

COWLEY COLLEGE

GOLDEN TIGERS

— FALL 2024 —
NEWSLETTER



Cover art: Painting by artist Lorna Stephens painted in Golden Tigers Oil Painting

Lorna

Hello Golden Tigers,

I cannot believe the fall semester is here already! I had so much fun planning this semester. There are lots of fun partnerships, classes, and adventures scheduled. I'm so grateful to all of our fabulous instructors who truly make Golden Tigers the success it is.

Additionally, I'm really excited to invite you to the open house of the new Tyler Technical Education Center on main campus. This facility has come together amazingly, and more details about the open house can be found on page 4. I hope to see you there!

See you soon,

- Micah M. Fry

Save the Dates

ARK CITY **TUESDAY**
AUGUST 20TH
2-4 PM



IN THE BROWN CENTER WRIGHT ROOM

&

THURSDAY **WELLINGTON**
AUGUST 22ND
11AM-1 PM



IN THE SHORT CENTER COMMUNITY ROOM

Inside this issue:

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Cowley County Classes

- Ark City
- Winfield

Sumner County Classes

- Wellington
- Mulvane
- Belle Plaine

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, August 23rd, by contacting Micah via phone or email as listed below.

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.

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 waitlist for the additional trips.

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

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!

WCE CENTER

You might notice we are hosting a lot of classes in the WCE Center. This is the Workforce & Community Education Center where Micah's office is located. The address is 221 West Chestnut Ave in Ark City.

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 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.

You're invited! Come check it out. ↘



COWLEY COLLEGE
TYLER TECHNICAL EDUCATION CENTER

Grand Opening - August 16th
3 pm - 5 pm

Ribbon Cutting, Time Capsule, Tours & Refreshments
513 W. Washington Avenue, Arkansas City, KS

NEED SOME GT APPAREL?

Check out the Cowley Bookstore!



**Heather Gray Short
Sleeve T-Shirt**
Softstyle Tri-Blend (50%
polyester / 25% Ringspun
Cotton / 25% Rayon)
Price: \$24.50



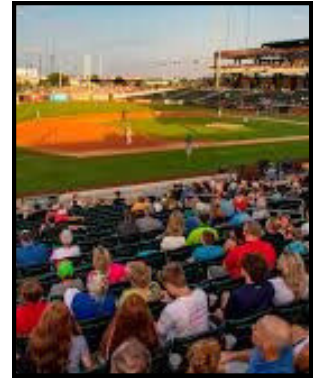
Black Crew Sweatshirt
8oz Comfy Crewneck
Sweatshirt (70% Cotton /
30% Polyester)
Price: \$30.50

Note: These designs are made up of black, white, and orange colors. Limited supply available. We do not plan to restock these designs in the near future.

DAY TRIPS

Trip 1: Wichita Wind Surge Tuesday, September 10th in Wichita, KS

It is a sports filled day in Wichita! The Golden Tigers are headed to Riverfront Stadium to catch a Wind Surge game. The Wichita Wind Surge are a Minor League Baseball team, but their games are major league fun. We'll start this trip with a visit to Wichita's newest sporting goods store: Scheels. We'll check out their aquarium, wildlife mountain, candy factory, arcade, and 220,000 square feet store. Then, dinner and onto the game! This trip, which includes dinner, costs \$35 and has a tentative time frame of 2:00pm to 10:30pm.



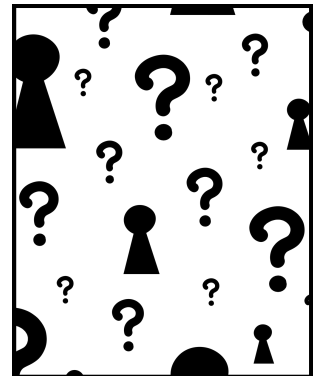
Trip 2: Hot Air Affair Friday, September 20th in Norman & Arcadia, OK

Embark on this fascinating day trip to Oklahoma. Our Hot Air Affair will begin at the National Weather Center in Norman, where we'll learn about the science of weather prediction and tour the facility where all the action happens. After exploring the wonders of weather, we'll head to Arcadia to fuel up with some food and attend the Route 66 hot air balloon festival. We'll aim to catch the evening balloon launch and glow, along with a paraglider demonstration. The tentative time frame of this trip is 11:30am to 9:30pm. Dinner is included, and the cost is \$50.



