

COWLEY COLLEGE

GOLDEN TIGERS

NEWSLETTER

Fall 2025

Save the Dates:

Ark City Enrollment is on
**Monday, August 11th from
2-4pm** in the Brown Center
Wright Room.

Wellington Enrollment is on
**Wednesday, August 13th
from 11am-1pm** in the Short
Center Community Room.

Golden Tigers Mission:

The Cowley College Golden Tigers is an educational program offered to community members who are at least 50 years of age. Through classes, day trips, and workshops, it seeks to provide opportunities that promote the social, intellectual, mental, spiritual, and physical health of its members.

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Golden Tigers Office

Cowley College WCE Center
221 W. 2nd Street in
Arkansas City, KS. 67005



cowley.edu/goldentigers

FIRST CLASS BASICS

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

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 Monday, August 18, by contacting Micah via phone or email.

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.

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!

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 not guaranteed. They are given only for family emergency, illness, or death in the family. A substitute in your place is greatly appreciated if possible.

Transfer and refund credits are subject to an administrative fee and unreturnable supply costs. Credits will be held for 5 years and then considered a donation to the program.

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 auxiliary waitlist for the additional trips.

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

Hello Golden Tigers,

I have a quick personal update for you all. My husband has recently accepted a job opportunity in another state, and I want to take a moment to clarify my continued role with the Golden Tigers program.

I'm happy to share that I will be continuing in my role managing community education and the Golden Tigers program. The college has graciously approved a hybrid work arrangement for me. This means I'll be working some weeks in person on campus, and other weeks remotely.

I want to assure you that I remain committed to the Golden Tigers program. This new arrangement will not impact the quality, variety, or spirit of the program you have come to know and love. We will continue to offer the same high-caliber courses, engaging activities, and enriching experiences that make Golden Tigers so special. All while still working to make the program more sustainable and accessible as it grows. I will continue to be dedicated to ensuring the program's ongoing success and growth.

I am genuinely excited for all that we have planned this semester and look forward to seeing many of you in person and connecting with you throughout the upcoming semester. Please know that while you may not catch me when you drop into the WCE Center for a class, I am still accessible by email and phone. Thank you for making the Golden Tigers community so wonderful.

- Micah M. Fry

Save the Dates:

| Ark City Enrollment is on **Monday, August 11th** from **2-4pm** in the Brown Center Wright Room.

Wellington Enrollment is on **Wednesday, August 13th** from **11am-1pm** in the Short Center Community Room.

Open enrollment begins **Monday, August 18th** via phone and email.

DAY TRIPS

Trip 1: Come From Away Musical

Thursday, September 18th in Salina, KS

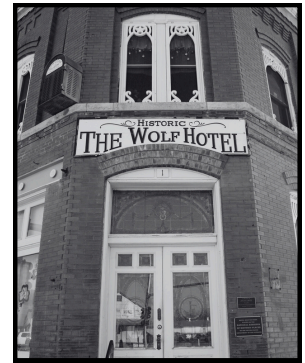
Theatre Salina presents a regional production of *Come from Away* a heart squeezing musical put on at the Kephart Theatre. *Come from Away* is based on the true story of the time when the isolated community of Gander, Newfoundland, played host to the world. What started as an average day in a small town turned into an international sleepover when 38 planes, carrying thousands of people from around the globe, were diverted to Gander's airstrip on September 11, 2001. Undaunted by culture clashes and language barriers, the people of Gander cheered the stranded travelers with music, an open bar, and the recognition that we're all a part of a global family. This show explores themes of human connection, resilience, and the power of community. This trip, including dinner before the show, will cost \$60 and has a tentative time frame of 3:00pm to midnight.



