





# DINNER & THEATRE - GREAT BEND

## OUR TOWN

On Thursday, September 29th join us for a journey to a simpler time as the Barton Theater presents Thornton Wilder's, "Our Town". Wilder's look into life in a small town is one of the most beloved plays in America. This play has withstood the march of time and entertains each and every new audience, as well as once again transporting old friends back to days gone by.

The bus will pick you up at the Senior Center at 5:30, dinner will be served in the Plaza deCavanaugh Room at 6:00, followed by a performance of the play at 7:30. Reservations are limited to 40 and the cost is \$20.00 per person. The RSVP deadline to hold your reservation will be September 19th. For reservations call **(620) 786-1136** or **(620) 792-9306**. No e-mail or voice mail reservations will be honored.

**Thursday, September 29, 2016**

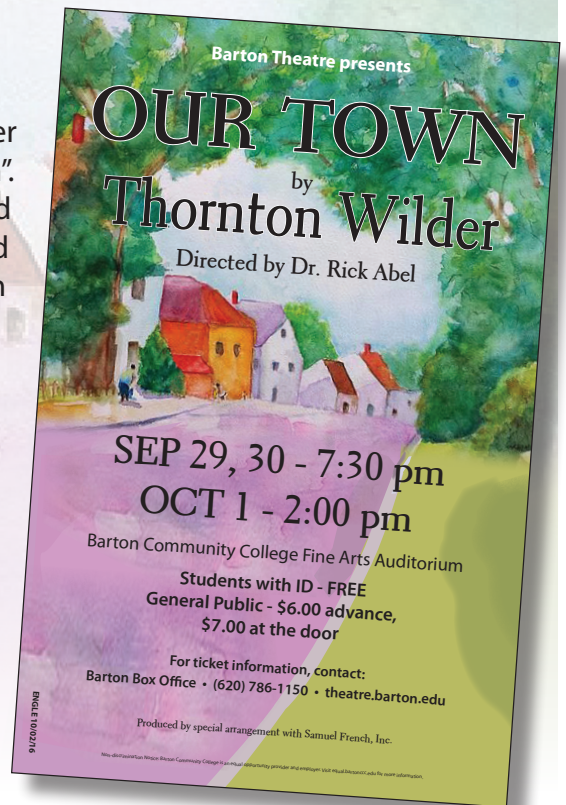
**5:30 pm - Bus pickup at Senior Center, Great Bend**

**6:00 pm - Dinner at Plaza deCavanaugh Room,  
Barton campus**

**7:30 pm - Theatre Performance at Fine Arts Auditorium, Barton campus**

**\$20 per person**

**Reservation deadline - September 19th**



**Cavanaugh Room - Library**



**Barton Fine Arts Auditorium**



# TRIP to ABILENE

## Riding the Rails

Join us for a fall adventure to Abilene on Saturday, October 29th. Ride the regular excursion train from Abilene to Enterprise departing at 10:00 am. Transfer to the Silver Flyer Railbus at the Enterprise Depot for a short tour of the city of Enterprise. The railbus will then set on the rails on the east edge of Enterprise for a 12 mile ride on the historic and scenic stretch of our railroad between Enterprise and Woodbine that our train does not have access to. Upon arrival in Woodbine you will have lunch (included) and then return to Enterprise by road, which will include a driving tour of the historic stone houses in the German, English, and Swedish settlements along the way. You will then board the afternoon regular train in Enterprise for the final segment of the trip back to Abilene arriving at approximately 3:30 pm. We will leave campus at 7:30 am and head on out. This trip requires a minimum of 15 by October 1 and a maximum of 38. Be aware you must be comfortable getting on and off the train and bus. The cost will be \$50 per person and you may RSVP by calling the Foundation Office at **(620) 786-1136** or **(620) 792-9306**.

No e-mail or voice mail reservations will be accepted for this event.

**Saturday, October 29, 2016**

**Leave campus at 7:30 am**

**\$50 per person**

**Reservation deadline - Sept. 30th**





# CLASSES

## Storytelling - An Art and A Gift

Dr. Abel will be teaching a storytelling class this fall semester. This class would help hone your skills in storytelling for your grandkids, friends, or as a volunteer at local libraries or public schools. If the class is interested Dr. Abel would be willing to help you create an oral history to leave a legacy for your descendants. This class will also have a unit on personal stories, so come and share your life experiences. The class will meet M/W 11-11:50 in Room C 146B from August 17 - December 12, 2016. Even though it is not specifically a Silver Cougar Club class, members may take this class at the same reduced rate of \$32.00 a credit hour. To enroll in this class contact Enrollment Services (620) 792-9215 before the first day of class.

