals with printing and sharing files and help with individual questions.