Trip 2: Police and Prohibition

Wednesday, October 8th in Ellinwood, KS

A repeat from Spring 2025: To kick off this day trip, we are headed back in time to the Wild West and the prohibition era! In Ellinwood, KS., we will visit the 1894 Historic Wolf Hotel and get a glimpse of life along the Santa Fe Trail during prohibition times. While the rich history of the hotel is fascinating enough, the real intrigue lies below the surface. It's lower level is connected to an underground tunnel system that runs throughout Ellinwood. Once home to a variety of storefront, these tunnels now house a fully functioning prohibition era speakeasy bar that operates on Fridays and Saturdays. Together, we'll tour the tunnels and travel back in time. Please note, the tunnels on this tour are accessible only by stairs, and the tunnels may find us on slightly uneven ground. There will be places to sit and rest throughout the tour though. After our adventures, we'll head back to modern times at the Kansas Law Enforcement Training Center. We'll learn about the training center, tour their classrooms, and we might see if we can peak into an active training scenario! We'll leave at approximately 7:30am and return to Cowley College around 6:30pm. Lunch is included, and the cost of the trip is \$45.



Enrollment Essentials

Enrolling in person and on paper is quite an orchestrated event. To ensure an orderly process, we will be using a ticket system for our line. Tickets will be available starting at 12pm at Ark City's event and at 10am at Wellington's event. You do not need to arrive this early, but please do not congregate earlier than this. Event doors will open for phased entry approximately 15-30 minutes before each event.

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

DAY TRIPS

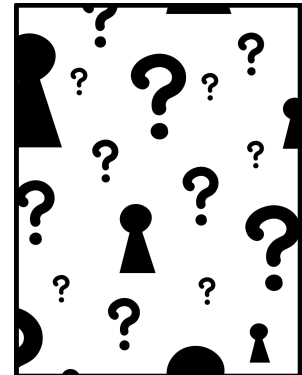
Trip 3: Svensk Hyllningsfest Friday, October 17th in Lindsborg, KS

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. After we had so much fun two years ago, we are headed back to attend day one of the festival again! 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 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 9:15pm. Dinner is included, and the cost is \$45.



Trip 4: Mystery Trip Thursday, November 13th / Location Unknown (to you)

It is a top secret trip. Sign up, hop on the bus, and be surprised. This semester's hints: we are headed north to Wichita and, unlike several of our past November trips, this one won't center around holiday fun. 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 6:30pm. Lunch is included, and the cost of the trip is \$55.



Enrollment Essentials

Open enrollment starts Monday, August 18th. Please call or email to enroll. Enrollments are processed in the order they are received. If you leave a voicemail or send an email, please be detailed, and expect a follow up with availability and to confirm your enrollment.

Reminder: We are always working to improve the enrollment process and appreciate all feedback. Keep in mind that there are many factors influencing our enrollment process that may not be immediately apparent. Broader implications are always considered, and a smooth experience is always the goal. Thank you for your patience as we continue to scale the Golden Tigers program as it grows.

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
Oct.	T/Th	10/2-10/30	1:15-2:00p	7*	Brown Center 203	R. Hettenbach
Nov.	T/Th	11/4-11/20	1:15-2:00p	6	Brown Center 203	R. Hettenbach

* No class 10/21 or 10/23 for Fall 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
Sept.	M/W/F	9/3-9/29	10:30-11:30a	12	ACHS Pool	ACR Staff
Oct.	M/W/F	10/1-10/31	10:30-11:30a	13*	ACHS Pool	ACR Staff
Nov.	M/W/F	11/3-11/24	10:30-11:30a	10	ACHS Pool	ACR Staff

* No class 10/22 or 10/24 for Fall Break

Golden Bootcamp (formerly Functional Exercise)

This class is the same class previously offered as "Functional Exercise." Utilizing circuit training, this class employs guided exercises to improve joint mobility and stability, muscular endurance and strength, and balance and coordination. Light weights and elastic resistance bands will be incorporated. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	T/Th	9/2-9/30	10:30-11:30a	9	Wellness Studio	A. Major
Oct.	T/Th	10/2-10/30	10:30-11:30a	8*	Wellness Studio	A. Major
Nov.	T/Th	11/4-11/25	10:30-11:30a	7	Wellness Studio	A. Major

