



Golden Tigers

COWLEY COLLEGE

The Cowley College Golden Tigers program is offered to community members who are at least 50 years of age. 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 DATES! GOLDEN TIGERS SPRING 2020 ENROLLMENT

*Wright Room, Brown Center – Main Campus (AC)
Tuesday, January 21st 1:00pm – 3:00pm*

*Short Comm. Center – Sumner Campus (Wellington)
Thursday, January 23rd 1:00pm – 3:00pm*

We will be offering two enrollment sessions for our upcoming Spring term! If you are unable to attend either enrollment, you may enroll by phone or mail any time beginning Friday, January 24th by contacting Lena Spencer (Main Campus) via the contact info below. Classes and trips are on a first-come, first-served basis. We cannot enroll anyone prior to the registration event, nor can we hold a spot for anyone. 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. Please refer to the class schedule for more information.

Here are some guidelines for enrollment:

- Please complete the enrollment form entirely. Be sure to include your Cowley ID. 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.
- Please be sure to write your name (or attach your label) on all trip & class SIGN-UP SHEETS! Bring all those promotional address labels you get in the mail – they work great on our sign-up sheets!



The Alumni Relations & Golden Tigers Coordinator position is being taken over by the Foundation Coordinator, Lena Spencer. Lena has been with Cowley College for over 3 years and has helped with the Golden Tigers in the past.

Lena is very excited to work with the Golden Tigers community, and looks forward to meeting those of you she has not already had the chance to meet!

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 trip cancellations must be made 2 weeks prior to the trip date in the event of a family death or emergency or an illness. We greatly appreciate a substitute in your place.

CANCELLATIONS DUE TO WEATHER

If Cowley College is closed due to inclement weather, Golden Tigers classes will NOT be held. Cowley College will post on the www.cowley.edu, Facebook, Twitter, and on area radio stations.

DAY TRIPS

Trip 1 – By Air, By Land, or By Sea

Tulsa and Jenks, OK

Thursday, February 20th

Adventure awaits you as we head south to the amazing wonders of the Oklahoma Aquarium and The Tulsa Air and Space Museum & Planetarium. The Air & Space Museum is a regional leader in the promotion of science-based education through hands-on interaction and discovery. We will experience 35,000 square feet of aviation history and take a look at the future of aerospace. The Planetarium will give you an up close and personal interaction with one of the many show options during our visit! We will also visit the Oklahoma Aquarium which is the state's must-see attraction featuring amazing aquatic life in immersive exhibits. View 300-pound sea turtles, reef sharks, and Caribbean fish from an underwater observation station. Experience the world's largest exhibit of bull sharks swimming around you from a unique walk-through tunnel and dome in the Shark Adventure. The Oklahoma Aquarium is a fun, educational adventure for everyone! We will leave at approximately 8am and return to Cowley College around 7:30pm. Lunch will be included and the cost is \$50.



Trip 2 – History in the Making

Topeka, KS

Wednesday, March 25th

The Kansas State Capitol was restored to the original architect's vision by uncovering beautiful murals, preserving original features, renovating aging limestone and expanding work space. 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. A unique way to experience the Capitol is through a Dome Tour. This *optional* tour, includes a climb of 296 steps to the top. We will continue our history lesson at our next stop – 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.

Trip 3 – Wildlife and Nature

Goddard and Wichita, KS

Tuesday, April 21st

Our April 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, bunny, and tortoise feedings to name a few. We will leave at approximately 8:30am and return to Cowley College around 7pm. Lunch is included and the Cost is \$45.



Cowley College Golden Tigers

Email: lena.spencer@cowley.edu Phone: (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
Feb.	Tue/Thu	2/4-2/27	1:00-1:45	8	Brown Center 203	R. Hettenbach
Mar.	Tue/Thu	3/3-3/31	1:00-1:45	7*	Brown Center 203	R. Hettenbach
Apr.	Tue/Thu	4/2-4/30	1:00-1:45	9	Brown Center 203	R. Hettenbach

*No classes during Spring Break (3/10, 3/12)

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
Feb.	Mon/Wed/Fri	2/3-2/28	9:30-10:30	12	ACHS Pool	D. Davidson
Mar.	Mon/Wed/Fri	3/2-3/30	9:30-10:30	10*	ACHS Pool	D. Davidson
Apr.	Mon/Wed/Fri	4/1-4/29	9:30-10:30	11*	ACHS Pool	D. Davidson

