

COWLEY COLLEGE

GOLDEN TIGERS

NEWSLETTER

Welcome to the Golden Tigers program! We are so glad you are here. Inside this newsletter, you'll find all the details you need to know about Cowley College's Golden Tigers program. It has updates on the program and contains our Spring 2026 course catalog. There are instructions on how to enroll and all the information you need to know for this semester!

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Cowley College WCE Center
221 W. 2nd Street in
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Golden Tigers Mission:

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 GUIDE

(Here are some important things to know about how the program works.)

Classes and trips are on a first-come, first-serve basis, and spots cannot be held. In person enrollment events are followed by open enrollment via phone and email. Details are listed on page 4.

ENROLLMENT

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.

FEES

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.

REFUND POLICIES

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.

DAY TRIPS

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!

CLASSES

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.

CREDITS

Hello Golden Tigers,

Welcome to the Spring 2026 semester! We have an exciting lineup of fun courses and engaging activities planned, and I am ready to kick it off. First, I want to take a moment to thank everyone who participated in our fall program survey. Your ideas and feedback are valued. It both helps me continue to improve and expand our offering, and it allows Cowley College to concretely see the value the Golden Tigers program brings to the community.

On a personal note, I'm thrilled to share that my husband and I will be welcoming a baby girl this spring. This means I will be taking a period of maternity leave to welcome and care for our new family member. I anticipate being on leave for all, or most, of March, April, and some of May.

I'm working to put measures in place to ensure everything runs smoothly while I am on leave, and I know it will be a successful semester. While I am away, you'll still be able to add classes, ask questions, and day trips adventures will still run as planned:

- For general questions, program information, and enrollment: My office phone and email (listed at the bottom of each page of this newsletter) will still be the primary point of contact. Another Cowley employee will field calls and emails while I'm out of office.
- For course-specific needs: Once your class kicks off please communicate directly with your course instructors should you have questions or need to miss a class.
- While enrollment will still be open through April 1, if your knowledge of your schedule allows, please consider enrolling in January or early February as we will be calling low enrollment class cancellations by mid-February.

There may be a few processes operating a little more streamlined in my absence, but I don't anticipate there being any issues while I am on leave. I am eager for all we have planned this semester and look forward to seeing many of you as we kick off the semester in the coming weeks. Thank you, as always, for making the Golden Tigers community so wonderful.

- Micah M. Fry

Enrollment

Since enrollment is completed on a first-come first-serve basis, in person enrollment events are hosted first and then general enrollment is opened.

IN PERSON ENROLLMENT EVENTS:

In person enrollment events will take place at listed times and locations (see next page). 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.

Please be courteous of Cowley students and other Golden Tigers' experiences.

GENERAL OPEN ENROLLMENT:

Open enrollment starts Monday, January 26th. Please call or email 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. Open enrollment is a large influx of communication all coordinated by one person so please be patient. While open enrollment will not close until April 1, please plan to contact Micah early to secure your spot in classes!

Save the Dates for SPRING ENROLLMENT

ARK CITY → **TUESDAY**
IN THE BROWN CENTER WRIGHT ROOM **JANUARY 20TH**
2-4 PM &

← **WELLINGTON**
THURSDAY
JANUARY 22ND
11AM-1 PM **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.

DAY TRIPS

Trip 1: Lunch and Learn at Cowley County's Cotton Gin

Thursday, January 29th in Cowley County

Not everyone knows that Cowley County has an operational cotton gin, and even fewer know what exactly what takes place in a cotton gin. For this lunch and learn experience, we'll take a behind-the-scenes tour to see the powerful machinery and historic process that turns raw cotton into the fiber used worldwide. After our tour, we'll head to Pizza Ranch for their buffet lunch. Note: as the gin is scheduled to be operational at the time of our visit, all participants will need ride the College bus from the Brown Center so we don't overwhelm their parking lot; tour includes standing and single file walking (walkers should be fine though). The trip is \$16 and includes lunch. We'll depart from in front of the Brown Center at 9:30am and return at approximately 1:00pm. There will be no mailed letter or itinerary for this lunch and learn.