Trip 3: Mystery Trip Thursday, October 17th / Location Unknown (to you)

It is a top secret trip. Sign up, hop on the bus, and be surprised. This semester's only hint is that we are already planning to repeat the fun in Spring 2025 if they'll have us back. If you are up for an adventure, like surprises, and are flexible, this is the trip for you. The only rule: you get what you get, and you don't throw a fit. 🤔 We'll leave at approximately 7:30am and return to Cowley College around 8:00pm. Lunch is included, and the cost of the trip is \$50.



Trip 4: A Country Christmas Friday, December 6th in Wichita & Towanda, KS

Unwrap the perfect kick off to the Christmas season this December with a festive adventure! The details of our afternoon are still being finalized – we might see a heartwarming holiday movie, a dazzling performance, or something else entirely. Prepare to be surprised! After some Christmas cheer, we'll enjoy a delicious dinner together. Then, the magic begins with a trip to Fulton Valley Farms in Towanda. Stroll through a dazzling wonderland along a wooded path illuminated by over a million twinkling Christmas lights. Pet a real reindeer, visit the live Nativity vignette, and don't forget to snap a picture with Santa himself! Top off the evening with a visit to the on-site Christmas store, where you just might find the perfect treasures to make your holiday season. We will depart at approximately 1pm and return to Cowley College around 10:00pm. The cost of the trip is \$45, and dinner is included.



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
Sept.	T/Th	9/3-9/26	1:15-2:00p	8	Brown Center 203	R. Hettenbach
Oct.	T/Th	10/1-10/31	1:15-2:00p	8*	Brown Center 203	R. Hettenbach
Nov.	T/Th	11/5-11/21	1:15-2:00p	6	Brown Center 203	R. Hettenbach

* No class 10/24 for Arkalalah

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
Sept.	M/W/F	9/4-9/30	10:30-11:30a	12	ACHS Pool	ACR Staff
Oct.	M/W/F	10/2-10/30	10:30-11:30a	12*	ACHS Pool	ACR Staff
Nov.	M/W/F	11/1-11/27	10:30-11:30a	12*	ACHS Pool	ACR Staff

* No class 10/25 for Arkalalah and 11/29 for Thanksgiving

Eat Well, Be Well: Interactive Cooking Demo

A chef from Cura Hospitality will host "Eat Well, Be Well" an interactive cooking demonstration at the Arkansas City Presbyterian Manor. Come learn how to prepare a new surprise meal and how the meal's ingredients can improve your health. Be prepared to try foods prepared in the demonstration. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	Th	9/19	2:00-3:00p	1	Ark City Presbyterian Manor	Cura Hospitality

Lymphatic Health

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
Sept.	M	9/23	3:30-4:30p	1	WCE Center	D. Fry

Breath 101

Breathing is our most valuable gift. Don't take it for granted. This class will review basic anatomy and discuss how posture affects your breath. You'll learn stretches to enhance and expand your breathing abilities and exercises to strengthen your number one breathing muscle. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	M	10/14	3:30-4:30p	1	WCE Center	D. Fry

COWLEY COUNTY CLASSES

Functional Exercise

This class uses guided exercises to improve joint mobility and stability, muscular endurance and strength, & balance and coordination. Light weights and elastic resistance bands will be incorporated.. Light weights and elastic resistance bands will be incorporated. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	T/Th	9/3-9/26	10:30-11:30a	8	Wellness Studio	A. Major
Oct.	T/Th	10/1-10/31	10:30-11:30a	9*	Wellness Studio	A. Major
Nov.	T/Th	11/5-11/26	10:30-11:30a	7	Wellness Studio	A. Major

* No class on 10/24 for Arkalalah

Line Dancing

Boot, scoot, and boogie your way into the weekend with Friday morning 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
Sept.	F	9/6-9/27	10:45-11:45a	4	Wellness Center	D. Holman
Oct.	F	10/4-10/18	10:45-11:45a	3	Wellness Center	D. Holman
Nov.	F	11/1-11/22	10:45-11:45a	4	Wellness Center	D. Holman

Community Event Spotlight:

Nourish Your Heart

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 9/24, 10/1, 10/15, 10/29, and 11/19.

Cost: Free & open to all community members.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.-Nov.	T	See above	4:00-5:00p	5	WCE Center	B. Reid

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
Sept.-Nov.	M/F	9/23-11/18	9:45-10:45a	17*	WCE Center	B. Reid

* No class 10/25 for Arkalalah.

