

# INSTITUTE OF LIFETIME LEARNING Spring, 2005

**SPRING PICNIC**  
Tuesday, May 10th  
12:30 PM

The annual Spring Picnic will be held Tuesday, May 10<sup>th</sup> at the Brown Center, Earle Wright Room. Lunch will be served at 12:30 p.m.

Come join us for food, fun and fellowship!! The Readers' Theater group always has a great program and it is an excellent time to visit with other ILL participants and guests. The cost for the luncheon will be \$7.50.

## **AARP 55 ALIVE DRIVER SAFETY PROGRAM**

The AARP 55 Alive Driver Safety Program teaches you about the normal, age-related changes that interfere with vision, hearing, and physical strength that influence driving ability and attitudes, and the impact of medications when driving.

This class will be held Thursday and Friday, April 14<sup>th</sup> & 15<sup>th</sup> in Winfield. It will also be presented in Arkansas City on Wednesday and Thursday, April 27<sup>th</sup> & 28<sup>th</sup>. The Winfield sessions will be held at the Winfield Center (8<sup>th</sup> & Gary) and the Ark City sessions will be held in KTB 115. Classes are held from 1:00 – 5:00 p.m. each day. **You must attend both days to complete the course and receive your certificate.** There is a \$10 fee to cover class handouts.

**SPRING ENROLLMENT**  
Tuesday, January 25th  
1:00 – 4:00 PM

**Enrollment for the Spring Semester** will be held Tuesday, January 25, 2005 from 1:00 - 4:00 p.m. in the Brown Center, Earle Wright Room. **Enrollment by phone or mail accepted after January 25th.**

Be sure to bring your mailing labels to use on your enrollment form and sign up sheets. Social Security numbers and date of birth are very important for student records and must be listed on all ILL enrollment forms.

Fees for classes and trips are paid at enrollment. There is a \$5.00 registration fee and \$2.00 per class fee. Some classes have additional costs as listed in the schedule.

### **REFUND POLICY**

**CLASSES:** Refunds are not given if you are unable to attend a 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 family. We greatly appreciate a substitute in your place if at all necessary.

Office Hours: Mon.-Thur., 8:30 – 12:00 Noon  
Phone: 441-5286 or 1-800-593-2222 Ext. 5286  
Enrollment: January 25, 2005, 1-4 p.m. – Brown Center

## For Your Information

**ILL Attendance** – Class attendance is not required; however instructors work hard to prepare for these classes. Please let your instructor know if you cannot attend class sessions.

**New ILL Teachers** – This semester Jerry Campbell will be teaching a Gardening class. Many thanks to all our teachers for their time and talents.

**Classes in Eastern Cowley County** – This semester classes in Creative Writing, Computers, Crafts, a Log Cabin Quilt, and Golf will be offered. A complete schedule is available at the ILL Office.

**On-line Education Courses** – Classes begin each month! These courses are being offered for continuing education or personal enrichment. Some of the classes available on-line are Creating Web Pages, Getting Organized with Outlook, Photoshop, Write Your Life Story, Travel Writing, Personal Financial Planning, Poetry, and many others. Each course runs for 6 weeks and consists of 12 lessons. For more information, please contact Janice Stover or log on at:

[www.ed2go.com/cowley](http://www.ed2go.com/cowley)

**Relay for Life** – The Institute of Lifetime Learning will again have a team for the American Cancer Society Relay for Life. The team worked very hard last year and received a BRONZE AWARD. The ILL Board decided they would like to continue this project. If you would like to be on the team, please let me know. We need your help to make this successful.

## Educational Trips

### **Tuesday, March 29<sup>th</sup> – Oklahoma**

Our trip to Oklahoma will include stops at the Omniplex in OKC and the Sam Noble Oklahoma Museum of Natural History in Norman, OK. The largest Norman Rockwell Saturday Evening Post exhibit ever assembled will be featured at the Omniplex in OKC. The collection includes 100 original Post covers, 40 interactive experiences, life-sized sculptures, and an original Norman Rockwell Painting. The museum in Norman has seven galleries that feature ancient life, natural wonders, people of Oklahoma, and world cultures. An exhibit that provides a closer look at eagles, falcons, owls, and vultures will also be at the museum during our visit. We will depart from Ireland Hall at 7:30 a.m. and return by 7:00 p.m. Cost will be \$30 plus lunch.

