



COWLEY COLLEGE GOLDEN TIGERS

SPRING 2022 NEWSLETTER

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.



HAPPY SPRING!

I had just the best fall with the Golden Tigers! With 222 community members participating, Fall 2021 was a successful reintroduction of the program. I greatly enjoyed getting to meet so many Golden Tiger community members, and I am excited for spring.

This spring, we have the traditional, fan favorites and some new classes. Be sure to pay careful attention to the class dates as several will take place over the course of multiple months.

Looking forward to meeting even more of you this spring!

- Micah M. Fry

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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.

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



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

Follow us on Facebook: Cowley College Golden Tigers 

**SAVE THE DATES
FOR FALL ENROLLMENT**

ARK CITY **TUESDAY**
JANUARY 18TH
1-3 PM



IN THE BROWN CENTER WRIGHT ROOM

&

THURSDAY **WELLINGTON**
JANUARY 20TH
1-3 PM



IN THE SHORT CENTER COMMUNITY ROOM

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, January 21st, 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.

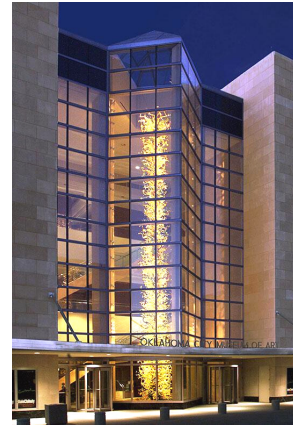
If you are able to come to an enrollment event, be prepared to sign up for the activities you are interested in, fill out your enrollment form, check out and sign a consent form, and then enjoy some coffee or a treat.

DAY TRIPS

Trip 1: Art and Honor

Wednesday, February 9th in Oklahoma City, OK

Spring kicks off with a trip south to Oklahoma City in February. First, we'll visit the Oklahoma City National Memorial & Museum, which honors the destruction and heartache of the 1995 bombing of the Alfred P. Murrah Federal Building. Here we'll tour the museum and hear a special presentation, "First Person: Stories of Hope." Our presenter will be a volunteer with first hand experience of the bombing - someone who survived the bombing or was involved in the investigation or trials. They'll share their story of hope with us. After lunch, we'll visit the Oklahoma City Museum of Art for a guided tour. The OKCMOA is home to an exquisite collection and boasts several prominent exhibits, including one of the world's largest public collections of Dale Chihuly glass. We will leave at approximately 7:45am and return to Cowley College around 6:00pm. Lunch is included, and the cost is \$35.



Trip 2: Farm to Table

Tuesday, March 29th in Anthony and Wichita, KS

Repeated due to popular demand, we'll be taking a farm tour around Kansas similar to the one last fall, but with a few changes. 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. We'll be visiting Kansas family farms that have worked hard to survive the economic blow of a global pandemic and come out stronger on the other side. The remaining stops on our tour will be reminiscent of mystery trips from years past, but they are sure to 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 produces "in our own backyard" – Kansas. We will leave at approximately 7:45am and return to Cowley College around 7:30pm. Food is included, and the cost is \$50.



Trip 3: Broadway in Wichita - Disney's The Lion King

Thursday, April 28th in Wichita, KS

Winner of six Tony Awards, the touring Broadway musical performance of *Disney's The Lion King* is coming to Wichita. This show is known for its elaborate staging and costume designs. For example, the actors that play giraffes perform entirely on stilts. This stage adaptation of the 1994 Disney film, *The Lion King*, is the story of a young lion prince living in the flourishing African Pride Lands. When an unthinkable tragedy, orchestrated by Simba's wicked uncle, Scar, takes his father's life, Simba flees, leaving his loss and the life he knew behind. Eventually, accompanied by two hilarious and unlikely friends, Simba starts anew. But when weight of responsibility and a desperate plea from the now ravaged Pride Lands come to find the adult prince, Simba must take on a formidable enemy and fulfill his destiny to be king. Director Julie Taymor brings to life a story filled with hope and adventure set against an amazing backdrop of stunning visuals. We will leave at approximately 5:15pm and return to Cowley College around 11:45pm. We will not stop for dinner, but snacks will be provided on both legs of the trip. The cost is \$68.



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!

Valentine's Day Cookies with Cake & Co.

