

COWLEY COLLEGE

GOLDEN TIGERS

Newsletter & Course Catalog

Fall 2026

Welcome to the Golden Tigers program! We are glad you are here. Our newsletter and course catalog has all the fun of our Fall 2026 semester outlined inside. There are instructions on how to enroll and all the information you need to know for this semester!

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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Contact Golden Tigers

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Cowley College

WCE Center

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GOLDEN TIGERS GUIDE

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. In person enrollment events are followed by open enrollment via phone and email. Details are listed on page 4.

FEES

Fees for classes and trips are paid at the time of enrollment. There is a one-time \$5 semester registration fee, and each class's price is listed in this catalog with the course description. The listed price includes any additional costs or supplies needed.

DAY TRIPS

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

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

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.

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!

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.

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.

Hello Golden Tigers,

How in the world is it time to kick off the fall semester of 2026 already? My goodness. This fall promises to be an engaging and entertaining semester. We have several new instructors, along with many fan-favorites who are able to return. Additionally, we are getting to work with some awesome new entities within our communities, and I am so thrilled for these partnerships!

Because the spring semester was already planned when we conducted last fall's survey, this fall I'm excited to get to implement several of the wonderful suggestions we received through last year's survey responses. Thank you again for participating and sharing valuable feedback.

I do want to give you a heads up on a few items. Unfortunately, this semester, there are several things outside my control that have affected our scheduling, but I have done my very best to work around them.

- We will be enrolling on new days this semester rather than our traditional T/Th sequence so pay careful attention to our enrollment event information.
- Our longtime instructor, Andrea Major, has moved and won't be able to teach Golden Bootcamp for us anymore. Cowley is working to rehire her position, but for this semester, at least, we will be down a regularly featured Health and Wellness class.
- Cowley is down a bus driver so we have very strategically scheduled our day trips around the athletics schedule (we do this every semester, but more so, this fall).

Thank you for bearing with me on these items, and thank you for working with me and the coworkers who helped cover my position while I was out on maternity leave in the spring. I am now fully back from maternity leave and eager for all the fun planned for this semester. It is almost time to kick off this fall, and I look forward to catching up with each of you as we launch into the semester. Thank you for being a part of our wonderful community!

- Micah M. Fry

Enrollment

Since enrollment is completed on a first-come first-serve basis, in person enrollment events are hosted first and then general enrollment is opened.

IN PERSON ENROLLMENT EVENTS:

In person enrollment events will take place at listed times and locations (see next page). To ensure an orderly process, we will be using a ticket system for our line. Tickets will be available starting at 11am at Ark City's event and at 9:30am at Wellington's event. You do not need to arrive this early, but please do not congregate earlier than this. Once you have your ticket, you may stay to wait or you may leave and return. 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.

GENERAL OPEN ENROLLMENT:

Open enrollment starts Monday, August 24th, at noon. 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. Open enrollment is a large influx of communication all coordinated by one person so please be patient. While open enrollment will not close until November 1, please plan to contact Micah early to secure your spot in classes!

Save the Dates for **FALL ENROLLMENT**

ARK CITY → **FRIDAY AUGUST 21ST 1PM-3PM**
IN THE BROWN CENTER WRIGHT ROOM

&

SATURDAY AUGUST 22ND 10-11 AM ← **WELLINGTON**
IN THE SHORT CENTER COMMUNITY ROOM

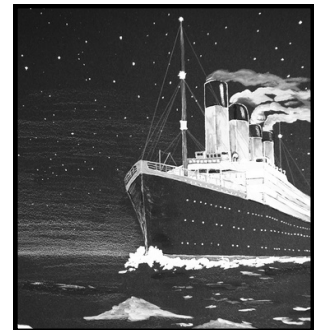
Reminder: We are always working to improve the enrollment process and appreciate all feedback. Keep in mind that there are many factors influencing our enrollment process that may not be immediately apparent. Broader implications are always considered, and a smooth experience is always the goal. Thank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

DAY TRIPS

Trip 1: Brunch and Learn

Tuesday, September 1 in Wichita, KS

Following the popularity of a shorter day trip last semester, we are off on another partial day adventure. We'll head north to Wichita for brunch at Doo Dah Diner and then visit the "Finding Titanic: The Secret Mission" traveling exhibit at the Exploration Place. Together, we'll learn how Wichita native Dr. Robert Ballard went in search of two Cold War nuclear submarines and found history's most famous shipwreck: the Titanic. We'll depart from the Brown Center at 8am with pick ups in Winfield (Walmart at 8:20am) and Wellington (campus at 8:50am). We'll return to Ark City between 2:30-3pm with drop offs along the way. The trip is \$42 and includes brunch. Due to turn around time, there will be no mailed letter or itinerary for this lunch and learn.



