

FALL
2023



COWLEY COLLEGE GOLDEN TIGERS Newsletter

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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.

Welcome back, Golden Tigers!

Our summer break is finally coming to a close, and that means it is time for Golden Tiger adventures to resume. Fall 2023 has some exciting new classes lined up. If you don't see a class you have loved in the past though, don't worry as it might make another appearance in a future semester.

For day trips, we'll visit a new city in Kansas to attend a cultural festival, and we'll venture south to learn more about the American Frontier. Additionally, we'll cross something off my "Coordinator Bucket List" - a mystery trip! I've fielded questions each semester since I took over about when I'd plan a mystery trip so I am eager to offer one now.

I am always working to improve our enrollment process so be sure to check in at enrollment for any classes added after our print day and any changes to the enrollment process.

See you soon!

- Micah M. Fry



REFUND POLICY

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

TRIPS: Refunds for trips are given only for family emergency, illness, or death in the family. A substitute in your place is greatly appreciated if possible.



WEATHER CANCELATION

If the weather is looking concerning, call 620-441-5200 to find out if classes are canceled before you venture out. The weather line will be updated by 8AM or as weather changes. Remember, the rule of thumb is that if Cowley College cancels classes, Golden Tigers programming is canceled. Please check before going out in bad weather.

*The dedicated weather phone line for class cancelation is **620-441-5200.***



SAVE THE DATES & TIMES FOR FALL ENROLLMENT

ARK CITY **TUESDAY**
AUGUST 22ND
2-4 PM



IN THE BROWN CENTER WRIGHT ROOM



THURSDAY **WELLINGTON**
AUGUST 24TH
11AM-1 PM



IN THE SHORT CENTER COMMUNITY ROOM

ENROLLMENT

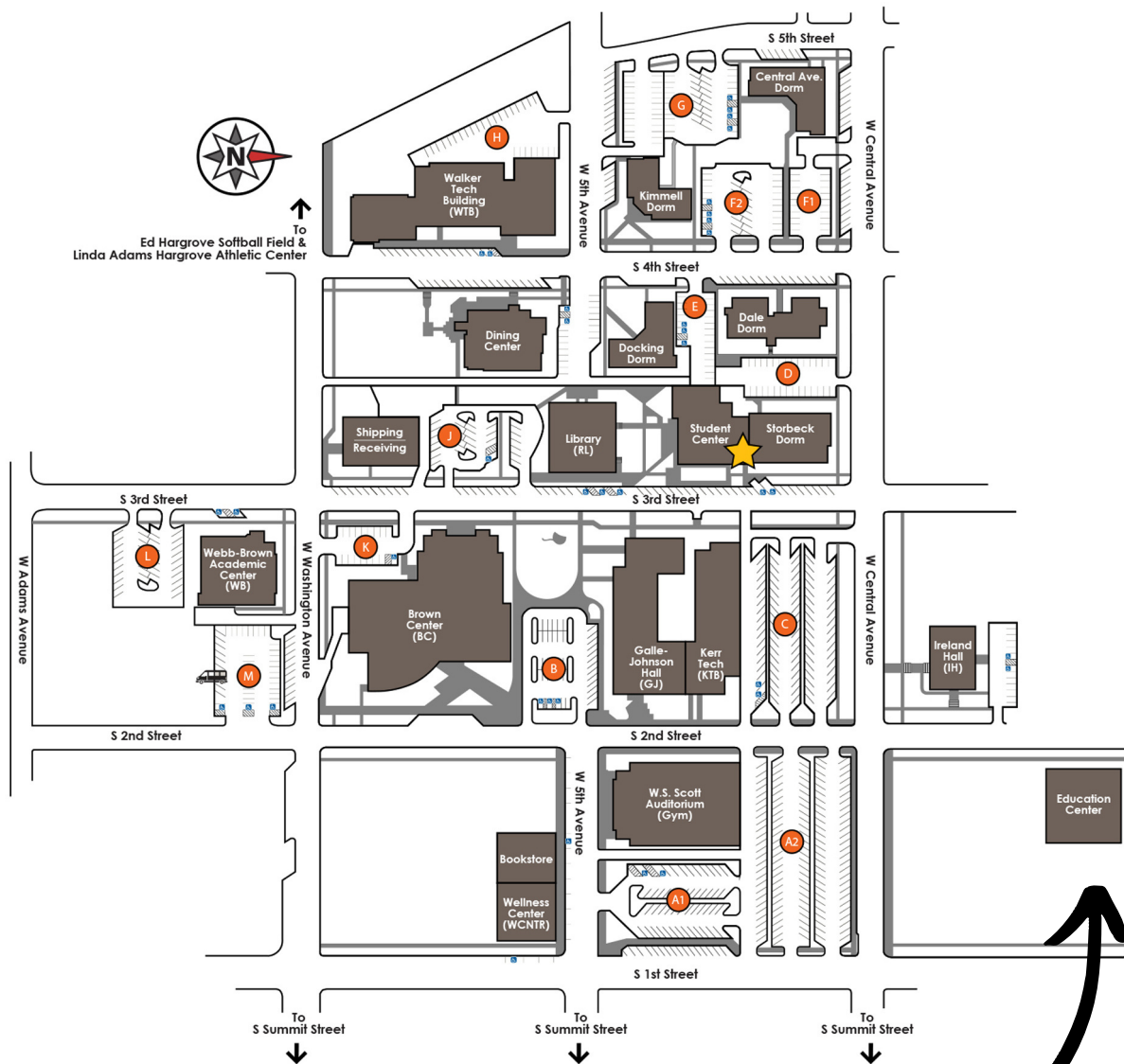
If you are unable to attend either enrollment, you may enroll anytime beginning Friday, August 25th, by contacting Micah via the information listed below. Classes and trips are on a first-come, first-serve basis, and spots cannot be held.