Trip 2: Botany and Bones

Wednesday, April 3rd in Oklahoma City, OK

In the heart of OKC near Bricktown sits the Crystal Bridge Conservatory. This stunning 224-foot-long cylindrical glass conservatory is the centerpiece of the 15-acre Myriad Gardens. We'll step inside to experience a humid, tropical rainforest environment complete with a waterfall feature, exotic plants, and an elevated skywalk. Next, we'll visit the Museum of Osteology (often called the Skeleton Museum), one of the world's only museums dedicated exclusively to the study of bones, where we'll see more than 450 real animal skeletons including that of a whale and a giraffe. We'll leave at approximately 8am and return to Cowley College around 6:30pm. Lunch is included, and the cost of the trip is \$45.



DAY TRIPS

Trip 3: Swan Lake Ballet

Thursday, March 26th in Wichita, KS

Step into the world of *Swan Lake* - a story of love, magic, and triumph, set to Tchaikovsky's iconic score. Featuring a brilliant cast of dancers from around the world, *Swan Lake* by International Ballet Stars is presented by Classical Arts Entertainment at Century II. This production features hand-painted sets and over 200 custom-designed scenery elements to transform the stage into a dreamlike landscape. We'll plan to hit the town for dinner before the show to round out this exciting evening. The tentative time frame of this trip is 3:00pm to 11:00pm with a cost of \$55, which includes dinner.



Trip 4: Cowley County Stone Bridges Tour

Friday, April 17th or Saturday, April 18th in Cowley County

For our final day trip of the semester, we are excited to partner with the Burford Theater for a fascinating tour around Cowley County exploring the historical stone bridges. Former Cowley College instructor Gary Gackstatter returns to host this one-of-a-kind adventure, sharing his immense wealth of knowledge about the craftsmanship and history behind these beautiful structures. This is a fantastic chance to see some of the area's hidden architectural gems with an expert guide. With two trip opportunities, this tour is open to both Golden Tigers and the community. Enrollment for this trip will be hosted by the Burford, starting March 23rd via the Burford Box Office in person and online. More details will be available from the Burford closer to. Tentatively, this trip will be from 9am-2pm. The cost of the trip is \$60 and includes lunch.



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	2/3-2/26	1:00-1:45p	8	Brown Center 203	R. Hettenbach
Mar.	T/Th	3/3-3/31	1:00-1:45p	7*	Brown Center 203	R. Hettenbach
Apr.	T/Th	4/2-4/30	1:00-1:45p	9	Brown Center 203	R. Hettenbach

* No class 3/5 or 3/19

Stay Strong, Stay Healthy - Level 1

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 with more stretching. *Cost: \$20*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.-Apr.	M/W/F	3/23-4/29	11:15a-12:15p	17	WCE Center	B. Reid

COWLEY COUNTY CLASSES

Stay Strong, Stay Healthy - Level 2

In partnership with K-State Research and Extension Cowley County, Stay Strong, Stay Healthy is an evidence-based exercise program. Instructor Becky Reid provides guidance for using hand weights and adjustable ankle weights. The level 2 class provides additional modifications to strengthen major muscle groups. Open to individuals who have completed Level 1 of Stay Strong, Stay Healthy. *Cost: \$20*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.-Apr.	M/W/F	3/23-4/29	10:00-11:00a	17	WCE Center	B. Reid

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	2/2-2/27	10:30-11:30a	12	ACHS Pool	ACR Staff
Mar.	M/W/F	3/2-3/30	10:30-11:30a	10*	ACHS Pool	ACR Staff
Apr.	M/W/F	4/1-4/29	10:30-11:30a	12*	ACHS Pool	ACR Staff

* No class 3/16, 3/18, 3/20, or 4/3

Golden Bootcamp

This class is the same class previously offered as "Functional Exercise." Utilizing circuit training, this class employs 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	2/3-2/26	10:30-11:30a	8	Wellness Center	A. Major
Mar.	T/Th	3/3-3/31	10:30-11:30a	7*	Wellness Center	A. Major
Apr.	T/Th	4/2-4/30	10:30-11:30a	9	Wellness Center	A. Major