Trip 2: El Reno Expedition

Wednesday, October 7th in El Reno, OK

Catching a 1924 Brill Streetcar trolley, we'll tour and explore the heart of El Reno, OK. The Canadian County Museum Complex is home to the first red cross canteen in the US (1918), along with several other historical buildings that we'll step inside. After a lunch of El Reno's famous onion burgers, we'll visit Fort Reno, where we'll take a guided tour of the historic district of the old Military Post. Tracing the Fort's history from the Chisholm Trail Cattle Drive through its decommissioning, this expedition is sure to be the perfect balance of fun and learning. We'll leave at approximately 7:30am and return to Cowley College around 7:00pm. Lunch is included, and the cost of the trip is \$50.

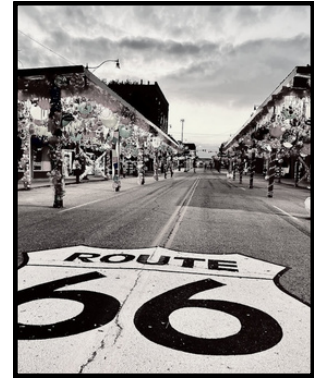


DAY TRIPS

Trip 3: Christmas Chutes

Tuesday, December 1st in Sapulpa, OK

Celebrating the centennial of Historic Route 66, Sapulpa's Christmas Chutes are back and better than ever. After taking last year's holiday season off for downtown renovations, the Chutes are back this year with newly-themed displays, dazzling lights, and more festive fun! We'll head south to check out this 800-foot-long canopy of Christmas cheer. The downtown decorations are estimated to utilize 1,100 ornaments, 15,000 feet of garland, and 8,500 icicles suspended above the streets. The tentative time frame of this trip is 2:30pm to 10:45pm with a cost of \$35, which includes dinner.



Trip 4: Vienna Light Orchestra Christmas Tour

Thursday, December 3rd in Wichita, KS

Celebrate the magic of the holiday season with the Vienna Light Orchestra's Christmas Tour! We'll head north to Wichita for lunch and to catch their matinee show at the Orpheum Theatre. World-renowned musicians and stunning sopranos from seven different countries bring the warmth and nostalgia of favorite holiday classics - like White Christmas, Carol of the Bells, O Holy Night and Ave Maria - to life. The awe-inspiring performance, filled with soaring strings, timeless melodies, holiday lights, snowfall, and more, promises to create an unforgettable moment of joy for all. The tentative time frame of this trip is 10:30am to 6:00pm with a cost of \$85, which includes lunch.



Bus Driver Wanted: To help alleviate some constraints when scheduling our day trips, Golden Tigers is seeking a bus driver! Perks: hourly pay, all the day trip fun, and a seat on the trip for a plus one. License needed: CDL with Class B minimum, passenger, and air brakes endorsements + DOT Physical Certificate

If you or someone you know might be interested, contact Micah for more details or with any questions you might have. Thanks for helping to spread the word!

COWLEY COUNTY CLASSES

HEALTH & WELLNESS

Aerobics

This energetic and upbeat class is sure to get your body moving. It's fun and relatively easy with a mix of '50s to today's music hits that combine dancing, cardio, and light weights for a great total body workout. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	T/Th	9/1-9/29	1:00-1:45p	9	Brown Center 203	R. Hettenbach
Oct.	T/Th	10/1-10/22	1:00-1:45p	7*	Brown Center 203	R. Hettenbach
Nov.	T/Th	11/3-11/19	1:00-1:45p	6*	Brown Center 203	R. Hettenbach