When: Thursday, February 3rd / 6-8:30 pm

Where: Cowley College in Ark City, KS
Webb-Brown Room 102

Cake & Co. returns by popular demand. Learn royal icing and stenciling techniques to create a beautiful, detailed set of four large Valentine's Day themed cookies. After they set, pop them in the provided plastics sleeves and into the freezer, and they'll be fresh for Valentine Day celebrations. Note: photo example is an illustration, not a direct example.

Cost: \$40



Herb Gardens with Gottlob Lawn & Landscape

When: Thursday, March 10th / 7:00-8:30 pm

Where: Gottlob Lawn & Landscape in Winfield, KS

Fresh herbs can take any meal or drink to a new level. Learn about different types of herbs and create your own herb combo container with 3-5 herb varieties. Note: photo example is illustration, not a direct sample of containers.

Cost: \$15



Wine Tasting at Wheat State Wine Co.

When: Friday, April 1st / 6:00-7:30 pm

Where: Wheat State Wine Co in Winfield, KS

Wheat State Wine Co. will host the Golden Tigers for a unique wine tasting. We'll sample five of their wines and learn more about each wine. Cheese and meet trays will be provided as a pairing. Come learn more about Wheat State and their wines while taking in their beautiful grounds.

Cost: \$22



GOLDEN TIGERS IS GROWING!

Fall 2021 might have been the largest enrolling class in the history of Golden Tigers. There were 222 community members taking part in day trips, workshops, and class. It was a fantastic turn out! However, we are still spreading the word that we are back after being suspended due to the COVID-19 pandemic. If you know of a group or organization that has some potential Golden Tigers in it, please put Micah in touch so she can come share about the Golden Tigers program.

A hand with manicured nails is holding a blank, light-colored sign. The sign is rectangular with rounded corners and a small tab at the bottom left. The background is a light gray gradient.

**Do you have a group
or organization filled
with potential Golden
Tigers? Micah would
love to come share
about our program!**

**What about a hobby
you'd like to share
with everyone
through a class?**

TO SUBMIT A CLASS IDEA:

If you are interested in sharing an aspect of your hobby, interest, passion, career, life, etc. with fellow Golden Tigers as a class, please submit an email to Micah for consideration by the advisory board. Your email can be sent to the below listed address and should include the basis of your class idea and any other pertinent information.

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
Feb.	T/Th	2/1-2/24	1:00-1:45p	8	Brown Center 203	R. Hettenbach
Mar.	T/Th	3/1-3/31	1:00-1:45p	8*	Brown Center 203	R. Hettenbach
April	T/Th	4/5-4/28	1:00-1:45p	8	Brown Center 203	R. Hettenbach

* No class 3/15 or 3/17 for Spring Break

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
Feb.	M/W/F	2/2-2/28	9:30-10:30a	12	ACHS Pool	D. Davidson
Mar.	M/W/F	3/2-3/30	9:30-10:30a	10*	ACHS Pool	D. Davidson
April	M/W/F	4/1-2/29	9:30-10:30a	12*	ACHS Pool	D. Davidson

* No class 3/14, 3/16, or 3/18 for Spring Break; No class 4/15

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
Mar. & April	M	3/7-4/25	2:30-3:00p	7*	Brown Center 203	D. Fry
Mar. & April	M	3/7-4/25	3:30-4:00p	7*	Brown Center 203	D. Fry

* No class 3/14 for Spring Break

Fresh Conversations

Are you confused about mixed health messages? Fresh Conversations is a chance to get research-based information about topics that matter. In a partnership with K-State Research and Extension Cowley County, this 2-session class will explore more about gut bacteria and heart healthy fats. Snacks and healthy tips will be included.

Term	Days	Dates	Time	# Sessions	Location	Instructor
April	W	4/20-4/27	5:00-5:35p	2	Webb-Brown 207	B. Reid

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
Feb.	T/Th	2/1-2/24	10:30-11:30a	8	Wellness Center	A. Major
Mar.	T/Th	3/1-3/31	10:30-11:30a	10	Wellness Center	A. Major
April	T/Th	4/5-4/28	10:30-11:30a	8	Wellness Center	A. Major

ARK CITY CLASSES

Line Dancing

Each class session will focus on learning two new dances, including Copperhead Road, Dirt on my Boots, the Cupid Shuffle, Southside Shuffle, Hully Gully, the Cowboy Charleston, and others.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	M	2/7-2/28	10:30-11:30a	4	Wellness Center	D. Holman
Mar.	M	3/7-3/28	10:30-11:30a	4	Wellness Center	D. Holman
April	M	4/4-4/25	10:30-11:30a	4	Wellness Center	D. Holman

