

COWLEY COLLEGE

GOLDEN TIGERS

— SPRING 2025 —
NEWSLETTER

Hello Golden Tigers,

If you are a first time Golden Tiger, welcome. If you have been with this program longer than I have been, fantastic! And, if you have joined since I've been coordinating, I am so glad you are here. We are gearing up for a fantastic spring all around. This past fall, we had a record number of participants take part in the Golden Tigers fun which is the best possible problem to have.

Please pay special attention to our Golden Tigers 101 and Enrollment Essentials sections of this newsletter as I am always working to improve the program and make our enrollment process smoother as we grow. I am so grateful to have you along for the ride!

See you soon,

- Micah M. Fry

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COWLEY COLLEGE GOLDEN TIGERS

WCE Center - Suite A
221 W. Chestnut
Arkansas City, KS.

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.

GOLDEN TIGERS 101

ENROLLMENT

Classes and trips are on a first-come, first-serve basis, and spots cannot be held. If you are unable to attend either enrollment event, you may enroll anytime beginning Friday, January 24th, by contacting Micah in person or via phone or email.

FEES

Fees for classes and trips are paid at the time of enrollment. There is a one-time \$5 semester registration fee, and each class's price is listed in this catalog with the course description. The listed price includes any additional costs or supplies needed.

CREDITS

If you have earned credit via the refund policy or a canceled class, please be sure to use your credit this semester. A full list of credits is available at checkout.

CLASSES

Classes require a minimum of 6 participants for a class to make. If you see one that you really want to take, be sure to invite a friend!

REFUND POLICIES

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 not guaranteed. They are given only for family emergency, illness, or death in the family. A substitute in your place is greatly appreciated if possible.

Transfer and refund credits are subject to an administrative fee and unreturnable supply costs. Credits will be held for 5 years and then considered a donation to the program.

DAY TRIPS

In order to facilitate more fun for more Golden Tigers, individuals will be limited to signing up for only two day trips at enrollment. If you are interested in more than two day trips, you may sign up on the auxiliary waitlist for the additional trips.

A letter and itinerary will be mailed to you with trip details the week before a trip.

Save the Dates for **SPRING ENROLLMENT**

ARK CITY



TUESDAY
JANUARY 21ST
2-4 PM



&

IN THE BROWN CENTER WRIGHT ROOM

THURSDAY
JANUARY 23RD
11AM-1 PM



WELLINGTON

IN THE SHORT CENTER COMMUNITY ROOM

Reminder: We are always working to improve the enrollment process and appreciate all feedback. Keep in mind that there are many factors influencing our enrollment process that may not be immediately apparent. Broader implications are always considered, and a smooth experience is always the goal. Thank you for your patience as we continue to scale the Golden Tigers program as it grows.

ENROLLMENT ESSENTIALS

IN PERSON ENROLLMENT:

Enrolling in person and on paper is quite an orchestrated event. To ensure an orderly process, we will be using a ticket system for our line. Tickets will be available starting at 12pm at Ark City's event and at 10am at Wellington's event. You do not need to arrive this early, but please do not congregate earlier than this. Event doors will open for phased entry approximately 15-30 minutes before each event. Keep in mind that our enrollment events are taking place during the first week of classes for students. Please be courteous of their and other Golden Tigers' experiences.

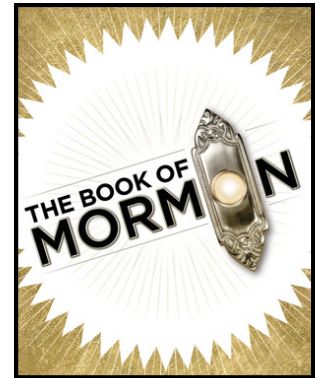
OPEN ENROLLMENT:

Open enrollment starts Friday, January 24th. Please call, email, or come by Micah's office to enroll. Enrollments are processed in the order they are received. If you leave a voicemail or send an email, please be detailed, and expect a follow up with availability and to confirm your enrollment.

DAY TRIPS

Trip 1: Broadway's *The Book of Mormon* Sunday, February 16th in Wichita, KS

As a nine-time Tony Award winning Best Musical, Broadway's *The Book of Mormon* has become an international sensation. This outrageous musical comedy follows the adventures of a mismatched pair of Mormon missionaries, sent halfway across the world to spread the Good Word. In this thought-provoking satire, the pair must navigate obstacles and cultural differences. Before catching the show, we'll enjoy a delicious brunch. This trip, including your meal, will cost \$85 and has a tentative time frame of 9:30am to 5:00pm.