* No class 10/27, 10/29, 11/24, or 11/26

COWLEY COUNTY CLASSES

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	9/2-9/30	10:30-11:30a	12*	ACHS Pool	ACR Staff
Oct.	M/W/F	10/2-10/26	10:30-11:30a	11*	ACHS Pool	ACR Staff
Nov.	M/W/F	11/2-11/30	10:30-11:30a	11*	ACHS Pool	ACR Staff

* No class 9/7, 10/28, 10/30, 11/25, or 11/27

Stay Strong, Stay Healthy - Level 1 & 2

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. Level 2 is open to individuals who have completed Level 1 and will provide additional modifications to strengthen major muscle groups. *Cost: \$20*

Class	Days	Dates	Time	# Sessions	Location	Instructor
Level 1	M/W/F	9/21-11/6	10:15-11:15a	17	WCE Center	B. Reid
Level 2	M/W/F	9/21-11/6	9:00-10:00a	17	WCE Center	B. Reid

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	9/7-9/28	3:45-4:45p	3*	Wellness Center	D. Holman
Oct.	M	10/5-10/26	3:45-4:45p	4	Wellness Center	D. Holman
Nov.	M	11/2-11/30	3:45-4:45p	5	Wellness Center	D. Holman

* No class on 9/7 for Labor Day

Pickleball Basics

Praised for being easy to learn, a great social outlet, and easier on the joints than other sports, pickleball continues to grow in popularity. Come learn the basics and try out this fun sport! Meet at Wilson Park's new pickleball courts: 701 N Summit St in Ark City. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	T	10/6-10/13	9:00-10:00a	2	Wilson Park	Ark City Pickleball

Massage, Movement, and Breath

Massage, movement, and breath are three keys in a wellness journey. Come learn how valuable massage techniques, planar movements, and the purposeful use of breathwork can work together to help you feel better and simply enjoy life easier. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	T	9/15	2:00-3:00p	1	WCE Center	D. Fry

COWLEY COUNTY CLASSES

Six Pillars of Brain Health

In partnership with AARP, this class session will provide tips and strategies for maintaining brain health. Dive into topics such as physical exercise, mental stimulation, and social engagement. *Cost: Free*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	Th	9/24	10:00-11:00a	1	WCE Center	S. Erickson

Wits Workout

Engage and interact with others in this educational brain health program. This is a repeat of a past offering, but each session will be new workouts. Each session will feature activities that challenge your brain and improve your memory! *Cost: Free*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	M	10/5-10/26	11:30a-12:00p	4	WCE Center	B. Reid
Nov.	M	11/2-11/30	11:30a-12:00p	5	WCE Center	B. Reid

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: \$25*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.-Oct.	W	9/9-10/14	12:30-1:30p	6	WCE Center	B. Reid

Chair Yoga

These chair yoga sessions will utilize chair based positions to relax and increase flexibility. Limited number of mats available. Feel free to bring your own mat and back pillow. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	F	9/25	11:00a-12:00p	1	Brown Center 203	H. Burton
Oct.	F	10/16	11:00a-12:00p	1	Brown Center 203	H. Burton

EDUCATION

Estate Planning Essentials

Repeat from last year: 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	9/17	3:00-4:00p	1	WCE Center	J. Brewer

Attracting Birds to Your Yard

An introduction to identifying and attracting birds common to our area. Learn how to identify common species by sight and sound, as well as simple ways to attract more species to your own yard. A local bird enthusiast will guide you through the basics of birdwatching, with a special focus on getting comfortable with binoculars, field guides, and identification apps. A field trip to a local backyard birding habitat and a bird book will be included. *Cost: \$7*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	Th	10/8-10/22	10:00-11:30a	3	WCE Center	R. Herndon

COWLEY COUNTY CLASSES

Community Event Spotlight:

The American Revolution Book Bingo Challenge

Celebrate America's 250th anniversary with the Winfield Public Library.

Explore fiction and nonfiction books connected to the Revolutionary era, discover different perspectives on history, and complete bingo squares along the way. Beginning September 1, pick up a bingo packet at the Winfield Public Library, choose books that match the prompts, and mark your progress as you read. Complete five squares in a row - across, down, or diagonally - to earn bingo and join the celebration of 250 years of American stories, ideas, and history. Finishers can return their card to earn a limited-edition celebratory t-shirt.

