

# COWLEY COLLEGE GOLDEN TIGERS

The Cowley College Golden Tigers is an educational program offered to community members who are at least 50 years of age and/or retired. Through classes, day trips, and workshops, it seeks to provide opportunities that promote the social, intellectual, mental, spiritual, and physical health of its members.

## Welcome!

After a year and a half long break, the Golden Tigers are back! There are a few changes to our program, but the heart of it is staying the same. The first big change is me! I'm Micah Fry, the new Golden Tigers Coordinator. I was born and raised in Ark City and come to this position after teaching communications in higher education. My hope for the Golden Tigers is that it be a place for community. I hope our classes and trips will connect you to the community we live in, and that after the craziness of last year, you find connection and conversation through our activities. I'm so excited for this fall!

- Micah M. Fry



## Newsletter Highlights:

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**SAVE THE DATES  
FOR FALL  
ENROLLMENT**

**ARK CITY**

**AUGUST 24TH FROM 1-3 PM  
BROWN CENTER WRIGHT ROOM**

**WELLINGTON**

**AUGUST 26TH FROM 1-3 PM  
SHORT CENTER  
COMMUNITY ROOM**

**Micah's office is  
located on the lower  
level of Galle-  
Johnson Hall.  
Feel free to stop by  
and say hi!**

**COVID-19**

Regarding masks, social distancing, and other precautions, the Golden Tigers will defer to the protocol and policies in place at the location of the activity.

**REFUND POLICY**

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

**TRIPS:** Refunds for trips are given only for family emergency, illness, or death in the family. A substitute in your place is greatly appreciated if possible.

# **ENROLLMENT**

Enrollment will kick off with our first enrollment event in Ark City. If you are unable to attend either enrollment, you may enroll by phone or email anytime beginning Friday, August 27th, by contacting Micah via the information listed below. Classes and trips are on a first-come, first-serve basis and spots cannot be held. Fees for classes, trips, and workshops are paid at the time of enrollment. There is a one-time \$5 semester registration fee, and each class is \$5. Some classes have additional costs or supplies needed. Please refer to the class schedule for details.

If you are able to come to an enrollment event, be prepared to sign up for the activities you are interested in, fill out your enrollment form, check out and sign a consent form, and then have some coffee or a treat.

**We've received an online facelift!**



**To see our updated  
webpages or to sign up to  
receive the newsletter in  
your mailbox, visit:  
[cowley.edu/goldentigers](http://cowley.edu/goldentigers)**



**Follow us on Facebook:  
Cowley College  
Golden Tigers**

# **VOUCHERS**

This fall, we'll be accepting any vouchers issued in Spring 2020. Bring it with you to enroll or mention it at check out. Please note that several of our trip destinations have increased their prices so the cost of the trips from Spring 2020 may not be same. If you have any questions or concerns, feel free to contact Micah at the information listed below.

## DAY TRIPS

### **Trip 1: Wildlife and Nature (rescheduled from Spring 2020)**

**Monday, September 13th in Goddard and Wichita, KS**

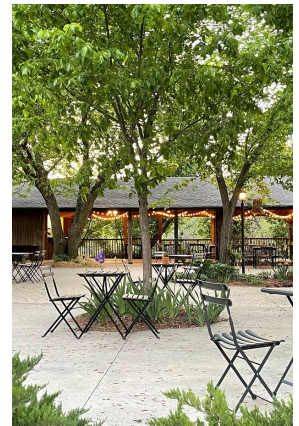
Our September trip will consist of a stop at Botanica where we will step into a living kaleidoscope of over 30 themed gardens and exhibits. You will see, smell, touch, and yes, taste the gardens. Enjoy a stroll while exploring plants, flowers, and the history of Botanica over the past 30 years. Imagine a place where dreaming is encouraged as you walk underneath the rainbow and become a kid again in the Downing Children's Garden. We will also visit the Tanganyika Wildlife Park where we will experience the third largest animal collection in Kansas, and one of the largest attractions in the state. They have over 40 exhibits featuring 10 interactive stations, over 400 animals and 37 successful breeding programs. You will have the opportunity to interact with the animals hands-on, including giraffe, lemur, and tortoise feedings to name a few. We will leave at approximately 8:00am and return to Cowley College around 6:30pm. Lunch is included, and the cost is \$50.