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
Sept.-Nov.	M/F	9/23-11/18	11:00a-12:00p	17*	WCE Center	B. Reid

* No class 10/25 for Arkalalah.

COWLEY COUNTY CLASSES

Chair Yoga

This semester, there are three pop up classes of yoga, take one individually or sign up for all three. Each session will have a specific theme and will focus on utilizing chair based positions to relax and increase flexibility. Check back at enrollment for specific topics to be covered and more details. Limited number of mats available. Feel free to bring your own mat and pillow. *Cost: \$5*

<u>Term</u>	<u>Days</u>	<u>Dates</u>	<u>Time</u>	<u># Sessions</u>	<u>Location</u>	<u>Instructor</u>
Sept.	W	9/25	11:00a-12:00p	1	Brown Center 203	H. Burton
Sept.	F	9/27	11:00a-12:00p	1	Brown Center 203	H. Burton
Oct.	F	10/4	11:00a-12:00p	1	Brown Center 203	H. Burton

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.*

<u>Term</u>	<u>Days</u>	<u>Dates</u>	<u>Time</u>	<u># Sessions</u>	<u>Location</u>	<u>Instructor</u>
Oct.	F	10/4	12:30-5:00p	1	Webb Brown 205	R. Upton

Naked Eye Astronomy

Have you ever gazed at the stars and longed to understand them? Have you ever attended a planetarium show, gone outside a night or two later, and had absolutely no idea where all those constellations in the show went? Since ancient times humans have been awed by the heavens. They learned to use the heavenly bodies to navigate, to know when to plant and harvest, and when to get out their fur coats and when to put them away. This class, led by a self-taught but passionate star gazer, will include but not be limited to the following topics: causes of day, night, and seasons; why the moon changes shapes; where the signs of the zodiac come from; and how to identify and locate with surety, the major constellations seen from the Northern Hemisphere. Beginners welcome. If you are interested in astronomical physics and complicated science, this isn’t the class for you. *Cost: \$10*

<u>Term</u>	<u>Days</u>	<u>Dates</u>	<u>Time</u>	<u># Sessions</u>	<u>Location</u>	<u>Instructor</u>
Sept.-Nov.	M	9/9-11/18	1:00-2:00p	11	Webb Brown 208	R. Herndon

Navigating Medicare Open Enrollment & Avoiding Common Pitfalls

When it comes to choosing a Medicare health plan, you want the best cost, coverage, and quality. While some plans seem appealing, oftentimes enrollees experience hidden costs and burdensome restrictions. Offered in conjunction with SKC Health, William Newton Hospital, and Graves Drug, this presentation will explain the differences between plans and highlight important factors to consider when deciding on which plan is the best fit for you. *Cost: Free*

<u>Term</u>	<u>Days</u>	<u>Dates</u>	<u>Time</u>	<u># Sessions</u>	<u>Location</u>	<u>Instructor</u>
Oct.	Th	10/14	2:00-3:00p	1	WCE Center	Staff

COWLEY COUNTY CLASSES

Reptile Biodiversity in Kansas

Did you know that there are 102 established species of amphibians and reptiles in Kansas (according to the KS Herpetofaunal Atlas)? Led by the Chaplin Nature Center’s new director, Elizabeth Walker, this class will explore the reptile biodiversity in Kansas. Come learn about and meet some of those native to Kansas reptiles. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	T	9/24	2:00-3:00p	1	Chaplin Nature Center	E. Walker

Safe Surroundings: ACPD Guest Lecture

As we head into the holiday season, join in this guest lecture by the Ark City Police Department about staying safe in your surroundings. It will cover best practices to keep you and your family safe and secure both at home and out and about. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	W	11/6	2:00-3:00p	1	WCE Center	ACPD

ARTS & CRAFTS

Watercolor & Quilling Wall Hanging

Use basic watercolor techniques to create a wall hanging background and the add quilling to embellish it for a finished, ready to hang wall hanging. *Cost: \$25*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	Th	9/26	2:00-4:00p	1	WCE Center	E. Mallory

Greeting Card Stash

Create a stash of greeting cards suitable for various occasions from birthday to Christmas to sympathy. *Cost: \$15*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	Th	10/10	2:30-4:00p	1	WCE Center	E. Mallory