* No class on 10/23 for Fall Break

Med Instead of Meds

In partnership with K-State Research and Extension Cowley County, come learn more about the Mediterranean style of eating and health benefits. This class will include food samples and help you adopt Mediterranean techniques (instead of medications). *Cost: \$20*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	F	9/5-9/26	10:30a-12:00p	4	WCE Center	B. Reid

Fueling Hormonal Harmony with Sierra Bowlby Fitness

Hosted by Certified Nutritional Coach, Sierra Bowlby, this nutritional class is designed to empower perimenopausal and menopausal women with practical dietary strategies. Come learn about the hormone-food connection with a focus on low-inflammation foods and techniques to manage cortisol levels. This class aims to empower participants with actionable knowledge. *Cost: \$7*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	Th	9/18	1:00-2:15p	1	WCE Center	S. Bowlby

COWLEY COUNTY CLASSES

Balance & Body Harmony with Sierra Bowlby Fitness

Certified Personal Trainer, Sierra Bowlby brings us this mindful fitness class focusing on building functional strength, improving balance, and enhancing overall body awareness in a calm and accessible way. Low impact exercises and fluid, connected movements that can be easily modified will focus on building core strength and improving stability. *Cost: \$10*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	T/F	9/2-9/30	4:30-5:30p	9	Wellness Studio	S. Bowlby
Oct.	T/F	10/3-10/31	4:30-5:30p	8*	Wellness Studio	S. Bowlby
Nov.	T/F	11/4-11/25	4:30-5:30p	7	Wellness Studio	S. Bowlby

* No class on 10/24 for Fall Break

Breath, Soul, and Body

We know breath as the lifeline to the body, and science declares the positive physical health benefits of slow diaphragmic breathing on the body. Come explore the intersection of breath with the soul - all its thinking, decisions, and emotions. Learn the role of breath over matter and mind. Class consists of lecture and lab so bring a pillow to get comfortable during the breath session. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	W	9/10	1:30-2:30p	1	WCE Center	D. Fry

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	9/29-11/14	1:00-2:00p	13*	WCE Center	B. Reid

* No class on 10/24 for Arkalalah; some make up classes may be scheduled on Wednesdays.

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	9/29-11/14	2:15-3:15p	13*	WCE Center	B. Reid

* No class on 10/24 for Arkalalah; some make up classes may be scheduled on Wednesdays.

Line Dancing

Boot, scoot, and boogie your way into the week with some Monday afternoon Line Dancing. Learn 10+ line dances, including the Cowboy Cha Cha, Tush Push, Twister, and more. Each class will feature several new dance, and latter sessions will include review. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	M	9/8-9/29	2:30-3:30p	4	Wellness Center	D. Holman
Oct.	M	10/6-10/27	2:30-3:30p	4	Wellness Center	D. Holman
Nov.	M	11/3-11/24	2:30-3:30p	4	Wellness Center	D. Holman

COWLEY COUNTY CLASSES

Wits Workouts

Engage and interact with others in this educational brain health program. Each session will feature activities that challenge your brain and improve your memory! *Cost: Free*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	W	10/1-10/15	3:30-4:30p	3	WCE Center	B. Reid

Partner Dance

Join in the fun of this partner dance class! Come learn the Texas 2-step, regular 2-step, the Waltz, and the Western swing. Partner needed; gender doesn't matter. Both individuals should sign up for the class. This class is open to the public and Golden Tigers. It will be renewed and extended into October and November if there is interest. *Cost: \$5 per Golden Tiger; \$10 per community member*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	M	9/8-9/29	4:00-5:00p	4	Brown Center 203	D. Holman

