

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.

## Hello and happy spring,

Even though you've received this in winter, our spring semester is finally here! Spring 2024 is gearing up to be a semester for the books. We have several fun partnerships in the works to bring the program some engaging and enlightening classes.

This semester also brings the return of one of the most popular day trips taken since I've been here: Concordia. Oh, and the Cowley Bookstore is ordering apparel! I cannot wait. I'm so glad you are along for the ride this semester.

See you soon!

*- Micah M. Fry*

Spring 2024

[cowley.edu/goldentigers](http://cowley.edu/goldentigers)

# Heads up!

## Important changes are on the horizon for two GT standard processes

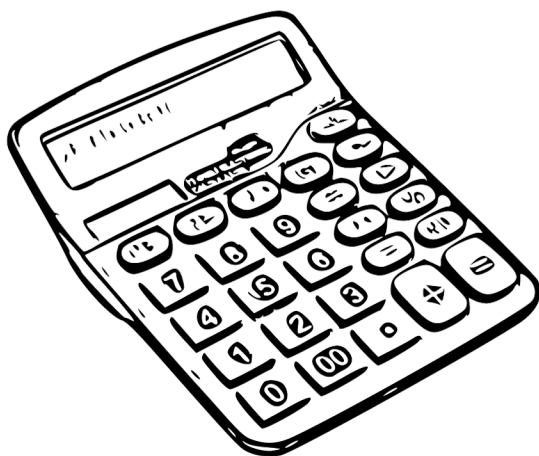
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### 1. MORE FUN FOR MORE GOLDEN TIGERS

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



### 2. STREAMLINING THE EXPERIENCE



The way we have done GT math in the past can be a little complicated. From now on, rather than every class having a “base rate” of \$5, each class’s total price (the \$5 base rate and any additional supply fees) will be listed in the course description. What you see listed as the price is what you pay, no more mental math needed.

**Thank you for your understanding as we update our processes.**

**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.

**WCE Center**

Classes listed as being held in the WCE Center are held in the classroom next to Micah's office at 221 West Chestnut Ave in Ark City.

**WEATHER CANCELCATION**

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 cancellation is*  
**620-441-5200.**

**SAVE THE DATES & TIMES  
FOR FALL ENROLLMENT**

**ARK CITY** **TUESDAY**  
**JANUARY 23RD**  
**2-4 PM**

**IN THE BROWN CENTER WRIGHT ROOM****&**

**THURSDAY** **WELLINGTON**  
**JANUARY 25TH**  
**11AM-1 PM**

**IN THE SHORT CENTER COMMUNITY ROOM****ENROLLMENT**

If you are unable to attend either enrollment, you may enroll anytime beginning Friday, January 26th, by contacting Micah via phone or email as 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's price is listed in this catalog with the course description. The listed price includes any additional costs or supplies needed.

**CREDITS**

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

# APPAREL PREORDER

The Cowley Bookstore is ordering Golden Tiger apparel!



**Heather Gray Short Sleeve T-Shirt**  
Softstyle Tri-Blend (50% polyester /  
25% Ringspun Cotton / 25% Rayon)  
Sizes: Small – 3XL  
Price: \$24.50



**Black Crew Sweatshirt**  
8oz Comfy Crewneck Sweatshirt  
(70% Cotton / 30% Polyester)  
Sizes: Small – 3XL  
Price: \$30.50

**Email [bookstore@cowley.edu](mailto:bookstore@cowley.edu) or call  
620-441-5277 to place your order.**

**The order deadline is January 31, 2024, and payment  
will be due when orders arrive in mid-February.**

Note: These designs are made up of black, white, and orange colors.  
Check out the back page of the newsletter for a full color preview.