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	10/9	12:30-5:00p	1	Webb Brown 205	R. Upton

Monarch Tagging & Butterflies

In collaboration with the Chaplin Nature Center, participants will learn about Monarch butterflies. Then, the class will proceed outdoors to identify, capture, tag, and record data on Monarch butterflies. Chaplin Nature Center: 27814 27th Dr. in Ark City. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	W	9/30	10:00-11:30a	1	Chaplin Nature Center	E. Johnson

Ask AI Anything: Unlocking Your Personal Digital Assistant

Are you curious about the buzz around AI tools like ChatGPT and Gemini? Do you want to learn how to use them to simplify daily tasks (recipes, menu planning, or health/wellness) and get information tailored just for you (trip planning, writing a letter, article summaries, etc.). No prior AI experience is required! We will start from the very beginning. Ready to turn your curiosity into a new skill? Join us and learn how to make AI your helpful, personal digital assistant! This is a repeat class from last semester, but it will not be identical. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	M	11/16	1:00-2:00p	1	Webb Brown 105	J. Hibbs

ARTS & CRAFTS

Maker Morning: Paper Weaving

Learn the basics of paper weaving to create a variety of designs using different papers and widths. This class will focus primarily on creating bookmarks while learning a skill that can be transferred to other creations. All supplies and a light breakfast provided. *Cost: \$30*

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

COWLEY COUNTY CLASSES

Heart & Paw Print Mosaic

Join this fun class to create a beautiful outdoor concrete mosaic featuring a paw print design. For this two part mosaic tile class, you'll create a custom art piece for your home. Class location provided post enrollment. Sample photo of project at enrollment. *Cost: \$30*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.-Oct.	W/F	9/30 & 10/2	1-5pm & 1-3pm	1	Private Home	C. Freeland

Bread 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 one classic bread basket. *Cost: \$17*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	T	10/6-10/20	1:00-3:00p	3	WCE Center	K. Shaw

Air Dry Clay: Ghosts & Pumpkins

Using air dry clay, this class will craft table top seasonal decor in the form of small pumpkins and ghosts. If air dry clay is a new medium to you, come try it out! This class will have clear instructions making it an easy and fun introduction to a new craft whose possibilities are endless. *Cost: \$30*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	T	10/8 & 10/15	5:00-7:00p	2	WCE Center	R. Van Arsdale

Christmas Crushed Glass

This class will make a beautiful framed Christmas themed design using broken glass. Choose from a wreath, tree, stocking, or angel design to create a custom art piece for your home. Class location provided post enrollment. Sample photo of project at enrollment. *Cost: \$25*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	M	11/9	1-3pm	1	Private Home	C. Freeland

Glass Fusing: Christmas Ornaments

A fan favorite returns! Glass fusing is the joining together of glass at high temperatures. Students will design and assemble 3-6 ornaments as time allows using methods as demonstrated by the instructor. Projects will be fired off site, assembled with findings/clasps/etc., and available for pick up in 1-2 weeks. *Cost: \$35*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	T	11/10	5:00-7:30p	1	WCE Center	R. Van Arsdale

SEWING & QUILTING

Christmas Bow Door Hanging

Join Field to Fabric for a Christmas themed class where we'll make oversized bow door hangers. Please bring a sewing machine and basic sewing supplies. Precut fabric squares and pattern included in class cost. Take and keep pattern for future fun. Field to Fabric: 907 Main Street in Winfield, KS. *Cost: \$20*

Term	Days	Dates	Time	# Sessions	Location & Instructor
Nov.	Th	11/5	3:00-7:00p	1	Field to Fabric



COWLEY COUNTY CLASSES

SPECIAL INTEREST HOBBIES

Art Exploration: Oil Painting

This dual listed oil painting class will have time for instruction, one-on-one coaching, and open lab. Class open to new or repeat students. *Cost: \$85 // This class is still being finalized at the time of newsletter printing. Contact Micah for details.*