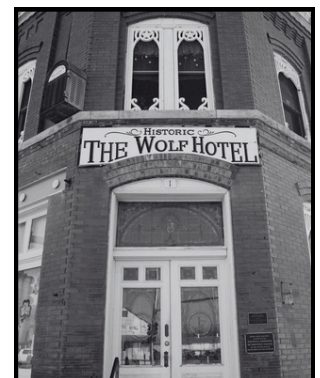
Trip 2: Greenwood Rising Wednesday, March 5th in Tulsa, OK

This poignant day trip to Tulsa, OK., offers a powerful opportunity for reflection and learning. At the turn of the 20th century, African Americans founded and developed the Greenwood District in Tulsa, popularly known as "Black Wall Street." On this trip, we'll delve into the tragic history of the 1921 Tulsa Race Massacre, visiting Greenwood Rising, a state-of-the-art museum dedicated to telling the story of Black Wall Street and its destruction, for a guided tour. We'll also explore the Greenwood Cultural Center, which celebrates the rich history and vibrant culture of the Greenwood District. This immersive experience will provide valuable insights into a significant chapter in American history and the enduring resilience of the Black community. The tentative time frame of this trip is 7:30am to 7:00pm. Lunch is included, and the cost is \$55.



Trip 4: Police and Prohibition Tuesday, April 22nd / Ellinwood, KS

To kick off this day trip, we are headed back in time to the Wild West and the prohibition era! In Ellinwood, KS., we will visit the 1894 Historic Wolf Hotel and get a glimpse of life along the Santa Fe Trail during prohibition times. While the rich history of the hotel is fascinating enough, the real intrigue lies below the surface. It's lower level is connected to an underground tunnel system that runs throughout Ellinwood. Once home to a variety of storefront, these tunnels now house a fully functioning prohibition era speakeasy bar that operates on Fridays and Saturdays. Together, we'll tour the tunnels and travel back in time. Please note, the tunnels on this tour are accessible only by stairs, and the tunnels may find us on slightly uneven ground. There will be places to sit and rest throughout the tour though. After our adventures, we'll head back to modern times at the Kansas Law Enforcement Training Center. We'll learn about the training center, tour their classrooms, and a few lucky Golden Tigers just might get to test out some of their scenario simulators! We'll leave at approximately 7:30am and return to Cowley College around 6:00pm. Lunch is included, and the cost of the trip is \$45.



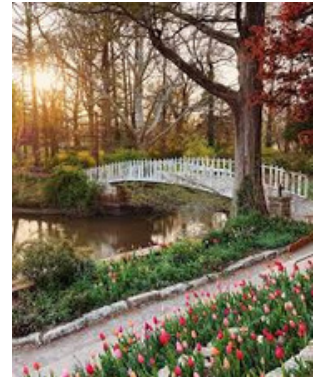
Yes, these trips are listed out of chronological order. I had to make all the information fit in this spread. 😊 - Micah

DAY TRIPS

Trip 3: Art at the Arb

Saturday, April 12th in Belle Plaine, KS

It's tulip time! For this day trip, we'll be heading to the breathtaking Bartlett Arboretum as they host their weekend Art at the Arb festival. We'll enter and explore the magical Arboretum to visit over 100 visual, performing, and culinary artists set up under a century old tree canopy against a backdrop of 50,000 tulips. This hidden gem in Belle Plaine is a sight you won't want to miss. We'll have time to check out artist vendors, hear musical performances, and take in the beauty of nature in bloom. We will plan to grab lunch before spending our afternoon among the trees. We will depart at approximately 11am and return to Cowley College around 6:00pm. Please note that our exact schedule, including departure/return times, will be informed once the festival schedule is published. The cost of the trip is \$35, and lunch will be included.



Dinner & a Show

You're invited to a Golden Tigers night on the town! We'll start with a delicious buffet dinner at Pizza Ranch, where you can enjoy all-you-can-eat pizza, chicken, and more. After dinner, we'll head to Cowley College Theater's opening night of the thrilling mystery *Murder on the Orient Express*. Get ready for a night of suspense and laughter. This is a great opportunity to socialize and enjoy a night out. Come with a friend or make a new one when you arrive. Transportation is on your own; ask for "Golden Tigers seating" to be directed to our group at each location. RSVP at enrollment.