EDUCATION

Worms, Wellness, and Waste Not

Join K-State Research and Extension Cowley County Master Gardeners to discover how small, hands-on actions like vermicomposting can create big environmental and personal impacts. In this workshop, you'll build your own red wiggler worm bin to take home—complete with live worms, bedding, and a care guide—while enjoying tea, snacks, and thoughtful conversation. Along the way, we'll explore how composting nurtures not just soil, but also a sense of calm, connection, and purpose. *Cost: \$25*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	T	9/30	10:00a-12:00p	1	WCE Center	Master Gardeners

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	10/10	12:30-5:00p	1	Webb Brown 205	R. Upton

Mastering the Dillons App

Learn how to make the most of your shopping trips with the Dillons App in this workshop presented by Breanna Dittert, Digital Navigator. If you have a smart phone, please bring it with you. This hands-on program will be offered for Golden Tigers in this session, and a repeat of the program will be offered to the public on Monday, Oct. 20 at 5pm. The Winfield Public Library is located at 605 College St. in Winfield, KS. *Cost: Free*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	M	10/13	5:00-6:00p	1	Winfield Public Library	B. Dittert

COWLEY COUNTY CLASSES

Estate Planning Essentials

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

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	Th	9/25	2:00-3:00p	1	WCE Center	J. Brewer

Grow Your Own Calm: Build a Terrarium

Explore the healing power of plants and creativity in this hands-on workshop with K-State Research and Extension Cowley County Master Gardeners. You'll create your own tabletop terrarium using glass, soil, plants, and decorative elements—no gardening or crafting experience required. Along the way, we'll talk about how nurturing living things can reduce stress and spark joy, leaving you with a living work of art and a calmer mind. *Cost: \$30*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	T	10/7	10:00a-12:00p	1	WCE Center	Master Gardeners

ARTS & CRAFTS

You Paint It: Outdoor Entry Mat

Brighten your entryway and have fun doing it in this fall themed doormat painting class. Choose from ready-to-go stencils or bring your own design idea, and create your own personalized door mat. *Cost: \$40*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	M	9/29	6:00-8:00p	1	WCE Center	K. Billings

Introduction to Basket Weaving

Unwind and connect with history through the ancient craft of basket weaving. Learn basic weaving techniques to create your very own handwoven basket. Using all natural reeds, no glue, and no nails, this class is an introduction to the authentic art of basket making. No prior experience needed; class is structured for beginners. This class will be making a different basket than the last time that it was offered: a Cape Cod Blueberry Basket, appx 6" wide and 7" tall with notched oak handle. *Cost: \$20, full kit included*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	T	9/16 & 9/23	1:00-3:00p	2	WCE Center	K. Shaw

Wicker Basket Weaving

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

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.-Oct.	T	9/30 & 10/7	1:00-3:00p	2	WCE Center	K. Shaw

Papercrafted Christmas

Come and learn up to three different papercrafting techniques to create unique and special Christmas ornaments. Light brunch snacks will be provided. *Cost: \$35*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	Sat	11/8	9:00a-12:00p	1	WCE Center	E. Mallory

COWLEY COUNTY CLASSES

Mosaic Christmas Signs

Join this fun class to create a beautiful outdoor Christmas concrete mosaic. For this two part mosaic tile class, you can select your design (Santa, snowman, reindeer, etc.) and create a custom art piece for your home. Class location provided post enrollment. *Cost: \$30*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	M/W	11/10 & 11/12	1-5pm & 1-3pm	2	Private Home	C. Freeland

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.

