



Golden Tigers

COWLEY COLLEGE

AU REVOIR

I will be leaving Cowley to go back to school. My last day as your Golden Tigers Coordinator will be Friday, August 17th. This part of my job has brought me so much joy and I will miss all of you. Getting to know you folks has been one of the best parts of this position and I sure will miss seeing your happy faces. Lena Spencer will be taking over this position until a replacement is found. If you need any assistance, please contact her.

A FEW THINGS

- The time for Aqua Fun has changed. Class will be meeting from 9:30 a.m. to 10:30 a.m. The location is still the same.
- Classes must have a minimum of 6 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.
- There will be no on-campus classes Sept. 24th due to Professional Development day for college faculty and staff. No classes will meet Thanksgiving Day.

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 on-campus classes will be held that day.

Fall Enrollment Thursday, August 23rd

Enrollment for the fall will be held on Thursday, August 23rd from 1 p.m. - 3 p.m. in the Wright Room inside the Brown Center. You may enroll by phone or mail after August 23rd. We will have light refreshments.

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 and date of birth.
- Put your label or write your name on all class and trip sign-up sheets. One label per person.
- Please avoid saving seats for folks who aren't there.
- Fill out the "Consent & Release Form".

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

Mennonite Country – Tuesday, Sept. 25th

Join us as we travel to the historically Mennonite region of Kansas. Our first stop will be in North Newton where we will visit the Kauffman Museum on the Bethel College campus. Lunch will be in Newton, then we'll head to the Mennonite Heritage and Agriculture Museum up the road in Goessel. We'll finish the day in Yoder where we'll stop at Carriage Crossing, so be sure to bring a few extra dollars for a slice of their famous pie. We'll depart at 8 a.m. and return by 7 p.m. Deadline to sign up is Monday, Sept. 17th.

Cost - \$50 (includes lunch)

Ponca City – Tuesday, Oct 16th

If you've never been to some of the spectacular museums in Ponca City, now's your chance. We will visit the Standing Bear Museum, Conoco Museum, Pioneer Woman Museum and the Marland Mansion. Lunch will be at a local restaurant. We'll depart at 8:15 a.m. and return by 6 p.m. Deadline to sign up is Friday, Oct. 5th.

Cost - \$35 (includes lunch)

Christmas Show – Wednesday, Dec 5th

This trip is sure to get you into the Christmas spirit. We will travel to the Prairie Pines Dinner Theatre in Maize where we will attend Sherlock Holmes and the Adventure of the Missing Holly. The show is described as "an interactive, high energy 'who-done-it' played between a delicious Holiday meal". We will depart at 4:30 p.m. and return by 11:30 p.m.

Deadline to sign up is Friday, Nov. 9th.

Cost - \$45 (includes dinner)

Area Events

August 27th

6:30 p.m.

Raymond Frye Complex, Wellington

Terry Justice and Sandy Randall who have written about local Civil War veterans will give a presentation on Sumner County Civil War veterans.

September 26th

10 a.m.

Wichita-Sedgwick County Historical Museum

Antique Toys presentation by Kenneth Holmes. This event is \$2.

1:30 p.m.

Exploration Place, Wichita

The History of the YoYo with American YoYo Champ, Matt Johnson. This event is \$4.

September 27th

The Central Plains Area Agency on Aging will be holding their Senior Expo at locations around Wichita. Go to cpaaa.org to check out what all is being offered at this event. Open to those 55 and older and their care givers.

October 6th

9 a.m. – 4 p.m.

Cowley County Fairgrounds, Winfield

Fall Into The Holiday craft and antique show.

November 3rd

The Family History Fair will be held at the Sumner County Genealogical and Historical Society in downtown Wellington.

November 23rd & 24th

Friday the 23rd from 10 a.m. – 5 p.m.

Saturday the 24th from 10 a.m. – 4 p.m.

Oxford will hold their annual Christmas festival, Christmas in the Country. Festivities will include home tours and craft sales.

Enrollment: Stop by Institutional Development to fill out a form or call us to mail you one!

Sandy Wiemers, Alumni Relations & Golden Tigers Coordinator

Email: sandy.wiemers@cowley.edu Phone: (620) 441-5286

September 2018
Term I

Aqua Fun (Term I)

Debbi Davidson, Instructor

9:30 a.m. to 10:30 a.m.

Monday, Wednesday, Friday, Sept. 5th – Sept. 28th

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.

Participants will be allowed into the building at 9:25 a.m. and must exit the pool at 10:30 a.m. Please note that you may be sharing the locker room with high school students. Participants are asked to exit the building no later than 10:45 a.m. There is 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, Sept. 5th – Sept. 26th

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. No class Sept. 24th.

Exercise (Term I)

Gage Musson, Instructor

10:30 a.m. to 11:30 a.m.

Tuesday & Thursday, Sept. 4th – Sept. 27th

Ben Cleveland Wellness Center

Guided exercises to improve joint mobility and stability, muscular endurance and strength, balance and coordination. The use of light weights and elastic resistance will be implemented.

Restorative Yoga (Term I)

Ruy Vaz, Instructor

11 a.m. to noon

Wednesday & Friday, Sept. 5th – Sept. 28th

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 mat.

Card Games (Term I)

Deb Holman, Instructor

11:15 a.m. to 12:45 p.m.

Monday, Sept. 3rd – Sept. 24th

Webb-Brown 205

Learn 5 card games: Skip-Bo, Fan-Tan, Hand and Foot, Kings in the Corner and 5 Crowns.

Line Dancing (Term I)

Deb Holman, Instructor

11 a.m. – noon

Wednesday, Sept. 5th – Sept. 26th

Wellness Center

Learn 10+ line dances, including the Electric Slide, the Cha Cha Slide and the Cupid Shuffle.

