



# Golden Tigers

## COWLEY COLLEGE

### CLASS CANCELLATIONS DUE TO WEATHER

If Cowley College cancels classes, the Golden Tigers will not hold their classes. Cowley College will post announcements on the college website and on area radio stations. Information will also be on the Golden Tiger voice mail at 441-5286. Please check before going out in bad weather.

### SPRING LUNCHEON Monday, May 15<sup>th</sup>

The Spring Luncheon will be held Monday, May 15<sup>th</sup> at the Brown Center, Earle Wright Room. Come join us for food, fun and fellowship!!

We will have entertainment, displays, Golden Tiger highlights, and much more!! It is also an excellent time to visit with other Golden Tiger participants and guests. The cost for the luncheon is \$10.00.

### DRIVER SAFETY CLASS March 15 & 16

The AARP Driver Safety class will be offered Wednesday and Thursday, March 15 & 16 from 1:00 - 5:00 p.m. The class will be held in the Webb-Brown Academic Center - Room 206. Ron Upton is the instructor.

The Driver Safety program is an 8-hour classroom refresher course. You must attend both sessions to receive a certificate. Insurance companies in Kansas give a discount to seniors on your car insurance upon class completion. Cost - \$15 for AARP members and \$20 for non-members.

### SPRING ENROLLMENT Tuesday, January 24<sup>th</sup>

Enrollment for the Spring Semester will be held on Tuesday, January 24<sup>th</sup> from 1:00 - 4:00 p.m. in the Brown Center, Earle Wright Room. You may enroll by phone or mail after January 24<sup>th</sup>.

If you are only interested in taking classes, you may want to come later in the afternoon to enroll. The line will be much shorter after 2:00 p.m.

Fees for classes and trips are paid at enrollment. There is a \$5.00 registration fee and \$2.00 per class fee. Some classes have additional costs or supplies needed.

Here are some guidelines for enrollment:

- Complete the enrollment form. Be sure to include your Cowley ID number, date of birth, middle name.
- Put your label or write your name on all class and trip sign up sheets.
- Fill out the "Consent & Release Form" if you are participating in any trips.

#### REFUND POLICY

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

**TRIPS:** Credit for future trips or classes will be given for all trip cancellations effective January 1, 2017. This credit is for family emergency, illness or death in family unless a substitute is found.

## FOR YOUR INFORMATION

**Golden Tiger Office** – The Golden Tiger Office has moved. It is located upstairs in the Webb-Brown Academic Center – Room 202.

**Emergency Contact** – We must have an emergency person to contact for all trip participants. Be sure to give someone who will not be with you on the trip. This information will be put on the trip release form.

**Classes & Trips** – Plans have not been finalized for all the classes and trips. Additional classes may be added to the schedule. Be sure to check for any changes at enrollment.

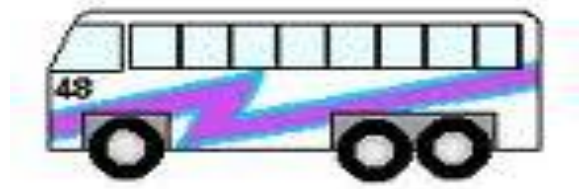
**Class Attendance** – Class attendance is not required; however, instructors work hard to prepare for these classes. Please let your instructor know if you cannot attend a class session. If the college is closed due to bad weather, we will not hold classes. Information is available on local radio and television stations.

**ID Numbers** – Cowley ID numbers have been used for several semesters. The ID number is a 999 number followed by a randomly assigned six-digit number. If you have taken classes in the last few years we will have your number available. Social Security numbers can also be used.

**Sign Up Sheets** – Please be sure to put your name on the sign up sheets for classes and trips. This is the only way to determine if space is available during enrollment. **If your name is not on the sign up sheet and the class is actually full, your name will be put on the waiting list.**

### Dates to Remember

January 24 – Golden Tiger Enrollment  
March 20 - 26 – Spring Break  
April 20 – 21 – Spring Play  
May 2 – Jazz Band/CC Singers Concert  
May 9 – Band & Concert Choir Concert  
May 13 – Commencement  
May 20 – Great Cowley Duck Dash



## EDUCATIONAL TRIPS

### Tuesday, April 11 – Larned, KS

We will be headed West for a fun and informative trip to Larned to tour the Fort Larned National Historic Site and the Santa Fe Trail Center Museum and Library. This well preserved fort on the Santa Fe Trail was a key Army Post from 1859 – 1869. It was considered the home of the Guardians of the Santa Fe Trail. The Santa Fe Trail Museum has an extensive collection of Indian artifacts, trade items from the trail, furniture, tools, medical equipment and more. We also will have a short stop at Stutzman's Greenhouse for a morning break. We will depart at 6:30 a.m. and return around 8:30 p.m. Cost - \$50 (includes lunch)