Fees for classes and trips are paid at the time of enrollment. There is a one-time \$5 semester registration fee, and each class is \$5. Some classes have additional costs or supplies needed. Please refer to the class schedule for details.

In an effort to continue to improve the enrollment process, enrollment events may look a little different so please pay careful attention to signage and come with an open mind.

If you have a new address or phone number, be sure to update it with us on your enrollment form.

ARK CITY CAMPUS MAP



Micah has a new office!

The Community Education & Golden Tigers office is now located on the corner of 2nd and Chestnut at 221 W. Chestnut Ave.

The building Micah now resides in is in the process of being renamed. For now, it is listed as the "Education Center." It may have a new name when you arrive on campus.

Please note on the map the difference between Webb Brown and the Brown Center. These are two different buildings, and we have classes in both of them.

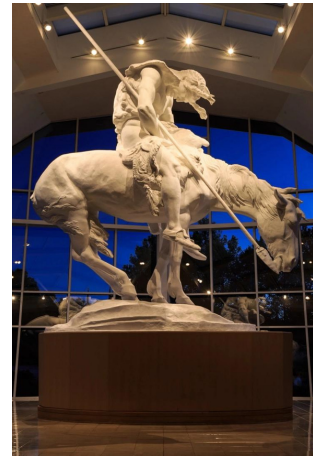
DAY TRIPS

Trip 1: The American Frontier

Wednesday, September 13th in Oklahoma City, OK

Our first day trip of the fall will take us south to OKC where we will visit two phenomenal museums: the National Cowboy and Western Heritage Museum and the First Americans Museum. The First Americans Museum, which opened in 2021, showcases the collective histories of the 39 distinct tribal nations that reside in Oklahoma today, and the National Cowboy Museum is a premier institution of Western history and culture. During our trip, the latter will play host to a visiting exhibit on panoramic photography called the *Widewest*. Throughout this fun-filled day trip, together, we'll experience art, living culture, and unique perspectives while learning more about western history and heritage.

This trip will leave at approximately 7:45am and return to Cowley College around 6:15pm. Lunch is included, and the cost is \$45.



Trip 2: Svensk Hyllningsfest

Friday, October 13th in Lindsborg, KS

Occurring in October of odd numbered years, the residents of Lindsborg, KS host a community-wide festival and don traditional Swedish folk costumes to celebrate the Swedish pioneers who settled the Smoky Valley in 1868 – 1869. The festival features art and crafts, special foods, ethnic music, and other special entertainment while Swedish folk dancers and musicians add to the flavor of the festival. For our October day trip, we'll be attending day one of the festival! There will be many exhibitions to explore, but our day will culminate with one of the best-loved events: the Swedish Smörgåsbord. We will savor the Smörgåsbord, a Scandinavian feast. Most of the food is prepared from recipes handed down from the early Swedish settlers of the Smoky Valley area, but some is imported from through Swedish vendors. All with the goal of an authentic Swedish Smörgåsbord that closely resembles those of yesteryear. This trip will leave at approximately 10:00am and return to Cowley College around 9:00pm. Dinner is included, and the cost is \$45.