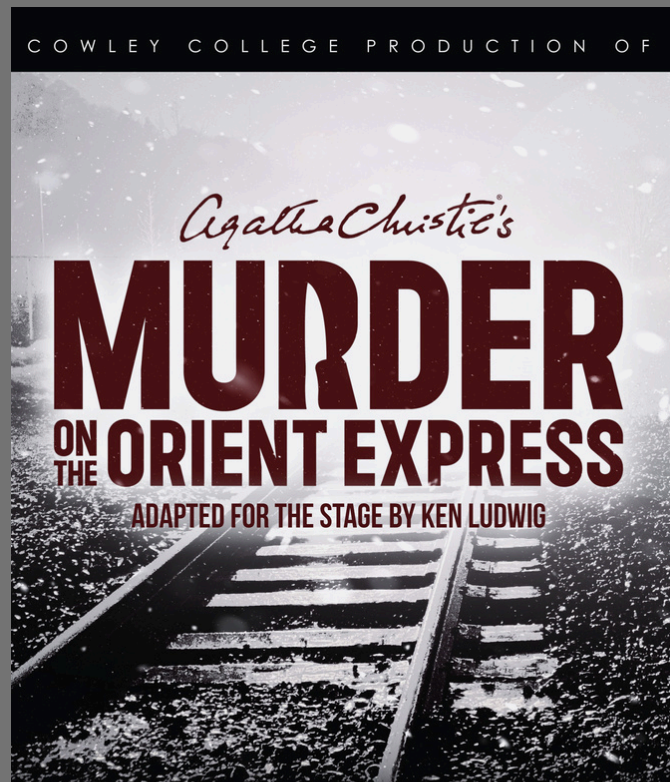
Thursday, March 13th

**Meal at 5:30pm
at Pizza Ranch**

&

**Show at 7:30pm
at Cowley's Robert
Brown Theatre**

**Cost: \$13.99 dinner
buffet; paid to Pizza
Ranch at arrival**



COWLEY COUNTY 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. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	T/Th	2/4-2/27	1:15-2:00p	8	Brown Center 203	R. Hettenbach
Mar.	T/Th	3/4-3/27	1:15-2:00p	6*	Brown Center 203	R. Hettenbach
Apr.	T/Th	4/1-4/29	1:15-2:00p	9	Brown Center 203	R. Hettenbach

* No class 3/18 & 3/20 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 10:25 a.m., must exit the pool at 11:30 a.m., and are asked to exit the building no later than 11:45 a.m. You may be sharing the locker room with high school students. *Cost: \$12*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	M/W/F	2/3-2/28	10:30-11:30a	12	ACHS Pool	ACR Staff
Mar.	M/W/F	3/3-3/31	10:30-11:30a	10*	ACHS Pool	ACR Staff
Apr.	M/W/F	4/2-4/30	10:30-11:30a	13	ACHS Pool	ACR Staff

* No class 3/17, 3/19, & 3/21 for Spring Break

Golden Bootcamp (formerly Functional Exercise)

This class is the same class previously offered as "Functional Exercise." Utilizing circuit training, this class employees guided exercises to improve joint mobility and stability, muscular endurance and strength, and balance and coordination. Light weights and elastic resistance bands will be incorporated. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	T/Th	2/4-2/27	10:30-11:30a	8	Wellness Studio	A. Major
Mar.	T/Th	3/4-3/27	10:30-11:30a	7*	Wellness Studio	A. Major
Apr.	T/Th	4/1-4/29	10:30-11:30a	9	Wellness Studio	A. Major

* No class on 3/20 for Spring Break

Stay Strong, Stay Healthy

In partnership with K-State Research and Extension Cowley County, Stay Strong, Stay Healthy is an evidence-based exercise program designed to improve strength, flexibility, and balance. Instructor Becky Reid provides guidance for using hand weights and adjustable ankle weights with class featuring warm up, stretching, lower and upper body exercises, and cool down stretching. This combo class is open to beginners and returners. *Cost: \$20*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.-May	MWF	3/24-5/9	10:00-11:00a	21	WCE Center	B. Reid

Mediterranean Diet: Try Days

In partnership with K-State Research and Extension Cowley County, this class offers a glimpse into the Mediterranean Diet. Come explore the Mediterranean Diet at these tasting sessions. *Cost: \$10*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	F	2/7-2/21	10:00-11:00a	3	WCE Center	B. Reid

COWLEY COUNTY CLASSES

Lymphatic Health

Repeat from Fall 2024: Discover the power of your lymphatic system and learn hands-on manual techniques to optimize its function and strengthen your immune system with no negative side effects. Learn how to keep this important system in the body going and boost your lymphatic flow for improved wellness. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Apr.	M	4/14	3:30-4:30p	1	WCE Center	D. Fry

Community Event Spotlight:

Nourish Your Heart

Repeat from Fall 2024: K-State Research and Extension Cowley County is implementing the Hypertension Awareness & Prevention Project. Learn tips and tricks for making healthy eating simple and delicious. Topics include healthy fats, cooking with herbs and spices, and strategies for reducing sodium and eating out. Class will meet on 2/6, 3/4, 3/27, and 5/6. *Cost: Free & open to all community members.*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb-May.	T/Th	See above.	3:30-4:30p	4	WCE Center	B. Reid

Line Dancing

Boot, scoot, and boogie your way into the week with some Monday afternoon Line Dancing. Learn 10+ line dances, including the Cowboy Cha Cha, Tush Push, Twister, and more. Each class will feature several new dance, and latter sessions will include review. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	M	2/3-2/24	2:30-3:30p	4	Wellness Center	D. Holman
Mar.	M	3/3-3/31	2:30-3:30p	5	Wellness Center	D. Holman
Apr.	M	4/7-4/28	2:30-3:30p	4	Wellness Center	D. Holman

Partner Dance

Join in the fun of this partner dance class! Come learn the Texas 2-step, regular 2-step, the Waltz, and the Western swing. Partner needed; gender doesn't matter. Both individuals should sign up for the class. This class is open to the public and Golden Tigers. *Cost: \$5 per Golden Tiger; \$10 per community member*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	M	2/3-2/24	4:00-5:00p	4	Brown Center 203	D. Holman
Mar.	M	3/3-3/31	4:00-5:00p	5	Brown Center 203	D. Holman
Apr.	M	4/7-4/28	4:00-5:00p	4	Brown Center 203	D. Holman

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. Note: If this is the only class you wish to take, please enroll via phone with Micah directly. *Cost 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
Mar.	F	3/7	12:30-5:00p	1	Webb Brown 205	R. Upton

COWLEY COUNTY CLASSES

History of Medicine

From Hippocrates, the “Father of Medicine,” to modern breakthroughs, journey through the fascinating evolution of medical practices. Explore ancient remedies like leeches, the discovery of antibiotics, and the development of life-saving medicines. This class offers a captivating look at the history of healing and the remarkable progress made in healthcare. *Cost: \$5*

<u>Term</u>	<u>Days</u>	<u>Dates</u>	<u>Time</u>	<u># Sessions</u>	<u>Location</u>	<u>Instructor</u>
Feb.	Th	2/6-2/27	2:00-3:00p	4	WCE Center	D. Schmeidler

Growing Up: Vertical Planters and Horticultural Therapy

In an introduction to vertical gardening, this class will focus on creating and maintaining vertical planters. Additionally, it incorporates elements of horticultural therapy to promote well-being and relaxation. While learning, participants will engage in a hands-on project to build and plant a vertical garden which they’ll get to take home. This class is offered in partnership with K-State Research and Extension Cowley County Master Gardeners. *Cost: \$20*

<u>Term</u>	<u>Days</u>	<u>Dates</u>	<u>Time</u>	<u># Sessions</u>	<u>Location</u>	<u>Instructor</u>
Mar.	T	3/18	10:00a-12:00p	1	WCE Center	Master Gardeners

Growing Mushrooms from a Kit

Join K-State Research and Extension Cowley County Master Gardeners for a hands-on workshop where you will learn how to grow your own organic gourmet mushrooms indoors. We’ll guide you through the process of setting up your mushroom-growing kit, maintaining it, and harvesting mushrooms in just 10 days. Each kit can produce 3 to 4 servings, and you can grow up to two crops per kit. *Cost: \$15*

<u>Term</u>	<u>Days</u>	<u>Dates</u>	<u>Time</u>	<u># Sessions</u>	<u>Location</u>	<u>Instructor</u>
Apr.	T	4/15	10:00a-12:00p	1	WCE Center	Master Gardeners

Community Event Spotlight:

Health & Safety Fair

Cowley County’s Annual Health & Safety Fair is held each spring and alternates between host sites in Arkansas City and Winfield. This fun-filled event is free to attend and helps community members connect with local health & safety resources. Plus, attendees will have the opportunity to win awesome door prizes and freebies! To stay up to date with details, search Cowley County Health and Safety Fair on Facebook. Event address: 1105 W 9th Ave in Winfield, KS. *Cost: Free*

<u>Term</u>	<u>Days</u>	<u>Dates</u>	<u>Time</u>	<u># Sessions</u>	<u>Location</u>	<u>Instructor</u>
May	Sat	5/17	9:00a-12:00p	1	Winfield Fairgrounds Barn 4	

American Heritage: Symbols on the Kansas Flag

You are probably familiar with the Kansas Flag, but have you ever noticed the gold and blue bar above the Great Seal of Kansas? Come learn what it represents and the one thousand years of history symbolized on the flag. Taught by a local amateur vexillologist. *Cost: \$5*