### Thursday, April 27 – Wichita, KS

We will attend Wichita State University Musical Theater production of 'Sister Act' at Wilner Auditorium. This is a delightful musical comedy based on the 1992 film featuring Whoopi Goldberg. The story is centered on disco diva Deloris Van Cartier, who is the prime witness in a murder case. The police place her in the witness protection program and disguise her as a nun at a convent. Naturally, she creates a few challenges for the Mother Superior and breaks a few rules during her stay. We will leave at 5:30 p.m. and return by 10:30 p.m. Cost - \$35.00

### Thursday, May 11 – Mystery Trip

We will travel to an unknown destination and visit a variety of unknown locations. So if you would like to take a chance on a fun adventure, then be sure to sign up for the annual Mystery Trip. You will want to wear comfortable clothes and shoes because you never know where the Cowley bus will take us. Plan to leave early and get home late!! Cost - \$50 (includes lunch)

Office Hours: Mon. – Thur., 8:30 a.m. – 12:00 Noon  
Enrollment: Tuesday, January 24<sup>th</sup>, 2017, Brown Center, 1:00 – 4:00 p.m.  
Questions? Call 620-441-5286 or email: [margaret.neal@cowley.edu](mailto:margaret.neal@cowley.edu)



# Golden Tigers

## COWLEY COLLEGE

### February, 2017

**Aqua Fun** (Session I) – Monday, Wednesday, Friday, February 1, 3, 6, 8, 10, 13, 15, 17, 20, 22, 24, and 27, 10:00 - 11:00 a.m. Family Aquatics Center, ACHS. Debbi Davidson, Instructor. Participants will be led by trained personnel through a series of specially designed exercises that can help increase joint flexibility and improve mobility. There will be a \$3.00 pool fee for this class.

**Aerobics** (Session I) – Monday and Wednesday, February 1, 6, 8, 13, 15, 20, 22, and 27, 1:30 – 2:30 p.m., Ben Cleveland Wellness Center. Rikki Hettenbach, Instructor. This energetic and upbeat class is sure to get your body moving. It's fun and easy with a mix of 50's – current music that combine dancing, cardio and light weights for a great total body workout.

**Exercise** – (Session I) – Tuesday & Thursday, February 2, 7, 9, 14, 16, 21, 23 and 27, 1:30 – 2:30 p.m., Ben Cleveland Wellness Center. LaDona Anstine, Instructor. Class participants will work on exercises to promote joint stability, muscular strength and endurance, balance, coordination, cardiovascular function and respiratory health.

**Line Dancing** – Mondays, February 6, 13, 20, 27, March 6 and 13, 11:30 a.m. – 12:30 p.m., Ben Cleveland Wellness Center. Debra Holman – Instructor. Learn 5-6 dances per session – slow to medium tempo.

**Computer Basics** (Part 1) – Mondays – February 6, 13, 20 and 27, 1:30 – 3:30 p.m., Webb-Brown Academic Center, Room 105. Ron Upton, Instructor. This class will help you get to know your computer, windows, and using programs. Cleaning up a slow computer, email, social media and file management will also be covered.

**Double Deck Pinochle** – Tuesday, February 7, 14, 21, 28, and March 7 & 14, 1:00 – 3:00 p.m., Webb – Brown Academic Center, Room 207. Debra Holman, Instructor. Students will learn how to play double deck pinochle. Basic rules, how to count, melt and take tricks will be covered.

**Mah Jongg Players** – Wednesday, February 1, 8, 15, 22, March 1, 8, 15, 29, April 5, 12, 19 & 26, 1:15 – 4:15 p.m., Webb – Brown Academic Center – Room 204. Margaret Neal – Instructor. This class is for experienced Mah Jongg players and participants will continue to learn game strategies and improve their game.

**Afternoon Table Games** – Wednesday, February 1, 8, 15, 22, March 1, 8, 15, 29, April 5, 12, 19 & 26, 1:15 – 4:15 p.m., Webb – Brown Academic Center – Room 205. Margaret Neal – Instructor. Do you enjoy playing table games like Scrabble, Five Crowns, Bunco and Dominoes? If so, invite friends to join you and come play table games.

**Taste of American History** – Monday, February 20, 1:30 – 3:30 p.m., Webb-Brown Academic Center – Room 204. Margaret Neal – Instructor. During this class you will have the opportunity to learn fun facts about our Presidents from Frank Arnold, Cowley College History Instructor. Participants will also be able to sample favorite cookie recipes from several past Presidents.

**Memory Quilts** – Thursday, February 9 & 16, 9:30 a.m. – 3:30 p.m., Ark City Senior Center, Margaret Neal, Instructor. Create a memory quilt with recycled garments from tee shirts to blue jeans. These quilts make great gifts for graduations and other special celebrations. Sewing machine & basic sewing tools needed. A complete supply list will be available at enrollment.

