



Learning In Retirement

Valdosta State University

2015

WINTER

COURSE SCHEDULE

Learning In Retirement

COURSE CATALOG

Our Mission

Learning in Retirement (LIR) is an organization that provides a unique opportunity for cultural growth, lifelong learning, and recreation for individuals 50 years of age and above. LIR is member-led and university-sponsored. Members are involved in determining curriculum, recruiting new members, managing the budget, and developing social programming.



Announcements

Are You On Facebook? So is LIR!

Become a member of the LIR Facebook group and get updates on classes and special offers for Continuing Education classes, view photos from events, post your ideas and opinions, and more! Search on Facebook for "Learning in Retirement at Valdosta State University," or contact Suzanne Ewing at (229) 245-6484 for more information.

What A Deal!

There are no extra fees (above your membership fee) for any LIR classes except when noted in class descriptions. Membership is \$45 per term (Fall, Winter, Spring), or \$120 for the year (available in the Fall only).

LIR Needs You!

Do you like what you see here? Well, LIR could not function without member volunteers! We particularly need folks to assist with: **CURRICULUM COMMITTEE & SOCIAL COMMITTEE.** Please contact Suzanne Ewing, Program Coordinator, and she will pass your name to the appropriate committee chair or officer.

Got Photos?

If you have pictures of LIR classes, events or trips, we want to see them! Post them on the LIR Facebook page (search on Facebook for "Learning in Retirement at Valdosta State University") or email them to Suzanne Ewing at sewing@valdosta.edu



Continuing Education Staff

Julie Halter, Ed.D.

Online, Conferences, Certificate Programs, Teacher Recertification

Sue Bailey

Professional Development, Personal Enrichment, Contract Training

Suzanne Ewing, *Learning in Retirement & Children's Enrichment Programs*

Annetta Taylor, *Registration Specialist*

Susan Bass, *Marketing Assistant*

Elena Schmitt, *Office Assistant*

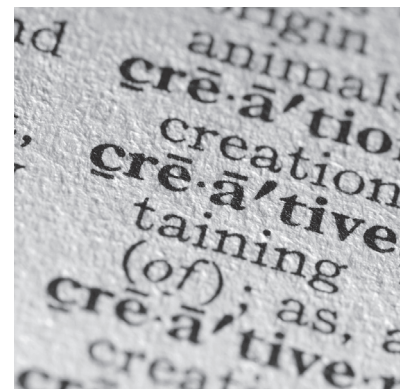


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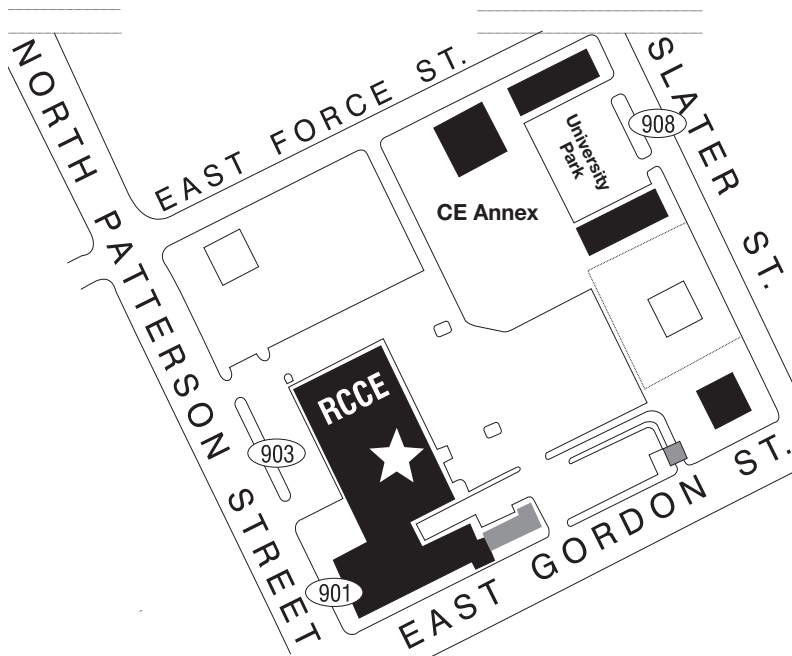
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[Click here to complete and submit your registration form online.](#)
[Payment may be made by calling 22-245-6484 or coming to our office](#)

LIR Officers & Committee Chairs

PRESIDENT	Carol Jennings
VICE PRESIDENT	Linda Crook
SECRETARY	Linda Davis
PAST PRESIDENT	Tommy DeVane
TREASURER	Beverly Long
HISTORIAN	Carol Copeland
PARLIAMENTARIAN	Julie Magruder
SOCIAL COMMITTEE CHAIR	Lynn Kilgard Cindy Gallahan
PUBLICITY COMMITTEE CHAIR	Joyce Aigen
CURRICULUM COMMITTEE CHAIR	Sandra Dickson
FINANCIAL COMMITTEE CHAIR	Beverly Long
HISTORICAL COMMITTEE CHAIR	Carol Copeland
PAST PRESIDENTS:	
Millie Chitwood	Tommy DeVane
Faye Wisenbaker	Diane Tovar
Lois Retterbush (Deceased)	Carol Feibush
Roberta Boyd	Dorothy Ard
Rita Henkels	Joyce Aigen

2 blocks south of the University Center



229.245.6484
Regional Center for Continuing Education
903 N. Patterson St. Valdosta, GA 31698
www.valdosta.edu/ce

Learning In Retirement

is designed to enhance the lives of area retirees by offering fun and exciting learning opportunities. Our goal is to keep our programs affordable for the largest possible audience while constantly seeking ways to expand opportunities available to the community. Your financial gift to the VSU Foundation, earmarked for Learning in Retirement, will provide the support necessary to keep fees low while continually enhancing the programs available. Please take a moment to reflect on what our programming means to you and then complete the form below and return it to the address indicated.

Yes, I want to help support Learning In Retirement with my financial gift of \$.

PLEASE PRINT

Name _____

Address _____

City _____

State _____

Zip _____

Phone _____

E-mail _____

- Please have someone from VSU Foundation contact me about the possibility of a stock gift or an estate gift to Learning in Retirement.

Payment Type:

- CASH CHECK # _____ CREDIT CARD (MasterCard / VISA / Discover)
(Make Payable to VSU Foundation Inc.)

Card Holder _____
Print Name - Exactly as it appears on card

VIN _____
3 Extra Digits on Reverse

Billing Address _____
Same As Above? If Not, Print Address Here

Signature of Card Holder _____

Date _____

Card # _____

Exp. Date _____

Return to this form with payment to:
VSU Foundation • Valdosta State University • 1500 N. Patterson St. Valdosta, GA 31698

Frequently Asked Questions

Q: *How do I register for LIR classes?*

Winter registration is now open! Registrations received on or before Tuesday, January 13 at 12 noon will be entered into a prize drawing. Registration continues until the class begins or until classes are full. Please see page 13 for registration form.

Q: *What are the limitations on the number of people in each class?*

Most classes do not have a limited enrollment. Only a few classes (those where an enrollment limitation is listed in the class description) are likely to fill. For everything else, you will most likely get a spot even if you register right before the class begins!



For more information visit our website:

www.valdosta.edu/ce

or call our office at:

229.245.6484



Q: *Where do I park for my classes?*

Do I need a parking permit?

Parking is available adjacent to the Regional Center for Continuing Education building, where most classes are held. A visitor's parking permit, good for the current LIR term, will be mailed with your registration confirmation. If you forget or lose your permit, just stop in the Continuing Education office (Room 124) and pick one up. The LIR permit may be used to park elsewhere on campus while you are attending an LIR class or event. If you are visiting campus for something OTHER than an LIR class or event, you are responsible for obtaining a visitor's permit from the VSU Parking and Transportation office. Single day visitor permits are free; you may also purchase a permit good for an entire semester for a fee. Call Parking and Transportation at 229.293.7275 for details.

Q: *How do I get more involved with LIR?*

There are many ways to get more involved! We need people to serve on our Curriculum, Social, and Publicity committees (see page 2). Please contact Carol Jennings, LIR President, at 229.292.2895 or email her at jmcljenn@gmail.com if you are interested in serving on a committee.

Q: *I would like to teach a class for LIR.*

Who do I contact?

We always have a need for volunteer teachers who are willing to share their expertise with fellow members. Members teach classes in arts and crafts, languages, science, nature, computers, literature, health and fitness, social studies, and many other areas. We will be setting up next term's classes soon, so please let us know if you are interested in volunteering! Contact **Suzanne Ewing**, Program Coordinator at 229.245.6484 or at sewing@valdosta.edu, and she will pass on your idea to the curriculum committee.

Q: *Who do I contact with questions about LIR?*

Contact **Suzanne Ewing**, Program Coordinator at: 229.245.6484 or at sewing@valdosta.edu
Her hours are 8 AM - 2:30 PM.



Beginning Tennis 15WLIR007

Get some fresh air and exercise while learning the basics of tennis: serving, volleying, and court etiquette. Class will be held at the Harry B. Anderson Tennis Center at McKey Park; directions mailed with registration confirmation.

**8 Wednesdays | Jan 21 - March 11
10 - 11 AM**

**Keith Childree & Cary Cimperman,
Instructors**

Bowling for Fun 15WLIR008

Join us for a little healthy exercise and (if there is enough interest) an LIR bowling league! Meet at Jac's Lanes on Connell Road. Map will be mailed with registration confirmation. You must have or rent bowling shoes. Bowling balls are available. Cost will be \$1.75 per game (to be paid on site).

**8 Wednesdays | Jan 21 - March 11
2 - 4 PM**

Betty Murchison, Facilitator

Move It! Dance Aerobics

15WLIR009

Incorporate Latin dance steps into a great aerobic workout set to oldies tunes and Latin music.

**8 Wednesdays | Jan 21 - March 11
1 - 1:45 PM**

Sherri Truby, Instructor

Yoga 15WLIR002

Improve muscle strength, increase flexibility and balance, and reduce stress. In Thursday classes there will be no postures in which you must put pressure on your knees. Students should bring a yoga "sticky" mat and cotton yoga strap to class.

16 Tuesdays & Thursdays | Jan 29 - March 12 | 10 - 11 AM

Kathleen Hamill, Instructor (START DATE CHANGED FROM PRINT CATALOG)

Good Health Series

Learn about some of the most important facets of good preventative health, and get a chance to catch any problems early. Each session will comprise a short informational overview of the topic followed by a screening. Talks and screenings will be conducted by **Traci Gosier**, Health Promotion Coordinator with the South Health District.

Monday | Feb 2 | 9 - 10 AM | Blood Pressure 15WLIR003A

Monday | Feb 16 | 11 AM - 12 PM | Bone Density 15WLIR003B

Monday | March 2 | 9 - 10 AM | Cholesterol 15WLIR003C

Monday | March 9 | 9 - 10 AM | Body Mass Index (BMI) 15WLIR003D

Traci Gosier, Instructor

Capacitar: Healing Ourselves, Healing Our World

15WLIR004

"Capacitar" means "to empower." Using a hands-on approach, we will learn simple wellness practices that lead to stress reduction, healing, and wholeness. These techniques are a unique distillation of multicultural practices and movements from traditions around the world. Wear comfortable clothing; we will be both seated in chairs and on our feet. This class is for ANY fitness level.

2 Tuesdays | Jan 20 & 27 | 11:30 AM - 12:30 PM

Lee Schert, Instructor

Range of Motion 15WLIR005

Begin with 10 minutes of warm-ups in a chair followed by standing balances, stretches, moving and marching, and cardio. End with ten minutes back in the chair for cool-down. Move at your own pace; breaks offered frequently. Adaptable for all fitness levels.

15 Mondays & Wednesdays | Jan 28 - March 11 | 10 - 10:45 AM

Kathleen Hamill, Instructor (START DATE CHANGED FROM PRINT CATALOG)

Line Dance Fun & Fitness 15WLIR006

An aerobic dance class featuring popular line dances often featured at senior dances, weddings, reunions, and on cruises. Stop sitting on the sidelines and come join the fun!

8 Fridays | Jan 23 - March 13 | 10 - 10:45 AM

Linda Crook, Instructor

Fine Arts

Watercolor Painting Basics 15WLIR010

An introduction to watercolor painting. The first session will be a demonstration of equipment, supplies and techniques; students will learn about the supply options available (high-end and low-end) in this session. Sessions 2, 3, and 4 will be exercises in wet technique, dry technique, and light and shadow. In sessions 5-7, the students will complete one individual painting. Session 8 will be a group project, which will be displayed in the Spring Into Art show at the Annette Howell Turner Center for the Arts. ***(Students will furnish their own supplies and equipment; those who do not already have some of the supplies should expect to spend between \$50 and \$100.)***

8 Tuesdays | Jan 20 - March 10 | 2 - 4 PM
M. Deanna Wagoner, Instructor

Backstage at the Valdosta Symphony Orchestra 15WLIR011

Get the inside scoop on what it takes to make an orchestra come to life. Have you ever wondered what the conductor really does? The guest instructor will reveal mysteries and let you in on some secrets of the music world.

Monday | Jan 26 | 10:30 - 11:30 AM
Maestro Howard Hsu, Instructor

Drama A-Z: Part II 15WLIR012

This class will lay the foundation for developing character and ensemble acting. Open to new members! A play to be performed at the end-of-year potluck will be selected. (Coming Spring term: "Drama Performance" class, which will culminate in the May 15 production.)

6 Thursdays | Jan 29 - March 5 | 1 - 2 PM
Dr. Sandra B. Dickson & Kathryn Smith, Instructors



So You Wanna Be An Actor! 15WLIR016

Have you ever wondered what it takes to become successful in show business? Join actor Sonny Shroyer and hear him tell how he got into movies and television, becoming an "overnight" success in 15 years! Sonny, perhaps best known for his role as "Deputy Enos Strate" in the long running series "The Dukes of Hazzard," is a versatile actor who has appeared in many movies, as well as television and stage productions. Come prepared to be entertained and to ask questions!

