



# Golden Tigers

## COWLEY COLLEGE

*The Cowley College Golden Tigers program is offered to community members who are at least 50 years of age or who are fully retired. The program provides educational opportunities that promote social, spiritual, artistic, and physical enrichment to its members through classes, day trips, and workshops deemed of interest to members.*

### **SAVE THE DATE!** **SPRING ENROLLMENT** *Wednesday, January 23<sup>rd</sup>*

Spring enrollment will be held on Wednesday, January 23<sup>rd</sup> from 1:00pm – 3:00pm in the Earle Wright Room of the Brown Center at Cowley College. You may enroll by phone or mail after January 23<sup>rd</sup>.

Fees for classes and trips are paid at the time of enrollment. There is a one-time (per semester) \$5.00 registration fee, and \$4.00 per class fee. Some classes have additional costs or supplies needed.

Here are some guidelines for enrollment:

- Please complete the enrollment form entirely. Be sure to include your Cowley ID, date of birth, and middle name. You will have a Cowley ID if you have ever taken any kind of classes from Cowley (Golden Tiger or credit). If you do not have a Cowley ID, please put your SSN.
- All participants must complete the consent & release form.
- Please write your name (or attach your label) on all class and trip sign-up sheets. Bring all those promotional address labels you get in the mail – they work great our sign-up sheets!

### **FEE CHANGES**

To ensure we can continue to provide quality programming at an affordable cost, the class fee has been increased to \$4.00 per class. Please read the class descriptions for any additional fees.

### **NOW ACCEPTING APPLICATIONS!** **GOLDEN TIGERS** **ADVISORY BOARD MEMBER**

A volunteer board serves in an advisory capacity and assists with the operations of the Cowley College Golden Tiger program. We are currently accepting applications for openings within our Golden Tigers Advisory Board. Requirements are:

- Be current and active in Golden Tiger class and/or trip offerings.
- Able to attend meetings once per month. Meetings are typically the 3<sup>rd</sup> Tuesday of the month at 10:00am.

If you are interested, please send your résumé or list of qualifications, interests, and reasons you would like to be considered to:

Cowley College Golden Tigers  
125 S. 2<sup>nd</sup> St.  
Arkansas City, KS 67005

#### **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 a trip cancellation must be submitted 2 weeks prior to the trip date in the event of a family emergency, illness, or death in the family. We greatly appreciate a substitute in your place.

## DAY TRIPS



**Trip 1 – Down Under**  
**Hutchinson, KS & Ellinwood, KS**  
**Thursday, February 21<sup>st</sup>**

Join us as we go down under... underground, that is! Our first stop will be to Strataca in Hutchinson, Kansas. Strataca is a salt mine museum built within one of the world's largest deposits of rock salt and provides the opportunity to go 650 feet beneath the Earth's surface. It is a unique destination attraction for exploring an environment carved from salt deposits formed 275 million years ago when the Permian Sea dried up. Next, we will enjoy lunch at the infamous Carriage Crossing restaurant in Yoder. Then, we will head north to Ellinwood for a tour of the Historic Wolf Hotel and Ellinwood Underground tunnels. The underground tunnels were built by German settlers in 1878 and at one time ran for two blocks on both sides of the downtown area of Ellinwood. Today you can view an old barber shop complete with bullet holes in the wall from past arguments, a bath house, livery stable, and more. The Historic Wolf Hotel was built in 1894 by German immigrant and entrepreneur, John Wolf, and is listed on the National Register of Historic Places. We will leave at approximately 7:30am and return to Cowley College around 8:30pm.

Cost – \$50 (includes lunch)

**Trip 2 – Mystery Trip**  
**Wednesday, March 20<sup>th</sup>**

Where will the road take us this time? Join us for our annual Spring Mystery Trip! We will travel to a mystery location (or two... or three...), and enjoy surprises all along the way! Be sure to dress comfortably and bring a jacket, because you never know where the bus will take us! We will leave at approximately 7:00am and return to Cowley College around 7:30pm.

Cost - \$35 (lunch on your own)

**Trip 3 – Wichita Treasures**  
**Wichita, KS**  
**Tuesday, April 23<sup>rd</sup>**

Join us as we visit some of Wichita's finest treasures! Our first stop will be the Museum of World Treasures, a world history museum featuring everything from Egyptian mummies to a section of the Berlin Wall. Next, we will enjoy lunch at your restaurant of choosing in Old Town. After lunch, we will visit Old Cowtown Museum, one of the oldest open-air history museums in the central United States. Here you will see 54 historic and recreated buildings situated on 23 acres of land off the original Chisholm Trail. Before we head home, we will stop at the Nifty Nut House, a Wichita tradition since 1937. Here you can shop over 4,500 items, featuring classic and modern candies, nuts and snacks. See why Food Network's Alton Brown calls this a "national treasure"! We will depart around 8:30am and will return to Cowley College around 6:30 pm.