*No classes during Spring Break (3/9 - 3/13); No classes Good Friday (4/10)

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
Feb.	Tue/Thu	2/4-2/27	10:30-11:30	8	Wellness Ctr.	A. Major
Mar.	Tue/Thu	3/3-3/31	10:30-11:30	7*	Wellness Ctr.	A. Major
Apr.	Tue/Thu	4/2-4/30	10:30-11:30	9	Wellness Ctr.	A. Major

*No classes during Spring Break (3/10, 3/12)

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. Session 1 Focus: party and get together dances such as the electric slide and southside shuffle. Session 2 will add 5 more including the Charleston and Tea-Town Boogie. Session 3 will also review and add another 5 such as the Stray Cat and Tush Push.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	Wed	2/5-2/26	11:00-12:00	4	Brown Center 203	D. Holman
Mar.	Wed	3/4-4/1	11:00-12:00	4*	Brown Center 203	D. Holman
Apr.	Wed	4/8-4/29	11:00-12:00	4	Brown Center 203	D. Holman

*No class during Spring Break (3/11)

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.	Tue/Thu	2/4-2/27	3:45-4:30	8	Wellness Center	H. Levy
Mar.	Tue/Thu	3/3-3/31	3:45-4:30	7*	Wellness Center	H. Levy
Apr.	Tue/Thu	4/2-4/30	3:45-4:30	9	Wellness Center	H. Levy

*No classes during Spring Break (3/10, 3/12)

EDUCATIONAL

Native American Culture

Learn about the culture, lifestyle, traditions, and history of Native American tribes in Northern Oklahoma and parts of Kansas. Session 1 will review the Fall 2019 class and Part 1 of the *Chilocco Through the Years* film. Part 2 of the film will then be watched and you will get to learn about the various languages of Native American tribes. Session 2 will review all previous class topics and show Part 3 of the film as well as dive into a question and answer session. The Indian cookbooks from the Fall will be discussed and the opportunity to share recipes with the class will be encouraged for session 2.

Term	Day	Date	Time	# Sessions	Location	Instructor
Apr.	Wed	4/8-4/15	2:00-4:00	2	Webb -Brown 102	B. Burke

Spanish

Learn the basics of Spanish. Session 1 will begin with the basic vocabulary, numbers, days, colors, etc. Each session will review the previous session and items learned, before building and taking a more in-depth dive into the language in areas such as personal information, address, health items, likes and dislikes, job and family related information.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	Tue	2/5-2/26	11:00-12:30	4	Brown Center 137	D. Holman
Mar.	Tue	3/4-4/1	11:00-12:30	4*	Brown Center 137	D. Holman
Apr.	Tue	4/8-4/29	11:00-12:30	4	Brown Center 137	D. Holman

*No class during Spring Break (3/11)

Census 2020 – Everything you NEED to know!

Understanding the importance of the census is seldom understood. The monetary implications of the census count for 2020 will impact YOUR personal and community monetary benefits for the next 10 years. Your health options, the community educational options, the city and county safety services, and much more will be explained in this enlightening one-time course.

Term	Day	Date	Time	# Sessions	Location	Instructor
Feb.	Mon	2/10	1:00-3:00	1	Webb -Brown 103	A. Judd-Jenkins

Technology 101

Are you feeling uneasy about how to search the web, take good pictures with your cell, or use Excel on your laptop or tablet? These are just a few of the many topics this class will cover! You will be joined by many tech-savvy ACHS students as they volunteer for part of their class curriculum to help you learn the ins and outs of your devices. They will share tips with the group and work one-on-one with you on your specific devices and areas YOU want know more about. Please bring your list of questions and the devices that the questions pertain to.

** Please note the day and time change each week to meet the needs of the ACHS block schedule – please feel free to sign up for 1 session or all 4 – whatever meets your needs and fits your schedule!!