Wheel Pottery

Featuring a new instructor, this restructured introduction to wheel pottery class is open to community members of all ages (16+). This class is designed to present basic techniques and allow participants to gain experience in making ceramic pottery forms using the potter's wheel. Cost covers all materials needed for the course. As a community education class, enrollment will open August 1. Enroll at Golden Tiger enrollment events or contact Micah for an online enrollment link. *GT Cost: \$110 / Community Members: \$150*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.-Nov.	M	9/14-11/30	6:00-8:30p	12	Kerr Tech 112	D. Palmer

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	9/18	1:00-2:30p	1	The Gathering Place	R. Tackett
Oct.	F	10/16	1:00-2:30p	1	The Gathering Place	R. Tackett
Nov.	F	11/6	1:00-2:30p	1	The Gathering Place	R. Tackett

Card Games

Learn and refresh your knowledge on a variety of card games including Pitch, Hand and Foot, Fan Tan, Five Crowns and others. Whether you are learning a new card game or brushing up on your skills, come enjoy some community! *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	M	9/14-9/28	2:30-3:30p	3	WCE Center	D. Holman
Oct.	M	10/5-10/26	2:30-3:30p	4	WCE Center	D. Holman
Nov.	M	11/2-11/30	2:30-3:30p	5	WCE Center	D. Holman

Conversational American Sign Language

Jump into the beautiful and visual world of American Sign Language! Designed for beginners, this course focuses on everyday conversational signing and is open to community members of all ages (14+). Learn the alphabet, basic vocabulary, and key cultural insights to help you comfortably navigate simple interactions. No prior experience is needed - just a desire to learn! As a community education class, enrollment will open August 1. Enroll at Golden Tiger enrollment events or contact Micah for an online enrollment link. *Cost: \$55*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.-Nov.	Th	9/3-12/3	1:00-2:30p	12*	WCE Center	D. Sweet

* No class on 10/29 or 11/26

COWLEY COUNTY CLASSES

Introductory Spanish

Whether you've had Spanish classes or you are completely new to the language, this class will be a great introduction to Spanish! Restructured into a new 12 week course, but with the same fantastic instructor, this spanish class will help you to feel more familiar with this beautiful language. Covering basic Spanish pronunciation and elementary vocabulary, the class will be catered to student skill levels, but it will entail conversational and personal information exchanges, likes and dislikes, and action verbs. As a community education class, enrollment will open August 1. Enroll at Golden Tiger enrollment events or contact Micah for an online enrollment link. *GT Cost: \$15 / Community Members: \$55*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.-Nov.	T	9/1-11/17	4:00-5:30p	12	WCE Center	D. Holman

EXPANDING HORIZONS

Etzanza Immersion Center: Group Tour

Opening in June 2026, the Etzanza Immersion Center is an interpretive facility with the goal of educating the public about a historic Native American town. Etzanza was inhabited from 1450-1700 by what is now the Wichita and Affiliated Tribes. The immersion center offers exciting and engaging exhibits, displays, stunning outdoor trails, a virtual reality experience, and a replica grass house! The center is the culmination of a project that began in 2015 with research and fundraising continuing today. Come join Golden Tigers for an indoor group tour learning about Etzanza, Ark City, and a historic Spanish expedition, with the option to explore outdoor trails at a self-paced walk afterwards. Meet at the center. Address: 28379 81st Rd in Ark City, KS. *Cost: \$10*

Term	Days	Dates	Time	# Sessions	Location
Sept.	W	9/23	3:00-4:30p	1	The Etzanza Immersion Center

Adelphi Ceramics: Make a Mug

Adelphi Ceramics is a new ceramic studio in downtown Ark City. Join us for a Golden Tiger painting night! Choose from a variety of pre-poured ceramic mug and coffee cup options and then paint the cup with the design and motif of your choice. Your mug will be coated in a food safe glaze and left to be fired in their kiln. Adelphi will give you a call when your mug is ready for pick up. Address: 109 N. Summit Street in Ark City, KS. *Cost: \$16*

Term	Days	Dates	Time	# Sessions	Location & Instructor
Sept.	M	9/28	5:00-7:00p	1	Adelphi Ceramics