Restorative Yoga

Restorative yoga is considered the dessert of yoga. This class is designed for those who prefer a slow, gentle stretch. This class is great for participants who need to decompress, relax, and release tension. Please bring your own yoga mat.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	F	2/4-2/25	11:00a-12:00p	4	Brown Center 203	R. Vaz
Mar.	F	3/4-3/25	11:00a-12:00p	3*	Brown Center 203	R. Vaz
April	F	4/1-4/15	11:00a-12:00p	3*	Brown Center 203	R. Vaz

* No class 3/18 for Spring Break; April's last class period is 4/15 - no class 4/22 or 4/29

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. A trained instructor provides guidance for using hand weights and adjustable ankle weights for specific exercises designed to help participants live longer and healthier. Participants will gain strength and confidence in the hour long class that meets twice a week. *Additional course fee: \$15*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb. & Mar.	M/W	2/2-3/30	11:00a-12:00p	16*	Brown Center 203	B. Reid

* No class 3/16 for Spring Break

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
Feb.	T/Th	2/1-2/24	3:45-4:30p	8	Wellness Center	H. Levy
Mar.	T/Th	3/1-3/31	3:45-4:30p	8*	Wellness Center	H. Levy
April	T/Th	4/5-4/28	3:45-4:30p	8	Wellness Center	H. Levy

* No class 3/15 or 2/17 for Spring Break

EDUCATION

AARP: Driver Safety

AARP should announce if they will host Spring 2022 classes by the time of our enrollment event. They have not yet announced as of the publication of this newsletter. Feel free to call or email Micah the week before enrollment to find out if it will be offered (or just come and be surprised). 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 Fees will apply.*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Pending confirmation, time and date will be announced.						

ARK CITY CLASSES

Real-Life Mathematics

Have you ever wondered which line in the grocery store will be the fastest? Curious about how that algebra from school really applies to everyday life? Want to be a better problem-solver? In this session, participants will be introduced to methods to help them solve everyday problems. Come problem-solve creatively with us as we solve the mysteries of life, starting with the checkout line.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	Th	2/17	2:00-4:00p	1	Brown Center Wright Rm	B. Istas

Winter Birds 101

In collaboration with the Chaplin Nature Center, this is a beginner class about winter bird identification. Weeks one and two will focus on attracting bird and birds at the feeder. Weeks three and four will focus on birds of the forest, and weeks five and six on the Bald Eagle of South Central Kansas. The class will consist of three indoor sessions and three outdoor birding field trips to local areas. A full itinerary and travel arrangements to fields trips will be discussed the first day of class. No vehicle is required to participate in this class.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb. & Mar.	T	2/15-3/29	10:00-11:00a	6*	Brown Center 201	S. Silliman & R. Herndon

* No class on 3/15 for Spring Break

Bees

Bees are a fundamental part of our ecosystem in the Midwest. They give us so much more than just honey. Todd Shepherd will share about his hobby of beekeeping and these fascinating insects. If we're lucky, we'll even get to meet a few of his favorite bees right there in the classroom.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	Th	2/24	2:00-3:30p	1	Webb-Brown 207	T. Shepherd

Astronomy: Holidays & Seasons

Have you ever wondered why Easter is a floating holiday, but Christmas is always on the 25th? Come learn about how astronomy - celestial bodies, stars, and planets - affect our seasons, along with our holidays and how we celebrate them.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	W	3/23	1:00-2:30p	1	Webb-Brown 207	T. Shepherd

Etzanao: A Tour of the Sites

Together, we will take a guided tour across Cowley County visiting three to four of the archeological dig sites associated with the Etzanao 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
April	F	4/15	1:00-4:00p	1	Etzanao Sites	The Etzanao Conservancy

The Libby App: Reading at Your Fingertips

Print books cannot be replaced, but whether you're traveling or on the go, sometimes bringing a book along isn't practical. In this class, the Ark City Public Library will share all about the digital app, Libby. Come learn about one way the public library has remained relevant in an increasingly digital world. In this class, you'll gain access to a vast collection of free ebooks and audiobooks through Libby. Bring your smart phone or tablet so staff can help you set up a Libby account and check out your first book. If you aren't a patron of the public library, please bring a driver's license with a current address.