Wednesday | Jan 21 | 11AM - 12 PM
Sonny Shroyer, Instructor

Introduction to the Ukulele

15WLIR014

Learn the fundamentals of the ukulele and develop the skills to enjoy making music. Whether you enjoy folk, rock, country, jazz, classical, or Hawaiian music, you can play it on the ukulele! Instruments are available from Kilgard Instrument Repair for approximately \$40 (242-3444).

**7 Wednesdays | Jan 21 - March 4
1 - 2:15 PM**
Jacqui Pool, Instructor

Ukulele Fun

15WLIR015

This class is for anyone who has already taken "Intro to the Ukulele" or who already knows how to play. It will be a time for learning new skills, sharing, and jamming with your favorite tunes. Music will be provided at no charge. Come join us and make a joyful noise!

**7 Wednesdays | Jan 21 - March 4
2:15 - 3:30 PM**
Jacqui Pool, Instructor

VSU Opera Program

15WLIR013

The VSU Opera Program director will discuss the upcoming double-bill that will be performed January 24 and 25 at Whitehead Auditorium: "The Old Maid and the Thief," and "The Telephone." Both of these English-language comic operas were written by Italian-American composer Gian Carlo Menotti.

Tuesday | Jan 20 | 11 AM - 12 PM
Dr. Karl Paoletti, Instructor

Aspiring Writers!

Please see page 27
for the Continuing
Education workshop
"Writing for Publication"
on Saturday, March 14.

Book Reviews

***Macedonia Passage: Dangerous Cargo* by Wright Gres**

15WLIR017

Author Wright Gres' real-life transatlantic and Mediterranean voyages serve as the inspiration for this novel. This modern-day sailing adventure begins when a captain and cook disappear from a sailing vessel which hides within its bilges a sinister cargo. Things begin to heat up when Captain Frank Brown joins the schooner's crew. The author will share slides of the voyage; his book will be available for sale and signing or can be bought at Amazon.com.

Thursday | Jan 29 | 11 AM - 12 PM

Wright Gres, Author / Discussion Leader

***Cold War Warrior: A Memoir* by Warren "Molly" Knight**

15WLIR018

This local author's memoir documents his career as he witnesses the construction of the Berlin Wall, the U-2 incident, Cuban Missile Crisis, and an adversary's Inter-Continental Ballistic Missile test. He shares stories of his assignments to a listening post on a Far East island and other interesting places. The book will be available for sale in class, and is also available at Amazon.com.

Thursday | Jan 22 | 1 - 2 PM

Molly Knight, Author / Discussion Leader

***Princess Elizabeth's Spy* by Susan Elia MacNeal**

15WLIR019

This second book in the Maggie Hope Mystery series takes place as World War II sweeps across Europe and England steels itself against German attack. Maggie Hope, former secretary to British Prime Minister Winston Churchill, completes her training to become a spy for MI-5. She is assigned to the royal family, and yet castle life quickly proves more dangerous--and deadly--than Maggie ever expected when a shocking murder draws her into a vast conspiracy that places the entire royal family in peril.

Thursday | Feb 12 | 11 AM - 12 PM

Dr. Sandra Dickson, Reviewer

***Flight Behavior* by Barbara Kingsolver**

15WLIR020

This suspenseful novel set in present day Appalachia is a breathtaking parable of catastrophe and denial that explores how the complexities we inevitably encounter in life lead us to believe in our particular chosen truths. Kingsolver's riveting story concerns a young wife and mother on a failing farm in rural Tennessee who experiences a strange vision in the woods which causes her to wonder about the illicit rendezvous she has planned.

Thursday | Feb 26 | 11 AM - 12 PM | Alice DeVane, Reviewer

***Bring Up the Bodies* by Hilary Mantel**

15WLIR021

This novel is the second in a series that concentrates on Thomas Cromwell, political advisor during the reign of Henry VIII. Though he battled for seven years to marry her, Henry is disenchanted with Anne Boleyn. She has failed to give him a son and her sharp intelligence and audacious will alienate his old friends and the noble families of England. At a word from Henry, Thomas Cromwell is ready to bring her down. Over three terrifying weeks, Anne is ensnared in a web of conspiracy, but Anne and her powerful family will not yield without a ferocious struggle. *Bring Up the Bodies* follows the dramatic trial of the queen and her suitors for adultery and treason. To defeat the Boleyns, Cromwell must ally with his natural enemies, the papist aristocracy. What price will he pay for Anne's head?

Tuesday | March 3 | 11 AM - 12 PM | Morris Smith, Reviewer

***Through a Window: My Thirty Years with the Chimpanzees of Gombe* by Jane Goodall**

15WLIR022

From Jane Goodall, considered to be the world's foremost expert on chimpanzees, *Through a Window* is the dramatic saga of thirty years in the life of an intimately intertwined community—one that reads like a novel, but is one of the most important scientific works ever published. The community in Gombe, Nigeria on the shores of Lake Tanganyika, where the principal residents are chimpanzees and one extraordinary woman who is their student, protector, and historian.

Tuesday | Feb 10 | 10 - 11 AM | Dr. Patricia Marks, Reviewer

***In the Time of the Butterflies* by Julia Alvarez**

15WLIR023

This tale of courage and sisterhood is set in the Dominican Republic during the rise of the Trujillo dictatorship. A skillful blend of fact and fiction, *In the Time of the Butterflies* is inspired by the true story of the three Mirabal sisters who, in 1960, were murdered for their part in an underground plot to overthrow the government. We will discuss the historical incidents that led to the sisters' international recognition as heroines.

Thursday | Feb 19 | 11 AM - 12 PM | Dr. Eneida Pugh, Reviewer

Good to Know

Interesting Places to Go in Georgia 15WLIR024

Led by the tourism project manager for the GA Department of Economic Development/Plantation Trace Region, we will embark on a virtual tour of what South Georgia has to offer. Instructions will be provided on how to use the official Georgia Tourism website to find interesting places, phone numbers, hours of operation, dining facilities, etc. Brochures and maps will be given out during this class.

Friday | Feb 6 | 1 - 2 PM | Amanda Peacock, Instructor



AARP Smart Driver 15WLIR029

You may be able to reduce your insurance rates with this 6-hour class, which provides a review of driving skills and techniques as well as strategies and tips to help you adjust to normal age-related physical changes that can affect your driving ability. There is a \$15 fee for AARP members (must have a current AARP card) and \$20 fee for non-members (fee covers certificate and paper work.) Students should bring their driver's licenses and AARP cards. Fees are to be paid directly to the instructors on the first day of class. This class is open to the public - LIR membership not required.

**Monday & Tuesday
Feb 9 & 10 | 1 - 4 PM
Al & Mary Raines, Instructors**

Self Defense for Seniors

15WLIR030

Learn the basics of physical self defense, including easy-to-carry weapons.

**Tuesday | Feb 24 | 10 - 11 AM
Tommy DeVane, Instructor**



Medicaid Essentials for Long Term Care 15WLIR025

Many people will need costly nursing home care at the end of their lives. Whether you are interested in pre-planning for the possibility of your long term care in the future, or you need to know what to do now that a loved one has entered the nursing home, we can give you up-to-date information about these issues. It is never too early or too late to plan! This class will be held at Bennett Trust, Estate & Elder Law, 2502 N Oak St, Valdosta.

**2 Mondays | Feb 16 & 23 | 2 - 3 PM
John R. Bennett & Marnie H. Watson, Instructors**

Pre-Planning: A Gift You Leave Your Family 15WLIR026

More adults are finding that making final arrangements ahead of time offers emotional and financial security. This class will provide practical advice to guide you through the planning process. In the first session we will discuss some of the 70 decisions that must be made when death occurs; the second session will be a discussion of cremation or burial.

**2 Tuesdays | Jan 27 & Feb 3 | 10 - 11 AM
Casey Music & Paula Sheffield, Instructors**

Basic Car Repair 15WLIR027

Do you know how to check your engine and transmission oil? Do you know when to check your radiator fluid or what to do when the check engine light appears on your dash panel? Learn simple checks and repairs that may keep you from getting stuck on the side of the highway.

**Thursday | Feb 19 | 2 - 3 PM
Langdale Ford Company Staff**

Georgia Traffic Law/Legal Update 15WLIR028

Learn about Georgia traffic law (including common misconceptions) and recent legislative changes. The presentation will be followed by a question-and-answer session.

**Thursday | Feb 19 | 2 - 3 PM
State Court Judge John K. Edwards Jr., Instructor**

Trips & Tours

Horse Creek Winery of Sparks 15WLIR032

Enjoy a wine tasting featuring Horse Creek's own wines, plus a few others. Fees to be paid at the location: 5 generous pours for \$5, or 10 for \$10. Moderately priced wines available for purchase. Map and directions sent with registration confirmation. Anyone wishing to carpool/caravan should meet at the Regional Center for Continuing Education for a 12:30 pm departure.

Tuesday | Feb 3 | 1 - 3 PM

Valdosta Police Department 15WLIR033

Meet detectives and visit the squad room to observe how the department conducts day-to-day operations. Meet the K-9 unit and hear a presentation about local gang activity. Meet at the VPD headquarters, 500 N. Toombs Street.

Wednesday | Jan 21 | 1:30 - 2:30 PM

Officer Vernotis Williams, Tour Guide

Annette Howell Turner Center for the Arts 15WLIR034

Enjoy a guided tour of the galleries, which will include the 2015 DRAWPROJECT, an annual exhibit which supports art scholarships for VSU students. Meet at the Turner Center, 527 North Patterson Street.

Thursday | Jan 22 | 2 - 3 PM

Bill Shenton, Tour Guide

Lauri Jo's Canning Plant / Sparkman's Cream Valley

15WLIR035

You can observe jellies, jams and sauces being canned at this Norman Park, GA enterprise, which began as a hobby and blossomed into a full-blown business shipping to 41 states. (For more information visit www.laurijos.com.) The group will make a lunch stop, then head to Sparkman's Cream Valley in Moultrie, which is a locally owned, all-natural dairy farm. You can visit with the antibiotic and growth hormone free Jersey cows, and pick up some of their milk, ice cream, butter, or low fat drinkable yogurt to take home--bring a cooler! (Visit www.sparkmanscreamvalley.com for more information). Map and directions sent with registration confirmation. Anyone wishing to carpool/caravan should meet at the Regional Center for Continuing Education for a 9 am departure.

Thursday | Feb 12 | 10 AM - 2 PM



Paynes Prairie Preserve State Park

15WLIR036

This Gainesville, Florida area State Park consists of 22,000 acres of wet prairie, open water and marsh. It was formed by the washing away of limestone from the Great Alachua Savannah. More than 20 distinct biological communities provide a rich array of habitats for wildlife and livestock, including alligators, bison, horses and more than 270 species of birds. A 50-foot-high observation tower near the visitor center provides a panoramic view of the preserve (note: at press time the tower is temporarily closed for repairs; unsure if it will be open in time for this trip). Visit Bring a picnic lunch, or stop at a local restaurant on the way home. Admission charge of \$6.00/vehicle (2-8 people). Map and directions sent with registration confirmation. Anyone wishing to carpool/caravan should meet at the Regional Center for Continuing Education for an 8:00 a.m. departure.

Friday | Feb 27 | 10 AM - 3 PM (approximately)
Self-Guided Tour

Yoder's Deitsch Haus

Restaurant & Bakery 15WLIR037

Enjoy a delicious meal at this Mennonite-run lunch spot near Montezuma, Georgia. Select from home cooked steak, ham, meatloaf, sausage and sauerkraut, fresh vegetables, and desserts 'to die for.' Menu is à la carte. Visit the on-site bakery for goodies to take home. Gift shop nearby. Map and directions sent with registration confirmation. Anyone wishing to carpool/caravan should meet at the Regional Center for Continuing Education for a 9:30 a.m. departure.

Tuesday | Feb 17 | 11:30 - 2 PM

Trips & Tours

Trip Info

- Make sure we have your correct email address—reminders of trips with any pertinent instructions are sent by email several days before the event.
- If you want to carpool/caravan, please be at the Continuing Education building before the designated departure time. Carpool drivers and riders will be determined at that time. In some cases a member volunteer may call ahead of time to arrange carpools, but we cannot guarantee this.
- Call the office at 245-6484 if you are signed up but are UNABLE to attend.

Ralph's Radio Museum 15WLIR038

This local museum houses hundreds of vintage radios, several Victrolas, and a juke box. Radios range in size from huge floor models to palm size – some battery powered and some have tubes. Owner Ralph Russell will be available to discuss the history of any of the items in the museum, which also includes a collection of old Western Union forms and one of their clocks. Meet at the museum, 3312 Tobacco Rode Rd, just off of US 41 South. Map and directions sent with registration confirmation.

Thursday | Jan 29 | 11 AM - 12 PM
Ralph Russell, Tour Guide

Georgia Sea Turtle Center & Jekyll Island Club

15WLIR039

Visit Georgia's Jekyll Island to explore a unique rehabilitation, research and education center for ill and injured sea turtles. The facility features an interactive exhibit and a rehab pavilion where some turtle patients are on view. \$6 admission fee for age 65+; \$7 for adults under 65. Afterward, visit the historic Jekyll Island Club in the nearby historic district, and take a stroll on the beach if you wish. There are several restaurants available. \$6/car toll to access the island. Map and directions sent with registration confirmation. Anyone wishing to carpool/caravan should meet at the Regional Center for Continuing Education for an 8 am departure.