Foundation Paper Piecing: Quilts of Valor Community Project

Learn foundation paper piecing techniques to create a quilt block. Completed quilt blocks will stay at the shop to be combined for a quilt to be given to a Quilts of Valor veteran. Pattern and fabric provided; notions list available upon enrollment. *Cost: \$20*

Term	Days	Dates	Time	# Sessions	Location & Instructor
Oct.	Th	10/16	3:00-7:00p	1	Field to Fabric

Embroidery Tea Towel

Learn basic embroidery techniques to create an embellished tea towel. This project is comprised of a circular flower ring with a quote in the middle, and is perfect to display in your kitchen or gift to a friend. Open to beginners. No embroidery experience needed. Photos of design available at enrollment. *Cost: \$20*

Term	Days	Dates	Time	# Sessions	Location & Instructor
Nov.	Th	11/6	3:00-7:00p	1	Field to Fabric

SPECIAL INTEREST HOBBIES

Community Event Spotlight:

Pizza Ranch: Bingo Bash

Join in the fun at the Ark City Pizza Ranch's September Bingo extravaganza. Come enjoy a buffet lunch, comradery, and a chance to win some fun prizes! To register or for more info, call Pizza Ranch at 620-741-5063. Address: Pizza Ranch at 2825 N. Summit in Ark City. *Cost: \$20 includes buffet lunch, set of bingo cards, and dauber*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	T	9/9	1:00-3:00p	1	Ark City Pizza Ranch	Staff

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. Class open to new or repeat students. The additional course fee will cover all materials needed for the course. *Cost: \$85*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.-Dec.	W	9/10-12/3	1:00-3:30p	11*	Kerr Tech 106	M. Flickinger

* No class on 10/22 for Fall Break or 11/26 for Thanksgiving.

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. Note, available seats will depend upon student enrollment numbers. *Cost: \$110*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.-Dec.	T	9/9-12/2	6:00-8:30p	13	Kerr Tech 112	S. Roeder

Community Event Spotlight:

ACPL: Diamond Painting

Have you heard about diamond painting, but never quite been up for tackling a whole project just to see if it interests you? This crafting craze has been described as meditative and addictive. Come check it out! Join the Ark City Public Library for a mini diamond art project on the first Thursday of each month. Each month, projects rotate. Past favorites include coasters and suncatchers. Please call Rinny at ACPL at 620-442-1280 to reserve your spot. *Cost: Free*

Term & Dates	Time	Location
First Thursday of each month	4:00-5:00p	ACPL (120 E. 5 th Ave in Ark City, KS)

Spanish

Whether you've had Spanish classes or you are completely new to the language, these classes will be a great introduction to the Spanish language! These three classes may build off of each other, but you aren't required to take all of them. This class is dual listed and open to community members as well. *GT Cost: \$5 / Community Ed Cost: \$20*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	T	9/2-9/30	4:00-5:30p	5	Webb-Brown 105	D. Holman
Oct.	T	10/7-10/28	4:00-5:30p	4	Webb-Brown 105	D. Holman
Nov.	T	11/4-11/25	4:00-5:30p	4	Webb-Brown 105	D. Holman

EXPANDING HORIZONS

Bunco

We are back at it with more Bunco fun! Bunco is an exciting and interactive dice game. Come enjoy some friendly competition, laughter, and great company. Whether you are a Bunco pro or a newbie, everyone is welcome! If you are interested in bringing a cookie platter to share, please contact Micah. Address: The Gathering Place at 1309 S Summit Street in Ark City, KS. *Cost: \$10*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	F	9/12	1:00-2:30p	1	The Gathering Place	R. Tackett
Oct.	F	10/17	1:00-2:30p	1	The Gathering Place	R. Tackett
Nov.	F	11/21	1:00-2:30p	1	The Gathering Place	R. Tackett

COWLEY COUNTY CLASSES

Community Event Spotlight:

Art at the Park

The Winfield Arts & Humanities Council presents the highly anticipated 51st Annual Art in the Park Festival in Island Park. Come see live demonstrations, dozens of art and crafts booths, children's activities, make-you-own artwork, food trucks, performing arts, and live music. Address: Island Park at 200 Main Street in Winfield, KS. *Cost: admission is a suggested \$2 donation at the entrance with all proceeds going to fund Summer Youth Art Programs.*

Term	Days	Dates	Time	# Sessions	Location
Oct.	Sat	10/4	10:00a-4:00p	1	Island Park