## DAY TRIPS

### Trip 1: Broadway's Wicked in OKC

Thursday, February 22nd in Oklahoma City, OK

The musical *Wicked* tells the backstory of the Wicked Witch of the West and the Good Witch of the North from *The Wizard of Oz*. Taking place before Dorothy arrives, it follows the unlikely bond between two young witches, Elphaba and Glinda, and explains how they respectively became the Wicked Witch and the Good Witch. The show, packed with special effects and memorable songs, has been a cultural phenomenon for 20 years on Broadway. This trip, which includes lunch and a matinee of the show, costs \$95 and has a tentative time frame of 10:45am to 9:00pm.



### Trip 2: Underground Bound

Wednesday, March 20th in Hutchinson, KS

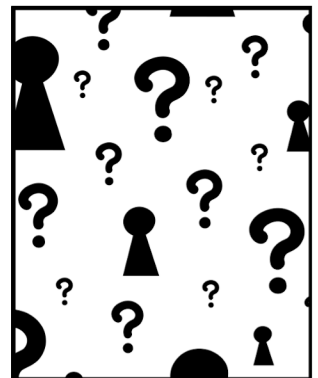
We are bound for underground. First, we're off to Strataga, a salt museum 650 feet underground and built in the heart of one of the biggest rock salt deposits in the world. Our theme continues as we head to a vermicompost farm: Fed N Happy. This earthworm farm is over 100,000 sq. ft. and spread across three states. We'll visit their Hutch location for a tour to learn how these tiny alchemists fertilize and supercharge soil for growing. The tentative time frame of this trip is 7:45am to 6:30pm. Lunch is included, and the cost is \$50.



### Trip 3: Mystery Trip

Wednesday, April 3rd / Location Unknown (to you)

A show? A museum? Something else entirely? 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.



### Trip 4: All Aboard Concordia!

Friday, April 19th in Concordia, KS

From 1854-1929, the Orphan Train Movement transported orphaned and abandoned children from the East Coast to the 48 continental states. This trip to Concordia will take us to the National Orphan Train Complex to learn the history of this movement. It is estimated that 1 in 25 people know an orphan train rider. Cloud County has a rich history though so in addition to learning about this fascinating piece of US history, we'll also tour the restored Brown Grand Opera House Theatre and visit the Nazareth Motherhouse. This gorgeous five story brick convent is the home of the Sisters of St. Joseph of Concordia, KS. It will be a day filled with vibrant history and magnificent architecture. This trip is a repeat of the Concordia visit in Spring 2023. We will depart at 7am and return to Cowley College around 6:30pm. The cost of the trip is \$45, and our catered lunch 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
Feb.	T/Th	2/1-2/29	1:00-1:45p	9	Brown Center 203	R. Hettenbach
Mar.	T/Th	3/5-3/28	1:00-1:45p	6*	Brown Center 203	R. Hettenbach
April	T/Th	4/2-4/30	1:00-1:45p	9	Brown Center 203	R. Hettenbach

\* No class 3/12 or 3/14 for Spring Break

#### Aqua Fun

Aqua Fun is made up of series of specially designed exercises that can help increase joint flexibility and improve mobility. Please note: participants will be allowed into the building at 10:25 a.m., must exit the pool at 11:30 a.m., and are asked to exit the building no later than 11:45 a.m. You may be sharing the locker room with high school students. *Cost: \$12*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	M/W/F	2/2-2/28	10:30-11:30a	12	ACHS Pool	D. Davidson
Mar.	M/W/F	3/1-3/29	10:30-11:30a	10*	ACHS Pool	D. Davidson
April	M/W/F	4/1-4/29	10:30-11:30a	13	ACHS Pool	D. Davidson

\* No class 3/11-3/15 for Spring Break

#### 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. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	M	2/5-2/26	2:30-3:30p	4	Brown Center 203	D. Fry

#### Dining with Diabetes

Learning and eating? Yes, please. This partnership class with K-State Research and Extension Cowley County will focus on strategies that can help to lessen the health risks of diabetes. The class includes hands-on learning, demonstrations, and tasting healthy foods. *Cost: \$30, includes a light lunch*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar- April	T	3/12-4/9	11:30a-1:30p	4	To Be Determined (Ark City)	B. Reid