<u>Term</u>	<u>Days</u>	<u>Dates</u>	<u>Time</u>	<u># Sessions</u>	<u>Location</u>	<u>Instructor</u>
Feb.	T & Th	2/18 & 2/25	10:00-11:00a	2	WCE Center	R. Herndon

Get Confident with Computers: One-Day Workshop

Winfield Public Library is excited to host Golden Tigers for this tech workshop. Video mini lessons and small group sessions will be available on the following topics: internet basics, email basics, computer basics (Windows 10), using an Android device, and using an iPhone. Please bring your phone, tablet, or laptop if you have questions pertaining to your device. *Cost: \$5*

<u>Term</u>	<u>Days</u>	<u>Dates</u>	<u>Time</u>	<u># Sessions</u>	<u>Location</u>	<u>Instructor</u>
Mar.	Th	3/27	1:00-3:00p	1	Winfield Public Library	Staff

COWLEY COUNTY CLASSES

ARTS & CRAFTS

Origami Flowers

Learn basic and easy origami folds to create a beautiful bouquet you'll take home at the end of class. Gift to a friend or keep for yourself, and prepare for spring's arrival. *Cost: \$15*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	Th	2/6	2:30-4:00p	1	WCE Center	E. Mallory

Greeting Card Stash

Create a stash of multipurpose greeting cards suitable for various occasions from birthdays to graduations. This stash two session class will include a featured technique of embossing folders. No prior experience required. *Cost: \$25*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	Th	3/6 & 3/13	2:30-4:00p	2	WCE Center	E. Mallory

Maker Morning: Quilled Flower Wall Hanging

Come enjoy a fun morning creating a stunning quilled flower wall hanging over a delicious light brunch. Learn the basic techniques of quilling, from rolling and shaping paper strips to assembling a beautiful floral design. No prior experience needed. *Cost: \$35*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Apr.	Sat	4/5	9:00a-12:00p	1	WCE Center	E. Mallory

Glass Fusing: Plant Stakes

Glass fusing is the joining together of glass at high temperatures. Using methods as demonstrated by the instructor, students will design and create a decorative plant stake for display in a garden or potted plant. Projects will be fired off site and available for pick up at Micah's office starting 3/31/25. *Cost: \$35*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	Th	3/6	5:00-7:00p	1	WCE Center	R. Van Arsdale

Introduction to Basket Weaving

Unwind and connect with history through the ancient craft of basket weaving. Learn basic weaving techniques to create your very own handwoven basket. Using all natural reeds, no glue, and no nails, this class is an introduction to the authentic art of basket making. No prior experience needed; class is structured for beginners. *Cost: \$25, full kit included*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	T	3/4-3/25	6:00-8:00p	3*	WCE Center	K. Shaw

* No class on 3/18 for Spring Break

DIY: Spring Wreath

Make a cute little spring wreath using a wire form and some cord. Learn a simple weaving technique to craft this project. Add a pretty bow and some flowers to make a wreath to welcome in spring. *Cost: \$10*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Apr.	M	4/7	6:00-8:00p	1	WCE Center	B. Waldorf

COWLEY COUNTY CLASSES

DIY: Wall Art

Create a vibrant and cheerful piece of spring art using a canvas and scrapbook paper. No artistic experience needed; come craft a springtime floral piece of art. *Cost: \$10*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Apr.	M	4/28	6:00-8:00p	1	WCE Center	B. Waldorf

SEWING & QUILTING

All Cowley County sewing and quilting classes are hosted by Field to Fabric and will be hosted on location at the shop at 907 Main St. in Winfield, KS.

Tea Towel Embroidery

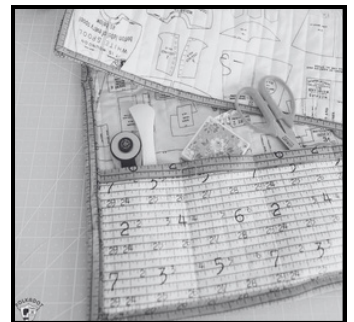
Learn basic embroidery techniques to create an embellished tea towel. This adorable bird and heart design titled "Sweetheart Spring" is perfect to display in your kitchen or gift to a friend. Open to beginners. No embroidery experience needed. *Cost: \$20*



Term	Days	Dates	Time	# Sessions	Location & Instructor
Mar.	Th	3/6	3:00-7:00p	1	Field to Fabric