### **Monday, April 25<sup>th</sup> – Mystery Trip**

North, South, East, or West – What's your guess?? It's sure to be fun for everyone, so don't delay and sign up today!!! Comfortable clothes and shoes are always recommended. Depart from Ireland Hall at 7:30 a.m. and return early evening. Cost is \$40 and includes lunch.

### **Thursday, May 5<sup>th</sup> – Wichita, KS**

The last trip for the semester will be to the Crown Uptown Dinner Theater in Wichita. After a buffet lunch, we will enjoy Roger and Hammerstein's "The Sound of Music". This show is sure to fill your heart with laughter, romance, and music. The bus will depart at 10:00 a.m. and arrive back around 5:00 p.m. Cost is \$35. Includes lunch and show.

**Trip Refund Policy** -Refunds for trips are given only  
For family emergency, illness, or death in family.

## Classes

**Exercise** – Session I – Monday & Wednesday, February 2, 7, 9, 14, 16, 21, 23 and 28, 1:30 – 2:30 pm. Brown Center – Room 131. Gina McKown, Instructor. Class participants will work on the joint area and flexibility. Basic stretching, kickboxing, yoga, and using vita bands will also be explored.

**Aqua Fun** – Session I – Tuesday & Thursday, February 1, 3, 8, 10, 15, 17, 22, and 24, 9:30 – 10:30 a.m. Family Aquatics Center, ACH.S. Debbi Davidson, Instructor. Participants will be led by trained personnel through a series of specially designed exercises that can help increase joint flexibility and improve mobility. It is not necessary to know how to swim.

**Woodcarving** – Tuesday, February 1, 8, 15, 22, and March 1, & 8, 1:30 – 3:00 p.m. Cherokee Strip Museum. Chuck Hill, Instructor. This class is for beginning and advanced carvers. Carving tools are required.

**This & That** – Tuesday, February 8, 15, 22, and March 1, 8, and 15, 3:30 – 4:30 p.m., Kerr Technology Building, Room 115. Margaret Neal, Instructor. Each session will have a guest speaker and cover a variety of topics. Some of the topics this semester will include a valentine surprise, health & exercise, senior services and Big Brothers-Big Sisters programs in Cowley County.

**Painting for Enjoyment** – Wednesday, February 9, 16, 23, and March 2, 9, and 16, 2:00 – 4:00 p.m. Winfield Center. Debbie Williams, Instructor. This class is for all skill levels. Participants will work on individual projects during the class. Oil paints, brushes, paint thinner and canvas will be needed. A

complete supply list will be available at enrollment.

**Beginning Bridge** – Monday & Tuesday, February 21 & 22, 28 & March 1, 1:30–3:00 p.m. Ireland Hall – Room 201. Jack and Jeanne Baird, Instructors. Participants will gain tips on playing bridge and practice playing the game. This class is great for the beginner or more experienced player.

**Gardening** – Thursday, February 24, March 3, 10, 17, & 31, 1:30 – 3:00 p.m., Kerr Technology Building, Room 122. Jerry Campbell, Instructor. This class will be an information exchange among the participants regarding the successes and failures with their annual and perennial flowers, vegetables, herbs, and trees. Sources, plant preparations, fertilization, growing tips, harvesting, propagation, pests and diseases are some of the topics that will be explored. A seed/bulb/plant exchange will also be available as well as a possible class project in Arkansas City. The Wichita Lawn, Flower & Garden Show will also be a special trip for class participants.