Cost - \$35 (lunch on your own)



Do you have a trip idea you would like to be considered? Please send your suggestions to [sandy.wiemers@cowley.edu](mailto:sandy.wiemers@cowley.edu) or by phone at (620) 441-5286.

**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
1-Feb.	Mon/Wed	2/4-2/27	1:30-2:15	8	Wellness Ctr.	R. Hettenbach
2-Mar.	Mon/Wed	3/4-3/27	1:30-2:15	6*	Wellness Ctr.	R. Hettenbach
3-Apr.	Mon/Wed	4/1-4/29	1:30-2:15	9	Wellness Ctr.	R. Hettenbach

\*No classes during Spring Break (3/11, 3/13)

**Aqua Fun**

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., must exit the pool at 10:30 a.m., and are asked to exit the building no later than 10:45 a.m. Please note that you may be sharing the locker room with high school students. There is an additional **\$6** fee for this class.

Term	Days	Dates	Time	# Sessions	Location	Instructor
1-Feb.	Mon/Wed/Fri	2/1-2/27	9:30-10:30	12	ACHS Pool	D. Davidson
2-Mar.	Mon/Wed/Fri	3/1-3/29	9:30-10:30	10*	ACHS Pool	D. Davidson
3-Apr.	Mon/Wed/Fri	4/1-4/29	9:30-10:30	13	ACHS Pool	D. Davidson

\*No classes during Spring Break (3/11, 3/13)

**Functional Exercise**

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

Term	Days	Dates	Time	# Sessions	Location	Instructor
1-Feb.	Tue/Thu	2/5-2/28	10:30-11:30	8	Wellness Ctr.	A. Major
2-Mar.	Tue/Thu	3/5-3/28	10:30-11:30	6*	Wellness Ctr.	A. Major
3-Apr.	Tue/Thu	4/2-4/30	10:30-11:30	9	Wellness Ctr.	A. Major

\*No classes during Spring Break (3/12, 3/14)

**Line Dancing**

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

Term	Days	Dates	Time	# Sessions	Location	Instructor
1-Feb.	Wed	2/6-2/27	11:00-12:00	4	Wellness Ctr.	D. Holman
2-Mar.	Wed	3/6-4/3	11:00-12:00	4*	Wellness Ctr.	D. Holman
3-Apr.	Wed	4/10-5/1	11:00-12:00	4	Wellness Ctr.	D. Holman

\*No class during Spring Break (3/13)

**Pickleball Workshop**

Pickleball is one of the fastest growing sports in America! Learn about this fun paddle sport that combines elements of tennis, badminton and ping-pong. The rules are simple and the game is easy for beginners to learn.

Term	Days	Dates	Time	# Sessions	Location	Instructor
1-Feb.	Wed & Thu	2/6-2/7	11:00-12:00	2	Rec Ctr. South Gym	C. Gilmore
2-Mar.	Tue & Wed	3/26-3/27	11:00-12:00	2	Rec Ctr. South Gym	C. Gilmore
3-Apr.	Mon & Wed	4/8-4/10	11:00-12:00	2	Rec Ctr. South Gym	C. Gilmore

**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
1-Feb.	Fri	2/1-2/22	11:00-12:00	3*	Brown Ctr. 203	R. Vaz
2-Mar.	Fri	3/1-3/29	11:00-12:00	4*	Brown Ctr. 203	R. Vaz
3-Apr.	Fri	4/5-4/26	11:00-12:00	4	Brown Ctr. 203	R. Vaz

\*No class on 2/8 for Cowley Professional Development, or 3/15 during Cowley Spring Break

### Tai Chi

This is an introduction to Tai Chi. Tai Chi is a Chinese martial focusing on flowing with an opponent while generating dynamic power. Emphasis is on balance, center of gravity, body rotation, & breathing while executing martial techniques. Students should be able to stand for the entire time period. Movements are done slowly, include squatting, & large circular arm movements. Though the class is not focused on aerobics, the exercises can range from mild to intense effort based on the student's abilities and objectives. The class is taught by Si Fu Howard Levy, with over 30 years studying & teaching both Kung Fu and Tai Chi. He has a 7<sup>th</sup> Deg. Black Sash & an Expert Cert. in White Phoenix Kung Fu & Tai Chi.

Term	Days	Dates	Time	# Sessions	Location	Instructor
1-Feb.	Tue/Thu	2/5-2/28	3:45-4:30	8	Wellness Center	H. Levy
2-Mar.	Tue/Thu	3/5-3/28	3:45-4:30	6*	Wellness Center	H. Levy
3-Apr.	Tue/Thu	4/2-4/30	3:45-4:30	9	Wellness Center	H. Levy

\*No classes during Spring Break (3/12, 3/14)

### Walk Kansas - Healthy Living

Walk-Kansas is a team-based program that will help you lead a healthier life. Join this program to become more active, make better nutrition choices, and walk away your stress! We will have guest speakers and weekly healthy living topics, followed by a group walk. To participate in the Walk-Kansas through the KSU Ext. Office, you must sign up for all 8 weeks. Additional fee of \$8 includes your registration into the Walk Kansas initiative.