Term	Days	Dates	Time	# Sessions	Location	Instructor
April	W	4/13	1:00-2:30p	1	Webb-Brown 206	ACPL Staff

ARK CITY CLASSES

CRAFTS

Card Making

New and seasoned card makers welcome! Together, the class will learn four different card making techniques, one each week. Techniques to be taught include heat embossing, using stencils, painting with inks, and stamping layers. Each technique will be demonstrated and practiced with a look-alike card and then learners will create an additional card on their own using the technique. Class sizes will be kept small for more hands-on learning. The classes listed below will be identical; please select the class at a time that works best for you. *Additional course fee: \$10*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	W	2/2-2/23	1:00-2:00p	4	Webb-Brown 208	E. Mallory
Feb.	W	2/2-2/23	2:30-3:30p	4	Webb-Brown 208	E. Mallory

Papercrafts: Treat Boxes

Participants will create two different die cut, spring-themed treat boxes. *Additional course fee: \$5*

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

Craft with Kids: Shaker Bookmarks

Bring along a grandchild or a special kid in your life (or two) to create a fun shaker bookmark. The child and grandparent will each make one bookmark. Please no more than two children per adult; this craft is recommended for children ages 5+. This class is scheduled to coincide with local schools' Spring Breaks. *Additional course fee: \$5 per person*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	T	3/15	1:30-2:30p	1	Webb-Brown 208	E. Mallory

Quilled Magnets

Learn paper quilling techniques to create several adorable magnets. *Additional course fee: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
April	W	4/6	1:00-2:00p	1	Webb-Brown 208	E. Mallory

Origami Flower Bouquet

In preparation for May Day, come create your own everlasting, no-fuss origami flower bouquet. You can keep it for your own display or share it with a friend to celebrate May Day. *Additional course fee: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
April	W	4/20	1:30-2:30p	1	Webb-Brown 208	E. Mallory

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
Feb. & Mar.	T	2/15-3/29	6:00-8:30p	6*	Kerr Tech 112	S. Roeder

* No class on 3/15 for Spring Break

ARK CITY CLASSES

Conversational Spanish

Whether you've had Spanish classes or you are completely new to the language, this class is for you! Come learn conversational Spanish. We'll learn Spanish basics needed for conversing and sharing simple personal information. These two classes will build off of each other, but you aren't required to take both. Each class will have two cohorts (beginners and intermediates) so all are welcome.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb. & Mar.	T	2/1-3/8	3:00-4:00p	6	Webb-Brown 105	D. Holman
Mar. & April	T	3/22-4/26	3:00-4:00p	6	Webb-Brown 105	D. Holman

Card Games

Learn and refresh your knowledge on a variety of card games including Pitch, Pinochle, Hand and Foot, Fan Tan, and Five Crowns. 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 and brush up on your skills!

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	M	2/7-2/28	1:00-3:00p	4	Nelson Student Cntr	D. Holman
Mar.	M	3/7-3/28	1:00-3:00p	3*	Nelson Student Cntr	D. Holman
April	M	4/4-4/25	1:00-3:00p	4	Nelson Student Cntr	D. Holman

* No class on 3/14 for Spring Break

EXPANDING HORIZONS

The Journey of Journaling

Everyone probably has a idea that comes to mind when they think of journaling, but journaling can actually be used for so much more. From tracking the books you've read to documenting life, journaling is an enriching experience. In this class, you'll get to make your own journal using book making techniques and learn from Cowley's Director of Creative Writing, Marlys Cervantes, about the different types and uses of journaling.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	T	2/8-2/15	2:00-3:30p	2	Brown Center 137	M. Cervantes & K. dos Santos

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. This semester, we'll meet a whole new set of students each week 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 up to the students, but might include trying a new food or learning a dance step).

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	M	3/7-4/4	1:00-2:00p	4*	Brown Center 137	M. Fry

* No class on 3/14 for Spring Break; Note: to make up, this class will have one meeting day in April (4/4).

Engaging in Children's Literature

Children's literature can offer engaging experiences between adults and children. This is a fun, hands-on course with examples of interactive experiences you can have with the young children in your life: science, math, art, history, and MORE! The Education Center is located at 215 W. Chestnut Ave.