### **Trip 2: Farm to Table**

**Wednesday, October 13th in Anthony, Kechi, and Wichita, KS**

In October, we'll take a tour around Kansas. We'll be visiting three Kansas family farms that have worked hard to survive the economic blow of a global pandemic and come out stronger on the other side. They've graciously agreed to host the Golden Tigers and create these unique experiences and tours just for us. Our day will start with a farm-to-table brunch at KCK Farms where we'll get to meet some of the unique breeds of farm animals that they raise. Next, our tour will take us to Elderslie Farm to visit their milking parlor and cheese making room. We'll relax on their outdoor patio at the Bramble Café and visit their cheese shop. Our final stop is a surprise, reminiscent of the mystery trips from years past, but it will round out the fun filled day. This trip is sure to be a unique, hands-on experience as we get to know the growers and producers "in our own backyard" – Kansas. We will leave at approximately 7:30am and return to Cowley College around 7:00pm. Food is included, and the cost is \$50.



### **Trip 3: History in the Making (rescheduled from Spring 2020)**

**Friday, November 12th in Topeka, KS**

The Kansas State Capitol was restored to the original architect's vision by uncovering beautiful murals, preserving original features, and renovating aging limestone. The Capitol's distinctive copper dome is a prominent feature of the Topeka skyline, but the view inside the dome is just as spectacular. From the first floor, gaze upward to appreciate the beautiful murals, glass panels and bright copper and brass railings of the dramatic dome. The history lesson continues at the Kansas Museum of History which tells the story of our state's past. Discover the stories of native peoples, forts and trails, Bleeding Kansas and the Civil War, settlement, trains and towns, 20th century, fast food, and recent past. The striking "White Buffalo" sculpture outside offers an inkling of the interesting exhibits inside this museum, including a steam locomotive, a Southern Cheyenne teepee, and one of the largest collections of prairie memorabilia in the U.S. We will leave at approximately 7:30am and return to Cowley College around 8pm. Lunch is included, and the cost is \$40.



## COMMUNITY WORKSHOPS

Community workshops are a chance for Golden Tigers to get to know local, small businesses and support them. They are also designed to create community. Come hang out, get to know other Golden Tigers or bring a friend, and enjoy!

### Succulent Pumpkins with Gottlob Lawn & Landscape

**When:** Tuesday, September 21st / 7-8 pm  
**Where:** Gottlob Lawn & Landscape in Winfield, KS

Learn how to make a beautiful succulent topped pumpkin. They make perfect fall displays both indoors and out. This is one of Gottlob's most popular classes! Standard size: roughly 6-15 lbs and 3-5 ins high, spreads 8-12 in. wide Medium size: roughly 1-3 lbs and 4-8 ins high FYI: Once your pumpkin starts to rot, Gottlob Lawn & Landscape will instruct you how to re-plant your succulents to enjoy year round.

**Cost:** \$27 for standard size; \$10 for medium size



### Wooden Signs with DeSigns by Robin

**When:** Monday, October 4th / 7:00-8:30 pm  
**Where:** The Gathering Place in Ark City, KS

Create a customized home decor painted masterpiece. Select from a variety of design options and then customize it with your name and/or aesthetic.

**Cost Range:** \$25-38, depending on selected design

### Thanksgiving Cookies with Cake & Co.

**When:** Tuesday, November 9th / 6:00-8:30 pm  
**Where:** Cowley College in Ark City, KS  
 Webb-Brown Room 103

Learn royal icing techniques to create a beautiful, detailed set of four large Thanksgiving themed cookies. After they set, pop them in the provided plastics sleeves and into the freezer, and they'll be fresh for Thanksgiving Day festivities.