Trip 3: Mystery Trip

Tuesday, November 7th / Mystery Location

The reputation of a Golden Tigers Mystery Trip preceded itself. Before Micah took over as Coordinator, mystery trips were a yearly occurrence. We are happy to be able to offer one again. A mystery trip is exactly what it sounds like. Our destination is top secret, kept under lock and key. The Golden Tigers may or may not have been there before. The only hint is that we won't travel further than three hours of driving time in one direction. 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 8am and return to Cowley College around 6:00pm. Lunch is included, and the cost of the trip is \$50.



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.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	T/Th	9/5-9/28	1:00-1:45p	8	Brown Center 203	R. Hettenbach
Oct.	T/Th	10/3-10/31	1:00-1:45p	8*	Brown Center 203	R. Hettenbach
Nov.	T/Th	11/2-11/30	1:00-1:45p	8*	Brown Center 203	R. Hettenbach

* No class 10/26 for Arkalalah

* No class 11/23 for Thanksgiving

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 9:25 a.m., must exit the pool at 10:30 a.m., and are asked to exit the building no later than 10:45 a.m. You may be sharing the locker room with high school students.

Additional course fee: \$7

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	M/W/F	9/1-9/29	9:30-10:30a	12*	ACHS Pool	D. Davidson
Oct.	M/W/F	10/2-10/30	9:30-10:30a	12*	ACHS Pool	D. Davidson
Nov.	M/W/F	11/1-11/30	9:30-10:30a	12*	ACHS Pool	D. Davidson

* No class 9/4 for Labor Day

* No class 10/27 for Arkalalah

* No class 11/24 for Thanksgiving

Breathing through the Holidays

Learn and practice proven breathing techniques to ease the load that holiday stress can be on the mind and body. This one time breathwork class equips you with techniques you can use again and again at home throughout the holiday season. The class will incorporate physical and mental exercises performed on the floor. Please bring accessories to get comfy lying on your back. Example: towel for under knees, small neck pillow, yoga mat.

Term	Days	Date	Time	# Sessions	Location	Instructor
Nov.	M	11/20	2:00-3:00p	1	Brown Center 203	D. Fry

Breath and Movement for the Health of It

A breathing class designed to enhance the overall awareness of the positive health effects of purposeful breath training. The class will cover various breathing techniques that play a key component in any wellness journey. Movement and music are incorporated to gain and maintain range of motion in our joints, create energy, and have fun. We hold our issues in our tissues, movement is medicine, and it creates lotion for motion.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	M	10/2-10/30	1:30-2:30p	5	Brown Center 203	D. Fry

COWLEY COUNTY CLASSES

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 surprise meal and how the meal's ingredients can improve your health. Be prepared to try foods prepared in the demonstration.

<u>Term</u>	<u>Days</u>	<u>Dates</u>	<u>Time</u>	<u># Sessions</u>	<u>Location</u>	<u>Instructor</u>
Sept.	Th	9/7	2:00-3:30p	1	Ark City Presbyterian Manor	Cura Hospitality

Pickleball 101

Are you curious about the hype surrounding Pickleball or just want to learn more about a sport you already love? This class is for you. This class will cover the history of pickleball, how it got its name, the equipment and space needed, and how to keep score. You'll also learn more about the health benefits as you get hands on experience.

<u>Term</u>	<u>Days</u>	<u>Date(s)</u>	<u>Time</u>	<u># Sessions</u>	<u>Location</u>	<u>Instructor</u>
Nov.	M	11/18	6:00-7:00p	1	Wright Room	D. Flickinger

Functional Exercise

This fun 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.

<u>Term</u>	<u>Days</u>	<u>Dates</u>	<u>Time</u>	<u># Sessions</u>	<u>Location</u>	<u>Instructor</u>
Sept.	T/Th	9/5-9/28	10:30-11:30a	8	Brown Center 203	A. Major
Oct.	T/Th	10/3-10/31	10:30-11:30a	8*	Brown Center 203	A. Major
Nov.	T/Th	11/2-11/30	10:30-11:30a	8*	Brown Center 203	A. Major

* No class on 10/26 for Arkalalah

* No class on 11/23 for Thanksgiving

Line Dancing

Learn 10+ line dances, including the Southside Shuffle, Born to Boogie, Twister, and more. As the class progresses, prior dances will be reviewed as new ones are learned.

