

COWLEY COLLEGE GOLDEN TIGERS

NEWSLETTER



HELLO,

I'm not sure I could have asked for a better first year with Golden Tigers. Those of you who have been around welcomed me with open arms, and those who are newly acquainted with the program jumped in without missing a beat.

My first year definitely had a learning curve, but it was such a fun year! I'm so grateful to each person that came along for the ride.

This fall, I've planned an exciting line-up of classes, some day trips I am counting down to, and some new workshops. I am looking forward to this semester!

Please take note that our enrollment event times have changed from previous semesters. This was out of my hands, but I think it will work out well.

See you soon!

- Micah M. Fry

TABLE OF CONTENTS

Golden Tigers 101 • Pg 2

Day Trips • Pg 3

Workshops • Pg 4

Ark City Classes • Pg 5

Sumner Co. Classes • Pg 10


The Cowley College Golden Tigers is an educational program offered to community members who are at least 50 years of age.

Through classes, day trips, and workshops, it seeks to provide opportunities that promote the social, intellectual, mental, spiritual, and physical health of its members.



SAVE THE DATES & NEW TIMES FOR FALL ENROLLMENT

ARK CITY **TUESDAY**
AUGUST 16TH
2-4 PM



IN THE BROWN CENTER WRIGHT ROOM

&

THURSDAY **WELLINGTON**
AUGUST 18TH
11AM-1 PM



IN THE SHORT CENTER COMMUNITY ROOM

ENROLLMENT

Take note, both enrollment events have new times.

If you are unable to attend either enrollment, you may enroll anytime beginning Friday, August 19th, 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.

There will be changes to our enrollment process so please pay careful attention to signage at the enrollment events. Make sure to update your contact information on the enrollment form and don't forget to sign a new consent form for the new year.

Enrollment Changes

There has been some wonderful feedback about enrollment events this last year. Changes are coming, but sometimes change takes time so please be patient.

Take note, both enrollment events have new times!



CANCELATION

If Cowley College cancels classes, Golden Tigers programming is canceled. The college will post to social media, their website, and on area radio stations. Please check before going out in bad weather.



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.



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.

DAY TRIPS

Trip 1: Frida & Frank

Thursday, September 1st in Bartlesville & Tulsa, OK

Frida Kahlo and Frank Lloyd Wright – two pillars in the art and architecture worlds respectively – are the stars of our September trip. Heading southeast, we'll visit Frank Lloyd Wright's only fully realized skyscraper. Frank Lloyd Wright is called the greatest American architect of all time. Originally designed for downtown New York City in 1929, his Price Tower in Bartlesville has been named a National Historic Landmark. After lunch, we'll head south to Tulsa, OK, where we'll visit the Philbrook Museum of Art, housed in a historic Italian mansion and home to beautiful sprawling gardens. Their current exhibit on Mexican Modernism and Frida Kahlo, one of the 20th century's most iconic artists commonly known for her striking self-portraits, details her life and work. Exploring how art and architecture impact society and the people in it, we will leave at approximately 8:00am and return to Cowley College around 6:00pm. Lunch is included, and the cost of the trip is \$45.



Trip 2: Ad Astra

Friday, October 21st in Yoder & Hutchinson, KS

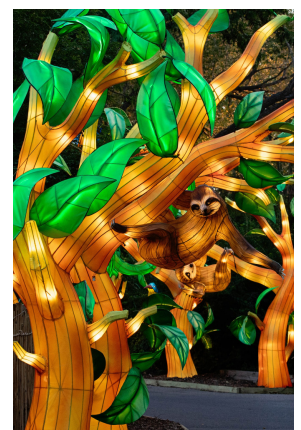
The Cosmosphere is an international science education center and space museum. On this adventurous day trip, you'll get to take a trip back in time to the 1930s to sit in for an interactive show in the lab of Dr. Robert Goddard, the father of modern rocketry. Along with exploring the Hall of Space Museum, you'll tour our current night sky in the Justice Planetarium, and take a bird's-eye view of the sky in the documentary *Wings Over Water* in the two-story Digital Dome Theater. The rest of our trip is still being finalized so it'll have to be a mystery! Isn't there always a little mystery paired in with space exploration though? How fitting. The only hint you get is that it may or may not have to do with flight. We'll leave around 8:00am and return to Cowley College around 7pm. An all you can eat lunch at Carriage Crossing in Yoder is included, and the cost of the trip is \$55.