\* No class 4/2

#### 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
Mar.	Th	3/21	2:00-3:00p	1	Ark City Presbyterian Manor	Cura Hospitality

## 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
Feb.	T/Th	2/1-2/29	10:30-11:30a	9	Wellness Studio	A. Major
Mar.	T/Th	3/5-3/28	10:30-11:30a	6*	Wellness Studio	A. Major
April	T/Th	4/2-4/30	10:30-11:30a	9	Wellness Studio	A. Major

\* No class on 3/12 & 3/14 for Spring Break

### Line Dancing

Boot, scoot, and boogie your way into the weekend with Friday morning Line Dancing. Learn 10+ line dances, including the AC Stomp, Cowboy Cha Cha, Tush Push, Twister, and more. Each class will feature one new dance, and latter sessions will include review. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	F	2/2-2/23	10:30-11:30a	4	Wellness Center	D. Holman
Mar.	F	3/1-3/29	10:30-11:30a	4*	Wellness Center	D. Holman
April	F	4/5-4/26	10:30-11:30a	4	Wellness Center	D. Holman

\*No Class 4/15 for Spring Break

### 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. *Cost: \$25*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.-May	M/W	3/18-5/13	10:45-11:45a	18	WCE Center	B. Reid

### 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). *Cost: \$25*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.-May	M/W	3/18-5/13	9:30-10:30a	18	WCE Center	B. Reid

### Yoga

Participants of all skill levels and mobilities are invited to enjoy one hour of breath focused postures that will support calming the mind and strengthening the body. This class will focus on postures that support strengthening balance and improving flexibility. Limited number of mats available. Feel free to bring your own mat and pillow. *Cost: \$15*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.-May	T	2/6-5/7	12:30-1:30p	12*	WCE Center	RE Couch

\* No class 2/13, 3/12, or 3/19.

**EDUCATION** (Starts on next page...)

## 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. 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	2/16	12:30-5:00p	1	Webb Brown 205	R. Upton

### American Heritage: Symbols on the Kansas Flag

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

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	T	2/6	10:00-11:30a	1	WCE Center	R. Herndon

### Bald Eagles

Continuing the theme of last year's Naturalist Series with the Chaplin Nature Center, this class will focus on the history of Bald Eagles in Kansas, conservation efforts to restore and monitor the Bald Eagle population, eagle growth and development from egg to adult, and Bald Eagle nesting in Kansas. One of the sessions will be a field trip to a local Bald Eagle nest. Details of field trip dependent on eagles and to be discussed at first class. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar-April	Th	3/28-4/18	10:00-11:00a	4	WCE Center	R. Herndon

### Emotional Intelligence & Awareness

This meaningful and interactive workshop delves into the fundamentals of emotional intelligence (also known as: EQ). Led by Cowley College's psychology instructor Krystle Neis, take an hour long journey with insightful activities and practical tools to help you thrive in any situation. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
April	M	4/8	2:00-3:00p	1	Webb Brown 208	K. Neis

### Car Care Clinic

Whether it is your first time being in charge of car maintenance or you are a pro who just wants to have a checklist to work from, this fun and interactive Car Care Clinic will cover basic car maintenance including essential things to check monthly, yearly, etc. Leave confident, empowered, and ready to hit the road with peace of mind! *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
April	F	4/12	1:00-4:00p	1	WCE Center	Bulldog Tire Staff

## COMPUTERS & TECH

### Computers 101

This elementary introduction to computers class will help participants to understand basic computer terms, powering on and off, and how to get comfortable using a mouse, keyboard, desktop, and tower. Class held in a computer lab, offered by Workforce Alliance of Southcentral Kansas staff, and dual listed to community members. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	M	2/5-2/26	1:00-2:00p	4	Webb Brown 105	Digital Skills Coach