**Cost:** \$40



## ARK CITY CLASSES

### HEALTH & WELLNESS

#### Aerobics

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.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	T/Th	9/2-9/30	1:00-1:45p	9	Brown Center 203	R. Hettenbach
Oct.	T/Th	10/5-10/26	1:00-1:45p	7*	Brown Center 203	R. Hettenbach
Nov.	T/Th	11/2-11/30	1:00-1:45p	8*	Brown Center 203	R. Hettenbach

\* No class 10/28 for Arkalalah; No class 11/25 for Thanksgiving

#### Aqua Fun

Aqua Fun is made up of series of specially designed exercises that can help increase joint flexibility and improve mobility. Please note: participants will be allowed into the building at 9:25 a.m., must exit the pool at 10:30 a.m., and are asked to exit the building no later than 10:45 a.m. You may be sharing the locker room with high school students. *Additional course fee: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	M/W/F	9/1-9/29	9:30-10:30a	12*	ACHS Pool	D. Davidson
Oct.	M/W/F	10/1-10/27	9:30-10:30a	12*	ACHS Pool	D. Davidson
Nov.	M/W/F	11/1-11/29	9:30-10:30a	11*	ACHS Pool	D. Davidson

\* No class 9/6 for Labor Day; no class 10/29 for Arkalalah; no class 11/24 or 11/26 for Thanksgiving

#### Dining with Diabetes

Learning and eating? Yes, please. This partnership class with K-State Research and Extension Cowley County will focus on strategies that can help to lessen the health risks of diabetes. The class includes hands-on learning, demonstrations, and tasting healthy foods. The Burford Theatre will host the Golden Tigers in their newly renovated teaching kitchen. *Additional course fee: \$25, includes a light dinner*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	T	11/2-11/30	4:45-6:45p	4	Burford Theatre	B. Reid

\* No class 11/23 for Thanksgiving week

#### Functional Exercise

This fun class uses guided exercises to improve joint mobility and stability, muscular endurance and strength, & balance and coordination. Light weights and elastic resistance bands will be incorporated.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	T/Th	9/2-9/30	10:30-11:30a	9	Wellness Center	A. Major
Oct.	T/Th	10/5-10/28	10:30-11:30a	8	Wellness Center	A. Major
Nov.	T/Th	11/2-11/30	10:30-11:30a	8*	Wellness Center	A. Major

\* No class 11/25 for Thanksgiving

#### Line Dancing

Learn 10+ line dances, including the Electric Slide, the Cha Cha Slide, and the Cupid Shuffle. Each session will review the prior dances and add new ones.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	M	9/13-9/27	2:00-3:00p	3	Wellness Center	D. Holman
Oct.	M	10/4-10/25	2:00-3:00p	4	Wellness Center	D. Holman
Nov.	M	11/1-11/29	2:00-3:00p	5	Wellness Center	D. Holman

## ARK CITY CLASSES

### Tai Chi

A Chinese martial art focusing on flowing with an opponent while generating dynamic power. Emphasis is on balance, center of gravity, body rotation, & breathing while executing martial techniques. Movements are done slowly, include squatting, & large circular arm movements. The class is taught by Si Fu Howard Levy, with over 30 years' experience.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	T/Th	9/2-9/30	3:45-4:30p	9	Wellness Center	H. Levy
Oct.	T/Th	10/5-10/28	3:45-4:30p	8	Wellness Center	H. Levy
Nov.	T/Th	11/2-11/30	3:45-4:30p	8*	Wellness Center	H. Levy

\* No class 11/25 for Thanksgiving

### Walk with Ease

Walk with Ease is a walking based class designed to help cultivate better health, improved fitness, and less pain. Created by the Arthritis Foundation, this class is a partnership with K-State Research and Extension Cowley County. Come walk in the fresh air and improve your health. Free guide book provided. All levels of personal fitness welcome! Meet in Galle-Johnson classroom 101 to start. This is on the lower level by Micah's office. *Additional course fee: \$3*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept. & Oct.	W/Th/F	9/1-10/15	10:30-11:15a	15*	Cowley Campus	B. Reid