Term	Days	Dates	Time	# Sessions	Location	Instructor
Apr: Wk1	Tue/Thu	4/7-4/9	12:15-1:00	2	Brown Center 133	ACHS Students
Apr: Wk2	Tue/Thu	4/14-4/16	8:30-9:15	2	Brown Center 133	ACHS Students
Apr: Wk3	Mon/Wed	4/20-4/22	10:15-11:00	2	Brown Center 135	ACHS Students
Apr: Wk4	Mon/Wed	4/27-4/29	2:15-3:00	2	Brown Center 135	ACHS Students

SPECIAL INTERESTS

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
Mar.	Tue	3/3-3/31	1:00-3:00	5	Cherokee Strip Mus.	F. Taylor

AARP Driver's Safety

This is a refresher course. Cost is \$15 for AARP Members and \$20 for Non-Members. Kansas insurance companies give a discount for completing the course.

Term	Day	Date	Time	# Sessions	Location	Instructor
Feb.	Wed	2/12	1:00-5:00	1	Webb -Brown 205	R. Upton

Card Making

Unleash your creativity with amazing card making and paper-crafting techniques. Participants will learn how to make unique cards in this class. Some supplies will be provided for use in class, but you are encouraged to bring your own if you have a specific type of card you are wanting to make.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	Wed	3/18	1:30-3:30	1	Webb-Brown 208	C. Erickson

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- If you cannot attend either registration events, you may sign up anytime beginning January 24th by stopping by the Sumner Campus, the Main Ark City Campus, or calling (620) 441-5286.

***CLASSES LISTED BELOW ARE IN WELLINGTON!**

FEBRUARY 2020 CLASSES

The Cloud!

Participants will learn what is meant by the "Cloud". Participants will use applications hosted in the cloud such as Google Sheets, Google Docs, Google Mail, and Office Online.

Term	Day(s)	Date(s)	Time	# Sessions	Location	Instructor
Feb	Tue-Thu	2/4–2/13	1:00-2:30	4	Tech & Innov. Ctr. Rm 106	D. Hays

Basic Computers/Windows 10

Participants will learn basic computers skills along with Windows 10 specific features such as changing the “look”, file/directory storage, accessibility, and basic apps. Please bring your laptop and your USB flash drive. Don’t have a laptop? Come anyway – we have some available!

Term	Day(s)	Date(s)	Time	# Sessions	Location	Instructor
Feb	Tue-Thu	2/18-2/27	1:00-2:30	4	Tech & Innov. Ctr. Rm 106	D. Hays

Beekeeping

This class is designed to aid and encourage the beginning beekeeper. Beekeeping is a satisfying hobby that has many potential outcomes. Class study will provide the opportunity to become acquainted with the structure of a bee hive. To become a successful beekeeper, one must know the essential tools of operation and understand the correct terminology that applies to the hive structure, the bees, and the beekeeper himself. Students will gain an understanding of the importance of the honeybee to our lifestyles and survival as well as gain an appreciation of this insect’s work ethic and team work used for their colony to survive!

Term	Day(s)	Date(s)	Time	# Sessions	Location	Instructor
Feb	Tue	2/4-2/25	1:30-3:30	4	Short Education Ctr. Rm 208	S. Rowan

Weighted Blanket

Some people use weighted blankets to help with stress reduction, insomnia, and anxiety. These special blankets are filled with pellets or small plastic balls to increase their weight from a couple of pounds up to 20 pounds. Weighted blankets may add a feeling of safety and security, just as swaddling helps a newborn baby. Weighted blankets can be made in a variety of sizes, patterns, weights, and colors. You can customize your weighted blanket. Beehive Quilt Shop will help you put together a custom kit for this project. If you enrolled in this class Fall 2019 – you will be added to the sign-up sheet automatically!

****Supply Costs will depend on the size of the blanket you choose to make – kits are available at the Quilt Shop.**

Term	Day(s)	Date(s)	Time	# Sessions	Location	Instructor
Feb	Tue	2/11	1:00-4:00	1	Beehive Quilt Shop	A. White

Basic Photography – How to Optimize the quality of your pictures

Participants will receive instruction on how to use their digital and cell phone cameras to get the best pictures. Please indicated on the enrollment form if you are bringing a digital camera and/or your cell phone.

Term	Day(s)	Date(s)	Time	# Sessions	Location	Instructor
Feb	Mon-Wed	2/10-2/12	2:00-4:00	2	Short Education Ctr Rm 205	S. Doherty

Chair Yoga

Participants will join the fun and improve your flexibility doing chair yoga! Come as you are; no equipment is needed.