**Mondays and Wednesdays, August 17 - December 12, 2016**

**Classroom Building, Room C-146B**

**11:00 -11:50 am**

**\$32 for Silver Cougar Club members**

**Enroll before the first day of class**



## Aqua Aerobics

An Aqua Aerobics class will be offered again this fall. Even though it is not specifically a Silver Cougar Club class, members may take this class at the same reduced rate of \$32 a credit hour. The class meets on Tuesday and Thursday from 5:30 – 7:00 p.m. in the Barton pool. The class will run from October 10 – December 12 2016. To enroll in this class contact Enrollment Services (620) 792-9215 before the first day of class. Remember the pool has a set of stairs which makes it much easier to get in and out of the water.

**Tuesdays and Thursdays, October 10 - December 12, 2016**

**Barton pool, 5:30-7:00 pm**

**\$32 for Silver Cougar Club members**

**Enroll before the first day of class**





# Happy Birthday

to our Silver Cougar Club members who will celebrate another year in

## SEPTEMBER

Rick Abel	Judy Krebaum
Carolyn Abercrombie	Kathy Lamb
Rita Andress	Sharon Lang
Jack Bailey	Velda Lewis
LaDean Bailey	Cheryl Lippert
Dolores Baker	Gene Maneth
Sally Bateman	Talma Miller
Dan Bayer	Roy Myers
Oleta Beckwith	Mary Nicholson
Mary Bender	Roxanne Rich
Clara Mae Brown	Donna Schadel
Bob Button	Carol Schremmer
Ira Cape	Judy Smith
Priscilla Daniels	Lois Wenz
Dick Dougherty	Kathy Williams
Eileene Duryee	Timothy Williams
Cornelius Enslinger	Donita Wolf
Don Feist	
Rita Feist	
Doug Flick	
Sharon Frank	
Fred Gunn	
Norma Hammeke	
Patricia Huenefeld	
Bill Johnson	
Mary Joiner	
Karen Keller Becker	
Norma Jean Kimber	



## OCTOBER

Eugene Bahr	Mike Malone
Kent Baldwin	Mary Jo Maneth
Thomas Bauer	Paul Maneth
Keith Beckwith	Joanita Masden
Charlotte Bolding	Lonnie McCarty
Linda Bunselmeyer	Denny McCormick
Helen Curran	Bruce Mellor
Garry Dassow	Pat Mermis
Vernon DeWerff	Zelda Milner
Steve Divis	Nita Mohr
Reva Dougherty	LaDonna Moore
Trisha Dove	Michael Murphy
Leroy Dringmann	Chuck Parmer
Patty Fairbanks	Dorothy Piland
David Foss	Linda Richardson
Jim Frank	Hilda Roberts
Irene Gallentine	Rita Roblyer
Kenneth Hickel	Reta Schreiber
Gary Hinson	Karen Sessler
Violet Hiss	Virginia L Sharp
Lorrie Hollaway	Lois Smades
Kay Hulse	Nancy Swafford
Lucy Jay	Donna Taggart
Debbie Jones	Susan Thacker
Norman Kimber	Janie Tupper
Hannelore Kitts	Judy Vaughn
Beverly Komarek	Janice Williams
Mary Malone	Eda Woolf



# WHAT'S COOKING?



## Twice-baked Butternut Squash

### Ingredients:

- 2 medium sized butternut squash, halved lengthwise and seeds removed
- 1/2 t. kosher salt
- 1/4 t. black pepper
- 1 T. fresh sage, chopped
- 2 T. plain non fat Greek yogurt
- 2 oz. goat cheese or your favorite cheese
- 2 T. panko breadcrumbs
- 1 t. extra virgin olive oil

**Directions:** Preheat oven to 450° F. Line a baking sheet with foil and spray it with cooking spray.

Place the halved butternut squash cut side down on the baking sheet and cover completely with another piece of foil. Bake the squash for 40-50 minutes or until a fork inserted into the flesh comes out easily.

Remove the squash from the oven, lower the temperature to 425° F, and let the squash cool slightly.