A Matter of Balance (Term I)

Kristin Sparks and Joyce Littrell, Instructors

1 p.m. to 3 p.m.

Monday & Thursday, Sept. 1st – Sept. 28th

Ark City Senior Center

A Matter of Balance is an 8 session structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels.

Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors and exercise to increase strength and balance.

**October 2018
Term II**

Aqua Fun (Term II)

Debbi Davidson, Instructor

9:30 a.m. to 10:30 a.m.

Monday, Wednesday, Friday, Oct. 1st – Oct. 31st

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.

Participants will be allowed into the building at 9:25 a.m. and must exit the pool at 10:30 a.m. Please note that you may be sharing the locker room with high school students. Participants are asked to exit the building no later than 10:45 a.m. There is a \$3.00 pool fee for this class.

Aerobics (Term II)

Rikki Hettenbach, Instructor

1:30 p.m. – 2:15 p.m.

Monday & Wednesday, Oct. 1st – Oct. 31st

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)

Gage Musson, Instructor

10:30 a.m. to 11:30 a.m.

Tuesday & Thursday, Oct. 2nd – Oct. 23rd

Ben Cleveland Wellness Center

Guided exercises to improve joint mobility and stability, muscular endurance and strength, balance and coordination. The use of light weights and elastic resistance will be implemented.

Restorative Yoga (Term II)

Ruy Vaz, Instructor

11 a.m. to noon

Wednesday & Friday, Oct. 3rd – Oct. 24th

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 mat.

Line Dancing (Term II)

Deb Holman, Instructor

11 a.m. – noon

Wednesday, Oct. 3rd – Oct. 24th

Wellness Center

Learn 10+ line dances, including the Electric Slide, the Cha Cha Slide and the Cupid Shuffle.

Cooking Class – Fall Favorites (Term II)

Jennifer Munson, Instructor

10 a.m. – Noon

Wednesday, Oct. 17th & 31st, Nov. 7th & Nov. 14th

Jennifer's house (address available at enrollment)

Each week we will focus on creating a simple but delicious meal that we will enjoy together towards the end of class. With a focus on the autumn season, we will prepare complete meals and perhaps be introduced to some new ingredients. This is a fun, informal setting with lots of lively discussion and delicious food! There will be a \$5 supply fee for this class.

AARP Driver's Safety (Term II)

Ron Upton, Instructor

1 p.m. to 5 p.m.

Wed. & Thu., Oct. 10th & 11th

Webb-Brown 205

This is a refresher course. Participants must attend both days to complete the course and receive their certificate. Some Kansas insurance companies give a discount for completing the course.

Basic Woodcarving (Term II)

Fred Taylor, Instructor

1 p.m. – 3 p.m.

Tuesday, Oct. 2nd – Oct. 23rd

Cherokee Strip Museum

Participants will learn basic wood carver techniques, safety precautions, and proper use of tools.

Participants will complete a basic woodcarving project.

Card Games (Term II)

Deb Holman, Instructor

11:15 a.m. to 12:45 p.m.

Monday, Oct. 1st – Oct. 22nd

Webb-Brown 205

Learn 5 card games: Skip-Bo, Fan-Tan, Hand and Foot, Kings in the Corner and 5 Crowns.

Genealogy – What’s Next – Where Am I (Term II)

Ron Upton, Instructor

1:30 p.m. – 3:30 p.m.

Monday, Oct. 8th – Oct. 29th

Brown Center 131

Participants will work on their genealogy, finding additional information online. Downloading information, pictures and establishing files and folders, along with how to handle pictures and documents will be covered in this class. Bring your information, your laptop and a USB flash drive.

**November 2018
Term III**

Aqua Fun (Term III)

Debbi Davidson, Instructor

9:30 a.m. to 10:30 a.m.

Monday, Wednesday, Friday, Nov. 2nd – Nov. 28th

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.

Participants will be allowed into the building at 9:25 a.m. and must exit the pool at 10:30 a.m. Please note that you may be sharing the locker room with high school students. Participants are asked to exit the building no later than 10:45 a.m. There is a \$3.00 pool fee for this class. No class Nov. 23rd.

Aerobics (Term III)

Rikki Hettenbach, Instructor

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

Monday & Wednesday, Nov. 5th – Nov. 28th

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. No class Nov. 21st.

Exercise (Term III)

Gage Musson, Instructor

10:30 a.m. to 11:30 a.m.

Tuesday & Thursday, Nov. 6th – Nov. 29th

Ben Cleveland Wellness Center

Guided exercises to improve joint mobility and stability, muscular endurance and strength, balance and coordination. The use of light weights and elastic resistance will be implemented. No class Nov. 22nd.

Restorative Yoga (Term III)

Ruy Vaz, Instructor

11 a.m. to noon

Wednesday & Friday, Nov. 7th – Nov. 30th

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 mat. No class Nov. 21st or 23rd.

Line Dancing (Term III)

Deb Holman, Instructor

11 a.m. – noon

Wednesday, Nov. 7th – Nov. 28th

Wellness Center

Learn 10+ line dances, including the Electric Slide, the Cha Cha Slide and the Cupid Shuffle.

Card Games (Term III)

Deb Holman, Instructor

11:15 a.m. to 12:45 p.m.

Monday, Oct. 29th – Nov. 19th

Webb-Brown 205

Learn 5 card games: Skip-Bo, Fan-Tan, Hand and Foot, Kings in the Corner and 5 Crowns.

Computers (Term III)

Ron Upton, Instructor

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

Monday, Nov. 5th – Nov. 26th

Brown Center 131

Participants will learn basic computer skills. Please bring your laptop and your USB flash drive.