* No class on 3/17 or 3/19 for Spring Break

Wits Workout

Engage and interact with others in this educational brain health program. This is a repeat of the fun class. Each session will feature activities that challenge your brain and improve your memory! *Cost: Free*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Apr.	W	4/1-4/22	12:30-1:15p	4	WCE Center	B. Reid

Community Event Spotlight:

Winfield's Downtown Doc Walks

In a partnership between William Newton Hospital and Winfield Area Chamber of Commerce, Downtown Doc Walks is a free community walking program, and you are invited! Taking place on the first Thursday of each month, a Doc Walk starts with a quick health talk by a local healthcare provider and then the group sets out on a one mile walk with a stop at a sponsoring business for a healthy snack and some water. Visit the public Facebook group for details on each month's starting location at <https://bit.ly/DowntownDocWalkFB> or call the Winfield Chamber at 620-221-2420 for location information. *Cost: Free*

Term & Dates	Time	Location
First Thursday of each month	4:00-5:00pm	See above.

COWLEY COUNTY CLASSES

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	2/2-2/23	4:00-5:00p	4	Wellness Center	D. Holman
Mar.	M	3/2-3/30	4:00-5:00p	4*	Wellness Center	D. Holman
Apr.	M	4/6-4/27	4:00-5:00p	4	Wellness Center	D. Holman

* No class on 3/16 for Spring Break

EDUCATION

Estate Planning Essentials

Repeat from Fall 2025: Whether you are taking care of aging relatives or just wanting to be prepared yourself, estate preparation can be a hard conversation. It is an important one though. Join Jason Brewer of Summit Law for a conversational overview of estate planning. We'll talk important information to know, documents to have, and affairs to organize. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Apr.	Th	4/9	2:00-3:00p	1	WCE Center	J. Brewer

History of Modern Medicine

Join retired Dr. Dave Schmeidler as he dives into modern medicine and the evolutions that brought us here. With a focus on diagnostic tools, we'll discuss CT scans, ultrasounds, magnetic resonance imaging (MRI), and other advancements that help us understand the human body in the modern medicine world. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	T	2/5-2/26	2:00-3:00p	4	WCE Center	D. Schmeidler

American Heritage: The Star-Spangled Banner

You might know the song, but do you know the story? Join us for an in-depth look at how the poem written by Francis Scott Key evolved into America's national anthem. We'll dive into the history of the War of 1812 and look at the battle that inspired that famous verse. Discover the fascinating journey of "The Star-Spangled Banner" from its poetic origins to becoming the nation's beloved anthem. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	Th	3/12	2:00-3:30p	1	WCE Center	R. Herndon

Creating Community: Brain Breaks and Icebreakers for Adult Groups

Whether it is a bible study, a family gathering, or your favorite civic group's meeting, brain breaks and ice breakers are a great way to create connection and help attendees to feel more comfortable to engage. This class will include some lecture so you can learn why strategies are important to create community within a group, and it will include some hands on activities so you can see the strategies at work. Come prepared to engage and leave with ideas and strategies to make your next group gathering a success. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	W	3/25	1:00-2:00p	1	Brown Center 202	J. Hibbs

COWLEY COUNTY CLASSES

Birding in the Digital Age: Using Apps, Maps, & Migration Tools

Join Eden Johnson, Director and Naturalist at the Chaplin Nature Center, to discover how technology can enhance your connection to nature. This two-session class introduces easy-to-use smart phone tools that support birding and outdoor exploration. Participants will learn how to use modern technology for identifying birds and wildlife, tracking migration patterns for the best observation days, and using mapping resources to discover great local areas for connecting with nature. The first session provides an introduction to these tools in a classroom setting, and the second session applies them during a guided hike at Chaplin Nature Center. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Apr.	W	4/22 & 4/29	1:00-2:00p	2	Chaplin Nature Center	E. Johnson