Trip 3: Holiday ICT

Friday, November 11th in Wichita, KS

Christmas ornaments, holiday shopping, and wild lights – we're preparing for December. Home to eight resident glass blowing artists, Karg Art Glass studio and gallery will kick off our day with a glass blowing demonstration. For an additional fee, you'll also have the opportunity to "blow your own" glass Christmas ornament. The studio is centrally located in Kechi so there will be time to explore antique stores, quilt shops and a greenhouse – all within a block's walking distance. In the evening, we'll head to the Sedgwick County Zoo Wild Lights. These one-of-a-kind lantern sculptures are larger-than-life and, in a few instances, interactive. While we will be at the zoo, resident zoo animals will not be in attendance. After perusing the lights we'll warm up with a special hot cocoa treat. **We'll leave at 1:00pm and return to Cowley College around 9:15pm. Dinner and hot cocoa are included, and the cost of the trip is \$35.** Optionally, blowing your own glass ornament is \$35. You won't need to commit to this yet, but please indicate at sign up if you're leaning towards creating your own so they can be sure to be prepared for us. Additionally, please note: after the Nov. 11th trip is filled, a second trip day will immediately open. The second offering of this day trip will be identical to the first but on Wednesday, Nov. 30th.



COMMUNITY WORKSHOPS

Community workshops are a chance for Golden Tigers to get to know their local communities 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!

Beer Basics with Ladybird Brewing

When: Monday, September 26th / 7-8:30 pm

Where: Ladybird Brewing in Winfield, KS

Learn the basics of how beer is made and why "hops" matter. Sample some of Ladybird's signature brews and tour their space. If beer isn't your thing, come anyway to hear the entrepreneurial story of how one family turned a former filling station into a local hot spot brewery.

Cost: \$10



The Addams Family by Cowley College Theatre

When: Wednesday, October 5th / 12:30-1:30 pm
& Friday, October 14th / 7:30 pm

Where: Cowley College Robert Brown Theatre

Wednesday is a free lunch time preview of Cowley College's production of The Addams Family including a backstage tour, show sneak peak, and a Q and A with director and cast. Friday, see the musical comedy on opening night.

Cost Range: \$0-\$8, depending on age

Three Yard Quilts with Field to Fabric

When: Thursday, November 3rd / 4:00-7:00 pm

Where: Field to Fabric, Winfield, KS

A perfect project for a beginner or seasoned quilter. The 3 yard quilt is made from 3 yards of 3 types of fabric. Sewing machine needed, but no quilting experience required. Pick up a full supply list at enrollment. Note: photo example is an illustration, not a direct example.

Cost: \$15



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	9/6-9/29	1:00-1:45p	8	Brown Center 203	R. Hettenbach
Oct.	T/Th	10/4-10/25	1:00-1:45p	7*	Brown Center 203	R. Hettenbach
Nov.	T/Th	11/1-11/29	1:00-1:45p	7*	Brown Center 203	R. Hettenbach

* No class 10/27 for Arkalalah; No class 11/24 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	9/2-9/30	9:30-10:30a	12*	ACHS Pool	D. Davidson
Oct.	M/W/F	10/3-10/28	9:30-10:30a	12*	ACHS Pool	D. Davidson
Nov.	M/W/F	11/2-11/30	9:30-10:30a	11*	ACHS Pool	D. Davidson

* No class 9/5 for Labor Day; no class 10/28 for Arkalalah; no class 11/23 or 11/25 for Thanksgiving

Energy Movement & Breathwork

Created to help exit a season of lack of movement due to the COVID-19 pandemic, sessions will combine physical and mental techniques to promote moving and feeling better. Focusing on conscious breathing, body movement, and posture, this gentle class uses proven tactics to increase your energy, decrease pain, and have fun! Sign up for the 2:30pm seated class if you have limited mobility, or sign up for the 3:30pm standing class if you feel comfortable on your feet.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept. & Oct.	M	9/12-10/31	2:30-3:00p	7*	Brown Center 203	D. Fry
Sept. & Oct.	M	9/12-10/31	3:30-4:00p	7*	Brown Center 203	D. Fry