Office Hours: Mon. - Thursday, 8:30 a.m. – 12:00 Noon  
Enrollment: Tuesday, January 24<sup>th</sup>, Brown Center, 1:00 – 4:00 p.m.  
Questions? Call 620-441-5286 or email: [neal@cowley.edu](mailto:neal@cowley.edu)

## March, 2017

**Aqua Fun** – (Session II) – Monday, Wednesday, Friday, March 1, 3, 6, 8, 10, 13, 15, 17, 27, 29 and 31, 10:00 – 11:00 a.m. Family Aquatics Center, ACHS. Debbi Davidson, Instructor. There will be a \$3.00 pool fee for this class. See Session I.

**Aerobics** (Session II) – Monday and Wednesday, March 1, 6, 8, 13, 15, 27 and 29, 1:30 – 2:30 p.m., Ben Cleveland Wellness Center. Rikki Hettenbach, Instructor. See Session I.

**Exercise** – (Session II) – Tuesday & Thursday, March 2, 7, 9, 14, 16, 28 and 30, 1:30 – 2:30 p.m., Ben Cleveland Wellness Center. LaDona Anstine, Instructor. See Session I.

**Creative Cards** – Thursday, March 2, 9, 16 & 30, 1:30 – 3:30 p.m., Webb-Brown Academic Center – Room 204. Margaret Neal – Instructor. This class will feature new techniques for spring holidays and celebrations. There will be a \$10 class fee.

**Woodcarving** – Tuesday, March 7, 14, 21 & 28, 1:30 – 3:30 p.m., Cherokee Strip Museum. Fred Taylor, Instructor. Class participants will learn tool safety and basic woodcarving techniques as you work on a class project. Tools & supplies needed.

**Computer Basics (Part 2)** – Monday, March 6, 13, 27 and April 3, 1:30 – 3:30 p.m., Webb-Brown Academic Center – Room 105. Ron Upton, Instructor. Learn more about windows, control panel, apps, security and privacy. Information on setting up accounts, networks and printers as well as backup and troubleshooting will be covered.

**AARP Driver Safety** – Wednesday and Thursday, March 15 & 16, 1:00 – 5:00 p.m., Webb-Brown Academic Center – Room 206. Ron Upton, Instructor. This class provides a refresher on the rules of the road and tips on how to adapt one's driving to compensate for physical and cognitive changes that come with aging. Insurance companies in Kansas also offer a discount for participants completing the class. Cost - \$15 (AARP members) \$20 (non-members). Pay fee at first class.

**Line Dancing** – Mondays, March 27, April 3, 10, 17, 24, 11:30 a.m. – 12:30 p.m., Ben Cleveland Wellness Center. Debra Holman – Instructor. Learn 5-6 dances per session – slow to medium tempo.

**Fabric Barn Quilt** – Tuesday, March 28, 9:30 a.m. – 3:30 p.m., Arkansas City Senior Center. Margaret Neal – Instructor. This small project will be quick and easy to make with scraps from your stash or fat quarters. You can select from several designs to create a fabric barn quilt to use in your home. Sewing machine & tools needed. Supply list will be available at enrollment.

**Double Deck Pinochle** – Tuesday, March 28, April 4, 11, 18, and 25, 1:00 – 3:00 p.m., Webb – Brown Academic Center, Room 207. Debra Holman, Instructor. Students will learn how to play double deck pinochle. Basic rules, how to count, melt and take tricks will be covered.

## April, 2017

**Aqua Fun** – (Session III) – Monday, Wednesday, Friday, April 3, 5, 7, 10, 12, 14, 17, 19, 21, 24, 26, and 28, 10:00 – 11:00 a.m. Family Aquatics Center, ACHS. Debbi Davidson. There will be a \$3.00 pool fee for this class. See Session I.

**Aerobics** (Session III) – Monday and Wednesday, April 3, 5, 10, 12, 17, 19, 24 and 26, 1:30 – 2:30 p.m., Ben Cleveland Wellness Center. Rikki Hettenbach, Instructor. See Session I.

**Exercise** – (Session III) – Tuesday & Thursday, April 4, 6, 11, 13, 18, 20, 25 and 27, 1:30 – 2:30 p.m., Ben Cleveland Wellness Center. LaDona Anstine, Instructor. (See Session I)

**TGIF (Thank Goodness It's Finished)** – Tuesday, April 25, 9:30 a.m. – 3:30 p.m., Ark City Senior Center. Margaret Neal, Instructor. Do you have some sewing or quilting projects at home that are unfinished because you need a little help? If so, this is a great time to get those projects completed. Bring your unfinished project, sewing tools and machine to the class.