Kansas Crops

Explore the agricultural landscape of the Sunflower State! Join K-State Research and Extension Office's Agriculture Agent for a crash course on Kansas crops. Come learn about the crops Kansas grows and their distribution across the state. We'll cover the uses of these crops, where Kansas exports different crops to and who some of our biggest buys are. This class is perfect for curious residents, landowners, or anyone interested in learning a little more about Kansas. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	T	3/31	11:00a-12:00p	1	WCE Center	J. Seiler

Ask AI Anything: Unlocking Your Personal Digital Assistant

Are you curious about the buzz around AI tools like ChatGPT and Gemini? Do you want to learn how to use them to simplify daily tasks (recipes, menu planning, or health/wellness), spark creativity (write a poem for your grandkids or make fun images of your pet), and get information tailored just for you (trip planning, writing a letter, article summaries, etc.). No prior AI experience is required! We will start from the very beginning. Ready to turn your curiosity into a new skill? Join us and learn how to make AI your helpful, personal digital assistant! *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	W	3/4	2:00-3:00p	1	Webb Brown 105	J. Hibbs

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
Feb.	F	2/20	12:30-5:00p	1	Webb Brown 205	R. Upton

ARTS & CRAFTS

Wicker Basket Weaving

Learn basic wicker basket weaving techniques to create your very own handwoven basket. No prior experience needed; class is structured for beginners. This class will create the Cherokee Double Wall Wicker basket (appx 6" wide and 4" tall). *Cost: \$20 for full kit to make 2 baskets*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	T	3/3-3/24	1:00-3:00p	3*	WCE Center	K. Shaw

* No class on 3/17 for Spring Break

COWLEY COUNTY CLASSES

Coil Weaving: Coasters & Trivits

Learn the satisfying and meditative technique of coil weaving to create a beautiful, functional piece for your home. At enrollment, you'll select your project: a coaster set or a trivet (pad for a hot pot), and you'll select two colors to be the central ones for your project. In class, you'll learn basic coil weaving techniques, how to shape your project, and how to finish it neatly. Take home your completed project all ready to be added to your kitchen! *Cost: \$30*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	M	8/23	5:00-7:30p	1	WCE Center	R. Van Arsdale

Mosaic Tile + Plant Holder

Join this fun class to create a beautiful outdoor spring concrete mosaic. For this two part mosaic tile class, you'll create a custom art piece for your home. Within the mosaic, we'll attach $\frac{1}{2}$ of a mug to create a 3D plant holder perfect for a succulent or air plant. Class location provided post enrollment. Sample photo of project at enrollment. *Cost: \$30*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Apr.	T/F	4/21 & 4/24	1-5pm & 1-3pm	1	Private Home	C. Freeland

Air Dry Clay: Fair Houses

Unleash your creativity and come play with a new medium. Using air dry clay and a jar base, we'll craft an illuminated miniature house. You can decide whether to create a fairy house for your garden, a cozy dwelling to tuck into a bookshelf, or something else entirely, but with a little imagination and some great instruction, you'll bring a cozy home creation to life. Sample photo of project at enrollment. *Cost: \$35*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Apr.	M	4/6 & 4/13	5:00-7:00p	2	WCE Center	R. Van Arsdale

SPECIAL INTEREST HOBBIES

Art Exploration: Oil Painting

This oil painting class that is dual listed as a 1 credit hour college course. This class will have time for instruction, one-on-one coaching, and open lab. 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.-May	W	2/11-5/6	9:30-11:00a	11*	Kerr Tech 106	M. Flickinger

* No class on 3/18 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.-May	T	2/10-5/5	6:00-8:30p	11*	Kerr Tech 112	S. Roeder

* No class on 3/17 for Spring Break

COWLEY COUNTY CLASSES

Spanish

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	2/3-2/24	4:00-5:30p	4	Webb-Brown 105	D. Holman
Mar.	T	3/3-3/31	4:00-5:30p	4*	Webb-Brown 105	D. Holman
Apr.	T	4/7-4/28	4:00-5:30p	4	Webb-Brown 105	D. Holman