Criminal Justice Tour

Get a behind-the-scenes tour of the Criminal Justice program's space in Cowley College's new Tyler Technical Education Center! Whether your curiosity was peaked about the program following a Golden Tigers day trip visit to the Kansas Law Enforcement Training Center or you love a good police drama tv show, this unique opportunity to learn about and explore the exciting world of criminal justice will take you beyond a simple tour. You'll get to do some learning yourself! Come learn about all our students study, take a peek into the training simulator and join in the hands-on learning with an activity (maybe fingerprinting or ballistics). Address: Tyler TEC - 513 W. Washington Ave in Ark City, KS. Cost: \$5

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	T	11/18	2:00-3:30pm	1	Tyler TEC	F. Owen



ONE-ON-ONE TECHNOLOGY HELP

Both Winfield Public Library and Arkansas City Public Library offer free -one-on-one tech support provided through a grand-funded partnership with American Connection Corps. To schedule a time with the digital navigator, call or visit the library websites.

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



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

SUMNER COUNTY CLASSES

SUMNER CO: SPECIAL INTEREST

Book Study & Discussion: Mere Christianity

Join David Hays for a book study and discussion! Participants will progress through *Mere Christianity* by C.S. Lewis. Meetings will be to discuss various topics covered in those chapters. Please purchase the book ahead of time and read the first book (not the whole book, the book is broke into four books: Book 1, Book 2, Book 3, Book 4). Book: *Mere Christianity* by CS Lewis (2001). Harper San Francisco ISBN-10: 0060652926 ISBN-13: 978-0060652920 Note: If this is the only class you wish to take, please enroll via phone with Micah directly. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.-Oct.	F	9/5-10/17	1:00-2:30p	7	Tech & Innov Ctr, Rm 106	D. Hays

Boost Your Brain with Chess

Whether you are new to the game or a seasoned pro, come 1) learn or review the basics of chess, 2) explore scientific studies linking chess to memory, focus, and cognitive health, 3) play and practice chess in a fun, low-pressure setting. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	T	9/9-9/30	1:00-3:00p	4	Tech & Innov Ctr, Rm 106	D. Hays

Introduction to Hand Tool Woodworking

Are you ready to get dusty? This class introduces hand-tool woodworking with a focus on furniture building. You will learn how to prepare your tools and wood, as well as how to build various projects. The course covers the basics of joinery and finishing, including common joints such as butt joints, lap joints, mortise and tenon, box joints, and dovetails. You will practice these skills by completing basic projects and then choose your own project to apply what you've learned in a practical setting. By the end of the course, you will have created something you'll be proud of! Open to new enrollees or repeat students. *Cost: \$250 with tool kit or \$130 with your own tools*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.-Nov.	Th	9/4-11/20	5:00-6:30p	11*	Mulvane SEA Cntr, Rm 109	C. Killblane

* No class on 10/23 for Fall Break

Faith & Technology: Using the Internet for Spiritual Growth

Participants will learn how to find online sermons, podcasts, Christian radio, Bible apps, and more. Topics: Spotify podcasts, YouTube channels, livestreams. Participants can share their own resources and discuss the benefits. Bring your own laptop/phone. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	T	11/11	1:00-3:00p	1	Tech & Innov Ctr, Rm 106	D. Hays

Community Event Spotlight:

The Steel Wheels at Bartlett Arboretum

The Steel Wheels are an American roots and fold-rock band hailing from the Blue Ridge Mountains of Virginia. They join the lineup for Bartlett Arboretum's 2025 Treehouse Concert Series. Gates open an hour before the show starts. *Cost: \$20; Purchase tickets online at bartlettarboretum.com*

Term	Days	Dates	Time	Location
Sept.	Sun	9/28	4:00pm	Bartlett Arboretum (301 N. Line St. in Belle Plaine, KS)

SUMNER COUNTY CLASSES

Discovering the Glass Museum

Come visit the National Glass Museum and discover all the wonder within! Participants will learn about glass, the formulas that make the glass change color under black light, and the difference between depression glass and elegant depression glass. Address: 107 N.