Holiday Paper Crafts

Get ready for Christmas and the holidays by making a variety of paper crafted items to decorate with or give as a gift. *Cost: \$30*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	Th	11/7-11/21	2:30-4:00p	3	WCE Center	E. Mallory

Maker Morning: Alcohol Ink Ornaments

Come enjoy a fun morning creating your own set of mini ornaments with alcohol inks over a delicious light brunch. Each participant will make 12 or more ornaments to take home. *Cost: \$35*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	Sat	11/9	9:00a-12:00p	1	WCE Center	E. Mallory

Glass Fusing: Christmas Ornaments

Glass fusing is the joining together of glass at high temperatures. Students will design and assemble 3-6 ornaments as time allows using methods as demonstrated by the instructor. Projects will be fired off site, assembled with findings/clasps/etc., and available for pick up at Micah's office starting 12/5/24. Note new location. *Cost: \$35*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	Th	11/14	5:00-7:00p	1	WCE Center	R. Van Arsdale

COWLEY COUNTY CLASSES

Mosaic House Signs

Join this fun class to create a beautiful outdoor house sign. For this two part mosaic tile class, you can select your design (house number, letters, etc.) and create a custom art piece for your home. Sample photos below. Class location provided post enrollment. *Cost: \$30*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	M	9/23 & 9/30	2:00-5:00p	2	Private Home	C. Freeland



DIY: Pumpkin Macrame Wreath

Learn basic knotting techniques to create a macrame pumpkin wreath, perfect for a seasonal display on a front door or in the house. Photo example to right. No macrame experience needed. *Cost: \$10*

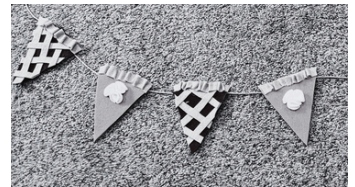
Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	M	10/7 & 10/14	6-8p	2	WCE Center	B. Waldorf



DIY: Felt Pie Garland

Make an adorable felt garland that resembles pieces of pie for a unique piece of holiday decor. Photo example to right. *Cost: \$8*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	M	11/11	6-8p	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.

English Paper Piecing

English paper piecing (EPP) is a traditional hand-sewing technique. This hand-work class involves paper templates that shape the fabric piece and is sewn together with tiny whipstitches on the edges. Come learn this intriguing technique or sharpen your EPP skills. Contact Field to Fabric for supply list. *Cost: \$20*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	Th	10/17	3:00-7:00p	1	Field to Fabric	Field to Fabric

Table Runner

Create a dynamic table runner to use or gift this holiday season in this fun class. Discover beginner-friendly techniques and be guided by an expert instructor. Contact Field to Fabric for supply list. *Cost: \$20*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	Th	11/7	3:00-7:00p	1	Field to Fabric	Field to Fabric

COWLEY COUNTY CLASSES

SPECIAL INTEREST HOBBIES

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
Sept.	T	9/3-9/24	4:00-5:30p	4	Webb-Brown 105	D. Holman
Oct.	T	10/1-10/29	4:00-5:30p	5	Webb-Brown 105	D. Holman
Nov.	T	11/5-11/26	4:00-5:30p	4	Webb-Brown 105	D. Holman

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. The additional course fee will cover all materials needed for the course. *Cost: \$85*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.-Nov.	W	9/11-11/20	1:00-3:30p	12	Kerr Tech 106	M. Flickinger

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, this class is offered during two time slots and available seats in each will depend upon student enrollment numbers. *Cost: \$110*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.-Nov.	T	9/10-11/19	6:00-8:30p	12	Kerr Tech 112	S. Roeder

Community Event Spotlight:

ACRC: Turkey Bingo

Join in the fun at the Ark City Recreation Center's annual turkey bingo event! Your fee includes lunch, dessert, and 10 bingo games. Come win some Thanksgiving prizes! To register or for more info, call the Rec Office at 620-441-4300. *Cost: \$10 and includes lunch, open to all community members.*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	T	11/12	11:00am	1	Ark City Rec Center	Staff

EXPANDING HORIZONS

U Paint It at Pumpkin Pants Ranch

Create a beautiful painting while snacking and enjoying Pumpkin Pants Ranch. Our instructor will guide everyone through the painting process step-by-step and be available for guidance. Painting example available at enrollment. Address: Pumpkin Pants Ranch 27799 115th Rd in Ark City, KS. *Cost: \$35, includes supplies and snacks*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	Th	10/3	6:00-8:00p	1	Pumpkin Pants Ranch	Staff