* No class on 3/17 for Spring Break

Card Games

Learn and refresh your knowledge on a variety of card games including Pitch, Hand and Foot, Fan Tan, Five Crowns and others. Whether you are learning a new card game or brushing up on your skills, come enjoy some community! *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	M	2/2-2/23	2:30-3:30p	4	WCE Center	D. Holman
Mar.	M	3/2-3/30	2:30-3:30p	4*	WCE Center	D. Holman
Apr.	M	4/6-4/27	2:30-3:30p	4	WCE Center	D. Holman

* No class on 3/16 for Spring Break

EXPANDING HORIZONS

Rain Barrel 101

This class is a perfect starting point if you are interested in saving water and money at home this spring. Come learn how a simple rain barrel can divert storm water, nourish your plants, and lower your reliance on municipal or well water. This free class is offered in partnership with K-State Research and Extension Cowley County. At the class, learn more about an optional hands-on workshop hosted later in April where for a fee participants can build their own operational rain barrel to take home. *Cost: Free*

Term	Days	Date	Time	# Sessions	Location	Instructor
Apr.	F	4/17	2:00-3:00p	1	WCE Center	B. Reid

Community Event Spotlight: Cowley Theatre Children's Play: Charlotte's Webb

Cowley Theatre presents their spring children's play: Charlotte's Webb. Based on the classic children's novel by E.B. White, this story follows the unlikely friendship between a pig named Wilbur and a spider named Charlotte. This family friendly show is a perfect opportunity to take a child in your life out for a fun adventure or just to treat yourself by seeing this childhood favorite brought to life! Please note: this show is a club fundraiser so Platinum Cards cannot be used for admission. *Cost: seniors \$10 and children \$8. Tickets will be available starting Monday, March 23, and can be purchased through Cowley's box office (online or at 620-441-5223).*

Term	Days	Dates & Times	Location
Apr.	Fri & Sat	4/24 at 7:30p & 4/25 at 2p	Robert Brown Theatre

COWLEY COUNTY CLASSES

Getting to Know AARP in Cowley County

No doubt, you are aware of AARP as a national organization that provides informational publications and offers discounts for members as well as being a voice for topics of importance to those 50+. But did you know that AARP has groups that work on topics like livable communities, caregiving, and financial security within individual states and even local communities. In this class we will learn about efforts underway to build an AARP Cowley County Leadership Council to aggregate resources for the betterment of Cowley County residents. You do not need to be a member of AARP to participate in this class. *Cost: Free*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Apr.	Th	4/2	2:00-3:00p	1	WCE Center	S. Erickson

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! If you are interested in bringing a cookie platter to share, please contact Micah. Address: The Gathering Place at 1309 S Summit Street in Ark City, KS. *Cost: \$10*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	F	2/27	1:00-2:30p	1	The Gathering Place	R. Tackett
Mar.	F	3/27	1:00-2:30p	1	The Gathering Place	R. Tackett
Apr.	F	4/24	1:00-2:30p	1	The Gathering Place	R. Tackett

Neurographic Art

Neurographic art is a fusion of art, psychology, and meditation. Even though it is art, this class is listed under education because our instructor will be sharing the history and psychology behind this type of art. It has been explored as a way to relieve stress and promote self-discovery. No artistic skills are required, but everyone in the class will make a piece of art using a guided process. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	W	2/18	1:00-2:30p	1	Brown Center 202	J. Hibbs

Community Event Spotlight:

COMPUTERS & TECH

All Cowley County Computers and Tech classes are part of AARP's Senior Planet curriculum, hosted by ACPL and WPL, both of which are licensed partners of Senior Planet. Registration is required as space is limited. You may register in person at Ark City's enrollment for these and other tech classes or call 620-442-1280 for Arkansas City or 620-221-4470 for Winfield.