\* No class 9/8 or 10/6

## EDUCATION

### Native American Culture

Learn about the culture, lifestyle, traditions, and history of Native American tribes in Northern Oklahoma and parts of Kansas. This class will take a look at who these tribes are and what they do so that participants can better understand the rich history connected to our local geographical area.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	Th	9/2	2:00-4:00p	1	Webb-Brown 204	B. Burke

### Butterflies of South Central Kansas

In collaboration with the Chaplin Nature Center, this introductory class into the world of butterflies gives participants the skills necessary to identify the common butterflies of Cowley County. The first two classes will focus on classifying butterfly groups and wing anatomy. The third and final class will be a field trip to the Chaplin Nature Center for butterfly identification and monarch tagging. The final class will meet on campus as normal and ride together in a Cowley van. The field trip is from 10am-12:15pm on 9/28.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	T	9/14-9/28	10:00-10:50a	3*	Brown-Center 201	S. Silliman

\* Class on 9/28 will last until 12:15pm.

### AARP: Driver Safety

The AARP Smart Driver Course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. This course is the nation's largest driver safety course and designed specifically for drivers age 50 and older. Bonus: Some Kansas insurance companies give a discount for completing the course. *Additional Course Fee: \$20 for AARP members & \$25 for non-members.*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	W	9/15	1:00-5:00p	1	Webb-Brown 205	R. Upton

## ARK CITY CLASSES

### Archaeology & Etzanoa

This program will introduce participants to the science of archaeology using the nearby Etzanoa archaeological site as a case study. Participants will learn about the prehistory of the area as well as the tools and methods archaeologists employ to study the past. Expect a lively combination of lecture, discussion, and simulations. Please note: this program takes place entirely in the classroom, and it does not include excavation or site tours.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	Th	10/7-10/28	12:00-1:00p	4	Webb-Brown 205	M. Mahoney

### Tech Basics: Bring Your Own Tech

Are you feeling uneasy about how to search the web, send an email attachment, take a picture with your cell phone, or use your tablet? For this Bring Your Own Tech class, members of several Cowley College student clubs will be on hand to answer your questions, working one-on-one help you navigate your device. It is a meeting completely led by you! Bring your list of technology questions and the specific devices they relate to with you to class. Our classroom is equipped with desktop computers as well.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	W	11/3-11/10	3:00-4:00p	2	Webb-Brown 105	Cowley students

## ARTS & CRAFTS

### Book Folding

Using a recycled hardcover book, participants will learn a book folding technique to create their own finished book art to display as décor. *Additional course fee: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	W	9/8	1:30-3:00p	1	Webb-Brown 205	E. Mallory

### Card Making

New and seasoned card makers welcome! Together, the class will create one greeting card using specific techniques, and in the remaining class time everyone will be free to create and experiment with different techniques and projects. *Additional course fee: \$10*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	W	10/20	1:30-3:30p	1	Webb-Brown 208	E. Mallory

### Christmas Ornaments

Each week, participants will create a different Christmas ornament using various papercrafting techniques including quilling, origami, and iris folding. Please note, this class will switch days for its final session; the week of Thanksgiving, it will meet on Monday instead. *Additional course fee: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	W	11/3-11/22	1:30-2:30p	4*	Webb-Brown 205	E. Mallory

\* The week of Thanksgiving, class will meet day moved to Monday (11/22).

## SPECIAL INTEREST HOBBIES

### Advanced Genealogy

Want to learn more about your family tree? In this class, participants will learn to research their own genealogy on the internet, using various websites and databases. We will work from desktop computers in the classroom, but please bring your laptop or flash drive with any family files you may already have.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	T	9/7-9/28	1:00-3:00p	4	Webb-Brown 105	R. Upton

## ARK CITY CLASSES

### Card Games

Learn and refresh your knowledge on a variety of card games including Fan-Tan, Hand and Foot, Pitch, Pinochle, 5 Crown, and Manipulation. Meeting just inside the Nelson Student Center in the lobby of the Tiger Deli, this participant led class can help you learn a new card game, remember the rules to one you haven't played in a while, or brush up on your skills so you can challenge your friends and beat them!