* No class 10/10

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	9/1-9/29	10:30-11:30a	9	Wellness Center	A. Major
Oct.	T/Th	10/4-10/27	10:30-11:30a	8	Wellness Center	A. Major
Nov.	T/Th	11/1-11/29	10:30-11:30a	8*	Wellness Center	A. Major

* No class 11/25 for Thanksgiving

Golf Basics: The Swing

Is golf for you? Come find out. Open to novice participants and those looking to improve, this class will cover the basics of an effective and repeatable golf swing. We'll spend time on the driving range, putting green, and maybe even a hole or two. Please bring a golf club - preferably a 6, 7, 8, 9, or a wedge. If you'll need to borrow one, please indicate on sign up sheet. *Additional course fee: \$20*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	T	9/6-9/27	10:00-11:00a	4	Ark City Golf & Fitness	J. Musson

ARK CITY CLASSES

Line Dancing

Learn 10+ line dances, including the Southside Shuffle, Born to Boogie, Twister, and more. As the class progresses, prior dances will be reviewed as new ones are learned.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	M	9/12-9/26	10:45-11:45a	3	Wellness Center	D. Holman
Oct.	M	10/3-10/31	10:45-11:45a	5	Wellness Center	D. Holman
Nov.	M	11/7-11/28	10:45-11:45a	4	Wellness Center	D. Holman

Stay Strong, Stay Healthy

In partnership with K-State Research and Extension Cowley County, Stay Strong, Stay Healthy is an evidence-based, eight-week exercise program. Instructor Becky Reid provides guidance for using hand weights and adjustable ankle weights for specific exercises designed to help participants live healthier. Participants will gain strength and confidence through the class. *Additional course fee: \$15*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.-Nov.	M/W	9/7-11/9	11:15a-12:15p	17*	Brown Center 203	B. Reid

* No class 10/19

EDUCATION

Cyber Cafe: Smart Phones & Tablets

Whitley Stokes, Marketing Director of Arkansas City Presbyterian Manor, will host this class on smart phones and tablets. It will cover how to use various basic apps, settings, and safety when operating your device. There will be a Q and A at the end of the presentation. Please bring your phone and be prepared to answer COVID screening questions at the door. No masks required in the classroom.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	W	9/21	2:00-3:30p	1	AC Presbyterian Manor Clubroom	W. Stokes

The Naturalist Series: Monarch Tagging

In collaboration with the Chaplin Nature Center, this is the first program in a series focusing on nature. Participants will learn about Monarchs, mimics, and how to identify some common fall butterflies. Then, the class will proceed outdoors to identify, capture, tag, and record data on Monarchs. Meet at the Chaplin Nature Center. Binoculars will be helpful, but not required.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	Th	9/22	10:00a-12:00p	1	Chaplin Nature Center	S. Silliman

Etzanza: A Tour of the Sites

This class is a repeat of a favorite from Spring 2022. Together, we will take a guided tour across Cowley County visiting three of the archeological dig sites associated with the Etzanza project. We'll meet in front of the Cowley College Brown Center to caravan in Cowley minivans (contact Micah if you have a need to use your own vehicle).

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	F	9/30	1:00-4:00p	1	Etzanza Sites	The Etzanza Conservancy

The Naturalist Series: Trees of Kansas

In collaboration with the Chaplin Nature Center, this is the second program in a series focusing on nature. Participants will begin by learning some simple tree/twig/leaf morphology to use with a dichotomous key. Then, the class will proceed outdoors to practice identifying trees at the Chaplin Nature Center. Meet at the Chaplin Nature Center.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	T	10/11	10:00a-12:00p	1	Chaplin Nature Center	S. Silliman

ARK CITY CLASSES

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 to be paid at class: \$20 for AARP members & \$25 for non-members. United Healthcare members have no additional fee.*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	F	10/14	1:00-5:00p	1	Webb-Brown 205	R. Upton

Lunar Phases

As the brightest and largest object in the night sky, the moon has long been a source of fascination for many. In this class, Cowley Astronomy instructor, Todd Shepherd, will share about lunar phases and cycles. We'll also learn what happens during a lunar eclipse and when you'll be able to see the next one later this year.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	W	10/19	1:00-2:30p	1	Webb-Brown 207	T. Shepherd

Who Gets Grandma's Yellow Pie Plate?