**Scrapbook Borders & More** – Wednesday, February 23, March 2, 9, & 16, 1:30 – 3:00 p.m., Ireland Hall, Room 201. Margaret Neal, Instructor. Learn to create some quick and easy designs for your scrapbook. Seasonal and multi purpose borders will be created. Paper piecing and other paper techniques will be explored. There will be a \$10 fee for class supplies. Basic scrapbooking tools helpful but not required.

## March, 2005

**Exercise** – Session II – Monday & Wednesday, Feb. 28, March 2, 7, 9, 14, 16, 28, & 30, 1:30 – 2:30 pm. Brown Center – Room 131. Gina McKown, Instructor. Class participants will work on joint area and

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flexibility. Basic stretching, kickboxing, yoga, and using vita bands will also be explored.

**Aqua Fun** – Session II – Tuesday & Thursday, March 1, 3, 8, 10, 15, 17, 29 & 31, 9:30– 10:30 a.m. Family Aquatics Center, ACHS. Debbi Davidson, Instructor. (See Session I)

**Basic Computers** – Saturday, March 5, 9:30 a.m. – 11:30 a.m., Kerr Technology Building, Room 111. Roberta White, Instructor. This class will focus on computer basics, terms, windows, and word processing. Getting online, searching techniques and exploring websites will also be covered.

**Quick & Easy Table Toppers** – Tuesday, March 15, 9:00 a.m. – 3:00 p.m., Winfield Center, 8<sup>th</sup> and Gary. Sue Carpenter, Instructor. This is an easy project and great to make for yourself or for a special gift. Select large prints or fun novelty fabrics for your table topper. Supply list available at enrollment. Basic sewing supplies and machine required.

**Basic Computers** – Wednesday, March 30, April 6, 13, 20, and 27, 1:30 – 3:00 p.m. Kerr Technology Building – Room 111. Margaret Neal, Instructor. Learn the tools and techniques to operate your computer! This class will cover basic computer skills from turning on the computer to adding pictures and art to your documents.

## April, 2005

**Exercise** – Session III – Monday & Wednesday, April 4, 6, 11, 13, 18, 20, 25, 27, 1:30 - 2:30 p.m., Brown Center – Room 131. Gina McKown, Instructor. Class participants will work on the joint area and flexibility. Basic stretching, kickboxing, yoga, and using vita bands will also be explored.

**Aqua Fun** – Session III – Tuesday & Thursday, April 5, 7, 12, 14, 19, 21, 26, and 28, 9:30 – 10:30 a.m. Family Aquatics Center, ACHS. Debbi Davidson, Instructor. (See Session I)

**How to Take Great Photos!!** – Friday, April 1, 8, 15, 22 & 29, 9:30 – 11:30 a.m., Location will vary. Linda Johnson, Instructor. This beginner class will focus on basic tips for taking pictures with digital cameras. Class participants will take pictures and gain information about printing digital prints.

**Readers' Theater** – Tuesday, April 5, 12, 19, 26 and May 3, 2:30 – 3:30 p.m., Brown Center – Room 132. Tom Mason, Instructor. Class participants have a great time performing readings and short plays during class and at the Spring Picnic. The class members will present the program at the Spring Picnic.

**Snazzy Bag** -Tuesday, April 12 & 19, 9:00 a.m. – 3:00 p.m. Winfield Center, 8<sup>th</sup> & Gary, Sue Carpenter, Instructor. Make a purse that can be as casual or dressy as you want to make it. This purse has lots of pockets and closes with a magnetic snap. Supply list will be available at enrollment. Basic sewing supplies & machine required.

**AARP 55 Alive Driver Safety** – Thursday and Friday, April 14 & 15, 1:00 – 5:00 p.m. Winfield Center – 8<sup>th</sup> & Gary. Ed Hanna, Instructor. This is an eight-hour classroom refresher course for experienced motorists age 50 and older. There is a \$10.00 fee to cover class handouts. Class size is limited.

**AARP 55 Alive Driver Safety** – Wednesday & Thursday, April 27 & 28, 1:00 – 5:00 p.m. Kerr Technology Building, Room 115. Ed Hanna, Instructor. (See above class)