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	M	9/13-9/27	12:45-1:45p	3*	Nelson Student Cntr	D. Holman
Oct.	M	10/4-10/25	12:45-1:45p	4	Nelson Student Cntr	D. Holman
Nov.	M	11/1-11/29	12:45-1:45p	5	Nelson Student Cntr	D. Holman

\* No class 9/6 for Labor Day

### Woodcarving

Amateur and advanced woodcarvers welcome! Participants will learn basic wood carving techniques, safety precautions, and proper use of tools. By the end of the class, you'll have a completed basic woodcarving project.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	T	10/5-10/26	1:00-3:00p	4	Cherokee Strip Museum	F. Taylor

## EXPANDING HORIZONS

### Cowley Sports Spotlight

Have you ever wondered how scoring in wrestling works or why the referee kept blowing the whistle at that soccer game you watch? Whether you want to learn the rules of the sport, support Cowley athletics, or you know a high schooler that plays a sport and you want to be prepared for to make conversation at Christmas, this is the class for you! Each week, Micah will sit down with Cowley coaches (and maybe a few athletes) from a different sport for an interview to discuss the game they love. We'll cover the basics of the sport, along with some frequently asked questions, fun facts, and important details. This class will feature basketball, soccer, volleyball, and wrestling. A sister class to this one will be offered in the spring so that we can cover all of the Cowley sports.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	Th	9/2-9/30	10:00-11:00a	4*	Brown Cntr Wright Room	M. Fry

\* No class 9/9

### Around the World in 30 Days

In collaboration with the Cowley College International Student Organization, this class will be led by college students from around the world. Each week, we'll meet a new set of students from a new country. They'll share a presentation about their country and its culture, a few tidbits and important words/phrases from their language, and share some kind of cultural experience with all of us (this is TBD, but might include trying a new food or learning a dance step).

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	M	10/4-10/25	1:00-2:00p	4	Brown Center 137	M. Fry

### Crafting for a Cause

This class is all about learning more and giving back! Each week will feature a different, local non-profit or organization doing good in our community. In the first half of class, we'll learn about the work the organization is doing, and in the second half of the class, we'll complete a craft project that benefits the organization. Hint: One of the crafts we'll be making is tie blankets. Can you guess the organization that will put them to good use?

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	M	11/1-11/29	2:00-4:00p	4	Webb-Brown 208	M. Fry

\* No class 11/22 for Thanksgiving week

# MARK YOUR CALENDARS

## Golden Tigers Nights with Cowley Athletics

In conjunction with the Cowley Sports Spotlight class, each sport featured will have a Golden Tigers Night during one of their home events.

Cowley Sports Spotlight class attendance is not necessary, though. If you take the class, come and put the new sports knowledge you've learned into practice! If you didn't get to take the class, come any way!

Find Micah to say hi, then borrow some pom-poms to cheer on the Tigers. Sit with other Golden Tigers group or on your own. Come for part of a game or stay for it all.

### **VOLLEYBALL**

Friday, September 24th, at 6pm  
W.S. Scott Auditorium: 216 W Fifth Avenue

### **WOMEN'S & MEN'S SOCCER**

Wednesday, October 6th, at 4 & 6 pm  
Tigers Soccer Complex: 223 E Pierce Avenue  
(Optional for comfort: bring a bleacher seat or lawn chair)

### **WOMEN'S & MEN'S BASKETBALL + CHEER & TIGERETTE DANCE**

Wednesday, December 8th, at 5:30 & 7:30 pm  
W.S. Scott Auditorium: 216 W Fifth Avenue  
(Cheer & Dance performances throughout and at halftime)

**If you're over 60 years of age, ask Micah about how you can find out if you qualify for a free pass to attend Cowley sporting and theater events.**

Theater events such as the fall play:

### **SIX CHARACTERS IN SEARCH OF AN AUTHOR**

October 15th-16th at 7:30 pm & October 17th at 2 pm

If you're interested in the  
**Native American Culture**  
class, check out the...