Using a spoon, scoop the flesh out and leave a 1/4 inch border around the squash halves so they will hold their shape. Discard one of the squash skins so that you have a total of 3.

In a large bowl mash together the squash flesh, salt, pepper, sage, Greek yogurt, and goat cheese. Once everything is combined, spoon the squash mixture back into the 3 skins. Top the squash with the panko and drizzle with olive oil. Place the squash back in the oven and bake for another 10-15 minutes or until the mixture is heated through.



## Caramel Apple Pie Bars

### Ingredients:

#### SHORTBREAD CRUST

- 1/2 C. unsalted butter, melted
- 1/4 C. granulated sugar
- 1 t. vanilla extract
- 1/4 t. salt
- 1 C. all-purpose flour

#### APPLE FILLING

- 2 large apples, peeled and thinly sliced (1/4 inch thick)
- 2 T. all-purpose flour
- 2 T. granulated sugar
- 1 t. ground cinnamon
- 1/8 t. ground nutmeg

#### STREUSEL

- 1/2 C. old-fashioned oats
- 1/3 C. packed light or dark brown sugar
- 1/4 t. ground cinnamon
- 1/4 C. all-purpose flour
- 1/4 C. unsalted butter, cold and cubed
- caramel sauce

**Directions:** Preheat the oven to 300° F. Line the bottom and sides of an 8-inch square baking pan with aluminum foil or parchment paper, leaving enough overhang on all sides. Set aside.

**Make the crust:** Stir the melted butter, granulated sugar, vanilla, and salt together in a medium bowl. Add the flour and stir until everything is combined. Press the mixture evenly into the prepared baking pan. Bake for 15 minutes while you prepare the filling and streusel.

**Make the apple filling:** Combine the sliced apples, flour, granulated sugar, cinnamon, and nutmeg together in a large bowl until all of the apples are evenly coated. Set aside.

**Make the streusel:** Whisk the oats, brown sugar, cinnamon, and flour together in a medium bowl. Cut in the chilled butter with a pastry blender or two forks (or even with your hands) until the mixture resembles coarse crumbs. Set aside.

Remove the crust from the oven, and turn the oven up to 350°F. Evenly layer the apples on top of the warm crust. It will look like there are too many apple slices, so layer them tightly and press them down to fit. Sprinkle the apple layer with streusel and bake for 30–35 minutes or until the streusel is golden brown.

Remove from the oven and allow to cool for at least 20 minutes at room temperature, then chill in the refrigerator for at least 2 hours (or overnight). Lift the foil or parchment out of the pan using the overhang on the sides and cut into bars. Once cut, drizzle caramel sauce on top of each. These apple pie bars can be enjoyed warm, at room temperature, or even cold.

**Make ahead tip:** The bars will stay fresh in an airtight container in the refrigerator for 3 days. You can freeze the bars for up to 3 months. Then, thaw overnight in the refrigerator before serving and drizzling with caramel.

(continued)



## WHAT'S COOKING?



### Winter Squash Rolls

**Ingredients:**

- 1 1/2 C. cubed winter squash
- 1 C. scalded milk
- 2 pkgs. active dry yeast
- 1/2 C. warm water (110 degrees F)
- 6 C. all-purpose flour
- 1/2 C. white sugar
- 2 t. salt
- 1/2 C. shortening

**Directions:** Preheat oven to 400° F. In a small saucepan, cover squash cubes with water. Bring to a boil and cook until tender, about 15 minutes. Drain, cool and mash. In a small bowl, dissolve yeast in warm water. In a large bowl, combine 5 cups flour, sugar and salt. Stir in the yeast mixture, shortening, squash and milk. Mix well. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and supple, about 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour. Divide the dough into twelve equal pieces and form into rounds. Place the rounds in a lightly greased 13x9 inch baking pan. Cover with a damp cloth and let rise until doubled in volume, about 30 minutes. Bake at 400° F for 10 to 15 minutes or until golden brown.

## Autumn Word Scramble

Unscramble these Autumn-themed words and write your answers on the lines below.

- ALLF \_\_\_\_\_
- UMTUAN \_\_\_\_\_
- AELF \_\_\_\_\_
- EKAR \_\_\_\_\_
- EHARTVS \_\_\_\_\_
- AHTNGVSNIKGI \_\_\_\_\_
- NMKPIPU \_\_\_\_\_
- SCEWACROR \_\_\_\_\_
- UKRTEY \_\_\_\_\_
- PLAPE EDICR \_\_\_\_\_

## Autumn Sudoku

Every row, column and mini-grid must contain the letters L E A F.  
Don't guess - use logic.