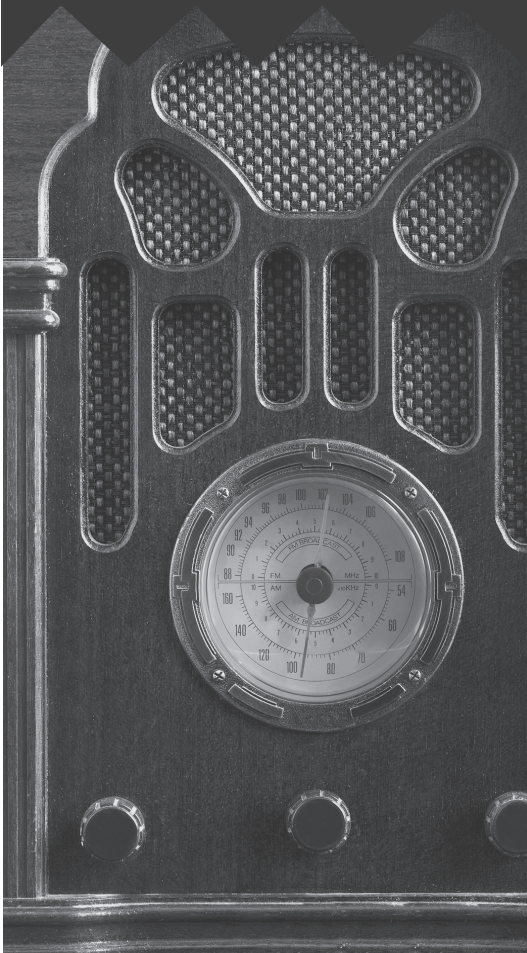
Friday | March 13 | 10:30 AM - 1 PM (approximately) | Self-Guided



Ft. Frederica National Park & Christ Church 15WLIR040

This St. Simons Island fort was established in 1736 by James Oglethorpe to protect Georgia from the Spanish. In 1743, the fort's troops defeated the Spanish. This outpost included a small town; you can still see the foundations of the tabby houses and the fortifications. There is an old cemetery on the site. \$3 entrance fee per person; or bring your senior National Park Pass if you have one. Your next stop will be Christ Church, built in 1820, and the adjoining cemetery (Eugenia Price is buried here). You may also wish to visit nearby Wesley Gardens, and visit one of the many great St. Simons restaurants for lunch. Map and directions sent with registration confirmation. Anyone wishing to carpool/caravan should meet at the Regional Center for Continuing Education for an 8 am departure.

Friday | March 6 | 10:30 AM - 1 PM (approximately) | Self-Guided



Special Events

“Winter Wonderland”

“Oh, the Weather Outside is Frightful...” or maybe not, since we are in South Georgia, after all! Regardless of the weather, help us kick off the new year AND the winter LIR term in style! Meet up with new members and old friends and enjoy a great meal.

Luncheon Sponsored by: Chancy Drugs



Wednesday, January 14

Regional Center for Continuing Education Auditorium

11:00 AM - Business Meeting

11:30 AM - Lunch & Festivities

12:15 PM = Informational presentation:

“Healthcare is changing. Are you prepared?”

Your presenter, Hugh Chancy, RPh, is co-owner of Chancy Drugs, beginning his career with the company as a teenager. Hugh is very active in the Independent Pharmacy community and is currently the 3rd Vice President of the National Community Pharmacy Association, a National Legislation and Government Affairs Committee Chair, a member of the Mirixa Board, and a board member of the Academy of Independent Pharmacy.

No charge to attend, but you **MUST** pre-register!

Sign up by **12 noon on Tuesday, January 7** by turning in your registration form or by calling **229.245.6484**

If you are not pre-registered you may not attend.

Register Early!

Everyone who registers for the Winter LIR term by 12 noon on Tuesday, January 13, will be entered into a prize drawing.

Registration Form

WINTER 2015

Learning In Retirement

REGISTRATIONS WILL NOT BE PROCESSED WITHOUT PAYMENT.

We will hold your registration for you if you wish to pay later; however, a place in your class(es) will NOT be held for you until payment is received.

If mailing in your registration and payment, please send to:

Learning in Retirement
Valdosta State University
Valdosta, GA 31698-0998

To register by phone with credit card payment call:
229.245.6484

[Click here to complete and submit your registration form online.](#)
Payment may be made by calling 22-245-6484 or coming to our office

Preferred Name _____ Legal Name (If Different) _____ SSN (Last 4 Digits) _____

Mailing Address _____ City _____ State _____ Zip _____

Primary Phone _____ Alternate Phone _____ Email _____

Check here if you do **NOT** wish to be contacted about upcoming LIR events or sent reminders by email.

Is this your first time ever participating in Learning in Retirement? YES NO

If you are new to LIR, how did you hear about us? *Please circle one:*

RADIO NEWSPAPER WEBSITE SENIOR SHOWCASE FRIENDS PICKED-UP BROCHURE
OTHER _____ FLYER MAILED TO "CURRENT POSTAL CUSTOMER"

If you would like to teach a class, please state topic: _____

Fees: Check All That Apply

(Some classes not listed here require an extra fee to be paid directly to the instructor, as noted in the class description.)

\$45 Winter Term Membership Yearly Membership Paid in Fall \$20 Beginning Bridge \$10 iPad 101
15WLIR999 15WLIR048 15WLIR079

\$59 Writing for Publication Subtract \$10 if Volunteer Teacher Total Amount Enclosed:
15WPD01 for Winter 2015 Term. (Add All Fees) \$

Payment Type:

CASH (RECEIPT # _____) CHECK # _____
(Make Payable to VSU-LIR)

CREDIT CARD (MasterCard / VISA / Discover)

Card Holder _____ Sec. Code _____
Print Name - Exactly as it appears on card 3 Extra Digits on Reverse

Billing Address _____
Same As Above? If Not, Print Address Here

Signature of Card Holder _____

Card # _____ Exp. Date _____

Course Selection

Special Activities

- 15WLIR001 **Winter Wonderland Luncheon** | Wednesday, Jan 14 | 11 - 1 PM

Health & Fitness

- 15WLIR002 **Yoga**
16 Tuesdays & Thursdays
Jan 20 - Mar 12 | 10 - 11 AM
- 15WLIR003 **Good Health Series** 4 Mondays
- 15WLIR003A **Blood Pressure**
Feb 2, 9 - 10 AM
- 15WLIR003B **Bone Density**
Feb 16, 11 AM - 12 PM
- 15WLIR003C **Cholesterol**
March 2, 9 - 10 AM
- 15WLIR003D **BMI** | Mar 9, 9 - 10 AM
- 15WLIR004 **Capacitar: Healing**
2 Tuesdays
Jan 20 & 27 | 11:30 AM - 12:30 PM
- 15WLIR005 **Range of Motion**
15 Mondays & Wednesdays
Jan 21 - March 11 | 10 - 10:45 AM
- 15WLIR006 **Line Dance Fun & Fitness**
8 Fridays
Jan 23 - March 13 | 10 - 10:45 AM
- 15WLIR007 **Beginning Tennis**
8 Wednesdays
Jan 21 - March 11 | 10 - 11 AM
- 15WLIR008 **Bowling for Fun**
8 Wednesdays
Jan 21 - March 11 | 2 - 4 PM
- 15WLIR009 **Move It! Dance Aerobics**
8 Wednesdays
Jan 21 - March 11 | 1 - 1:45 PM

Fine Arts

- 15WLIR010 **Watercolor Painting Basics**
8 Tuesdays | Jan 20 - March 10 | 2 - 4 PM
- 15WLIR011 **Backstage at the Symphony**
Monday, Jan 26 | 10:30 - 11:30 AM
- 15WLIR012 **Drama: A - Z, Part II**
6 Thursdays | Jan 29 - March 5 | 1 - 2 PM
- 15WPD01 **Writing for Publication** \$59 Extra Fee
Saturday | March 14 | 9 AM - 12 PM
- 15WLIR013 **VSU Opera Program**
Tuesday | Jan 20 | 11 AM - 12 PM
- 15WLIR014 **Introduction to the Ukulele**
7 Wednesdays | Jan 21 - March 4 | 1 - 2:15 PM
- 15WLIR015 **Ukulele Fun**
7 Wednesdays | Jan 21 - March 4 | 2:15 - 3:30 PM
- 15WLIR016 **So You Wanna Be An Actor?**
Wednesday, Jan 21 | 11 AM - 12 PM

Book Reviews

- 15WLIR017 **Macedonia Passage: Dangerous Cargo**
Thursday, Jan 29 | 11 AM - 12 PM
- 15WLIR018 **Cold War Warrior: A Memoir**
Thursday, Jan 22 | 1 - 2 PM
- 15WLIR019 **Princess Elizabeth's Spy**
Thursday, Feb 12 | 11 AM - 12 PM
- 15WLIR020 **Flight Behavior**
Thursday, Feb 26 | 11 AM - 12 PM
- 15WLIR021 **Bring Up the Bodies**
Tuesday, March 3 | 11 AM - 12 PM
- 15WLIR022 **Through a Window: My Thirty Years with the Chimpanzees of Gombe**
Tuesday, Feb 10 | 10 - 11 AM
- 15WLIR023 **In the Time of the Butterflies**
Thursday, Feb 19 | 11 AM - 12 PM

Good To Know

- 15WLIR024 **Interesting Places to Go in Georgia**
Friday, Feb 6 | 1 - 2 PM
- 15WLIR025 **Medicaid Essentials for Long Term Care**
2 Mondays | Feb 16 & 23 | 2 - 3 PM
- 15WLIR026 **Pre-Planning: A Gift You Leave Your Family**
2 Tuesdays | Jan 27 - Feb 3 | 10 - 11 AM
- 15WLIR027 **Basic Car Repair**
Thursday, Feb 19 | 2 - 3 PM
- 15WLIR028 **Georgia Traffic Law / Legal Update**
Thursday, Feb 19 | 2 - 3 PM
- 15WLIR029 **AARP Smart Driver**
Monday & Tuesday, Feb 9 & 10 | 1 - 4 PM
- 15WLIR030 **Self Defense for Seniors**
Tuesday, Feb 24 | 10 - 11 AM

Course Selection

Trips & Tours

- 15WLIR032 **Horse Creek Winery of Sparks**
Tuesday, Feb 3 | 1 - 3 PM
- 15WLIR033 **Valdosta Police Department**
Wednesday, Jan 21 | 1:30 - 2:30 PM
- 15WLIR034 **Turner Center for the Arts**
Thursday, Jan 22 | 2 - 3 PM
- 15WLIR035 **Canning Plant / Cream Valley**
Thursday, Feb 12 | 10 AM - 2 PM
- 15WLIR036 **Paynes Prairie Preserve State Park**
Friday, Feb 27 | 10 AM - 3 PM
- 15WLIR037 **Yoder's Restaurant & Bakery**
Tuesday, Feb 17 | 11:30 - 2 PM
- 15WLIR038 **Ralph's Radio Museum**
Thursday, Jan 29 | 11 AM - 12 PM
- 15WLIR039 **GA Sea Turtle & Jekyll Island Club**
Friday, March 13 | 10:30 AM - 1 PM
- 15WLIR040 **Ft. Frederica NP & Christ Church**
Friday, March 6 | 10:30 AM - 1 PM

Leisure

- 15WLIR041 **Growing Edible Plants**
Thursday, March 5 | 11 AM - 12 PM
- 15WLIR042 **Scrapbooking**
Thursday, Feb 5 | 11 AM - 12 PM
- 15WLIR043 **Eating a Plant-Based Diet**
3 Fridays, Jan 23, Feb 6, March 6 | 12 - 1 PM
- 15WLIR044 **Make a Decorative Glass Plate**
2 Wednesdays, Feb 4 & 11 | 1 - 2 PM
- 15WLIR045 **Dutch Treat Lunch: Gondolier Italian Restaurant**
Thursday, Jan 22 | 11:30 AM - 12:30 PM
- 15WLIR046 **Dutch Treat Lunch: Cactus Flower Cafe**
Monday, Feb 9 | 11:30 AM - 12:30 PM
- 15WLIR047 **Dutch Treat Lunch: Austin's Cattle Company**
Wednesday, March 11 | 11:30 AM - 12:30 PM
- 15WLIR048 **Beginning Bridge \$20 Extra Fee**
6 Wednesdays, Jan 21 - Feb 25 | 1 - 3 PM
- 15WLIR049 **Spanish for Beginners**
3 Tuesdays, Jan 27, Feb 3, March 3 | 11 AM - 12 PM
- 15WLIR050 **Mah-Jongg**
7 Mondays, Jan 26 - March 9 | 12:30 - 3 PM
- 15WLIR051 **Stranded Knitting**
8 Wednesdays, Jan 21 - March 11 | 11 AM - 1 PM
- 15WLIR052 **Knitting & Crocheting**
6 Wednesdays, Feb 4 - March 11 | 2 - 3:30 PM
- 15WLIR053 **Make a Stitchless Throw**
Tuesday, Feb 24 | 1 - 2 PM
- 15WLIR054 **Chemo Cap Brigade**
Session A: Thursday, Jan 29 | 10 AM - 12 PM
- 15WLIR055 **Chemo Cap Brigade**
Session B: Thursday, Feb 26 | 10 AM - 12 PM

History & Social Studies

- 15WLIR056 **Beginning Genealogy**
Monday & Tuesday
March 2 & 3 | 10 AM - 12 PM
- 15WLIR057 **Genealogy at the Library**
Tuesday, Feb 24 | 4 - 5:30 PM
- 15WLIR058 **World War II: A Soldier's Story**
Tuesday, Jan 27 | 11 AM - 12 PM
- 15WLIR059 **Views of the News**
6 Fridays, Jan 30 - March 6 | 10 AM - 12 PM
- 15WLIR060 **Photo Journey to Alaska:**
Thursday, March 12 | 1 - 3 PM
- 15WLIR061 **Journey to Southern Siberia**
Monday, Feb 16 | 1 - 2 PM
- 15WLIR062 **Journey through Southern Lowndes County**
Monday, Feb 23 | 11 AM - 12 PM

Course Selection

Science & Nature

- 15WLIR063
The Kingdom Fungi: Part 1
Friday, Jan 30 | 1:30 - 2:30 PM
- 15WLIR064
The Kingdom Fungi: Part 2
Friday, Feb 13 | 1:30 - 2:30 PM
- 15WLIR065
Technology Use & Aging
Monday, Jan 26 | 4 - 5 PM
- 15WLIR066 **Lake Louise Environmental Research Station**
Tuesday, March 10 | 1 - 3 PM
- 15WLIR067 **Planetarium Show**
Tuesday, March 10
11 AM - 12 PM
- 15WLIR080 **Flying Flowers**
Friday, January 30
11 AM - 12 PM

Computer Classes

- 15WLIR068
Beginning Computer Basics
4 Tuesdays, Jan 20, 27, Feb 3, 24
11 AM - 12 PM, *No Class Feb 10 or 17*
- 15WLIR069 **Uploading Photos Online**
4 Mondays, Jan 26 - Feb 23
11 AM - 12 PM, *No Class Feb 9*
- 15WLIR070 **Beginning PowerPoint**
5 Weds | Jan 21, 28, Feb 4, 18, 25
1 - 2:30 PM, *No Class Feb 11*
- 15WLIR071 **Movie Maker**
6 Thursdays | Jan 22 - Feb 26
1 - 2:30 PM
- 15WLIR072 **Adobe Photoshop Basics**
11 Weds & Thurs, Jan 21 - Feb 26
10:30 AM - 12 PM, *No Class Feb 11*
- 15WLIR073 **File Management**
4 Tuesdays, Jan 20, 27, Feb 3, 24
9:30 - 10:30 AM
No Class Feb 10 & 17
- 15WLIR074 **YouTube Essentials**
3 Tuesdays, Jan 20 - Feb 3
1 - 2:30 PM
- 15WLIR075 **Facebook Q & A**
Thursday | Jan 22
3 - 4 PM
- 15WLIR076
Keep Your PC Healthy
Friday, Feb 13 | 9 - 10:30 AM
- 15WLIR077
Google Like A Pro
Friday, Feb 27 | 9 - 10:30 AM
- 15WLIR078 **PC Maintenance**
Friday, March 13 | 9 - 10:30 AM
- 15WLIR079 **iPad 101**
Thursday, March 12
6 - 8 PM
\$10 Extra Fee

Valdosta State University Release, Waiver of Liability, and Covenant Not to Sue (Read Carefully Before Signing)

I hereby acknowledge my awareness that my participation in some activities of Valdosta State University's Learning in Retirement Program ("Program") may subject me to the risks of bodily injury or property damage and I hereby assume any and all such risks.