Bunco

It is a Golden Tigers Bunco lunch! Bunco is an exciting and interactive dice game. Come enjoy some friendly competition, laughter, and great company while indulging in a tasty lunch. Whether you are a Bunco pro or a newbie, everyone is welcome! Address: The Gathering Place at 1309 S Summit Street in Ark City, KS. *Cost: \$20, lunch included.*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	F	11/1	11:30-1:00p	1	The Gathering Place	R. Tackett

Book Club Discussion: All the Light We Cannot See

This semester, we'll be reading *All the Light We Cannot See* by Anthony Doerr. In the final days of WWII, the paths of a blind French girl and a German soldier collide in this story of hope and resistance. This Pulitzer Prize-winning book was adapted into a 2023 miniseries for Netflix. As always, read the book at your leisure, and then come ready to discuss, listen, or just have some snacks! Extra copies of the book available at the Renn Memorial Library starting early October. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	T	11/5	2:00-3:00p	1	WCE Center	M. Fry

**PUMPKIN PANTS RANCH
GOLDEN TIGERS DISCOUNT DAY**

Saturday, October 12th

The ranch will be open to the public so feel free to bring a friend, some family, or come by yourself. Tell them you are a Golden Tiger to receive \$2 off admission.

**Pumpkin Pants Ranch: 27799 115th Rd.
Arkansas City, KS 67005
Saturday Hours: 10am-7pm**



SUMNER COUNTY CLASSES

SUMNER CO: SPECIAL INTEREST

Civics

This crash course in civics is sure to be an interesting presentation. One of Cowley's own history instructors will share about civic responsibility, with a basic refresher on the U.S. government. Together we'll examine the separation of powers and learn more about civic duty. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructors
Sept.	M	9/16	1:00-2:00p	1	Short Room 208	B. Ewing

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
Oct.	F	10/11	12:00-4:00p	1	Short Community Rm	J. Pew

Flag Etiquette

You might already know that the United States flag has 50 stars for 50 states, but there is so much more history behind this emblem. Come learn more about this emblem, what it means to the United States of America, and how to take care of it properly. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructors
Oct.	T	10/15	2:00-3:00p	1	Short Room 206	B. Ewing

Community Event Spotlight:

TreeFest at Bartlett Arboretum

TreeFest is Bartlett Arboretum’s annual celebration of The Great Outdoors. Located in Belle Plaine, Bartlett’s century-old tree canopy will be in peak color. Tree professionals will be on hand to answer questions and laude the wonderful world of arboriculture. “Tall Tree Tale” tours available at 10am, 12pm, and 2pm. Arb market open for lunch and depot open for supper. Address: 301 N Line St. in Belle Plaine, KS. *Cost: \$10 at gate*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	Sun	11/10	-10am-5pm	1	Bartlett Arboretum	Staff

Book Study & Discussion

Join David Hays for a book study and discussion! Participants will progress through John MacArthur’s book *The Gospel According to Jesus* roughly at 2 chapters per week. Meetings will be to discuss various topics covered in those chapters. Students should purchase the book ahead of time and come to the first session having read the first two chapters. Book published by Zondervan ISBN 0310287294, ISBN-13 9780310287292. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.-Nov.	F	9/6-11/15	2:00-4:00p	11	Tech & Innov Ctr, Rm 106	D. Hays

Forgotten History: The Ghost Towns of Sumner County

Join Jim Bales, of the Chisholm Trail Museum, for a spooky presentation about the ghost towns of Sumner County. Just in time for Halloween, this presentation is sure to pique your interest as we explore some of the forgotten history of Sumner County. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	M	10/28	2:00-3:00p	1	Short Community Rm	J. Bales

Cooking Adventure with Mike Castaneda

Having been named one of the top ten cooks in America by Food Network, Mike Castaneda is a renown chef, recipe developer, and owner of Devour Food Truck. This surprise cooking class is sure to be a fun adventure. Come prepared to taste, try, learn, and savor. Address: Homestead Assisted Living of Wellington at 500 N Plum Street in Wellington, KS. *Cost: \$20*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	T	10/29	2:00-3:30p	1	Homestead Assisted Living	M. Castaneda