Term	Days	Dates	Time	# Sessions	Location	Instructor
April	T/Th	4/19-4/28	1:00-2:30p	4	Cowley Education Center	J. Rhoads

MARK YOUR CALENDARS

Golden Tigers Nights with Cowley Athletics

In a partnership with Cowley College Student Life, Golden Tigers athletic events will continue this semester. Student Life will be hosting tailgates at these events so come support the Cowley Tigers and have a hotdog!

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

MEN'S & WOMEN'S TENNIS

Tuesday, March 22nd, at 2 pm
Ark City High School Tennis Courts:
1200 W. Radio Lane
(The tailgate starts at 1 pm.)

BASEBALL

Thursday, April 14th, at 1 & 3 pm
Tigers Baseball Park: 1500 S. Summit Street
(Come check out the new turf field! The tailgate starts at 12 pm.)

SOFTBALL

Monday, May 2nd, at 2 pm
Ed Hargrove Softball Field: 300 S. 7th Street
(Come check out the new turf field! The tailgate starts at 1 pm.)

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 performing art events.

Performing art events to check out this spring:

SPRING MUSICAL: ROBBER BRIDEGROOM

April 8th-9th at 7:30 pm & April 10th at 2 pm

SPRING BAND AND CHOIR CONCERT

May 5th at 7:30 pm

NOW TAKING APPLICATIONS:

**The Golden Tigers
Advisory Board
has an opening!**

**The Golden Tigers
Advisory Board is a
volunteer board that
serves in an advisory
capacity and assists
with the operations of
the program.**

Qualifications:

- **Must be at least 50 years of age.**
- **Must live in Cowley, Sumner, Sedwick, or Chautauqua counties.**
- **Must be a member or instructor of Golden Tigers.**
- **Must be able to attend meetings to be held once a month.**

To apply, submit a letter of interest detailing your qualifications and reasons why you would like to be selected to Micah.

WELLINGTON CLASSES

SUMNER CAMPUS: HEALTH & WELLNESS

Yoga

Join the fun and improve your flexibility and balance 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
Feb.	T/Th	2/1-2/24	9:30-10:30a	8	Short Community Rm	J. Nusbaum
Mar.	T/Th	3/1-3/31	9:30-10:30a	8*	Short Community Rm	J. Nusbaum
April	T/Th	4/5-4/28	9:30-10:30a	8	Short Community Rm	J. Nusbaum

* No class 3/15 and 3/17 for Spring Break

SUMNER CAMPUS: EDUCATION

AARP: Driver Safety

AARP should announce if they will host Spring 2022 classes by our enrollment event. They have not yet announced as of the publication of this newsletter. Feel free to call or email Micah the week before enrollment to find out if it will be offered.

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 Fees will apply.*

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Chisholm Trail Museum: The Tornado of 1892

Join the Chisholm Trail Museum for a presentation on the 1892 tornado that ravage the Wellington area. 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
Feb	M	2/7-2/21	1:00-3:00p	2*	See note above	Museum Staff

* No class on 2/14

Retirement: Making Your Money Last Financial Seminar

In partnership with Edward Jones Investments, this seminar is designed for investors who are approaching retirement or who have retired recently. Participants will learn about the considerations and tradeoffs when developing a withdrawal strategy and ways to plan for expected and unexpected expenses with insurance.

Term	Days	Dates	Time	# Sessions	Location	Instructor
April	T	4/26	10:00-11:00a	1	Short Ed Center Rm 206	R. Norris

SUMNER CAMPUS: ARTS & CRAFTS

3D Origami

Origami is the art of paper folding. In this class, you'll learn basic origami folding techniques to create 3D pieces. We'll then apply these folds to make simple, but ornate, origami animals and boxes.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	T/Th	2/2-2/23	2:00-3:30p	6*	Short Ed Center Rm 206	L. Scheufler

* No class on 2/21

WELLINGTON CLASSES

Craft with Kids: Shaker Bookmarks

Bring along a grandchild or a special kid in your life (or two) to create a fun shaker bookmark. The child and grandparent will each make one bookmark. Please no more than two children per adult; this craft is recommended for children ages 5+. This class is scheduled to coincide with local schools' Spring Breaks. *Additional course fee: \$5 per person*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	M	3/14	1:30-2:30p	1	Short Community Rm	E. Mallory

Card Making

New and seasoned card makers welcome! Create a set of at least two greeting cards using stamping layering techniques. Techniques will be demonstrated and practiced with a look-alike card and then learners will create an additional card on their own using the technique. *Additional course fee: \$3*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	W	3/23	1:30-2:30p	1	Short Ed Center Rm 206	E. Mallory