For sole consideration of Valdosta State University allowing me to participate in this Program, I hereby release and forever discharge Valdosta State University, the Board of Regents of the University System of Georgia, their members individually and their officers, agents, and employees from any and all claims, demands, rights and causes of actions of whatever kind that I may have arising from or in any way connected with my participation in the Program, absent gross negligence on behalf of Valdosta State University. I understand that the acceptance of this Release, Waiver of Liability and Covenant Not to Sue by the Board of Regents of the University System of Georgia shall not constitute a waiver, in whole or in part, of sovereign immunity by the Board of Regents of the University System of Georgia, to its members, officers, agents and employees. I certify that I have read and understood the above.

Signature

Printed Name

Date

Growing Edible Plants 15WLIR041

We will take a look at edible plants that can be grown from seed or transplants, including herbs to flavor your meals. Class to be held at Lowe's Garden Center on St. Augustine Road.

Thursday | March 5 | 11 AM - 12 PM

Pam McInnes, Instructor

Scrapbooking 15WLIR042

Bring a dozen (or so) pictures on a related topic (birthday, trip, family, etc.). We'll create two scrapbook pages with pictures, embellishments, and journaling. Supplies furnished.

Thursday | Feb 5 | 11 AM - 12 PM

Madonna Terry, Instructor

Eating a Plant-Based Diet 15WLIR043

Learn from an excellent vegetarian cook about eating well without meat, including tips, tricks and delicious recipes. This will be a hands-on class in the RCCE kitchen; space is limited, so sign up early. \$3 fee to cover supplies to be paid directly to the instructor each day of class.

3 Fridays | Jan 23, Feb 6, & March 6 | 12 - 1 PM

Stacy L. Hepburn, Instructor

Make a Decorative Glass Plate 15WLIR044

Use fabric to make a decorative glass plate for your home, as a gift, or for any occasion. Plates can be made for holidays, special occasions, or just because. Supplies needed (bring to first class): CLEAR glass plate, light weight cotton fabric, Mod Podge gloss luster glue, foam paint brush, razor blade, butter tub, scissors.

2 Wednesdays | Feb 4 & 11 | 1 - 2 PM

Glenna Peter, Instructor

Dutch Treat Lunch Series

Enjoy lunch with your fellow LIR members! Meet at the restaurants. Non-LIR friends are welcome, but let us know if you are bringing a guest so that we can tell the restaurant how many to expect.



Gondolier Italian Trattoria 15WLIR045

Thursday | Jan 22 | Meet at 11:30 AM
282 Norman Drive

Cactus Flower Cafe 15WLIR046

Monday | Feb 9 | Meet at 11:30 AM
3209 N. Oak Street Extension

Austin's Cattle Company 15WLIR047

Wednesday | March 11 | Meet at 11:30 AM
2101 West Hill Avenue



Beginning Bridge 15WLIR048

Designed for students who have little or no playing experience, the focus of this class will include bidding and playing of the hand. Must have at least 12 students registered by Tuesday, Jan 20 for class to be held. \$20 EXTRA FEE.

6 Wednesdays | 1 - 3 PM
Jan 21 - Feb 25
Dan Deany, Instructor

Spanish for Beginners 15WLIR049

Have fun learning useful words and expressions. The goal is to be able to get along at a basic level in a Spanish speaking country.

3 Tuesdays | 11 AM - 12 PM
Jan 27, Feb 3, & March 3
Dr. Eneida Pugh, Instructor



Mah-Jongg 15WLIR050

Mah Jongg is an ancient Chinese game played with two, three, or four people. The players use the "Official Standard Hands and Rules" card from the National Mah Jongg League and a set of tiles with Chinese characters and symbols. The object of the game is to make a "hand" based on the tiles you draw and the options on the Mah Jongg card. The cards are printed annually. Mah Jongg is a challenging game of skill, strategy and some chance.

7 Mondays | 12:30 - 3 PM
Jan 26 - March 9
Elizabeth Burnette, Instructor

Stranded Knitting 15WLIR051

Learn stranded knitting by making two projects: a can cozy and a gift bag. For the first project you will need 50 yds cotton yarn (main color); 30 yds cotton yarn (contrasting color); size 6 circular needles; knit in round with magic loop or double-pointed needles. For the second project you will need size 8 circular needles; 164 yds of main color yarn; 50 yards of contrasting color yarn.

8 Wednesdays | Jan 21 - March 11 | 11 AM - 1 PM
Kim Shock, Instructor
Location: Rabbit Moon Yarn Shop, Hahira
(receive 10% discount on supplies purchased there)



Knitting & Crocheting 15WLIR052

Both beginners and pros welcome! Instructor can help with any problem or pattern, whether using English or Continental method. New patterns and ideas will be presented. Beginning first step instructions will be available. Beginning knitters will need Size 8 needles and worsted weight yarn; beginning crocheters will need Size "G" crochet hook and any yarn.

6 Wednesdays | Feb 4 - March 11 | 2 - 3:30 PM
Rita Booker, Instructor

Make A Stitchless Fleece Throw 15WLIR053

Lay out and make a stitchless throw. Examples will be shown. By the time you decide what size you want to make, you'll know what to do.

Tuesday | Feb 24 | 1 - 2 PM
Stacy L. Hepburn, Instructor

Chemo Cap Brigade 15WLIR054 / 15WLIR055

Whether you knit, crochet, or sew, come join the Brigade! Meetings are the last Thursday of each month. Crafters create adult caps, preemie caps, and lapghans that are donated to the Pearlman Cancer Center and to SGMC for distribution to patients. See what other crafters have done, make donations, and get patterns and/or donated yarn. Bring your crochet hook (4.5 mm) or knitting needles (#10 and #13 or #7 circular) and spend some time getting a start on caps for the next meeting. (The Chemo Cap Brigade works throughout the year during this time slot. Each of these sessions is a special introduction to the group.)

Session A: Thursday, Jan 29, 10 AM - 12 PM
Session B: Thursday, Feb 26, 10 AM - 12 PM
Location: Rabbit Moon Yarn Shop, Hahira
Annette Woodruff, Instructor

History & Social Studies

Beginning Genealogy 15WLIR056

Have you ever wanted to learn about your ancestors but don't know how to start or where to look? Let us help you with your search. Bring what you know, and we will go from there. (This will be a hands-on computer based class.)

Monday & Tuesday | March 2 & 3

10 AM - 12 PM

Alice DeVane & Carol McLeod, Instructors

Genealogy at the Library (Print Material) 15WLIR057

Visit the Genealogy Room at the South Georgia Regional Library and learn about the tools available for research. The head of Genealogy Unlimited will discuss helpful print resources. Class will be held at the South Georgia Regional Library at 300 Woodrow Wilson Drive.

Tuesday | Feb 24 | 4 - 5:30 PM

Dorothy Neisen, Instructor

World War II: A Soldier's Story

15WLIR058

The instructor will discuss pre-WWII life and how he was inducted into the army. He will share his adventures in France and Germany and the liberation of the Holocaust survivors.

Tuesday | Jan 27 | 11 AM - 12 PM

George Aigen, Instructor



Views of the News 15WLIR059

Come ready to discuss today's hot news topics and current events. We will cover local, regional, and global events. Class participation is encouraged.

6 Fridays | Jan 30 - March 6 | 10 AM - 12 PM

Dr. James LaPlant, Instructor

Photo Journey to Alaska: The Last Frontier 15WLIR060

Relive a summertime sea and land cruise to Alaska. Highlights include the Inside Passage, Ketchikan, Juneau, Skagway, and Glacier Bay, Anchorage, Denali National Park, Mt. McKinley, and Fairbanks. You will see plenty of wildlife, including eagles, bears, Dall sheep, caribou, and moose. Photos from June 2014.

Thursday | March 12 | 1 - 3 PM | Judy Baxter, Instructor

Journey to Southern Siberia 15WLIR061

Learn from a native about what life is like in Russia. Elena grew up in Khabarovsk, Russia, near the Chinese border. Find out about daily life, schools, food, entertainment and much more.

Monday | Feb 16 | 1 - 2 PM | Elena Schmitt, Instructor

Journey through Southern Lowndes County 15WLIR062

Take an entertaining journey through points of interest in southern Lowndes County. The class will be held at the Lowndes County Historical Museum (305 W Central Avenue) so you can view associated exhibits. The building is accessible, and there is an elevator. A map will be mailed with your registration confirmation.

Monday | Feb 23 | 11 AM - 12 PM | Donald Davis, Instructor

Science & Nature

The Kingdom Fungi: Part 1 - Microfungi 15WLIR063

Learn about the microscopic fungi that inhabit our environment – what do they look like? How do they reproduce? What roles do they play in ecosystems? Many are beneficial to humans and other organisms (for example, recycling nutrients) while some are pathogens and parasites of plants, animals and humans.

Friday | Jan 30 | 1:30 - 2:30 PM | Dr. Carol Stiles, Instructor



Flying Flowers: The Biology of Butterflies & Moths 15WLIR072

Many people don't like bugs, but butterflies and moths appeal to almost everyone. Learn about their life cycles and basic biology, then explore some of the ways these showy insects fit into our natural environment.

Friday | Jan 30
11 AM - 12 PM
Dr. Mark Blackmore, Instructor



The Kingdom Fungi: Part 2 - Macrofungi 15WLIR064

Curious about mushrooms, puffballs, and shelf fungi? Learn about the macrofungi that inhabit our environment. What are the different types? What roles do they play in ecosystems? When is the best time to find them? How can you tell if they are poisonous?

Friday | Feb 13 | 1:30 - 2:30 PM
Dr. Emily Cantonwine, Instructor

Technology Use & Aging 15WLIR065

Technology has changed all of our lives! Computers, cell phones, iPads, and other devices have changed the way we complete our daily tasks, the way we spend our leisure time, and the way we interact with each other. Learn about research having to do with differences in technology use between generations and how it affects us, including cell phone use while driving and walking.

Monday | Jan 26 | 4 - 5 PM
Dr. Charles Talor, Instructor

Lake Louise Environmental Research Station

15WLIR066

The Lake Louise Field Station, located nine miles south of Valdosta, is a 173 acre station used for teaching and research. A key resource at that station is Lake Louise, a blackwater lake which has been the center of ethno- and paleoecology research going back to the 1960s. Here about past and current research being done there by VSU faculty and students, and bring your cameras. Recent improvements made to the station include a new boardwalk and pavilions. Meet at the Regional Center for Continuing Education at 12:30 pm and ride a VSU van to the location. Maximum of 12 participants, so sign up early.

Tuesday | March 10 | 1 - 3 PM
Dr. Dave Bechler, Instructor

Planetarium Show 15WLIR067

Enjoy a special planetarium show just for our LIR group. "Two Small Pieces of Glass" focuses on the history of the telescope, and how telescopes are used to explore the mysteries of the universe. Please plan to arrive 15 minutes before the show is scheduled to begin at 11 am. Campus map and parking instructions sent with registration confirmation.

Tuesday | Mar 10 | 11 AM - 12 PM

Computer Classes

Beginning Computer Basics 15WLIR068

This class is for absolute beginner computer users! Learn how to personalize your PC and get around in Windows 7. Learn about icons, the taskbar, the start menu, and using folders.

4 Tuesdays | Jan 20, 27, Feb 3, 24 | 11 AM - 12 PM
Debbie Seko, Instructor
(No Class Feb 10 or 17)

Uploading Photos Online Using Flickr

15WLIR069

Learn to make better use of that digital camera! Create a free account at FLICKR (using a Yahoo login), upload photos to the website, and add titles, descriptions and tags to each picture. Bring your digital camera and some photos on a memory card (bring a card reader) or on a jump drive. A few digital cameras and card readers will be available to use in class. **Please have a Yahoo account set up before the class begins, and know your password.** Former students are welcome.

4 Mondays | 11 AM - 12 PM
Jan 26 - Feb 23 (No Class Feb 9)
Judy Baxter, Instructor

Beginning PowerPoint 15WLIR070

Learn to create slide show presentations with PowerPoint, incorporating animations, pictures, clip art, and text.

5 Wednesdays | Jan 21, 28, Feb 4, 18, 25 | 1 - 2:30 PM
Debbie Seko, Instructor
(No Class Feb 11)

Movie Maker 15WLIR071

Learn to use videos and pictures to create a movie that can be saved and shared with family and friends, or uploaded to the internet.