<u>Term</u>	<u>Days</u>	<u>Dates</u>	<u>Time</u>	<u># Sessions</u>	<u>Location</u>	<u>Instructor</u>
Sept.	M	9/11-9/25	11:00a-12:00p	3	Wellness Center	D. Holman
Oct.	M	10/2-10/30	11:00a-12:00p	5	Wellness Center	D. Holman
Nov.	M	11/2-11/30	11:00a-12:00p	3*	Wellness Center	D. Holman

*No Class 11/20 for Thanksgiving

Stay Strong, Stay Healthy - Level 1

In partnership with K-State Research and Extension Cowley County, Stay Strong, Stay Healthy is an evidence-based, eight-week exercise program. Instructor Becky Reid provides guidance for using hand weights and adjustable ankle weights for specific exercises designed to help participants live healthier. Participants will gain strength and confidence through the class. *Additional course fee: \$15*

<u>Term</u>	<u>Days</u>	<u>Dates</u>	<u>Time</u>	<u># Sessions</u>	<u>Location</u>	<u>Instructor</u>
Sept. - Nov.	M/W	9/18-11/15	11:15a-12:15p	17*	Brown Center 203	B. Reid

* No class 10/25 for Arkalalah

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, eight-week exercise program. Instructor Becky Reid provides guidance for using hand weights and adjustable ankle weights for specific exercises designed to help participants live healthier. Participants will gain strength and confidence through the class. Open to individuals who have completed Level 1 of Stay Strong, Stay Healthy (this is what has been offered in past semesters). *Additional course fee: \$15*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept. - Nov.	M/W	9/18-11/15	12:15-1:15p	17*	Brown Center 203	B. Reid

* No class 10/25 for Arkalalah

EDUCATION

Flag Etiquette

You may already know that the United States flag has 50 stars for 50 states, but there is so much more history behind this American emblem. In this interactive class, participants will learn about the US Flag Code including flag etiquette, history, and raising and lowering the flag. The second session will continue this info, but with an emphasis on the proper method to fold the United States flag. **Repeat from Spring 2023**

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	T	10/10-10/17	10:00-11:30a	2	Education Center	R. Herndon

Prairie Pollinators

Take a virtual walk through the Flint Hills to explore wild flowers that support pollinators from spring to fall. Led by Cowley County Extension Master Gardeners.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	W	11/27	2:00-3:00p	1	Webb Brown 208	B. Reid & Friends

Monarch Tagging & Butterflies

In collaboration with the Chaplin Nature Center, participants will learn about Monarchs, mimics, and how to identify common fall butterflies. Then, the class will proceed outdoors to identify, capture, tag, and record data on Monarch butterflies. In case of inclement weather, class will automatically be rescheduled for 9/28/23.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	T	9/26	10:00a-12:00p	1	Chaplin Nature Center	R. Herndon

The History of Arkalalah

Chairperson of the Cowley College Arkalalah Committee and former Queen Alalah, Shannon O'Toole carries on Terry (Eaton) Naden's tradition of sharing the oral history of Arkalalah, Ark City's Fall Festival. Ahead of the festival, come learn more about its rich history and tradition.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	W	10/18	2:00-3:00p	1	Webb Brown 208	Shannon O'Toole

COWLEY 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. *Additional Course Fee 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
Sept.	F	9/22	1:00-5:00p	1	Webb Brown 205	R. Upton

The National Debt

"The national debt" is a phrase you've probably heard many times, but you may not know the details of it. Join Cowley College's resident economic instructor as he takes a deep dive and shares just exactly what this phrase is referring to. Who do we owe a debt to, and how much debt is there? Come find out!

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	M	10/9	1:00-2:30p	1	Webb Brown 207	Todd Shepherd

ARTS & CRAFTS

Iris Folding Fall Cards

Learn the basics of iris folding techniques while making a couple of seasonal greeting cards. No previous experience needed. *Additional Course Fee \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	S	9/30	10:00-11:00a	1	Education Center	E. Mallory

Maker Morning: Christmas Ornament Edition

It is a Maker Morning! Join papercraft instructor, Emily Mallory for the first ever Golden Tigers Maker Morning. Enjoy a light brunch and a morning of crafts. We'll be making quilled snowflakes (a new design from previous years) and other fun paper crafted Christmas ornaments. *Additional Course Fee \$25*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	S	11/18	9:00-11:30a	1	Webb-Brown 207	B. Waldorf

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 and available for pick up at Micah's office starting 11/27/23. *Additional Course Fee \$30*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	T	11/9	5:00-7:30p	1	Galle Johnson 101	R. Van Arsdale

COWLEY COUNTY CLASSES

DIY: Christmas Tree Macrame

Come learn basic knotting techniques to create a macrame Christmas Tree. This fun piece can be displayed as a wall hanging or in another way as a unique holiday décor piece. No macrame experience needed. *Additional Course Fee \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	M	11/20	6:00-8:00p	1	Education Center	B. Waldorf
Nov.	M	11/27	6:00-8:00p	1	Education 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.