## COWLEY COUNTY CLASSES

### Computers 102

This computer class will help participants to learn the basics of composing emails, uploading and downloading attachments, and basic operations of Microsoft Windows, in addition to browsing the internet. Class held in a computer lab, offered by Workforce Alliance of Southcentral Kansas staff, and dual listed to community members. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	M	3/4-3/25	1:00-2:00p	4	Webb Brown 105	Digital Skills Coach

### Exploring Google Applications

This class will explore the Google Suite applications including Calendar, Docs, Sheets, Slides, and Drive. Class held in a computer lab, offered by Workforce Alliance of Southcentral Kansas staff, and dual listed to community members. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
April	M	4/1-4/22	1:00-2:00p	4	Webb Brown 105	Digital Skills Coach

## ARTS & CRAFTS

### Never-Ending Greeting Cards

Learn how to create and make never-ending and ever-changing greeting cards. You'll make 2 during class. *Cost: \$15*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb	Th	2/29	1:00-2:30p	1	WCE Center	E. Mallory

### Scrappy Greeting Cards

Ever wonder what do to with those too beautiful paper scraps? Learn several designs and techniques perfect for those scraps while making several greeting cards. *Cost: \$15*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	Th	3/28	1:00-2:30p	1	WCE Center	E. Mallory

### Iris Folding Greeting Cards

Learn iris folding techniques while creating several greeting cards. This class will have different, new designs. *Cost: \$15*

Term	Days	Dates	Time	# Sessions	Location	Instructor
April	Th	4/11	1:00-2:30p	1	WCE Center	E. Mallory

### Maker Morning: Ink-tastic Designs

Alcohol inks are back by popular request! Come play with alcohol inks to create several vibrant greeting cards and a set of drink coasters. Enjoy a light brunch and a morning of crafts. *Cost: \$30*

Term	Days	Dates	Time	# Sessions	Location	Instructor
April	Sat	4/27	9:00-11:30a	1	WCE Center	E. Mallory

### Glass Fusing: Jewelry Sets

Glass fusing is the joining together of glass at high temperatures. Students will design and create the cabochons for at least two pendant and earring sets to keep or gift 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 4/3/24. *Cost: \$35*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	Th	3/21	5:00-7:00p	1	Galle Johnson 101	R. Van Arsdale

## COWLEY COUNTY CLASSES

### 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.**

#### Fashion Jacket

Stitch up your style with this chic jacket sewing class! Come craft a sophisticated silhouetted piece with a flattering 3/4 sleeve and elegant low-back drape. Learn expert techniques and customize your creation with unique fabrics. You'll make a wardrobe staple to love for seasons to come! Contact Field to Fabric for supply list. *Cost: \$20*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	Th	2/29	3:00-7:00p	1	Field to Fabric	Field to Fabric

#### Baby Quilt

Craft a cuddly heirloom quilt for a little one in your life. Discover beginner-friendly techniques and be guided by expert instructors in this baby quilt making class. Contact Field to Fabric for supply list. *Cost: \$20*

Term	Days	Dates	Time	# Sessions	Location	Instructor
April	Th	4/18	3:00-7:00p	1	Field to Fabric	Field to Fabric

### SPECIAL INTEREST HOBBIES

#### 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! February's class is geared towards beginners covering pronunciation, numbers, days, months, colors, greetings and courtesies. March's class will dive into personal, conversational questions such as age, marital status, children, etc. Finally, in April, the class will include conversation practice with native speakers. 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*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	T	2/6-2/27	4:00-5:30p	4	Webb-Brown 105	D. Holman
Mar.	T	3/5-3/26	4:00-5:30p	4	Webb-Brown 105	D. Holman
April	T	4/2-4/30	4:00-5:30p	5	Webb-Brown 105	D. Holman