Papercrafts: Treat Boxes

Participants will create two different die cut, spring-themed treat boxes. *Additional course fee: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
April	W	4/13	1:30-2:30p	1	Short Ed Center Rm 206	E. Mallory

Origami Flower Bouquet

In preparation for May Day, come create your own everlasting, no-fuss origami flower bouquet. You can keep it for your own display or share it with a friend to celebrate May Day. *Additional course fee: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
April	W	4/27	1:30-2:30p	1	Short Ed Center Rm 206	E. Mallory

SUMNER CAMPUS: SEWING & QUILTING

Beginners Foundation Paper Piecing: Star Pillow

Ever wondered how some quilt blocks have such sharp points, or how they could have been put together? That block is probably paper pieced. Foundation paper piecing is a method of sewing your fabric to the wrong side of a piece of paper, stitching down the printed lines on the right side of the paper. It makes sharp points and irregular angles a breeze. In this class you will paper piece a pillow top using paper piecing. List of supplies and fabric needed will be sent to you about two weeks prior to the class. Class will meet in the Beehive Quilt Shop classroom.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	T	3/1	1:00-5:00p	1	Beehive Quilt Shop	G. Zimmerman

Table Topper

Make a table topper using four fabrics and a background fabric using 2 inch strips. The design looks complicated, but is all straight seams and an inset square in the middle. List of supplies and fabric requirements will be sent to you about two weeks prior to the class. Class will meet at the Beehive Quilt Shop classroom.

Term	Days	Dates	Time	# Sessions	Location	Instructor
April	T	4/12	1:00-5:00p	1	Beehive Quilt Shop	Beehive Staff

WELLINGTON CLASSES

English Paper Piecing

English paper piecing is a method of patchwork where fabric is wrapped around shapes made of thin paper cardboard or heavy paper. Once the shapes are wrapped and ready, the sewer will hand sew the shapes together one at a time until the shapes become an intricate design. If you enjoy hand sewing, this is a great way to use up scraps to make beautiful creations. Kits will be available for this class that include fabric and paper shapes. Class will meet at the Beehive Quilt Shop classroom.

Term	Days	Dates	Time	# Sessions	Location	Instructor
May	T	5/3	1:00-5:00p	1	Beehive Quilt Shop	A. Rose

SUMNER CAMPUS: COMPUTERS & TECH

Google Docs

Participants will learn the basics of Google Docs including basic editing, formatting, themes, data organization, and flyer creation. Please bring your own laptop.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	T/Th	2/1-2/10	4:00-5:00p	4	Tech & Innov Ctr Rm 106	D. Hays

Google Sheets

Participants will learn the basics of Google Sheets including basic editing, formatting, themes, data organization, and formulas. Please bring your own laptop.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	T/Th	2/15-2/24	4:00-5:00p	4	Tech & Innov Ctr Rm 106	D. Hays

Best of Google Applications

Participants will learn a variety of Google Cloud Apps including Gmail, Maps, Photos, Drive, and others. Please bring your own laptop.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	T/Th	3/1-3/10	4:00-5:00p	4	Tech & Innov Ctr Rm 106	D. Hays

Zooming

Participants will learn to use Zoom, a video conferencing program, to have video meetings with their loved ones at a distance. Please bring your own laptop with a webcam.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	T/Th	3/22-3/24	4:00-5:00p	2	Tech & Innov Ctr Rm 106	D. Hays

PRE-ORDER APPAREL SALE

Golden Tigers unisex apparel is now available for pre-order! The pre-order is open until January 31st. Items will be available for pick up February 24th and 25th (8a-4:30p) at Cowley locations in either Ark City (Micah's office) or Wellington (front desk).

Short Sleeve Tees

**S-XL \$15
2XL-5XL \$17**

**Available in
Cowley Orange,
Grey Heather, or
Carolina Blue**



Crewneck Sweatshirts

S-5XL \$22

**Available in
Cowley Orange,
Grey Heather, or
Carolina Blue**



Pre-order forms will be available at both enrollment events. If you'd like to order before or after those events, contact Micah for a form.

Order total is due at the time of order.

Please note: The goal is a mixed blend option of each item from Gildan, but exact apparel will depend on supply chain availability at the time of our order placement.



Long Sleeve Tees

Sizes: S-3XL \$20

**Available in
Sport Grey**