Sewing Machine Mat

Make a handy sewing machine mat with convenient pockets to store tools and supplies in this fun class! There will be an option for a "stay in place" backing that will add another useful element to this project. Photo example to right. *Cost: \$20*



Term	Days	Dates	Time	# Sessions	Location & Instructor
Apr.	Th	4/3	3:00-7:00p	1	Field to Fabric

SPECIAL INTEREST HOBBIES

Art Exploration: Oil Painting

Join this oil painting class that is dual listed as a 1 credit hour college course. This class will have time for both instruction and one-on-one coaching. Class open to new or repeat students. The additional course fee will cover all materials needed for the course. *Cost: \$85*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.-Apr.	W	2/19-5/7	1:00-3:30p	11*	Kerr Tech 106	M. Flickinger

* No class on 3/19 for Spring Break

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. Note, available seats will depend upon student enrollment numbers. *Cost: \$110*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.-Apr.	T	2/18-5/6	6:00-8:30p	11	Kerr Tech 112	S. Roeder

* No class on 3/18 for Spring Break

COWLEY COUNTY CLASSES

Spanish

Back by popular demand: Whether you've had Spanish classes or you are completely new to the language, these classes will be a great introduction to the Spanish language! These three classes may build off of each other, but you aren't required to take all of them. This class is dual listed and open to community members as well. *GT Cost: \$5 / Community Ed Cost: \$20*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	T	2/4-2/25	4:00-5:30p	4	Webb-Brown 105	D. Holman
Mar.	T	3/4-3/25	4:00-5:30p	4	Webb-Brown 105	D. Holman
Apr.	T	4/1-4/29	4:00-5:30p	5	Webb-Brown 105	D. Holman

Community Event Spotlight:

Pizza Ranch: February Bingo Bash

Join in the fun at the Ark City Pizza Ranch's February Bingo extravaganza! Come enjoy a buffet lunch, comradery, and a chance to win some fun prizes! To register or for more info, call Pizza Ranch at 620-741-5063. Address: Pizza Ranch at 2825 N. Summit in Ark City. *Cost: \$20 includes buffet lunch, set of bingo cards, and dauber*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	Th	2/13	1:00-3:00p	1	Ark City Pizza Ranch	Staff

Book Club Discussion: Murder on the Orient Express

This semester, we'll be reading *Murder on the Orient Express* by Agatha Christie. This classic detective fiction follows an international cast of suspects who are passengers on a crowded train when a murder is discovered. Detective Poirot must identify the murderer - in case he or she decides to strike again. As always, read the book at your leisure, and then come ready to discuss, listen, or just have some snacks! PS: Cowley Theatre is putting on this play, and you are invited. See page 5 for more details. Taking part in both is not required. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Apr.	T	4/1	2:00-3:00p	1	WCE Center	M. Fry

EXPANDING HORIZONS

Community Event Spotlight:

"The Bedquilt" One Woman Performance

In a captivating evening of storytelling, actress Michele LaRue will perform "The Bedquilt" by Dorothy Canfield Fisher. "The Bedquilt" - a program of two vibrant, vintage stories - is performed exclusively by LaRue who creates a dozen distinctive characters in her performance. Written in 1906, "The Bedquilt" is a suspenseful tale of a spinster taken for granted by her New England family until she conceives a quilt "beyond which no patchwork pattern could go." In LaRue's performance, "The Bedquilt" is paired with "A Quilting Bee in Our Village," a gleeful account of a smalltown quilting bee written by Mary E. Wilkins Freeman in 1898. The performance concludes with an excerpt from Dorothy Canfield Fisher's memoir in which she reveals her inspiration for "The Bedquilt." *Cost: free to public*

Term	Days	Dates	Time	# Sessions	Location
Apr.	M	4 /28	6:30p	1	Winfield Public Library

COWLEY COUNTY CLASSES

Bunco

We are back at it with more Bunco fun! Bunco is an exciting and interactive dice game. Come enjoy some friendly competition, laughter, and great company. Whether you are a Bunco pro or a newbie, everyone is welcome! Talk to Micah if you'd like to volunteer to bring a cookie plate to share at one of these game days. Address: The Gathering Place at 1309 S Summit Street in Ark City, KS. *Cost: \$10*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	F	2/21	1:00-2:30p	1	The Gathering Place	R. Tackett
Mar.	F	3/28	1:00-2:30p	1	The Gathering Place	R. Tackett
Apr.	F	4/25	1:00-2:30p	1	The Gathering Place	R. Tackett