*Community Event Spotlight:*

#### Rediscovering the Arkansas River

The Winfield Public Library and Cowley County Historical Society Museum have partnered to bring Humanities Kansas speaker and University of Kansas professor, Hannes Zacharias, to Cowley County to share about the Arkansas River. As the nation's sixth-longest river, it is both the economic engine and burden to millions of people and scores of cities bordering its banks. From raging rapids to diversion dams for irrigation ditches, to dry steambeds, and finally barge traffic, this presentation will examine the impact this wild, elusive, and embattled river has had on cities, towns and adjacent farmland, starting with the Louisiana Purchase in 1803 through to the present day. Held at 1011 Mansfield in Winfield, KS. *Cost: Free & open to all community members*

Term	Days	Dates	Time	# Sessions	Location	Instructor
April	M	4/15	4:00-5:30p	1	CCHS Museum	H. Zacharias

## COWLEY COUNTY CLASSES

### 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
Feb.-May	W	2/14-5/8	1:00-3:30p	12*	Kerr Tech 106	M. Flickinger

\* No class on 3/13 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, 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
Feb.-May	T	2/13-5/7	2:00-4:30p	12*	Kerr Tech 112	S. Roeder
Feb.-May	T	2/13-5/7	6:00-8:30p	12*	Kerr Tech 112	S. Roeder

\* No class on 3/12 for Spring Break

## EXPANDING HORIZONS

### Book Club Discussion: Remarkably Bright Creatures

The Golden Tigers book club returns. This semester, we'll be reading *Remarkably Bright Creatures* by Shelby Van Pelt. This heartwarming story employs the literary device of anthropomorphism, but do not let that scare you away. Read the book at your leisure, and then come ready to discuss, listen, or just have some snacks! *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	T	2/27	2:00-3:30p	1	WCE Center	M. Fry

*Community Event Spotlight:*

### Grant Writing Workshop

Are you a part of an organization or effort that could benefit from grant funding? This workshop hosted by Legacy Regional Community Foundation and K-State Research and Extension Cowley County might be for you. You'll learn sources of data for community needs, where to find grants, elements of a great grant proposal, and practicing the grant elements. To register or for more information, contact Becky Reid directly at 620-221-5450. *Cost: \$60 and includes lunch, open to all community members.*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	W	3/20	9:30-3:30p	1	Brown Center	N. Daniels

### Med Instead of Meds Sampler

In partnership with K-State Research and Extension Cowley County, come get an overview of the Mediterranean-style eating pattern. Learn tips to incorporate into your everyday routine. Food samples provided. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
April	T	4/23	2:00-3:00p	1	Webb-Brown 208	B. Reid

## COWLEY COUNTY CLASSES

### Garden to Glass

Grab your friends and spend the evening with a quick intro into growing herbs and then on to creating delicious beverages that bring your garden to your glass. During the class, you'll learn how to prepare three drinks featuring herbs from the garden! A hint of floral, a dash of herb, and it's incredible the drink you can create with fresh and natural ingredients. Not only do you get to drink these delicious beverages, but you'll also get to take home the recipe card and shaker. Learn gardening tips and instructions for growing herbs and how to turn them into delicious beverages all season long. *Cost: \$35*

Term	Days	Dates	Time	# Sessions	Location	Instructor
April	M	4/1	6:30-8:00p	1	Gottlob Lawn & Landscape	Gottlob Staff



# TECH TUTORING

**1-on-1 tech tutoring is now available to Golden Tigers**

You bring the problem, question, or tech challenge, and a digital skills coach will help you find an answer.