6 Thursdays | Jan 22 - Feb 26 | 1 - 2:30 PM
Debbie Seko, Instructor



Adobe Photoshop Basics 15WLIR072

This class is not for the beginning computer user. Learn how to get around the Photoshop interface and to do basic editing operations on photos.

11 Wednesdays & Thursdays | Jan 21 - Feb 26
10:30 - 12 PM (No Class Feb 11)
Debbie Seko, Instructor

File Management 15WLIR073

A must course for all computer users. Learn to set up a useful and effective filing system on your computer for the files, documents and photos you create. No more lost pictures or documents! Practice moving, copying, saving, and deleting files and folders.

4 Tuesdays | Jan 20, 27, Feb 3, 24
9:30 - 10:30 AM (No Class Feb 10 & 17)
Debbie Seko, Instructor



YouTube Essentials 15WLIR074

Learn all about the popular video sharing website YouTube, including how it got started, how to find what you are looking for, and how to start a YouTube channel of your own. It is advisable (but not required) for students to come to the first class with a Google account already set up, and know your user name and password; when you obtain a (free) Google account you will automatically have a YouTube account.

3 Tuesdays | Jan 20 - Feb 3 | 1 - 2:30 PM
Thomas Acey, Instructor

Facebook Q & A 15WLIR075

You must have an existing Facebook account and know your password. Come prepared with questions about using Facebook! You will have the opportunity to ask questions and get feedback and instruction.

Thursday | Jan 22 | 3 - 4 PM
Debbie Seko, Instructor

Computer Classes



iPad 101 15WLIR079

Got an iPad, but don't know how to make the most of it? Let us help! Bring your iPad fully charged, and if you already have an Apple ID, you must know your user name and password. Participants will receive a guest WiFi account to use during this class, so you **MUST** be signed up and paid by Tuesday, March 10. Learn navigation basics, including searching, settings, and customizing your device; manage and use preloaded apps that come with your iPad; visit the App Store to find and install apps; use the camera; and make the most of your battery life.

\$10 EXTRA FEE

**MUST HAVE 6 STUDENTS ENROLLED BY MARCH 10
IN ORDER FOR CLASS TO BE HELD.**

Thursday, March 12 | 6 - 8 PM | Sheila Hall, Instructor

LIR Computer Classes at The Library...

Instructor Eric Mathis teaches the following LIR Computer Classes at the South Georgia Regional Library located at 300 Woodrow Wilson Drive. Classes will be held in the Folsom Room. Enter through the west door. (*Patterson St. Side*) Instructor will open the door for students shortly before 9 am.

Keep Your PC Healthy 15WLIR076

Learn to keep your computer up and operating by using free anti-malware software.

Friday | Feb 13 | 9 - 10:30 AM

Google Like a Pro 15WLIR077

Get the most out of Google by using advanced searching techniques.

Friday | Feb 27 | 9 - 10:30 AM

PC Maintenance 15WLIR078

Quick tips to keep your computer running like a champ.

Friday | March 13 | 9 - 10:30 AM



VSU STUDENT RECREATION CENTER MEMBERSHIPS AVAILABLE TO LIR MEMBERS

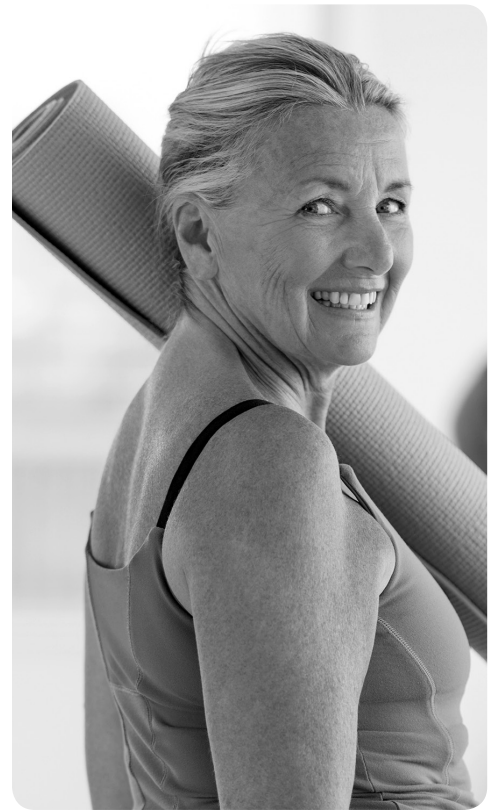
LIR members are eligible to purchase Student Recreation Center memberships. Memberships are normally available only to VSU students, faculty, staff, retirees, and alumni, so we are grateful to the Student Recreation Center Usage Committee for allowing LIR this opportunity.

A membership will allow you to:

- **Swim in the year-round, indoor pool;**
- **Work out with weights and the latest cardio equipment;**
- **Even climb the climbing wall (if you are the adventurous type)!**

Those purchasing memberships as part of this program may use the facility from 6:00-9:00 am and 11:00am-3:00 pm Monday through Friday, and any time during weekend hours. The cost is \$65 per semester (Fall, Spring, Summer).

Please call the VSU Student Recreation Center at 333-5898 if you have any questions, or stop by the facility on Sustella Avenue (behind Sunset Cemetery).



CHECK YOUR MAILBOX...

A registration confirmation/receipt will be mailed to you when your payment is processed. It will list your classes, and can also serve as a parking permit if folded and placed on your driver's side dashboard. We will also send a separate temporary parking permit good for the current LIR term. Either of these permits allow you to park in any legal parking space on the VSU campus when you are attending an LIR-sponsored class or event.



Introduce your friends to LIR!

Paid members may bring a guest to an LIR class (as long as there is no extra charge for the class) to introduce them to all LIR has to offer. Please check with the office if you have any questions about visiting an LIR class. Guests may attend one time only without joining LIR.

Make sure we have updated contact information!

If a class is cancelled or rescheduled, we need to be able to reach you by email and phone! Make sure that we have updated contact information (phone numbers and email), and make sure that you check your email and/or answering machine for updates.

The Learning Never Stops at VSU Continuing Education

Learning in Retirement is just ONE of the many programs offered through VSU Continuing Education! Check out our EdVantages catalog or our website (www.valdosta.edu/ce) for a full listing of our evening and weekend continuing education classes.

We often announce last minute special discounts for Continuing Education Classes on our LIR Facebook page. Join our Facebook group and check it frequently to make sure you don't miss out.....search for "Learning in Retirement at Valdosta State University." If you don't know how to use Facebook, see page 21 for our "Facebook Q & A" class.



NEW CLASS - SIGN UP TODAY!

Writing for Publication: Special Saturday Workshop for Writers 15WBPD01

Do you love words and the craft of writing? Do you want to be a published writer? Join us for a morning of encouragement, motivation, and guidance in how to write for publication from Harry Livermore, editor of *Valdosta Magazine*. Harry will share tips on how to begin and who to turn to for help. Get answers to these questions and many more:

- Which publications and audiences will my writing appeal to?
- Should I write about people, places, or things?
- Should I send photos with my article?
- How much money can I earn as a writer?
- How long will I have to wait for a letter of acceptance?

Harry Livermore spent forty years teaching English in high schools and community colleges in Kansas, Oklahoma, and Georgia. During those years he supplemented his income by writing articles, fillers, and humor for local, regional, and national magazines, newspapers, and newsletters. After retiring, Harry began his career with *Valdosta Magazine* writing articles and a quarterly column called "Morning Walk." He became editor in 2008 and continues writing articles and two columns in each issue, "Morning Walk" and "From the Editor."

Saturday, March 14, 9 am - 12 noon | \$59 FEE

(This class is not part of the Learning in Retirement program; however, you may pay the fee along with your Learning in Retirement class fee if you wish.)



Notes

Yoder's - Montezuma, GA

[Click here for map](#)

Trip to:

Montezuma, GA

119.37 miles / 1 hour 57 minutes

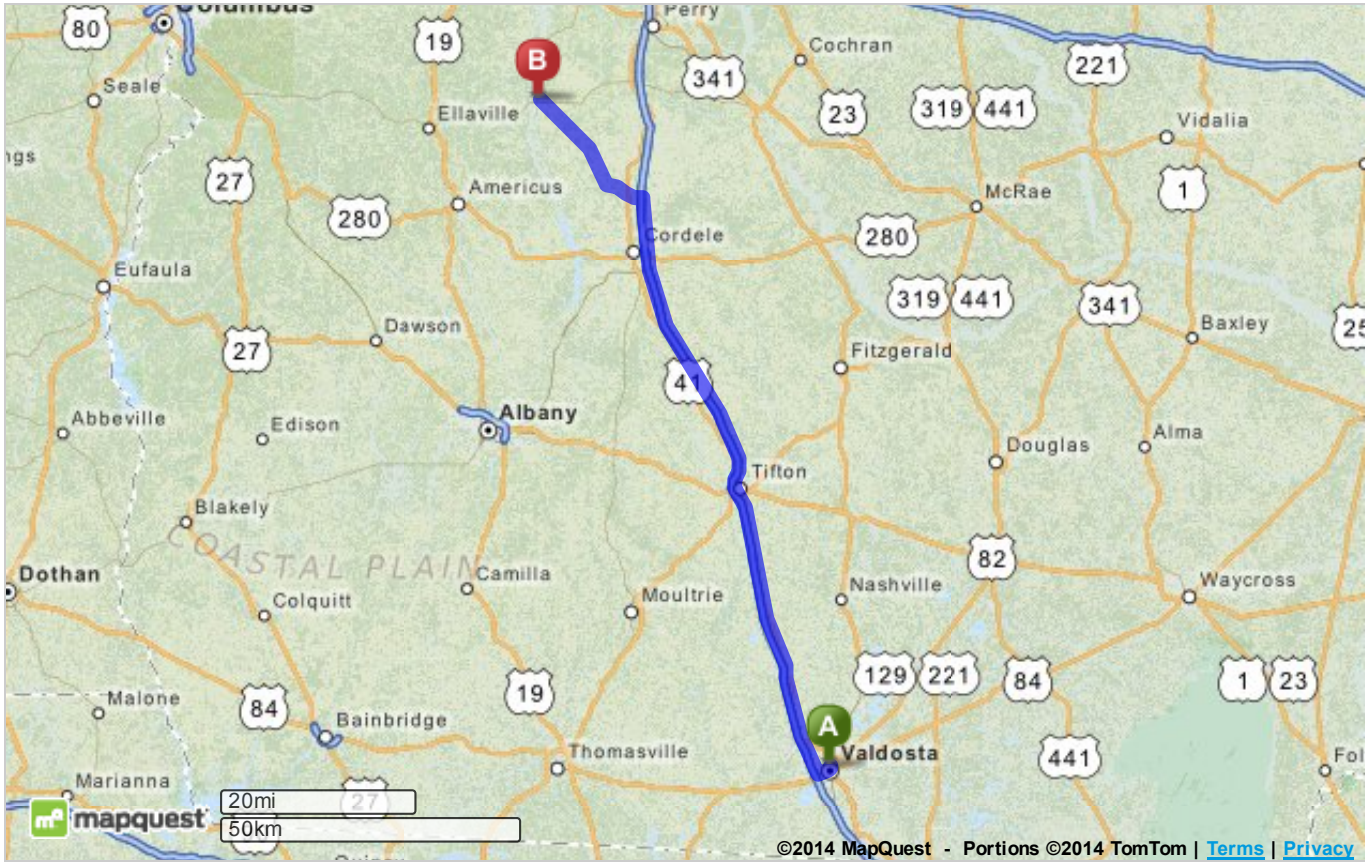
Estimated Fuel Cost: **\$16.27**

	903 N Patterson St, Valdosta, GA 31601-4530	Download Free App
	1. Start out going southeast on N Patterson St / GA-7 Alt toward W Gordon St . Continue to follow N Patterson St . _____	0.6 Mi 0.6 Mi Total
	2. Turn right onto W Central Ave / US-84 W / US-221 S / GA-38 / GA-94 . _____ <i>W Central Ave is just past W Valley St King's Grill is on the right If you reach E Hill Ave you've gone a little too far</i>	0.3 Mi 0.9 Mi Total
	3. Keep right at the fork to go on US-84 W / US-221 S / GA-38 . _____	2.0 Mi 2.9 Mi Total
	4. Merge onto I-75 N / GA-401 N toward Macon . _____	93.2 Mi 96.1 Mi Total
	5. Take the GA-215 exit, EXIT 109 , toward Vienna / Pitts . _____	0.2 Mi 96.4 Mi Total
	6. Turn left onto GA-215 / Union St . _____ <i>If you reach I-75 N you've gone about 0.2 miles too far</i>	1.3 Mi 97.7 Mi Total
	7. Turn right onto Hawkinsville Rd . _____ <i>Hawkinsville Rd is just past Saint Marys St</i>	0.01 Mi 97.7 Mi Total
	8. Turn left onto E Union St / GA-27 . _____	1.7 Mi 99.4 Mi Total
	9. Stay straight to go onto GA Highway 90 / GA-90 . Continue to follow GA-90 . _____	19.9 Mi 119.3 Mi Total
	10. Turn left onto E Railroad St / GA-90 . _____	0.07 Mi 119.3 Mi Total
	11. Take the 1st right onto N Dooly St / GA-49 . _____ <i>N Dooly St is just past Cabot St Badcock Home Furniture &more is on the corner If you are on W Railroad St and reach Oglethorpe Rd you've gone about 0.3 miles too far</i>	0.02 Mi 119.4 Mi Total
	12. Welcome to MONTEZUMA, GA . _____ <i>If you reach Asbury St you've gone a little too far</i>	
	Montezuma, GA	

Yoder's - Montezuma, GA

Total Travel Estimate: **119.37 miles - about 1 hour 57 minutes**

Estimated Fuel Cost: **\$16.27**



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Trip to:

500 N Toombs St

Valdosta, GA 31601-4615

0.39 miles / 1 minute

Estimated Fuel Cost: **\$.06**

Notes

Valdosta Police Dept. Tour

[Click here for map](#)