Term	Day(s)	Date(s)	Time	# Sessions	Location	Instructor
Feb	Mon-Wed	2/3-2/26	2:00-3:00	8	Short Edu Ctr Rm 219	J. Nusbaum

***CLASSES LISTED BELOW ARE IN WELLINGTON!**

MARCH 2020 CLASSES

Using Android Smart Phones / Tablets

Participants that are Android Users, will learn to make phone calls, send text messages with photos, watch videos on YouTube, Surf the Web, and use various utilities. Calling and texting only applies to devices with that capability.

Term	Day(s)	Date(s)	Time	# Sessions	Location	Instructor
Mar	Tue-Thu	3/3 -3/5	1:00-2:30	2	Tech & Innov. Ctr. Rm 106	D. Hays

Using iPhone / Tablets

Participants that are iPhone Users, will learn to make phone calls, send text messages with photos, watch videos on YouTube, Surf the Web, and use various utilities. Calling and texting only applies to devices with that capability.

Term	Day(s)	Date(s)	Time	# Sessions	Location	Instructor
Mar	Tue-Thu	3/17-3/19	1:00-2:30	2	Tech & Innov. Ctr. Rm 106	D. Hays

Google Sheets

Participants will learn how to use Google Sheets to create basic spreadsheets, including home budgeting and basic finance sheets. Participant will learn how to use Google Drive for storage. Please bring your laptop and your USB flash drive. Don't have a laptop? Come anyway – we have some available!

Term	Day(s)	Date(s)	Time	# Sessions	Location	Instructor
Mar	Tue-Thu	3/24-4/2	1:00-2:30	4	Tech & Innov. Ctr. Rm 106	D. Hays

Alexandra Tote Bag

Supplies/Fees are \$15 for pattern and batting, 22, 2.5" strips are needed plus 2/3 yard of fabric for lining, ¼ yard for edges. All payable and available at the Beehive Quilt Shop. Sewing machine is required.

Term	Day(s)	Date(s)	Time	# Sessions	Location	Instructor
Mar	Tue	3/31	1:00-4:00	1	Beehive Quilt Shop	A. White

Chair Yoga

Participants will join the fun and improve your flexibility doing chair yoga! Come as you are; no equipment is needed.

Term	Day(s)	Date(s)	Time	# Sessions	Location	Instructor
Mar	Mon-Wed	3/2-3/25	2:00-3:00	8	Short Edu Ctr Rm 219	J.Nusbaum

***CLASSES LISTED BELOW ARE IN WELLINGTON!**

APRIL 2020 CLASSES

Google Docs

Participants will learn how to use Google Docs to create basic documents, including flyers, signup sheets, and writings/journals. Participant will learn how to use Google Drive for storage. Please bring your laptop and your USB flash drive. Don't have a laptop? Come anyway – we have some available!

Term	Day(s)	Date(s)	Time	# Sessions	Location	Instructor
Apr	Tue-Thu	4/7-4/16	1:00-2:30	4	Tech & Innov. Ctr. Rm 106	D. Hays

Recipe Management

Participants will learn how to electronically store their recipes and where to locate recipes on websites. Please bring your laptop and your USB flash drive. Don't have a laptop? Come anyway – we have some available!

Term	Day(s)	Date(s)	Time	# Sessions	Location	Instructor
Apr	Tue-Thu	4/21-4/23	1:00-2:30	2	Tech & Innov. Ctr. Rm 106	D. Hays

Optimizing Your Computer

Participants will learn how to optimize their laptop. In some cases, this will speed up and improve performance of the computer. Please bring your laptop and your USB flash drive. Don't have a laptop? Come anyway – we have some available!

Term	Day(s)	Date(s)	Time	# Sessions	Location	Instructor
Apr	Tue-Thu	4/28-4/30	1:00-2:30	2	Tech & Innov. Ctr. Rm 106	D. Hays

Simple Summer Table Runner

Supplies List will be sent in February and are available for purchase at the Beehive Quilt Shop. Sewing machine is required.

Term	Day(s)	Date(s)	Time	# Sessions	Location	Instructor
Apr	Tue	4/28	1:00-4:00	1	Beehive Quilt Shop	A. White

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 items learned throughout. Class will be held at the National Glass Museum – 107 N. Washington, Wellington, KS

Term	Day(s)	Date(s)	Time	# Sessions	Location	Instructor
Apr	Wed	4/1-4/15	1:00-2:30	3	National Glass Museum	Various

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