Washington Street in Wellington, KS. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location & Instructor
Oct.	T	10/28	1:00-3:00p	1	National Glass Museum

SUMNER CO: EDUCATION

The Bible in History and Archaeology

Participants will get a look at historical evidence, ancient cities, and artifacts that support Scripture including presentations, short video clips, and discussions. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	T	10/7-10/14	1:00-3:00p	2	Tech & Innov Ctr, Rm 106	D. Hays

Basic First Aid

We're celebrating Cowley's Paramedic and Advanced EMT programs' move to the Sumner campus with a Basic First Aid class and optional tour of their new space. Be prepared for life's unexpected moments! This basic first aid class will equip you with fundamental techniques to assess and manage various first aid situations, empowering you to act effectively when it matters most. This class is dual listed for community members. *GT Cost: \$5 / Community Ed Cost: \$10*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	W	9/24	1:00-2:30p	1	Short Ed, Room 217	C. Cannon & J. Goerzen

The 1893 Oklahoma Landrun from South Central Kansas: Who Made the Run and What Dastardly Things Happened to Them Along the Way

Historian Jim Bales takes us back in time to explore the 1893 Oklahoma Landrun from South Central Kansas. We'll explore the diverse backgrounds of those who chose to make this dramatic and often perilous journey, and we'll examine the perils and dastardly deeds they faced along the way. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	M	11/17	2:00-3:00p	1	Short Community Rm	J. Bales

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	10/3	12:00-4:00p	1	Short Community Rm	J. Pew

SUMNER COUNTY CLASSES

Pillars of Liberty: Understanding U.S. Government

Discover the bedrock of American democracy from one of Cowley's own history instructors. Each session will unpack a critical element of our governmental structure: the Rule of Law, due process, checks and balances, and the separation of powers. This class will offer insights into each of these, their historical development and their contemporary relevance. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	M	10/6-10/27	1:00-2:00p	4	Short Room 208	M. Wilmoth

SUMNER CO: ARTS & CRAFTS

Compound Origami: Swan Making

Don't confuse compound with complex. This beginner-friendly origami class will guide you through the fundamentals of compound origami paper folding. Learn the relaxing art to create the basic module pieces that will combine to create an elegant origami swan. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	W	11/5-11/19	1:30-3:00p	3	Short Community Rm	L. Scheufler

Book Folding

Book folding is a fun and surprisingly accessible craft. Come upcycle an ordinary book into a unique sculptural piece of art by creasing at certain points. Select from one of two designs: a cat (for Halloween or fun) or a pawprint (Cowley Tigers, Mulvane Wildcats, Ark City Bulldogs, etc.). Class is held at Cowley's Mulvane campus at 403 E. Main St in Mulvane, KS. *Cost: \$10*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	M	10/20	6:00-7:30p	1	Mulvane SEA Cntr, Rm 124	E. Mallory

SUMNER CO: COMPUTERS & TECH

What's All This Talk About AI?

Artificial Intelligence (AI) is becoming part of everyday life — from voice assistants and smart devices to online recommendations and even healthcare. But what exactly is AI, and how does it affect you? This class is for people who want to better understand the technology shaping today's world. We'll explore how AI works in simple, relatable terms, look at real-life examples, and discuss both its benefits and potential concerns. You'll even see a live demo of a popular AI tool in action. No technical experience or know how is needed — just bring your curiosity! *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	T	11/4	2:00-3:00p	1	Tech & Innov Ctr, Rm 106	J. Durham

Streaming 101

Participants will learn how to use streaming services (TubiTV, PlutoTV, Netflix, Roku, Chromecast) in a 2-hour, hands-on session (hands on for the free streaming services). Bring your own laptop. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	T	10/21	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.



Cowley College
Golden Tigers
125 S. 2nd Street
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Golden Tigers