Listening to Podcasts

It's estimated that over 70 million people in the US listen to podcasts monthly. Would you like to be one of them? Join your local library for Listening to Podcasts from Senior Planet! This hands-on workshop provides a general introduction to this popular form of entertainment. You'll learn how to search for podcasts, listen, and share popular audio shows using the Podbean app. *Cost: Free*

Term	Days	Date	Time	# Sessions	Location	Instructor
Feb.	M	2/16 & 2/23	1:00p	2	Winfield Public Library	B. Dittert
Feb.	W	2/18 & 2/25	5:00p	2	Arkansas City Public Library	B. Dittert

COWLEY COUNTY CLASSES

Using GovTrack.us

Wondering what Congress has been up to? Join the local library for Using GovTrack.us from Senior Planet. GovTrack.us simplifies the lawmaking process and helps you understand what your lawmakers are doing. In this hands-on workshop, we'll explore GovTrack.us and its main features: identifying your reps, seeing how they vote, and learning about bills. We'll also walk through the sign-up process for a free account so you can set up email alerts on legislative activity you care about. *Cost: Free*

Term	Days	Date	Time	# Sessions	Location	Instructor
Mar.	M	3/23 & 3/30	1:00p	2	Winfield Public Library	B. Dittert
Mar.	W	3/25	5:00p	1	Arkansas City Public Library	B. Dittert

How to Choose a New Computer

Looking for a new computer? This lecture introduces questions to ask yourself when buying a new computer and discusses some differences between desktops, laptops, Chromebooks, and more. We'll also cover technical specifications, popular operating systems, and costs. Finally, we'll go over considerations for deciding whether to buy a new or refurbished device and tips for maintaining your device. *Cost: Free*

Term	Days	Date	Time	# Sessions	Location	Instructor
Apr.	M	4/6 & 4/13	6:30p	2	Winfield Public Library	B. Dittert
Apr.	W	4/8 & 4/15	1:00p	2	Arkansas City Public Library	B. Dittert

Finding Information Online

The internet is an incredible resource, but finding what you're looking for can sometimes be daunting or time consuming. That's why finding what you're looking for online is such an important skill. To learn more about effective ways to find trustworthy information, join your local library for Finding Information Online from Senior Planet! This hands-on workshop will review helpful tips for using effective search terms, evaluating your search results, and searching within a reliable site for accurate information. *Cost: Free*

Term	Days	Date	Time	# Sessions	Location	Instructor
Apr.	M	4/20 & 4/27	6:30p	2	Winfield Public Library	B. Dittert
Apr.	W	4/22 & 4/29	1:00p	2	Arkansas City Public Library	B. Dittert

ONE-ON-ONE TECHNOLOGY HELP



Both Winfield Public Library and Arkansas City Public Library offer free personalized technology assistance for those with questions about phones, computers, or tablets. To schedule a time with the digital navigator, call or visit the library websites.

Winfield Public Library:
Mondays & Thursdays
9:00am-5:30pm
Call 620-221-4470 to book.

Arkansas City Public Library:
Tuesdays
and Wednesdays
9:00am-5:30pm
Call 620-442-1280 to book.

SUMNER COUNTY CLASSES

SUMNER CO: SPECIAL INTEREST

The Buzz on Bee Products

A repeat workshop from Spring 2025: Come explore the fascinating world of bees and their valuable contributions to our lives. 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	Instructor
Feb.	F	2/13	1:00-2:30p	1	Tech & Innov Ctr, Rm 129	Z. Cooper

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 for first semester; \$65 for returning students with own materials*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.-Apr.	Th	2/12-4/30	5:00-6:30p	11*	Mulvane SEA Cntr, Rm 109	C. Killblane

* No class on 3/19 for Spring Break

Hands-on Sour Dough Basics

Dive into the world of sourdough! Join Schwan's Food Scientist Abbey for this hand-on class. It will cover all the essentials, starting with a fundamental overview of sour dough. You will make and take home your own live sourdough starter and learn key techniques like stretching and folding the dough for the perfect texture. Together we'll make sour dough crepes (a delicious sugar free breakfast option) and sample sour dough cinnamon rolls.