AC Greenhouses: Evergreen Hangers

Paisley Howerton took over Ark City Greenhouses last year and revived the floral shop that was facing closure. Come check out the redecorated space and join Golden Tigers for an evergreen door hanging class. With Paisley's guidance, you'll select evergreen cuttings, ribbon, and trimmings to craft and assemble your own custom seasonal door hanger. *Cost: \$20*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	M	11/30	5:00-6:00p	1	Ark City Greenhouses	P. Howerton

Zoom Lecture: How the Victorians Made Modern London

In a quest to continue to make our education options more accessible, Golden Tigers is partnering with Road Scholars to host a pilot Zoom lecture. During the 19th century, London became the largest and wealthiest city on earth. Join local (to London) expert Ruth Polling to explore how the rapid expansion of the Victorian era shaped modern London geographically, socially and politically, creating one of today's great economic and cultural centers. Enroll to receive the Zoom link and invitation to your email. Then, on the day, join the Zoom video call from the comfort of your home and watch the pre-recorded lecture live with other Golden Tigers. Whether you are interested in history, your favorite television show is set in the Victorian era, you just want to practice your Zoom skills, or you are looking for some education with a side of closed captioning - this pilot offering is sure to be a learning adventure! *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	Th	10/1	1:00-3:00p	1	Zoom	R. Polling

SUMNER COUNTY CLASSES

SUMNER CO: SPECIAL INTEREST

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 for first semester; \$65 for returning students with own materials*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.-Nov.	Th	9/3-11/19	3:00-5:00p	12	Mulvane SEA Cntr, Rm 109	C. Killblane

* No class on 10/29 for Fall Break

Lunch Buddies at Kennedy Elementary

Community Event Spotlight:

Kennedy Elementary School is seeking adult lunch buddies to provide positive adult relationships and support for various students. Sign up to be paired with a student for the semester. Twice a month (every other week), come and have lunch at the school with your lunch buddy. You are welcome to bring your own lunch, purchase an adult lunch from the school cafeteria, or just hang out for the duration of lunch time. The lunch block is 20 minutes and the exact time will vary depending on the grade of your assigned student. A background check and short training is required. For more information or if you are interested, please contact school social worker, Kaitlin Hicks at khicks@usd353.com or 620-326-4350.

Cupcake Decorating

Local baker extraordinaire, Lisa Gaskill is sharing her decorating skills with the Golden Tigers! Come learn cupcake decorating techniques to create a set of six cupcakes to take home. Using multiple frosting options, participants will learn how to apply the base frosting and a decorative rose with leaves to each cupcake. *Cost: \$12*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	T	9/15	1:00-3:00p	1	Short Community Rm	L. Gaskill

SUMNER COUNTY CLASSES

Book Study & Discussion: The Screwtape Letters

This book study is designed to allow for the discussion of the book, it's content, and individual faith journeys. Participants will progress through *The Screwtape Letters* by C.S. Lewis reading 2-3 letters per week for discussion. In order to allow for the length of the book, this fall's book study will cover the first half of the book, and in the spring, we'll pick up with the second half. Participants are recommended to plan to take both, but not required. Please purchase the book ahead of time and read the first three letters ahead of the first day of class. 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	9/4-10/9	1:00-3:00p	6	Short Room 206	J. Grace

Cookie Decorating

Local baker extraordinaire, Lisa Gaskill is sharing her decorating skills with the Golden Tigers! Come learn a variety of cookie decorating techniques to create a set of six sugar cookies. We'll apply a base frosting to create a pumpkin and then customize them with leaves, vines, and/or faces. *Cost: \$12*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	M	10/5	1:00-3:00p	1	Short Community Rm	L. Gaskill

Breads Around the World

Take a trip around the world all in one sitting! Join Schwan's Food Scientist, Abbey Lamberson, for this adventurous class. Together, we'll compare different breads from a variety of cultures and learn about the different processes that go into making each one. Class includes a demonstration and taste test. Address: Free Will Baptist Church at 802 E. 16th Street in Wellington, KS. *Cost: \$15*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	W	10/14	12:30-3:30p	1	Free Will Baptist Church	A. Lamberson

Community Event Spotlight:

Bunco

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! The Mulvane Public Library and the Wellington Public Library are excited to offer monthly Bunco games with prizes! Contact the individual libraries to preregister or ask any library specific questions. *Cost: Free*