## **Standing Bear Pow Wow**

**Free & open to the public.**  
**Friday, September 24th**  
**6 PM in Ponca, OK**

If you're interested the  
**Around the World in**  
**30 Days** class, consider  
joining the...

## **Cowley Foster Parent Program**

**Ask Micah for more  
information.**

If you're interested in  
the **Butterflies of SC Kansas**  
class, check out the...

## **Chaplin Nature Center Moon Walk**

**Saturday, October 16th**  
**starting at 7:30 PM**  
**Contact the Chaplin Nature**  
**Center for more info.**

## WELLINGTON CLASSES

### SUMNER CAMPUS: HEALTH & WELLNESS

#### Yoga

Join the fun and improve your flexibility doing yoga! Come as you are; no equipment is needed. This class is built to accommodate a variety of experience and fitness levels.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	T/Th	9/2-9/30	10:00-11:00a	9	Short Community Rm	J. Nusbaum
Oct.	T/Th	10/5-10/28	10:00-11:00a	8	Short Community Rm	J. Nusbaum
Nov.	T/Th	11/2-11/30	10:00-11:00a	8*	Short Community Rm	J. Nusbaum

\* No class 11/25 for Thanksgiving

#### Stay Strong, Stay Healthy

In partnership with K-State Research and Extension Sumner County, Stay Strong, Stay Healthy is an evidence based, eight-week exercise program. Using light weights, this class offers customized strength training to help participants live longer, healthier, and more independent lives. This class runs 10/12-12/2. In November, the meeting dates and times will vary. See schedule at enrollment for more information. *Additional Course Fee: \$20*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct. & Nov.	T/Th	10/12-12/2	9:00-10:00a	16*	Raymond Frye Cmplx	B. Love

\* November meeting dates/times will vary. Schedule provided at enrollment with more info.

### SUMNER CAMPUS: EDUCATION

#### AARP: Driver Safety

The AARP Smart Driver Course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. This course is the nation's largest driver safety course and designed specifically for drivers age 50 and older. Bonus: Some Kansas insurance companies give a discount for completing the course. *Additional Course Fee: \$20 for AARP members & \$25 for non-members.*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	W	9/22	1:00-5:00p	1	Short Community Rm	R. Upton

#### Depression Era Glass Discussion

The National Glass Museum in Wellington is going to discuss and show items on the historical glass of the Depression Era. A scavenger hunt will take place on the last day and incorporate findings based on the class topics. Class will be held at the National Glass Museum – 107 N. Washington, Wellington, KS

Term	Days	Dates	Time	# Sessions	Location
Sept.	M	9/13-9/27	1:00-3:00p	3	National Glass Museum

#### Basic Photography

Participants will learn some of the basic principles of photography. Whether you're using a digital or cell phone camera, getting the best picture can be challenging. Susan Doherty from Susan's Portrait Designs will offer tips and tricks to help you get the best photos and capture memories that last. Please indicate on the enrollment form if you are bringing a digital camera and/or your cell phone.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	M	10/4-10/25	11:00-12:00p	4	Short Ed Center Rm 206	S. Doherty

## WELLINGTON CLASSES

### SUMNER CAMPUS: ARTS & CRAFTS

#### Origami

Origami is the art of paper folding. In this class, you'll learn basic origami folding techniques. We'll then apply these folds to make simple, but ornate, origami animals and boxes.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	T	9/7-9/28	2:00-3:30p	4	Short Ed Center Rm 015	L. Scheufler

#### Card Making

New and seasoned card makers welcome! Together, the class will create a greeting card using quilling techniques to take home at the end of class. *Additional course fee: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	W	10/6	1:30-3:00p	1	Short Ed Center Rm 206	E. Mallory