This program will provide tools and strategies for helping families address common decision making obstacles when passing on personal possessions. Attendees will have ideas on how to jumpstart family conversations and inheritance planning decisions. Facilitated by Becky Reid of K-State Research and Extension Cowley County.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	T	11/8	2:00-3:00p	1	Webb-Brown 206	B. Reid

ARTS & CRAFTS

Beyond Basic Book Folding

Using a recycled hardcover book, participants will build upon the basic book folding techniques to create their own finished book art to display as décor. Some finishing may be required outside of class. Previous experience encouraged, but not required. Note: Basic Book Folding will be offered in Wellington. *Additional course fee: \$10*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	W	9/14	2:00-3:00p	1	Webb-Brown 208	E. Mallory

DIY: Macrame Owl Wall Hanging

Macrame is back and growing in popularity once again. Come learn basic knotting techniques to create your own adorable owl wall hanging. *Additional course fee: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	M	10/3	6:00-8:00p	1	Webb-Brown 208	B. Waldorf

Paper Tea Bag Folding

Learn the basics of the age-old practice of paper tea bag folding, affectionately called kaleidoscope origami, while creating two greeting cards to take home. *Additional course fee: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	W	10/12	2:00-3:00p	1	Webb-Brown 208	E. Mallory

DIY: Tabletop Pumpkin Set

This DIY (Do It Yourself) craft is sure to be a great addition to your fall décor. Together, we'll create a charming set of three table top pumpkins using some surprising items. *Additional course fee: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	M	11/7	6:00-8:00p	1	Webb-Brown 208	B. Waldorf

ARK CITY CLASSES

Paper Quilling Snowflake Ornaments

Learn the basics of paper quilling while creating a snowflake ornament to take home. No previous experience required. *Additional course fee: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	W	11/9	2:00-3:00p	1	Webb-Brown 208	E. Mallory

Fused Glass Night-Lights

Glass fusing is the joining together of glass at high temperatures. Students will make night-lights using fused glass methods as demonstrated by the instructor. Class time will be used to create, the instructor will fire the glass in an off site kiln, and night lights will be available for pick up Dec. 1-5 in Micah's office. *Additional course fee: \$30*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	Th	11/15	5:00-7:00p	1	Galle Johnson 101	R. Van Arsdale

SPECIAL INTEREST HOBBIES

Art Exploration: Learn to Throw on the Potter's Wheel

Join community members and non-art majoring college students in this dual listed pottery adventure. This class is designed to present basic techniques and allow participants to gain experience in making ceramic pottery forms using the potter's wheel. The additional course fee will cover all materials needed for the course. *Additional course fee: \$50*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept. & Oct.	T	9/13-10/18	6:00-8:30p	6*	Kerr Tech 112	S. Roeder

* There is the potential for a 12 week variation. Check back in at enrollment.

Card Games

Learn and refresh your knowledge on a variety of card games including Fan-Tan, Hand and Foot, Pitch, Pinochle, 5 Crown, and Kings in the Corner. 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!

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	M	9/12-9/26	1:30-3:30p	3*	Nelson Student Cntr	D. Holman
Oct.	M	10/3-10/31	1:30-3:30p	5	Nelson Student Cntr	D. Holman
Nov.	M	11/7-11/28	1:30-3:30p	4	Nelson Student Cntr	D. Holman

* No class 9/5 for Labor Day

Mahjong

Mahjong is a traditional Chinese tile game. Early meetings will cover the basic rules of Mahjong, and as the class progresses, participants can continue to practice the rules as they learn and play together.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	T/Th	10/4-10/27	1:00-3:00p	8	Galle Johnson 101	P. Williams

EXPANDING HORIZONS

Mystery Class

A charismatic speaker with an intriguing hobby/job/interest will be sharing.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	Th	9/22	2:00-3:30p	1	Webb-Brown 208	It's a secret.