Professional Portraits

Whether you need a Christmas card photo, a headshot for your church directory, or just want to update the pictures on your walls at home, Golden Tigers is excited to offer this special photo opportunity. Professional photographer Lindsay Allen of Memory Lane Photography is hosting a portrait day. At enrollment, sign up for your 20 minute time slot (reservations available from 9a-12p and 2:30p-5p) on Friday, April 4th. Each session can be for one or two people with photos taken individually and/or together. Photos will be in front of a solid backdrop; example available at enrollment. *Cost: \$25 for three digital shots of your choice with print release*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Apr.	F	4/4	See above.	1	Brown Center Wright Room	L. Allen

Lavender Farm Learning Tour

Join us for an enchanting afternoon at Elam Lavender & Honey Bee Farm! Learn about the fascinating world of lavender cultivation, from planting to harvesting, and the pivotal role that bees play in this farm's ecosystem. After a guided farm tour, we'll hear an informative presentation about all things lavender and bees. The farm's gift shop will be open. Address: Elam Farm at 5226 142nd Rd in Winfield, KS. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
May	M	5/12	4:30-6:00p	1	Elam Lavender & Honey Bee Farm	Staff

Reminder: Instructors work hard to prepare classes. Please mark your classes on your calendar and set reminders so you don't miss them.

You might be eligible to see Cowley theatre productions and athletic events for free.



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

SUMNER COUNTY CLASSES

SUMNER CO: SPECIAL INTEREST

Book Study & Discussion: Divided Nation

Join David Hays for a book study and discussion! Participants will progress through Ken Hamm's book *Divided Nation: Cultures in Chaos & A Conflicted Church*. Meetings will be to discuss various topics covered in the book. Students should purchase the book ahead of time and come to the first session having read the first two chapters. The 2021 book is published by Master Books ISBN-10: 1683442830, ISBN-13: 978-1683442837. Note: If this is the only class you wish to take, please enroll via phone with Micah directly. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	F	2/7-2/28	2:00-4:00p	4	Tech & Innov Ctr, Rm 106	D. Hays

Book Study & Discussion: Foxe's Book of Martyrs

Join David Hays for a book study and discussion! Participants will progress through John Foxe's book *Foxe's Book of Martyrs*. Meetings will be to discuss various topics covered in the book. Students should purchase the book ahead of time and come to the first session having read the first two chapters. The 2001 edition book is published by Bridge Logos ISBN-10: 0882708759, ISBN-13 978-0882708751. Note: If this is the only class you wish to take, please enroll via phone with Micah directly. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.-May	F	3/7-5/2	2:00-4:00p	8*	Tech & Innov Ctr, Rm 106	D. Hays

* No class on 3/21 for Spring Break

Cooking Adventure with Mike Castaneda

Back for more fun, but this time in a new location, Mike Castaneda is teaching another surprise cooking class that is a guaranteed good time. Having been named one of the top ten cooks in America by Food Network, Mike is a renown chef, recipe developer, and owner of Devour Food Truck. Come prepared to taste, try, learn, and savor. Address: Free Will Baptist Church at 802 E. 16th Street in Wellington, KS. *Cost: \$20*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Apr.	Th	4/17	2:00-3:30p	1	Free Will Baptist Church	M. Castaneda

Introduction to Hand Tool Woodworking

Are you ready to get dusty? This class introduces hand-tool woodworking with a focus on furniture building. You will learn how to prepare your tools and wood, as well as how to build various projects. The course covers the basics of joinery and finishing, including common joints such as butt joints, lap joints, mortise and tenon, box joints, and dovetails. You will practice these skills by completing basic projects and then choose your own project to apply what you've learned in a practical setting. By the end of the course, you will have created something you'll be proud of! Open to new enrollees or repeat students. *Cost: \$250 with tool kit or \$130 with your own tools*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.-Apr.	Th	2/6-4/24	5:00-6:30p	11*	Mulvane SEA Cntr, Rm 109	C. Killblane

* No class on 3/20 for Spring Break

SUMNER COUNTY CLASSES

The Buzz on Bee Products

Join us for an informative and hands-on workshop exploring the fascinating world of bees and their valuable contributions to our lives. While you will learn about the role of bees in pollination and ecosystem health, this class will focus on the unique properties and benefits of their products: honey, wax, and propolis. While gaining a deeper understanding of these products, you'll have the opportunity to create your own lotion bar using beeswax and other natural ingredients. This is a perfect opportunity to learn something new, connect with nature, and take home a handcrafted product. *Cost: \$10*

Term	Days	Dates	Time	# Sessions	Location	Instructors
Apr.	T	4/8	2:00-3:00p	1	Tech & Innov Ctr, Rm 129	Z. Cooper

SUMNER CO: EDUCATION

Discussions of America's Founding Documents

Back by popular demand, Cowley's history instructor Mike Wilmoth brings us an exciting follow up to his civics lecture. In this class, we'll delve into the foundational texts of American democracy. We'll explore the Declaration of Independence, the Articles of Confederation, and the U.S. Constitution. We'll examine the key principles, debates, and compromises that shaped these historic documents. By the end of this series, you'll have a deeper understanding of the origins and evolution of American government. No prior knowledge required. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructors
Feb.	M	2/3-2/24	1:00-2:00p	4	Short Room 208	M. Wilmoth

The Orphan Train Orphans of Sumner County: Who Were They? Where Did They Go?