F			
			A
L			
			E



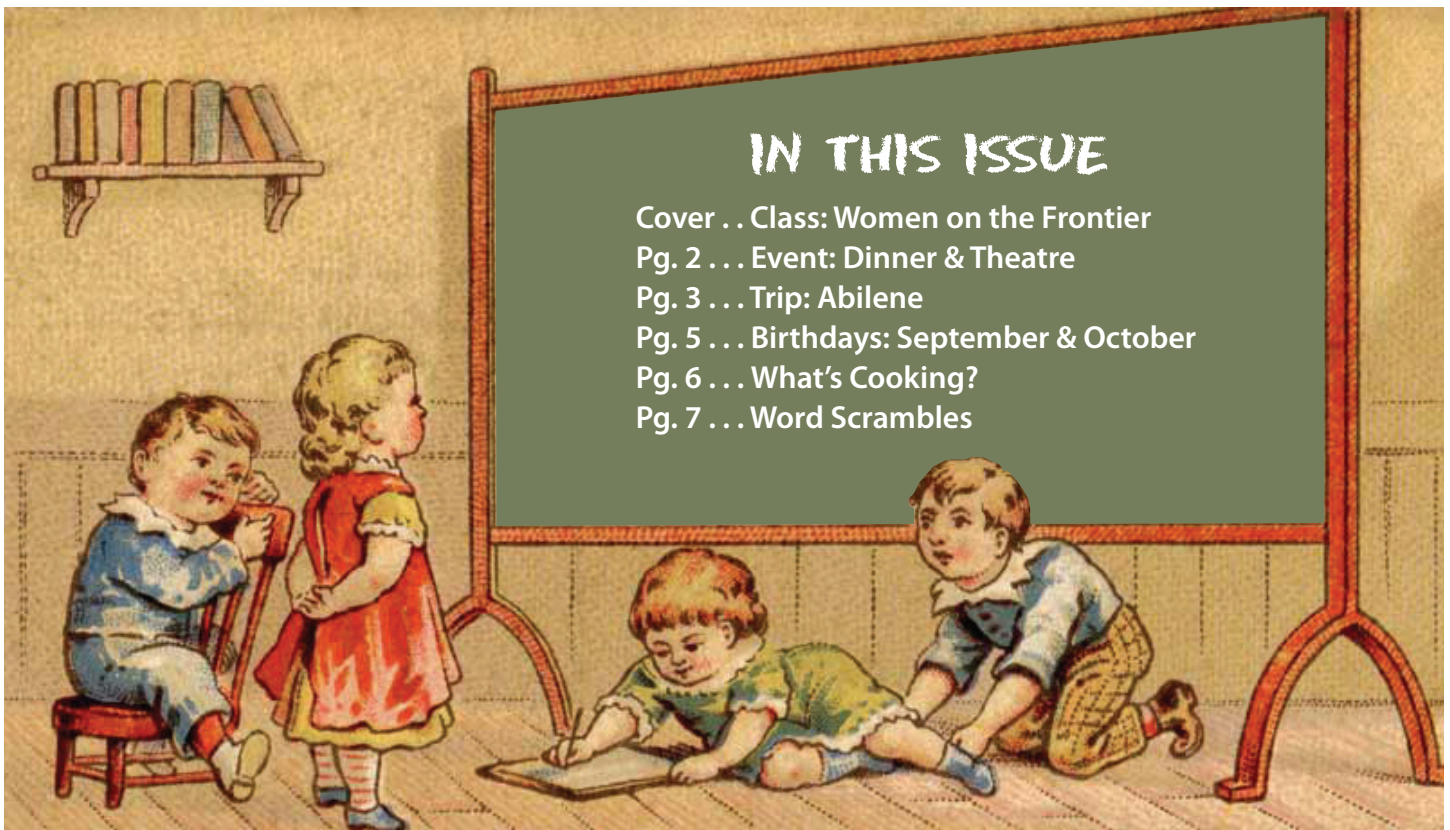


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**Silver Cougar Club  
Comings & Goings Newsletter  
September & October 2016**



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