903 N Patterson St, Valdosta, GA 31601-4530

Download
Free App



1. Start out going **southeast** on **N Patterson St / GA-7 Alt** toward **W Gordon St.** [Map](#)

0.1 Mi

0.1 Mi Total



2. Take the 3rd **right** onto **W North St.** [Map](#)

0.09 Mi

W North St is just past W Adair St

If you reach Webster St you've gone a little too far

0.2 Mi Total



3. Take the 1st **left** onto **N Toombs St.** [Map](#)

0.2 Mi

If you reach N Oak St you've gone a little too far

0.4 Mi Total



4. **500 N TOOMBS ST** is on the **right.** [Map](#)

If you reach W Rogers St you've gone a little too far

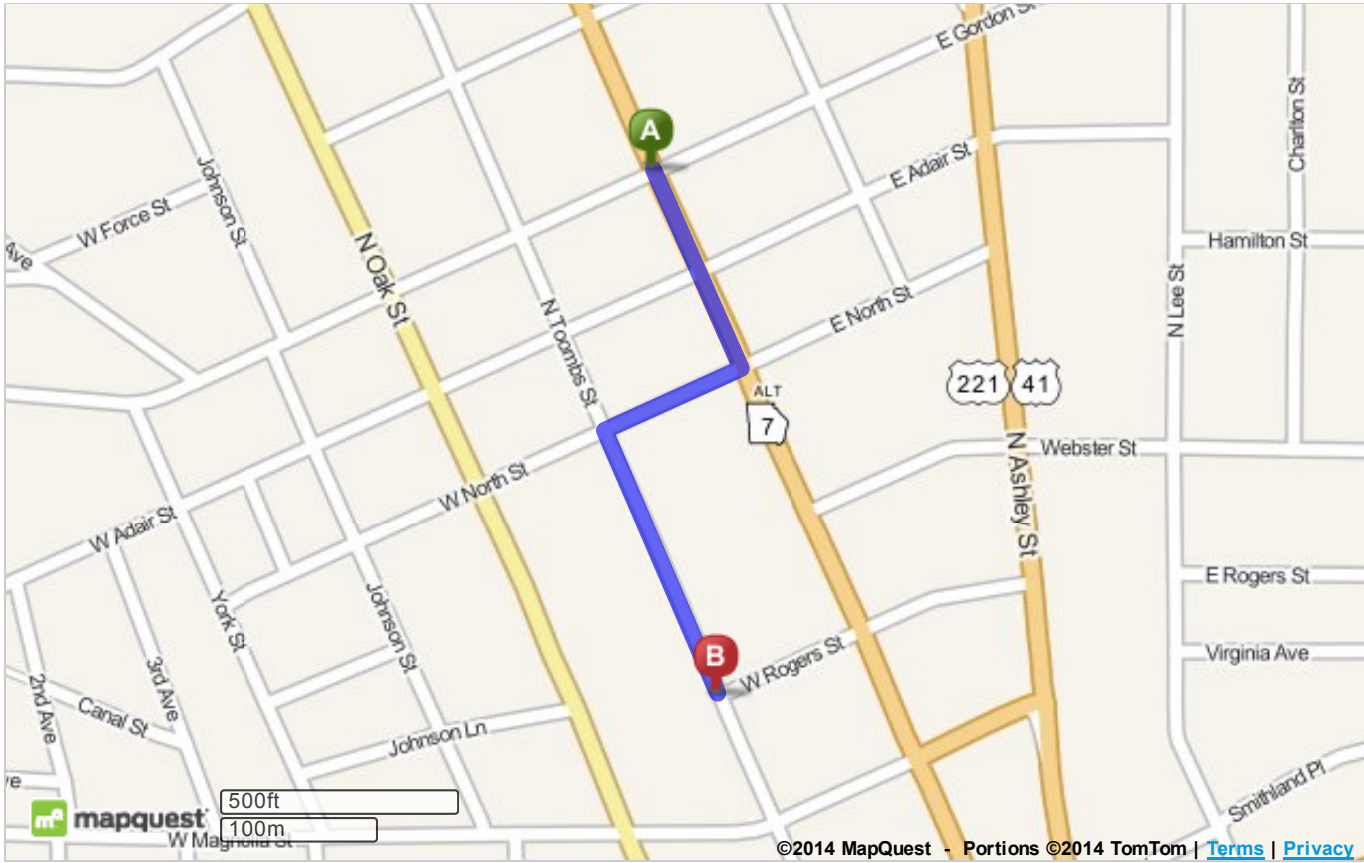


500 N Toombs St, Valdosta, GA 31601-4615

Valdosta Police Dept. Tour

Total Travel Estimate: **0.39 miles - about 1 minute**

Estimated Fuel Cost: **\$.06**



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Notes

Ralph's Radio Museum

[Click here for map](#)

Trip to:

3312 Tobacco Rode Rd

Valdosta, GA 31601-1430

5.09 miles / 7 minutes

Estimated Fuel Cost: **\$.70**



903 N Patterson St, Valdosta, GA 31601-4530

Download
Free App



1. Start out going **southeast** on **N Patterson St / GA-7 Alt** toward **W Gordon St**.
Continue to follow **N Patterson St**. [Map](#)

0.8 Mi

0.8 Mi Total



2. Stay **straight** to go onto **US-41 S / GA-7 / GA-31 / GA-94 / Jm Beck Opas**.
Continue to follow **US-41 S / GA-7**. [Map](#)

4.2 Mi

5.0 Mi Total



3. Turn **right** onto **Tobacco Rode Rd**. [Map](#)
Tobacco Rode Rd is just past Lovett Ave
If you reach Sermans Rd you've gone about 0.1 miles too far

0.06 Mi

5.1 Mi Total



4. **3312 TOBACCO RODE RD** is on the **right**. [Map](#)
If you reach the end of Tobacco Rode Rd you've gone about 0.3 miles too far

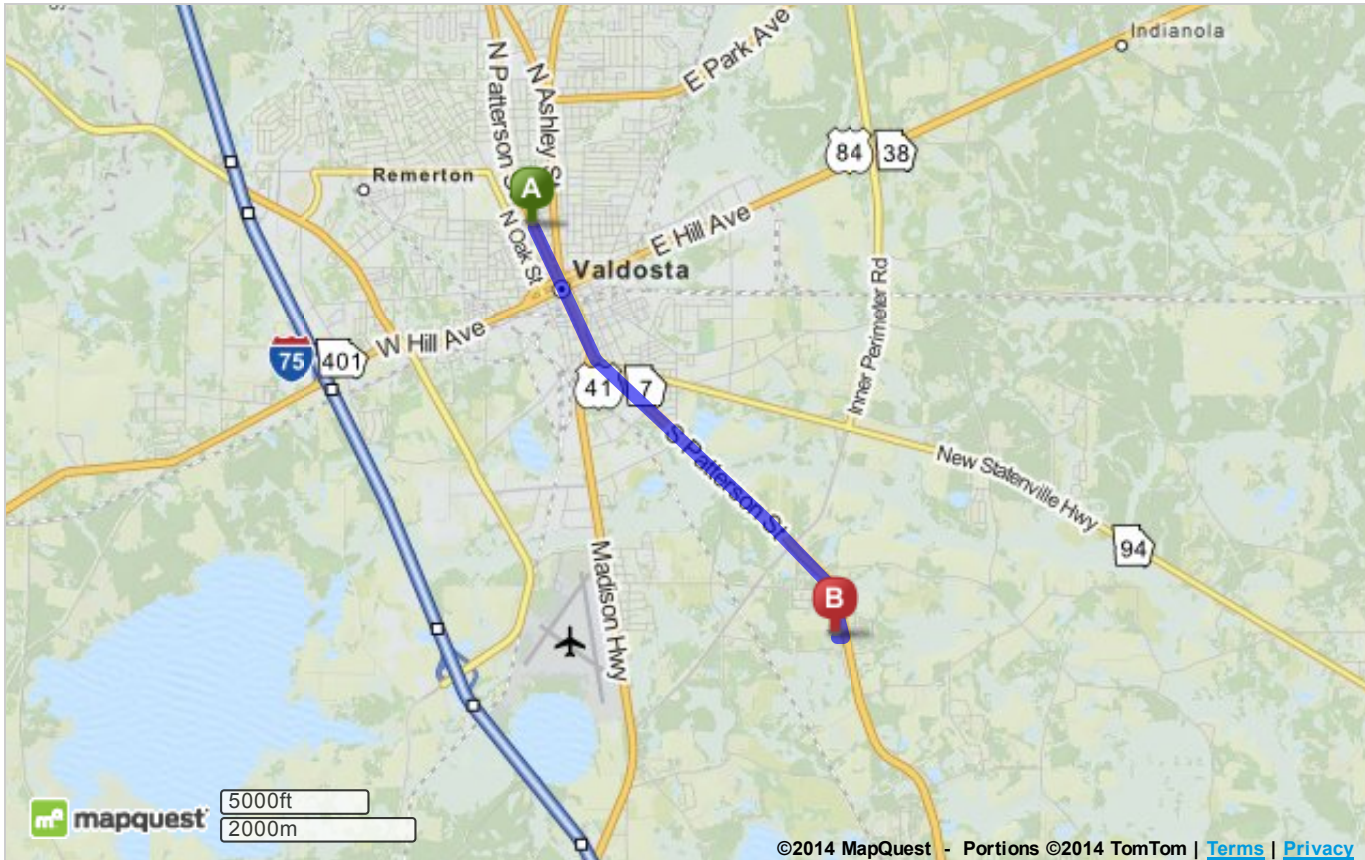


3312 Tobacco Rode Rd, Valdosta, GA 31601-1430

Ralph's Radio Museum

Total Travel Estimate: **5.09 miles - about 7 minutes**

Estimated Fuel Cost: **\$.70**



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Trip to:

100 Savannah Blvd

Micanopy, FL 32667-3475

118.42 miles / 1 hour 51 minutes

Estimated Fuel Cost: **\$16.49**

Notes

Paynes Prairie Preserve State Park

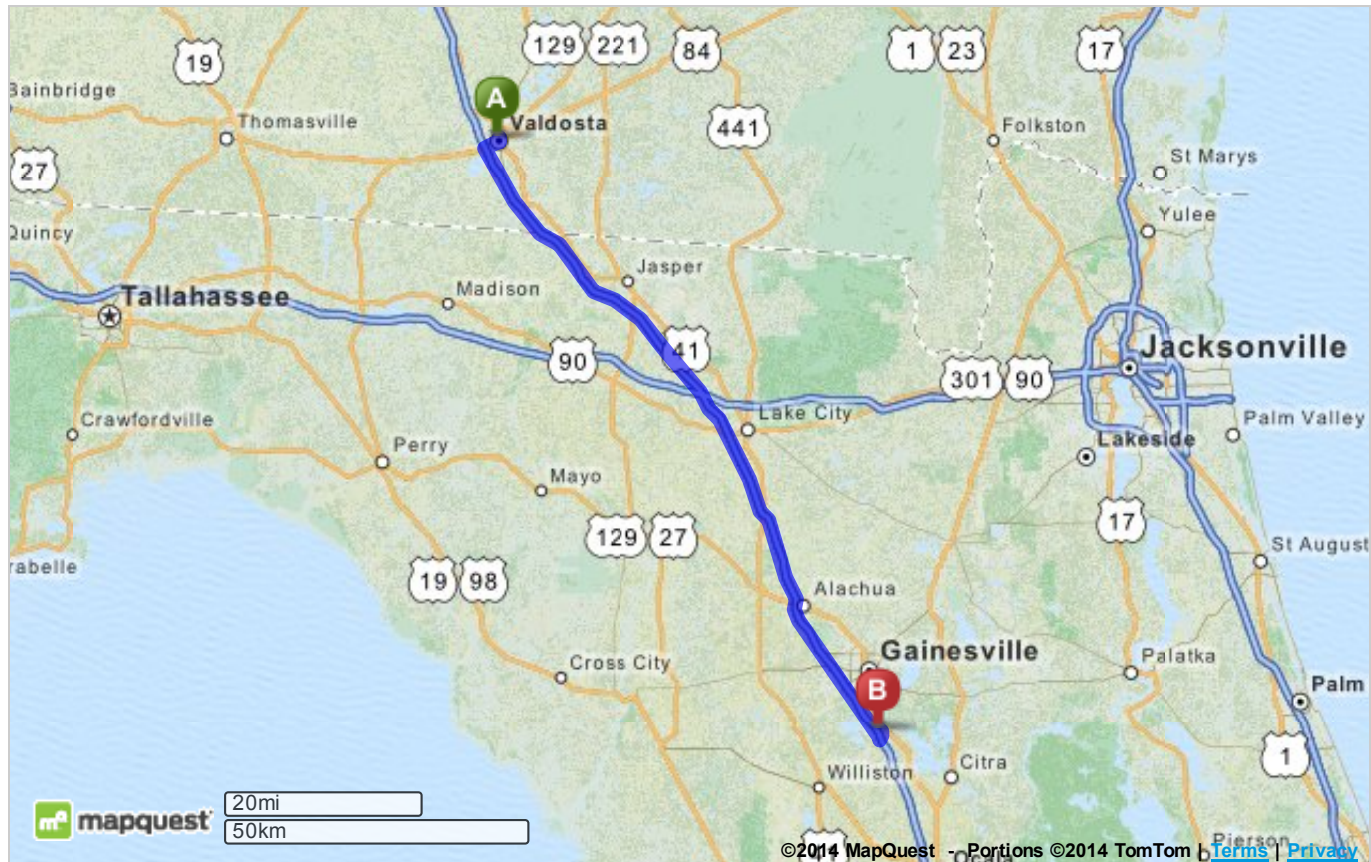
[Click here for map](#)