Location	Term & Dates	Time
Mulvane Public Library (408 N 2 nd Ave)	Monthly on the first Monday	6:00pm
Wellington Public Library (121 W 7 th St)	Monthly on the fourth Thursday	6:00pm

SUMNER CO: EDUCATION

Decluttering & Downsizing

In partnership with AARP, this class will offer practical tips and strategies for downsizing and decluttering homes. It helps participants understand the emotional and physical benefits of reducing clutter and offers step-by-step guidance on how to start the process. *Cost: Free*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	M	10/12	2:00-3:00p	1	Short Community Rm	S. Erickson

SUMNER COUNTY CLASSES

Two Thousand Years of Computer History, All at Once

What ancient civilization had clockwork analog computers? How does the digital domain run everything from accounting to music? What daughter of a famous poet wrote the world's first computer program - 100 years before there was a workable computer to run it? Find out in this whirlwind talk by Mr. Lindley, who started his own computer business in 1980 at the age of 14. He went to Harvard and MIT (and walked right through them), was an adjunct professor of microelectronics at Mesa (Arizona) Community College, and now reads old newspapers and maps while co-owning two antiques businesses in Wellington. *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	T	11/3	11:00a-12:00p	1	Short Community Rm	B. Lindley

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
Nov	F	11/6	12:00-4:00p	1	Short Community Rm	J. Pew

Border Queen Food Demonstration and Tour

Come spend the morning discovering how local agriculture becomes the food we enjoy every day. We'll start with a presentation about the Border Queen Harvest Hub, its Thrive program, and the local work being done to connect farmers and producers with consumers. From there, you'll witness a hands-on demonstration of how wheat becomes flour and learn about the milling process. Next up, we'll take a short walking tour to a local producer and check out the Border Queen Commercial Kitchen where we'll catch a dessert making demonstration (and maybe sneak in a tasting too). Full walking tour takes place within a block and a half radius. Meet at KanOkla Upstairs Downtown Venue at 7 W Ave A in Caldwell, KS. *Cost: \$15*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	F	10/9	9:00-11:30p	1	KanOkla Upstairs Downtown	J. Kerns

The Declaration of Independence

To celebrate America's 250th birthday, we are investigating the document that solidified it all: The Declaration of Independence. Led by one of Cowley's own history instructors who attended a week long intensive in Philadelphia on the subject, this class will explore the lead-up to and foundation in place before the document, the document itself, and how it applies to Americans today. Come learn more about this living document! *Cost: \$5*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	M	9/14-9/28	1:00-2:30p	3	Short Room 208	M. Wilmoth

SUMNER COUNTY CLASSES

SUMNER CO: ARTS & CRAFTS

Farmer's Market Tote

Ditch the plastic and shop in style! In this fun, hands-on workshop, you'll transform a durable canvas tote into your own custom farmer's market masterpiece. Come paint and decorate your own one-of-a-kind bag. Our instructor brings the supplies, templates, and step-by-step guidance, and you bring the creativity. *Cost: \$30*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Sept.	Th	9/10	7:00-8:00p	1	Short Community Rm	K. Billings

Maker Morning: Greeting Cards

Create a stash of greeting cards for year-round use! We'll explore a variety of techniques including iris folding and quilling. Class is held at Cowley's Mulvane campus at 403 E. Main St in Mulvane, KS. and dual listed as a community education class. All supplies and a light breakfast provided. *Cost: \$30*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Oct.	Sat	10/17	9:00a-12:00p	1	Mulvane SEA Cntr, Rm 124	E. Mallory

Maker Morning: Alcohol Ink Orbs

Working with alcohol inks, participants will create multiple alcohol ink paper orb ornaments for the holiday season. Explore best practices and a variety of inking techniques. All supplies and a light breakfast provided. *Cost: \$30*

Term	Days	Dates	Time	# Sessions	Location	Instructor
Nov.	Sat	11/14	9:00a-12:00p	1	Short Community Rm	E. Mallory

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.

Check out the Cowley Bookstore!

Limited supply of GT apparel still available.



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



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

Note: These designs are made up of black, white, and orange colors. Limited supply available.



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

GOLDEN TIGERS NEWSLETTER