ARK CITY CLASSES

The Spice Spotlight

Each week, come learn about a different spice. We'll cover how it gets from a plant in a field/forest to your kitchen and sample it in a special treat. Additionally, you'll get a sample of the spice and a list of recipes to try out at home. This class is inspired by Spice of the Month program and presented in collaboration with the Ark City Public Library.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	T	9/6-9/27	2:00-2:45p	4	Webb-Brown 206	M. Fry

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	10/3-10/24	1:00-2:00p	4*	Webb-Brown 208	M. Fry

* No class 10/31

GOOD TO KNOW INFO

Frequently Asked Questions:

What do I do if I can't make it to class?

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.

I didn't take the survey from the May mailer. Is it too late?

No, it isn't. The survey will still be available this semester. To take it, visit:
www.cowley.edu/gts

How do I sign my friend up to receive the newsletter?

To sign up to receive the newsletter in your mailbox, visit:
cowley.edu/goldentigers

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

Follow us on Facebook:
Cowley College
Golden Tigers



If you are over 60 years of age and live in Cowley College's service area, ask Micah about how to sign up for the Platinum Card to attend Cowley sporting and theater events throughout the year for free.

WELLINGTON CLASSES

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 to be paid at class: \$20 for AARP members & \$25 for non-members. United Healthcare members have no additional fee.*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	T	10/4	1:00-5:00p	1	Webb-Brown 205	R. Upton

Pioneering Health Care in Sumner County

Join the Chisholm Trail Museum for a presentation on the evolution of medicine in Sumner county. Learn about the creation of the County Poor Farm, along with noteworthy Sumner county doctors and their contributions to the community. Then, tour the museum to learn more about the fascinating Sumner County history that it honors. The first session will be held at Cowley's Short Education Center room 206, and the second session will be at the Museum - 502 N. Washington Ave.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	Th	11/10-11/17	2:00-3:00p	2	See note above	J. Bales

SUMNER CAMPUS: ARTS & CRAFTS

Basic Book Folding Art

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	9/7	2:00-3:00p	4	Short Ed Center Rm 206	E. Mallory

Basics of Alcohol Inks

Have you ever wondered about alcohol inks? What do you do with them, and why are they unique? We will create two alcohol ink prints and turn them into greeting cards. Be prepared to get a little messy and wear a shirt that can be permanently stained. *Additional course fee: \$10*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	W	10/5	2:00-3:00p	1	Short Ed Center Rm 206	E. Mallory

Paper Quilling Snowflake Ornaments

Learn the basics of paper quilling while creating a snowflake ornament to take home. No previous experience required. *Additional course fee: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	W	11/16	2:00-3:00p	1	Short Ed Center Rm 206	E. Mallory

SUMNER CAMPUS: SEWING & QUILTING

Beehive Quilt Shop Classes

Beehive Quilt Shop will be hosting the Golden Tigers for one workshop a month this fall. Dates and topics are still being finalized so be sure to check in at enrollment for full details.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Times and dates will be announced at enrollment.						

WELLINGTON CLASSES

SUMNER CAMPUS: COMPUTERS & TECH

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
Sept.	M/W	9/12-9/14	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 Apple tablet or phone.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	M/W	9/19-9/21	4:00-5:00p	2	Tech & Innov Ctr Rm 106	D. Hays

Canva Basics

Participants will learn the basics of Canva. Canva is a application that allows the creation of social media graphics, presentations, posters, and documents. Please bring an android phone or tablet.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	M/W	9/26-9/28	4:00-5:00p	2	Tech & Innov Ctr Rm 106	D. Hays

Facebook Basics

Participants will learn the basics of Facebook, an online social media and networking tool. Please bring a laptop to class.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	M/W	10/3-10/5	4:00-5:00p	2	Tech & Innov Ctr Rm 106	D. Hays

No matter how you slice it, we are excited to be back!

Squeeze the Day!



COWLEY COLLEGE GOLDEN TIGERS



**Cowley College
Golden Tigers
125 S. 2nd Street
Arkansas City, KS 67005**