	903 N Patterson St, Valdosta, GA 31601-4530	Download Free App
	1. Start out going southeast on N Patterson St / GA-7 Alt toward W Gordon St . Continue to follow N Patterson St . Map	0.6 Mi 0.6 Mi Total
	2. Turn right onto W Central Ave / US-84 W / US-221 S / GA-38 / GA-94 . Map <i>W Central Ave is just past W Valley St King's Grill is on the right If you reach E Hill Ave you've gone a little too far</i>	0.3 Mi 0.9 Mi Total
	3. Keep right at the fork to go on US-84 W / US-221 S / GA-38 . Map	2.2 Mi 3.1 Mi Total
	4. Merge onto I-75 S toward LAKE CITY (Crossing into Florida). Map <i>If you are on W Hill Ave and reach Briarwood Rd you've gone a little too far</i>	112.8 Mi 115.9 Mi Total
	5. Take the County Hwy-234 exit, EXIT 374 , toward Micanopy . Map	0.3 Mi 116.2 Mi Total
	6. Turn left onto County Hwy-234 / SE 175th Ave . Map <i>If you reach I-75 S you've gone about 0.2 miles too far</i>	0.7 Mi 116.9 Mi Total
	7. Stay straight to go onto SE County Road 234 . Map	0.7 Mi 117.6 Mi Total
	8. Turn left onto Highway 441 S / US-441 N / FL-25 . Map	0.6 Mi 118.2 Mi Total
	9. Turn right onto Savannah Blvd (Portions unpaved). Map <i>Savannah Blvd is 0.1 miles past Half Moon Rd If you reach SE Wacahoota Rd you've gone about 0.3 miles too far</i>	0.2 Mi 118.4 Mi Total
	10. 100 SAVANNAH BLVD is on the right . Map <i>If you reach Highway 441 S you've gone about 1.3 miles too far</i>	
	100 Savannah Blvd, Micanopy, FL 32667-3475	

Paynes Prairie Preserve State Park

Total Travel Estimate: **118.42 miles - about 1 hour 51 minutes**

Estimated Fuel Cost: **\$16.49**



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Trip to:

1263 Rossman Dairy Rd

Moultrie, GA 31768-2360

60.80 miles / 1 hour 12 minutes

Estimated Fuel Cost: **\$8.04**













Notes

Lauri Jo's & Sparkman's Cream Valley

[Click here for map](#)

	903 N Patterson St, Valdosta, GA 31601-4530	Download Free App
	1. Start out going southeast on N Patterson St / GA-7 Alt toward W Gordon St . Continue to follow N Patterson St . Map	0.6 Mi 0.6 Mi Total
	2. Turn right onto W Central Ave / US-84 W / US-221 S / GA-38 / GA-94 . Map <i>W Central Ave is just past W Valley St King's Grill is on the right If you reach E Hill Ave you've gone a little too far</i>	0.3 Mi 0.9 Mi Total
	3. Keep right at the fork to go on US-84 W / US-221 S / GA-38 . Map	2.0 Mi 2.9 Mi Total
	4. Merge onto I-75 N / GA-401 N toward Macon . Map	22.9 Mi 25.8 Mi Total
	5. Take EXIT 39 toward Adel / Moultrie / Nashville . Map	0.4 Mi 26.2 Mi Total
	6. Turn left onto GA-37 / W 4th St . Continue to follow GA-37 . Map <i>If you reach I-75 N you've gone about 0.3 miles too far</i>	9.2 Mi 35.4 Mi Total
	7. Turn right onto Ellenton Omega Rd . Map <i>Ellenton Omega Rd is 0.9 miles past Buck Creek Church Rd If you reach Tillman Rd you've gone about 0.1 miles too far</i>	0.5 Mi 35.9 Mi Total
	8. Ellenton Omega Rd becomes S Baker St . Map	0.9 Mi 36.8 Mi Total
	9. S Baker St becomes Ellenton Omega Rd . Map	1.7 Mi 38.4 Mi Total
	10. Turn slight left onto Ellenton Norman Park Rd . Map <i>Ellenton Norman Park Rd is 0.3 miles past Terry Baker Rd</i>	5.0 Mi 43.4 Mi Total
	11. Turn sharp left onto Henry Weeks Rd . Map <i>Henry Weeks Rd is 0.7 miles past Jr Suber Rd If you reach Deep Bottom Cemetery Rd you've gone about 1.1 miles too far</i>	0.4 Mi 43.8 Mi Total
	12. Welcome to NORMAN PARK, GA 31771 . Map <i>If you reach Woods Rd you've gone about 0.4 miles too far</i>	

A to B Travel Estimate: **43.85 mi - about 49 minutes****Norman Park, GA 31771**

- | | | |
|--|---|--------------------------------|
|  | 1. Start out going north on Henry Weeks Rd toward Ellenton Norman Park Rd . Map | 0.4 Mi
44.3 Mi Total |
|  | 2. Turn slight left onto Ellenton Norman Park Rd . Map | 2.7 Mi
46.9 Mi Total |
|  | 3. Ellenton Norman Park Rd becomes E Broad St . Map | 0.5 Mi
47.4 Mi Total |
| 
 | 4. Turn left onto US-319 S / GA-35 / College St . Continue to follow US-319 S . Map | 8.0 Mi
55.4 Mi Total |
| 
 | 5. US-319 S becomes N Main St / US-319 Bus S / GA-33 . Map | 0.1 Mi
55.5 Mi Total |
|  | 6. Turn right onto W Bypass . Map
<i>W Bypass is just past Sylvester Dr
Fuller's Fried Chicken is on the corner
If you reach Old Doerun Rd you've gone about 0.4 miles too far</i> | 0.4 Mi
56.0 Mi Total |
|  | 7. Turn right onto Old Doerun Rd . Map
<i>If you reach Elliott Brown St you've gone a little too far</i> | 3.7 Mi
59.6 Mi Total |
|  | 8. Turn left onto Millpond Rd . Map
<i>Millpond Rd is 0.6 miles past Blasingame Rd
If you reach GA Highway 133 N you've gone about 1.7 miles too far</i> | 0.7 Mi
60.3 Mi Total |
|  | 9. Turn left onto Rossman Dairy Rd . Map
<i>If you reach Tucker Rd you've gone about 0.7 miles too far</i> | 0.5 Mi
60.8 Mi Total |
|  | 10. 1263 ROSSMAN DAIRY RD is on the left . Map
<i>If you reach Glow Rd you've gone about 1.1 miles too far</i> | |

B to C Travel Estimate: 16.96 mi - about 23 minutes

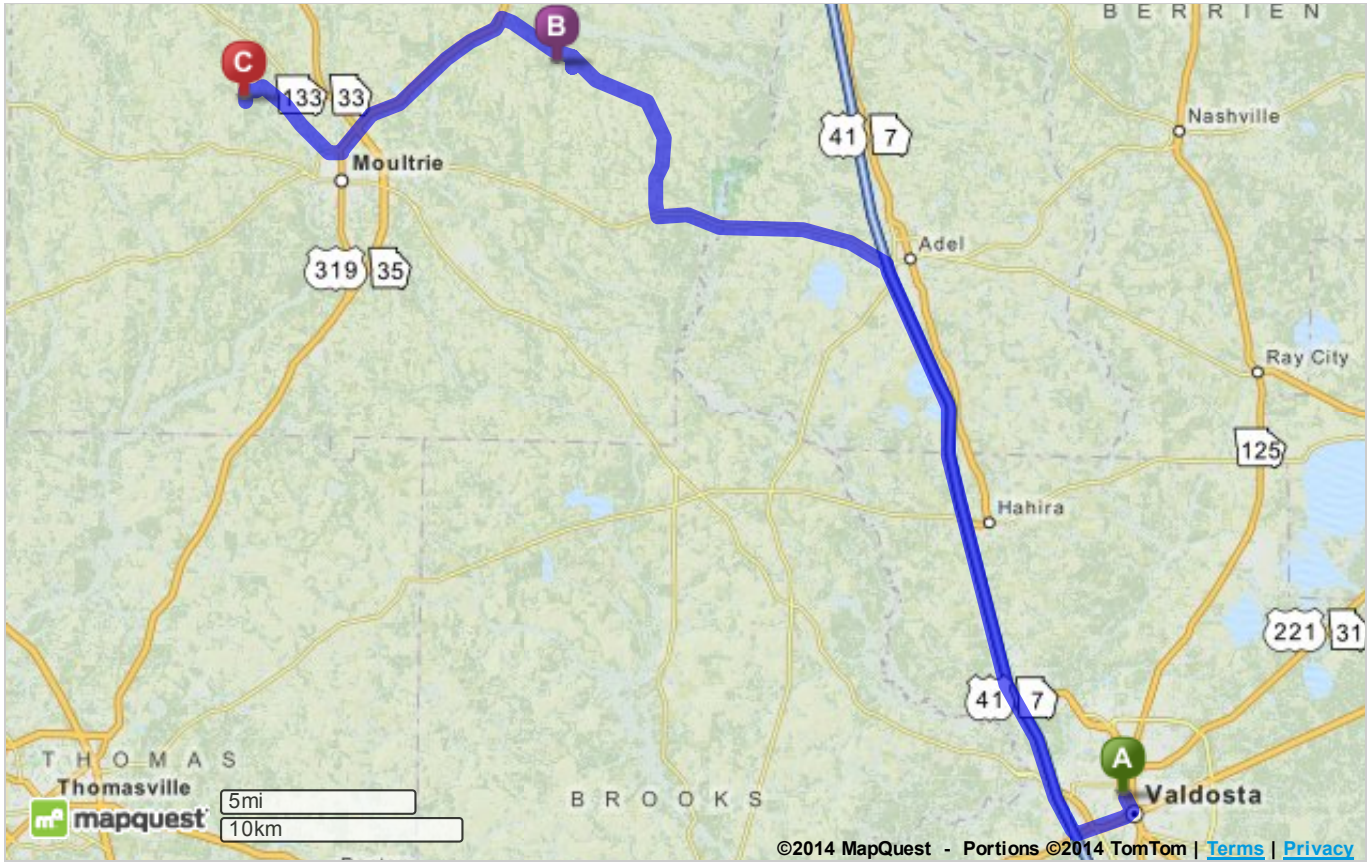


1263 Rossman Dairy Rd, Moultrie, GA 31768-2360

Lauri Jo's & Sparkman's Cream Valley

Total Travel Estimate: **60.80 miles - about 1 hour 12 minutes**

Estimated Fuel Cost: **\$8.04**



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Trip to:
[108 - 172] Rountree Bridge Rd
 Sparks, GA 31647-6902
 28.66 miles / 29 minutes
 Estimated Fuel Cost: **\$3.96**

Notes

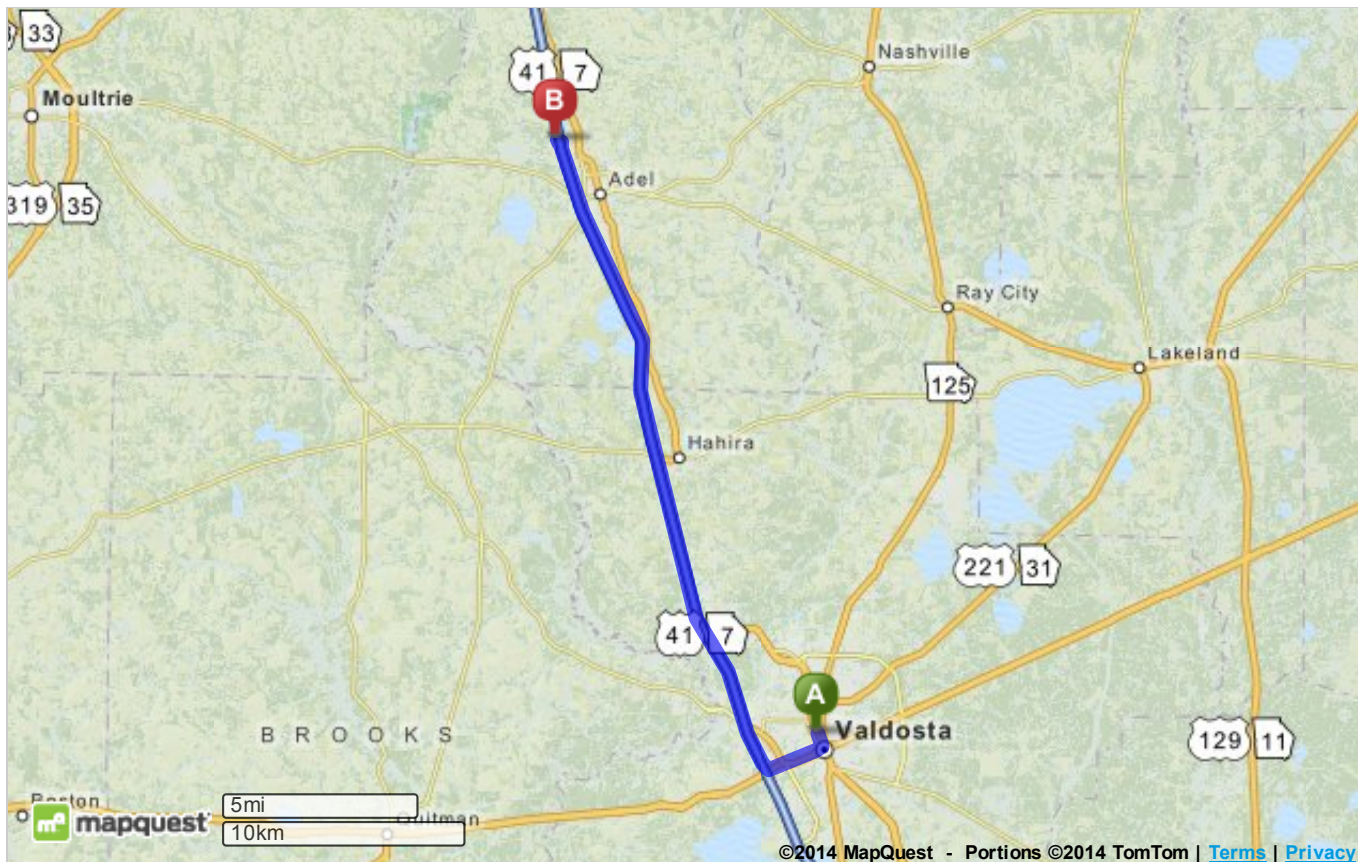
Horse Creek Winery of Sparks
[Click here for map](#)