**Sessions available by appointment only on Monday afternoons in February, March, and April. Call 316-771-6717 or email [rcouch@workforce-ks.com](mailto:rcouch@workforce-ks.com) to schedule a session. All sessions will meet in the WCE Center Classroom.**

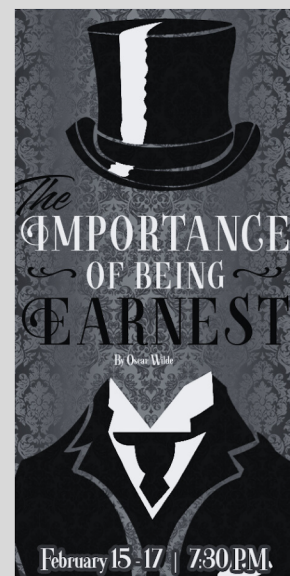
**The WCE Center is where Micah's office is now located, and it houses a Golden Tigers classroom. It is located at 221 West Chestnut in Arkansas City, KS.**



**Don't forget that you might be eligible to see Cowley theatre productions for free.**

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

Cowley Theatre's next play is **The Importance of Being Earnest** on February 15-17 at 7:30pm.



## SUMNER COUNTY CLASSES

### SUMNER CO: SPECIAL INTEREST

#### 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	3/8	12:30-5:00p	1	Short Community Rm	R. Upton

#### Introduction to Pickleball

Have you ever wanted to try Pickleball, but are nervous to be the newbie? This class is for you! No equipment or experience needed, this class is perfect for individuals fresh to the sport or who are wanted to expand their skills. Be sure to wear tennis shoes and bring a bottle of water as this class will give you hands-on experience so you can feel confident joining in to play pickleball. In partnership with Aahn's Place, this class will take place at the Armaan Activity Center at 715 N Woodlawn in Wellington, KS. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructors
Mar.	T	3/5	1:00-3:30p	1	Armaan Activity Center	S. Denny & friends

#### The Libby App: Reading at Your Fingertips

Print books cannot be replaced, but whether you're traveling or on the go, sometimes bringing a book along isn't practical. In this class, the Wellington Public Library will share all about the digital app, Libby. In this class, you'll gain access to a vast collection of free ebooks and audiobooks through Libby. Bring your smart phone or tablet so staff can help you set up a Libby account and check out your first book. If you aren't a patron of the public library, please bring a driver's license with a current address. Class date and time are still to be determined so sign up at enrollment to be notified of finalized date and time. *Cost: Free*

Term	Days	Dates	Time	# Sessions	Location	Instructor
April	Date & Time TBD (see above)			1	Cowley Sumner Campus	WPL Staff

## SUMNER COUNTY CLASSES

### Hands-Only CPR

Whether you're a guardian of grown-ups, a protector of the pint-sized, or a defender of the tiny tots, come learn the art of hands-only CPR tailored for every age group. Cowley's very own Director of EMS Education will teach this class covering adult, child, and infant hands-only CPR, along with brief coverage of choking emergencies. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
April	W	4/17	2:00-3:00p	1	Short Community Rm	C. Cannon

### Law and Order in the Wild West of Sumner County

Join Jim Bales, of the Chisholm Trail Museum, for a presentation on some of the fascinating history of Sumner County. The topic? Sumner County Sheriffs. Desperados. Gunfights. And, hangings. Come learn about law and order in the wild west of Sumner County. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	M	3/25	2:00-3:00p	1	Short Community Rm	J. Bales

## SUMNER CO: ARTS & CRAFTS

### Basic Origami

Origami is the art of paper folding. In this class, you'll learn basic origami folding techniques. We'll then apply these folds to make a variety of basic forms. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	W	2/7-2/28	2:00-3:30p	3*	Short Community Rm	L. Scheufler

\* No class on 2/14 for Valentine's Day

### Never-Ending Greeting Cards

Learn how to create and make never-ending and ever-changing greeting cards. You'll make 2 during class. *Cost: \$15*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	Th	2/8	1:00-2:30p	1	Short Ed Center Rm 206	E. Mallory

### Scrappy Greeting Cards

Ever wonder what do to with those too beautiful paper scraps? Learn several designs and techniques perfect for those scraps while making several greeting cards. *Cost: \$15*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Mar.	Th	3/7	1:00-2:30p	1	Short Ed Center Rm 206	E. Mallory

### Iris Folding Greeting Cards

Learn iris folding techniques while creating several greeting cards. This class will have different, new designs. *Cost: \$15*