In 1850 roughly 15,000 children were homeless on the streets of New York City. They lived in alleys, under bridges and slept on sewage grates. In 1854, what would become known as the Orphan Train Movement began. Between 1854 and 1929, over 200,000 children were placed out through this program. Trains from New York carried children to all 48 continental states and into parts of Canada and about 7,000 were placed in Kansas. Some right here in Sumner County. It is one of the largest social reform relocation efforts in our nation's history and the beginning of documented foster care in America. In this class, Jim Bales of the Chisholm Trail Museum will share about the Orphan Train orphans that were placed in Sumner County. This presentation comes ahead of the museum hosting a traveling exhibit from the National Orphan Train Complex starting the last week of May through the first week of July. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Apr.	M	4/28	2:00-3:00p	1	Short Community Rm	J. Bales

SUMNER COUNTY 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. Note: If this is the only class you wish to take, please enroll via phone with Micah directly. *Cost 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
Apr.	F	4/11	12:00-4:00p	1	Short Community Rm	J. Pew

SUMNER CO: ARTS & CRAFTS

Basic Origami

This beginner-friendly class will guide you through the fundamentals of origami paper folding. Learn to create charming multipurpose paper envelopes, elegant stars, and other delightful designs. Your origami project ideas are welcome! Feel free to bring idea photos to first class *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	W	2/12-2/26	1:30-3:00p	3	Short Community Rm	L. Scheufler

SUMNER CO: SEWING & QUILTING

Sumner County sewing and quilting classes are hosted through The Beehive Quilt Shop. Dates and topics are still being finalized at the time of this newsletter printing. To learn more about the classes and sign up, contact and pay Beehive directly at 620-440-8191. Classes hosted at the Beehive Brother Classroom located at 120 N. Washington Ave. in Wellington, KS.

SUMNER CO: COMPUTERS & TECH

Stay Safe Online: Cyber Security for Older Adults

In this increasingly digital world, it's more important than ever to know how to stay safe online. This class is designed to offer practical ways to protect yourself from common internet scams. We'll focus on recognizing suspicious emails, understanding what "phishing" is, avoiding fake pop-up alerts (especially those claiming to be from tech support), and safely handling personal information online. *Cost: \$5*

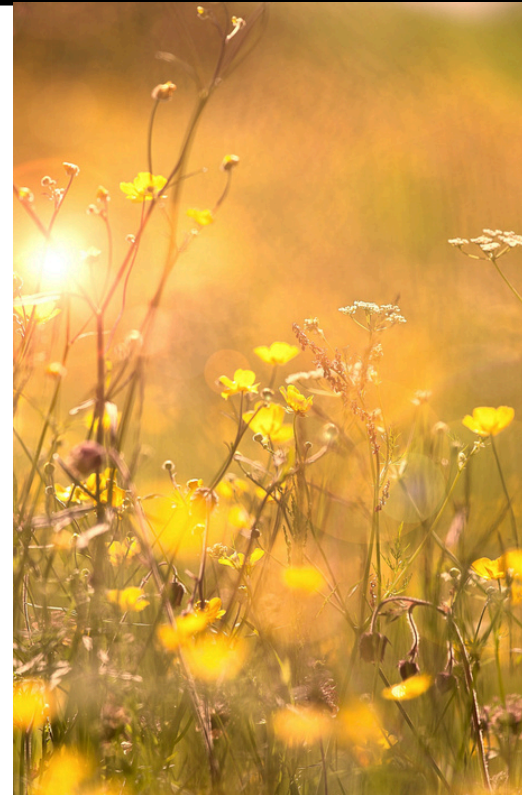
Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	W	2/5	1:00-2:00p	1	Tech & Innov Ctr, Rm 106	J. Durham

A Note on Class Offerings:

Some classes and details are still in the process of being finalized at the time of this newsletter's printing. Be sure to check at enrollment or give Micah a call during open enrollment to learn more about additional classes being offered.



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Golden Tigers