#### Christmas Ornaments

Each week, participants will create a different Christmas ornament using various papercrafting techniques including quilling, origami, and iris folding. Please note, this class will switch days for its final session; the week of Thanksgiving, it will meet on Monday instead. *Additional course fee: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	T	11/2-11/23	1:30-2:30p	4*	Webb-Brown 205	E. Mallory

\* No class 11/30

## SUMNER CAMPUS: SEWING & QUILTING

#### Scalloped Baskets

Easy to make scalloped baskets or bins to help organize any room in your home. Kit includes instructions to make three different sized baskets. Our finished basket will be 5/12" x 12" x 3 1/2". Please bring the recommended notions if you are able to: polyester thread, sewing machine, scissors. Sewing machines available if needed. *Additional course fee: \$15*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	T	9/14	1:00-5:00p	1	Beehive Quilt Shop	A. White

#### Buffalo Plaid Lap Blanket

A small lap quilt to gift or keep you warm this winter. For this quilt, we'll construct a creative interpretation of the classic buffalo plaid pattern. Please bring the recommended notions if you are able to: cotton thread, sewing machine, scissors. Sewing machines available if needed. *Additional materials needed: 1 yd. print fabric, 2 yds. coordinating medium fabric, and 1 yd. light fabric (can be purchased day of). Additional course fee: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	T	10/19	1:00-5:00p	1	Beehive Quilt Shop	A. White

#### Patchwork Bags

Easy to make and adorable to use, this patchwork bag is perfect for many occasions. Please bring the recommended notions if you are able to: polyester thread, sewing machine, scissors. Sewing machines available if needed. *Additional materials needed: 3 1/4 yds. fabric, 1/2 yd. coordinating fabric for handles, and 5/8 yd. fabric for lining (can be purchased day of). Additional course fee: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	M	11/8	1:00-5:00p	1	Beehive Quilt Shop	A. White

## WELLINGTON CLASSES

### SUMNER CAMPUS: COMPUTERS & TECH

#### Excel Basics

Participants will learn the basics of Excel, a spreadsheet program, including basic editing, formatting, themes, data organization, and formulas. Please bring a laptop with Excel installed.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	T/Th	9/7-9/9	4:00-5:00p	2	Tech & Innov Ctr Rm 106	D. Hays

#### Word Basics

Participants will learn the basics of Word including basic editing, formatting, themes, data organization, and flyer creation. Word is a great program for letter writing, recipe keeping, story writing, and much more. Please bring a laptop with Word installed.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	T/Th	9/14-9/16	4:00-5:00p	2	Tech & Innov Ctr Rm 106	D. Hays

#### Using Android Smart Phones & Tablets

Participants that are Android users will learn the basics of their tablets and cell phones. This will include the applications that it comes with along with how to install new apps. We'll also cover the sharing of multimedia, camera usage, and texting between apps. Please bring your android tablet or phone.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	T/Th	10/5-10/7	4:00-5:00p	2	Tech & Innov Ctr Rm 106	D. Hays

#### Using iPhones & iPads

Participants that are Apple users will learn the basics of their tablets and cell phones. This will include the applications that it comes with along with how to install new apps. We'll also cover the sharing of multimedia, camera usage, and texting between apps. Please bring your android tablet or phone.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	T/Th	10/12-10/14	4:00-5:00p	2	Tech & Innov Ctr Rm 106	D. Hays

#### Basic Computers: Windows 10

Participants will learn the basics of Windows 10 including basic utilities, customization, shortcut keys, mouse interactions, and the exchange of information between applications. Please bring a laptop with Windows 10 installed.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	T/Th	10/19-10/21	4:00-5:00p	2	Tech & Innov Ctr Rm 106	D. Hays

#### Online Recipe Organization

Participants will learn the basics of researching recipes as well as storage of recipes on the cloud or laptop. Please bring a laptop with Windows installed.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	T/Th	10/26-10/28	4:00-5:00p	2	Tech & Innov Ctr Rm 106	D. Hays