Term	Days	Dates	Time	# Sessions	Location	Instructor
April	Th	4/4	1:00-2:30p	1	Short Ed Center Rm 206	E. Mallory

## SUMNER CO: 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.**

## SUMNER COUNTY CLASSES

### SUMNER CO: COMPUTERS & TECH

#### Android & iPhone Basics

Students will learn the basics of Android and iOS for their tablets and cell phones. This will include default apps along with how to install new apps. Sharing of multimedia, camera and text between apps will be covered. Students will need to bring in an Android or Apple device (iPad, iPhone, etc). This class is offered in partnership with Kanokla and will take place at their Kanokla Upstairs Downtown location at 7 West Avenue A in Caldwell, KS. As part of the Bits & Bites: Tech Talk for Everyone series, a light brunch will be served. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	Sat	2/3	9:00-11:00a	1	Kanokla Upstairs Downtown	D. Hays

#### Cybersecurity Basics - Help Prevent Fraud & Spam

Students will learn the basics of cybersecurity. This will include understanding the basic types of viruses, malware, and worms. Various strategies of attacks will be covered (Trojans, Ransomware, Spyware, Adware, Phishing, Mobile Malware, Keyloggers, etc.). This session will cover prevention and how to be safe on the World Wide Web. This class is offered in partnership with Kanokla and will take place at their Kanokla Upstairs Downtown location at 7 West Avenue A in Caldwell, KS. As part of the Bits & Bites: Tech Talk for Everyone series, a light brunch will be served. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	Sat	2/17	9:00-11:00a	1	Kanokla Upstairs Downtown	D. Hays

#### Streaming 101

Students will learn the basics of streaming including on a variety of devices. The options of streaming versus cable are presented. The difference between Smart TVs, Roku, Fire sticks, and Chromecast are covered. A variety of free streaming services are provided as well as pay options. This class is offered in partnership with Kanokla and will take place at their Kanokla Upstairs Downtown location at 7 West Avenue A in Caldwell, KS. As part of the Bits & Bites: Tech Talk for Everyone series, a light brunch will be served. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	Sat	2/24	9:00-11:00a	1	Kanokla Upstairs Downtown	D. Hays

#### “Choose Your Own Adventure” - Topic to be Determined by Class

In this “Choose Your Own Adventure” tech class, topics of interest may be submitted to Micah or David Hays ahead of time. Consider this class a mystery tech class, as the class will be made up from questions and topics submitted in advance. This class is offered in partnership with Kanokla and will take place at their Kanokla Upstairs Downtown location at 7 West Avenue A in Caldwell, KS. As part of the Bits & Bites: Tech Talk for Everyone series, a light brunch will be served. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Feb.	Sat	3/2	9:00-11:00a	1	Kanokla Upstairs Downtown	D. Hays

#### Google Workspace

Students will learn the basics of Gmail, Meet, Chat, Calendar, Drive, Docs, Sheets, Slides, Forms, Sites, Keep, and many more. Students should bring their own laptop if they have one available. *Cost: \$5*

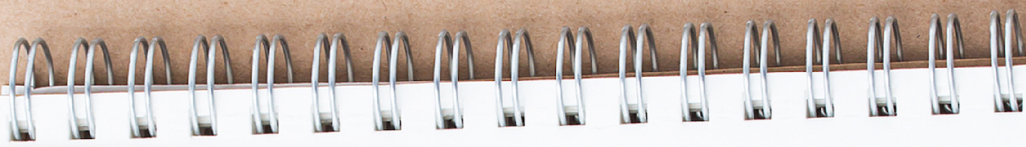
Term	Days	Dates	Time	# Sessions	Location	Instructor
April	T/Th	4/2-4/11	1:00-2:00p	4	Tech & Innov Ctr Rm 106	D. Hays

#### 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.*



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



*Apparel preorder details inside.*



*Check out this sneak peak in color.*