Term	Days	Dates	Time	# Sessions	Location	Instructor
2-Mar.	Mon	3/18-4/8	3:30-4:30	4	Brown Ctr. 201	S. Wiemers
3-Apr.	Mon	4/15-5/6	3:30-4:30	4	Brown Ctr. 201	S. Wiemers

## CARDS & GAMES

### Double-Deck Pinochle

Participants will learn to meld, bid, make tricks, and play. It is a little more difficult than Pitch, but much easier than Bridge. You will learn to play with 3 people, 4 people, and 5 people.

Term	Days	Dates	Time	# Sessions	Location	Instructor
1-Feb.	Mon	2/4-2/25	1:00-3:00	4	Webb-Brown 207	D. Holman
2-Mar.	Mon	3/4-4/1	1:00-3:00	4*	Webb-Brown 207	D. Holman
3-Apr.	Mon	4/8-4/29	1:00-3:00	4	Webb-Brown 207	D. Holman

\*No class during Spring Break (3/11)

### Mah Jongg

Mah Jongg is a popular game played with tiles and a game card and is similar to today's rummy. Instructions will be covered in the first few sessions and then class participants will continue to meet and play the game.

Term	Days	Dates	Time	# Sessions	Location	Instructor
2-Mar.	Wed	3/6-4/3	1:00-4:00	4*	Webb-Brown 207	P. Williams
3-Apr.	Wed	4/10-5/1	1:00-4:00	4	Webb-Brown 207	P. Williams

\*No class during Spring Break (3/13)

## COMPUTERS & BUSINESS

### Computers

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

Term	Days	Dates	Time	# Sessions	Location	Instructor
1-Feb.	Mon	2/4-2/25	1:30-3:30	4	Webb-Brown 104	R. Upton

### Genealogy

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

Term	Days	Dates	Time	# Sessions	Location	Instructor
2-Mar.	Mon	3/4-3/25	1:30-3:30	3*	Webb-Brown 104	R. Upton

\*No class during Spring Break (3/11)

**SEWING & CRAFTS**

**Card Making**

Unleash your creativity with amazing card-making and paper-crafting techniques! Participants will learn how to make unique cards in this class. There is an additional \$10 fee for this class.

Term	Days	Dates	Time	# Sessions	Location	Instructor
3-Apr.	Thu	4/4-4/25	1:30-3:30	4	Webb-Brown 206	P. Williams

**Sewing: Storage Pods**

Participants will make a cute storage pod for use in the kitchen, sewing room, kid’s room, or wherever it works for you! Please bring your sewing machine & supplies. A complete list of supplies needed will be provided at enrollment.

Term	Days	Dates	Time	# Sessions	Location	Instructor
1-Feb.	Tue	2/5	10:00-4:00	1	McDonald’s Sew/Vac	D. McDonald

**Sewing: Self-Binding Baby Blanket**

Participants will make a cute & quick baby blanket & lovey using double-gauze and cuddle fabric. Pattern included in registration fee. Please bring your sewing machine & supplies. A complete list of supplies needed will be provided at enrollment.

Term	Days	Dates	Time	# Sessions	Location	Instructor
2-Mar.	Tue	3/5	10:00-4:00	1	McDonald’s Sew/Vac	D. McDonald

**Sewing: 60° Triangle Topper**

Participants will make a cute table topper using fabric strips and a 60° ruler. Please bring your sewing machine & supplies. A complete list of supplies needed will be provided at enrollment.

Term	Days	Dates	Time	# Sessions	Location	Instructor
3-Apr.	Tue	4/2	10:00-2:00	1	McDonald’s Sew/Vac	D. McDonald

**Woodcarving**

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

Term	Days	Dates	Time	# Sessions	Location	Instructor
2-Mar.	Tue	3/5-3/26	1:00-3:00	4	Cherokee Strip Mus.	F. Taylor

**ENRICHMENT**

**AARP Driver’s Safety**

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.

Term	Days	Dates	Time	# Sessions	Location	Instructor
1-Feb.	Wed & Thu	2/13-2/14	1:00-5:00	2	Webb -Brown 205	R. Upton

**Taste of American History**

Join us on President’s Day as we learn fun facts about some of our former U.S. Presidents from Cowley History Professor, Frank Arnold. Participants will also be able to sample favorite cookie recipes of past Presidents.

Term	Days	Dates	Time	# Sessions	Location	Instructor
1-Feb.	Mon	2/18	1:00-3:00	1	Webb-Brown 204	S. Wiemers

**CANCELLATIONS DUE TO WEATHER**

If Cowley College is closed due to inclement weather, Golden Tigers classes will NOT be held. Cowley College will post announcements on the [www.Cowley.edu](http://www.Cowley.edu), Facebook, Twitter, and on area radio stations.