Address: Free Will Baptist Church at 802 E. 16th Street in Wellington, KS. *Cost: \$15*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	M	2/3	9:00a-12:00p	1	Free Will Baptist Church	A. Lamberson

Book Study & Discussion: What Happens Next

This book study is designed to allow for the discussion of the book, its content, and individual faith journeys. Participants will progress through *What Happens Next* by Max Lucado. Meetings will be to discuss different perspectives of the book's content. Please purchase the book ahead of time and read chapters 1-4 ahead of the first day of class. 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	3/27-5/8	1:00-3:00p	7	Short Room 206	J. Grace

SUMNER COUNTY CLASSES

The Dirt on Nutrients: Soil Fertility at Home

Cowley's own agricultural instructor will break down soil basics in an approachable manner. Come learn about the three primary macronutrients in soil - nitrogen, phosphorus, and potassium - that are essential for plant growth. Whether you want to grow a better garden, improve your lawn, or just perk up those house plants, this class will use simple soil tests to open a broader discussion on nutrients and their functions with tips and tricks to learn what deficient look like and how to correct them. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	W	3/11	11:00-12:00p	1	Tech & Innov Ctr, Rm 103	M. Burcham

• SUMNER CO: EDUCATION •

Hooplas and Hullabaloos of Sumner County: the Festivals and Celebrations across the County over the Year

Come explore the various annual and commemorative celebrations from the communities in Sumner County. Examine the origins and histories of the Wheat Festival, Tulip Time of Belle Plaine, Oxford's Watermelon Feed, Caldwell Chisholm Trail festival, Mulvane's Old Settlers Celebration, Wellington's Golden Jubilee and Centennial. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	M	2/23	2:00-3:00p	1	Short Community Rm	J. Bales

Bee News: Understanding & Protecting Pollinators

Discover why bees matter more than you think! Learn about the massive economic impact of pollinators and the concerns of colony loss. Beekeeper, Zach Cooper, will break down the key threats to bee health and empower attendees with specific, local actions that they can take today to protect and strengthen the pollinator populations here in Kansas. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	F	2/20	1:00-2:00p	1	Tech & Innov Ctr, Rm 129	Z. Cooper

Texts that Defined America

Led by one of Cowley's own history instructors, this class will explore the foundational ideas of American democracy through a comparison and contrast of three essential historical texts: the Declaration of Independence, the Gettysburg Address, and Dr. Martin Luther King Jr.'s "I Have a Dream" Speech. Tracing the evolution of American ideals, we'll examine common threads, rhetorical strategies, and enduring principles that connect these pivotal documents across centuries of American history. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	M	3/23-3/30	1:00-2:30p	2	Short Room 208	M. Wilmoth

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	3/6	12:00-4:00p	1	Short Community Rm	J. Pew

SUMNER COUNTY CLASSES

Prescription Medication Awareness & EMS Expectations

Join Cowley's paramedic instructor for an informative session on prescription medications and their impact on emergency care. Learn how paramedics assess medications, why they ask specific questions, and how prescription information guides field treatment decisions. The class also includes guidance on setting up a simple but vital tool to store important medical information for first responders. We'll cover what to include, how to fill it out, and where to keep it for quick EMS access. This session empowers you to be better prepared, improve communication, and ensure faster, safer care when every second counts.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Apr.	T	4/14	10:00a-12:00p	1	Short Room 206	S. Troyer

SUMNER CO: ARTS & CRAFTS

Book Folding

Book folding is a fun and surprisingly accessible craft. Come upcycle an ordinary book into a unique sculptural piece of art by creasing at certain points and folding. To celebrate spring, our design will be a flower. Class is held at Cowley's Mulvane campus at 403 E. Main St in Mulvane, KS. and dual listed as community education class. *Cost: \$10*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	M	3/9	6:00-7:30p	1	Mulvane SEA Cntr, Rm 124	E. Mallory

SUMNER CO: COMPUTERS & TECH

Prompt Play: Getting Creative with Artificial Intelligence

This class offers a hands-on look at how today's AI tools think, respond, and adapt—showing how the right prompts can turn confusing technology into a powerful everyday assistant that is fun to use and play with! There is no need to have taken this instructor's previously offered AI class. In fact, no technical experience or know how is needed — just bring your curiosity! *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Apr.	M	4/6	11:00a-12:00p	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.



Arkansas City, KS 67005
125 S. 2nd Street
Golden Tigers
Cowley College

GOLDEN TIGERS



NEWSLETTER