SUMNER COUNTY CLASSES

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! *Cost: \$250 with tool kit or \$130 with your own tools*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.-Dec.	Th	9/12-12/5	5:00-6:30p	11*	Mulvane SEA Cntr, Rm 109	C. Killblane

* No class on 10/24 for Fall Break and 11/28 for Thanksgiving

Thai Cooking

Discover more about Thai food's vibrant flavors as you learn to create two authentic Thai dishes in this cooking class. Our expert instructor will share the art of balancing sweet, sour, salty, and spicy notes using fresh ingredients and traditional techniques. Whether you're a seasoned cook or a curious beginner, this class is for you. Address: Homestead Assisted Living of Wellington at 500 N Plum Street in Wellington, KS. *Cost: \$60*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	F	11/8	3:00-4:30p	1	Homestead Assisted Living	O. Stalcup

SUMNER CO: ARTS & CRAFTS

Origami Dresses

Origami is the art of paper folding. In this class, you'll learn basic origami folding techniques to create paper crafted dresses. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	W	9/11-9/25	2:00-3:30p	3	Short Community Rm	L. Scheufler

Kansas-Themed Greeting Cards

Create a stash of greeting cards suitable for various occasions that are all Kansas-themed. This class will be held at Cowley's Mulvane campus (403 E. Main St in Mulvane). *Cost: \$15*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	Th	9/12	2:30-4:00p	1	Mulvane SEA Cntr, Rm 124	E. Mallory

Paint Pouring Canvas Creation

Paint pouring is an art technique that creates mesmerizing abstract art. In this class, we'll paint a 12"x12" canvas using custom colors that you select. Wear clothes that can get messy and come prepared to have some fun! Canvases will be dried and ready for pick up on 10/21 at the front desk in the Short General Education Center. *Cost: \$25*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	W	10/16	1:00-3:00p	1	Tech & Innov Ctr, Rm 129	D. Frazier

SUMNER CO: SEWING & QUILTING

Sumner County sewing and quilting classes are hosted through The Beehive Quilt Shop. To 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 COUNTY CLASSES

Beginner Lattice Layer Cake Class

This class is ideal for new beginning quilt makers, aspiring sewists, and/or experienced quilters. Come create a 10" x 10" precut friendly quilt with a classic layout, perfect for showing off pretty fabric collections. Throw, twin, queen, and king sizes available. Learn the importance of piecing a quilt on point. Sign up directly with Beehive at above number. *Cost: \$30 to be paid to Beehive + kit/supplies (list available via Beehive)*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Aug.	Sat	8/24	9:30-3:30p	1	Beehive Quilt Shop	J. Brody

Patchwork Pillow with AccuQuilt Applique

Want to make a cute applique pillow with traditional quilt piecing? This is the class for you! Bring your 2.5" squares from your stash or get the 2.5" mini moda candy kit. Sign up directly with Beehive at above number. *Cost: \$15 to be paid to Beehive + kit/supplies (list available via Beehive)*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	M	9/23	1:00-5:00p	1	Beehive Quilt Shop	Staff

Bonus Quilt: Leaders & Enders

Help your sewing machine stitch better by using scraps to make a bonus quilt. Save thread, fabric, and time! Bring your own scraps (50 count 2.5" squares). Sign up directly with Beehive at above number and find out more details on what scraps to bring. *Cost: \$10 to be paid to Beehive + supplies (list available via Beehive)*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	T	10/8	1:00-4:00p	1	Beehive Quilt Shop	Staff

SUMNER CO: COMPUTERS & TECH

Video Calling Basics

Student will learn the basics of video calling so they can use it to communicate with friends of loved ones at a distance. Participants should bring a tablet, smart phone, or laptop with a webcam. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	M	9/9	1:00-3:00p	1	Tech & Innov Ctr, Rm 106	D. Hays

Excel Basics

Student will learn the basics of working with Excel including working with sheets, formatting, formulas, and basic graphs. Participants should bring their own laptop with Excel installed. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	M	9/16 & 9/23	1:00-3:00p	2	Tech & Innov Ctr, Rm 106	D. Hays

Introduction to Computers

Students will learn the basics of computers including hardware, software, and how to use them. Participants should bring their own Windows laptop. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.-Oct.	M	9/30 & 10/7	1:00-3:00p	1	Tech & Innov Ctr, Rm 106	D. Hays

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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TIGERS

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