T-Shirt Quilt

Perfect for commemorating a season of life (ie: graduation), a t-shirt quilt is a fun way to transform ordinary shirts into a quilt. Sewing machine needed, but no quilting experience required. Full supply list available at enrollment. *Additional course fee: \$15*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	Th	10/19	4:00-7:00p	1	Field to Fabric	Field to Fabric

Holiday Gifts

In this interactive class, we'll use an Accuquilt die to create bowl cozies and craft tree shaped napkins perfect for holiday gifting needs with a homemade touch. \$15 fee includes kit for one of the holiday gifts. Full supply list available at enrollment. Additional class available if this session fills. *Additional course fee \$15*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	Th	11/16	4:00-7:00p	1	Field to Fabric	Field to Fabric

SPECIAL INTEREST HOBBIES

Double-Deck Pinochle

Learn and/or refresh your Pinochle knowledge. Meeting just inside the Nelson Student Center in the lobby of the Tiger Deli, this hands-on class will help you learn and practice counting meld, bidding, and playing a hand. Come brush up on your skills or learn some new ones!

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	M	9/11-9/25	2:15-4:15p	3	Nelson Student Center	Deb Holman
Oct.	M	10/2-10/30	2:15-4:15p	5	Nelson Student Center	Deb Holman
Nov.	M	11/6-11/27	2:15-4:15p	3*	Nelson Student Center	Deb Holman

* No class on 11/20 for Thanksgiving

Art Exploration: Oil Painting

Join this oil painting class that is open to the community for any age. 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. *Additional course fee: \$80*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.-Dec.	Th	9/14-12/7	6:00-8:30p	12	Kerr Tech 106	M. Flickinger

COWLEY COUNTY CLASSES

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. Please note, this class returns to its evening time slot. *Additional course fee: \$50*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.-Oct.	T	9/12-10/17	6:00-8:30p	6	Kerr Tech 112	S. Roeder
Oct.-Dec.	T	10/24-12/5	6:00-8:30p	6*	Kerr Tech 112	S. Roeder

* No class on 11/21 for Thanksgiving

EXPANDING HORIZONS

Book Club Discussion: Killers of the Flower Moon

The Golden Tigers book club returns. This semester, we'll be reading *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI* by David Grann ahead of the movie based on this book premiering in late October. Read the book at your leisure, and then come ready to discuss, listen, or just have some snacks! At the book club meeting, we will discuss the option of seeing movie together when it comes out later in October if there is interest.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	Th	10/3	2:00-3:30p	1	Nelson Student Center	M. Fry

Voices and Vote: Democracy in America

The Smithsonian Institute is coming to Kansas! Their traveling exhibit "Voices and Votes: Democracy in America" will be at the Winfield Public Library. This exhibit traces the bold American experiment of a government run by and for the people. It examines the influences that shaped the early days of American democracy and dives into the changes that have occurred in the nearly 250 years since. We'll visit the exhibit, explore the topics, and check out the Winfield Public Library.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	W	11/1	1:00-2:30p	1	Winfield Public Library	WPL Staff

Med Instead of Meds

Interested in eating the Mediterranean way, but not sure where to start? In partnership with K-State Research and Extension Cowley County, this Med instead of Meds class series will help you go "Go Med" by exploring 7 simple steps to eating the Med Way. Learn tips, life hacks, and recipes. Each one hour session includes food samples. *Additional course fee \$20*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.-Oct.	M	9/25-10/30	3:00-4:00p	6	Education Center	B. Reid

SUMNER COUNTY CLASSES

SUMNER CAMPUS: EDUCATION

Depression Era Glass

The Golden Tigers are back at a fan favorite Sumner County museum. Come learn about depression era American glassware including patterns, companies and history. Class will be held at the National Glass Museum - 107 N. Washington in Wellington, KS.

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	Th	10/5-10/12	10:00a-12:00p	2	Nat. Glass Museum	Museum Staff

SUMNER CAMPUS: SEWING & QUILTING

Check back at enrollment for details on classes available at The Beehive Quilt Shop. The Beehive Quilt Shop hosts classes at the Beehive Brother Classroom located at 120 N. Washington Ave. in Wellington, KS.

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.



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

Welcome back,
Golden Tigers!