	903 N Patterson St, Valdosta, GA 31601-4530	Download Free App
	1. Start out going southeast on N Patterson St / GA-7 Alt toward W Gordon St . Continue to follow N Patterson St . Map	0.6 Mi 0.6 Mi Total
	2. Turn right onto W Central Ave / US-84 W / US-221 S / GA-38 / GA-94 . Map <i>W Central Ave is just past W Valley St King's Grill is on the right If you reach E Hill Ave you've gone a little too far</i>	0.3 Mi 0.9 Mi Total
	3. Keep right at the fork to go on US-84 W / US-221 S / GA-38 . Map	2.0 Mi 2.9 Mi Total
	4. Merge onto I-75 N / GA-401 N toward Macon . Map	25.3 Mi 28.2 Mi Total
	5. Take EXIT 41 toward Rountree Br Rd / Sparks . Map	0.2 Mi 28.4 Mi Total
	6. Turn left onto Sparks Cutoff Rd . Map <i>If you reach I-75 N you've gone about 0.2 miles too far</i>	0.10 Mi 28.5 Mi Total
	7. Turn right onto Rountree Bridge Rd . Map <i>If you reach Gibbs Ln you've gone about 0.4 miles too far</i>	0.2 Mi 28.7 Mi Total
	8. [108 - 172] ROUNTREE BRIDGE RD . Map	
	[108 - 172] Rountree Bridge Rd, Sparks, GA 31647-6902	

Horse Creek Winery of Sparks

Total Travel Estimate: **28.66 miles - about 29 minutes**

Estimated Fuel Cost: **\$3.96**



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Trip to:

214 Stable Rd

Jekyll Island, GA 31527-0844

125.60 miles / 2 hours 22 minutes

Estimated Fuel Cost: **\$15.54**

Notes

Georgia Sea Turtle Center and Jekyll Island Club

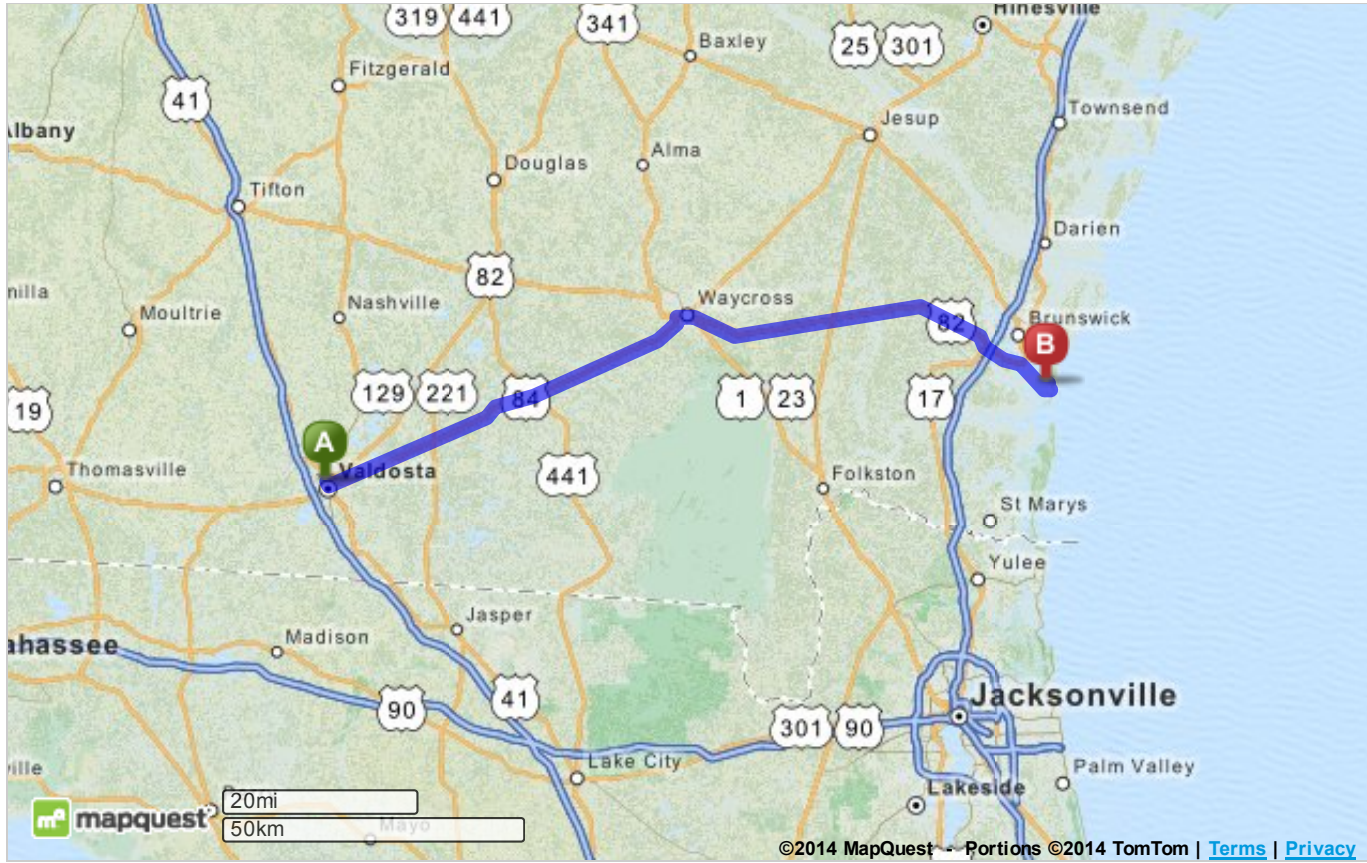
[Click here for map](#)

	903 N Patterson St, Valdosta, GA 31601-4530	Download Free App
	1. Start out going southeast on N Patterson St / GA-7 Alt toward W Gordon St . Continue to follow N Patterson St . Map	0.6 Mi 0.6 Mi Total
	2. Turn left onto E Hill Ave / US-84 E / US-221 N / GA-38 / GA-94 . Continue to follow US-84 E . Map <i>US-84 E is just past E Central Ave Bank of America is on the corner If you are on US-41 S and reach E Savannah Ave you've gone a little too far</i>	60.3 Mi 61.0 Mi Total
	3. Turn right onto S Georgia Pkwy W / US-82 E / US-84 E / GA-520 . Continue to follow GA-520 . Map <i>GA-520 is 0.8 miles past Wadley Rd Ware County High School is on the corner If you are on George St and reach Mary St you've gone about 0.1 miles too far</i>	51.8 Mi 112.8 Mi Total
	4. Stay straight to go onto Ocean Hwy / US-17 N / GA-520 / GA-25 . Map	5.0 Mi 117.8 Mi Total
	5. Turn right onto GA-520 / Jekyll Island Cswy . Continue to follow GA-520 . Map	6.4 Mi 124.2 Mi Total
	6. Turn left onto Riverview Dr / County Hwy-841 . Continue to follow Riverview Dr . Map <i>If you reach S Riverview Dr you've gone a little too far</i>	0.5 Mi 124.7 Mi Total
	7. Take the 1st right onto Stable Rd . Map <i>If you reach the end of Riverview Dr you've gone about 0.8 miles too far</i>	0.9 Mi 125.6 Mi Total
	8. 214 STABLE RD is on the right . Map <i>Your destination is 0.1 miles past James Rd If you reach Old Plantation Rd you've gone a little too far</i>	
	214 Stable Rd, Jekyll Island, GA 31527-0844	

Georgia Sea Turtle Center and Jekyll Island Club

Total Travel Estimate: **125.60 miles - about 2 hours 22 minutes**

Estimated Fuel Cost: **\$15.54**



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Trip to:

6329 Frederica Rd

St Simons Is, GA 31522-5812




132.77 miles / 2 hours 32 minutes

Estimated Fuel Cost: **\$16.49**

Notes

Ft. Frederica National Park and Christ Church

[Click here for map](#)

A	903 N Patterson St, Valdosta, GA 31601-4530	Download Free App
●	1. Start out going southeast on N Patterson St / GA-7 Alt toward W Gordon St . Continue to follow N Patterson St . Map	0.6 Mi 0.6 Mi Total
↶	 2. Turn left onto E Hill Ave / US-84 E / US-221 N / GA-38 / GA-94 . Continue to follow US-84 E . Map <i>US-84 E is just past E Central Ave Bank of America is on the corner If you are on US-41 S and reach E Savannah Ave you've gone a little too far</i>	60.3 Mi 61.0 Mi Total
↷	 3. Turn right onto S Georgia Pkwy W / US-82 E / US-84 E / GA-520 . Continue to follow GA-520 . Map <i>GA-520 is 0.8 miles past Wadley Rd Ware County High School is on the corner If you are on George St and reach Mary St you've gone about 0.1 miles too far</i>	51.8 Mi 112.8 Mi Total
↑	 4. Stay straight to go onto Ocean Hwy / US-17 N / GA-520 / GA-25 . Continue to follow US-17 N / GA-25 . Map	9.1 Mi 121.9 Mi Total
↷	5. Turn right onto F.J. Torras Cswy . Map <i>F.J. Torras Cswy is just past J St</i>	4.1 Mi 125.9 Mi Total
↑	6. F.J. Torras Cswy becomes Kings Way . Map	0.5 Mi 126.4 Mi Total
↶	7. Turn left onto New Sea Island Rd . Map <i>New Sea Island Rd is 0.3 miles past Yacht Cir If you reach Saint Andrews you've gone about 0.1 miles too far</i>	0.3 Mi 126.7 Mi Total
↑	8. New Sea Island Rd becomes Sea Island Rd . Map	2.7 Mi 129.5 Mi Total
↶	9. Turn left onto Frederica Rd . Pass through 1 roundabout. Map <i>Frederica Rd is just past Stable St If you are on Sea Island Cswy and reach Black Banks Dr you've gone about 0.2 miles too far</i>	3.0 Mi 132.5 Mi Total
■	10. 6515 FREDERICA RD is on the left . Map <i>Your destination is 0.1 miles past Stevens Ln If you reach Mimosa Dr you've gone about 0.1 miles too far</i>	

A to B Travel Estimate: **132.51 mi - about 2 hours 32 minutes****6515 Frederica Rd, St Simons Is, GA 31522-9727**



1. Start out going **southeast** on **Frederica Rd** toward **Stevens Ln**. [Map](#)

0.3 Mi

132.8 Mi Total



2. **6329 FREDERICA RD** is on the **right**. [Map](#)

Your destination is 0.1 miles past Stevens Ln

If you reach Sunbury Ct you've gone a little too far

B to C Travel Estimate: **0.26 mi - about**

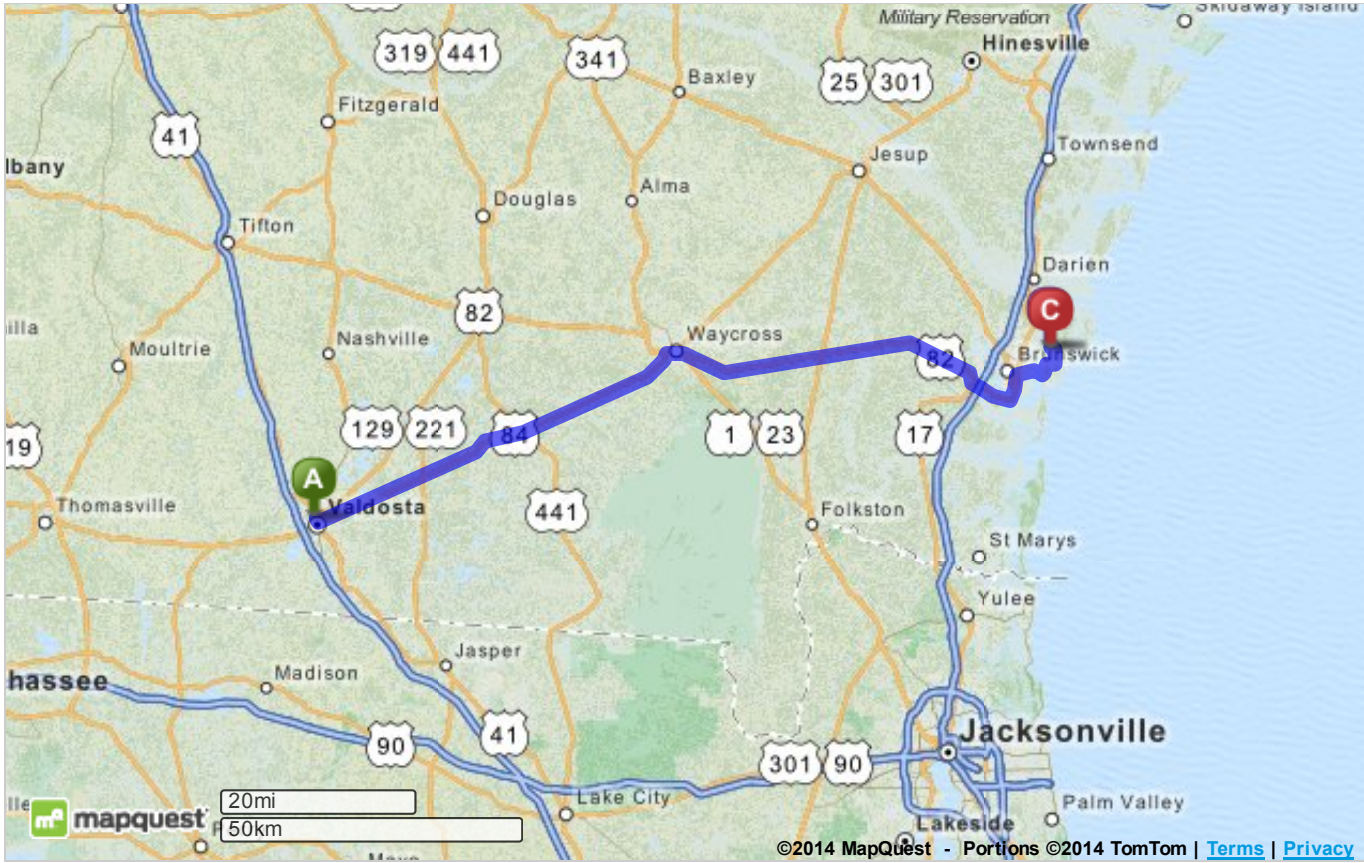


6329 Frederica Rd, St Simons Is, GA 31522-5812

Ft. Frederica National Park and Christ Church

Total Travel Estimate: **132.77 miles - about 2 hours 32 minutes**

Estimated Fuel Cost: **\$16.49**

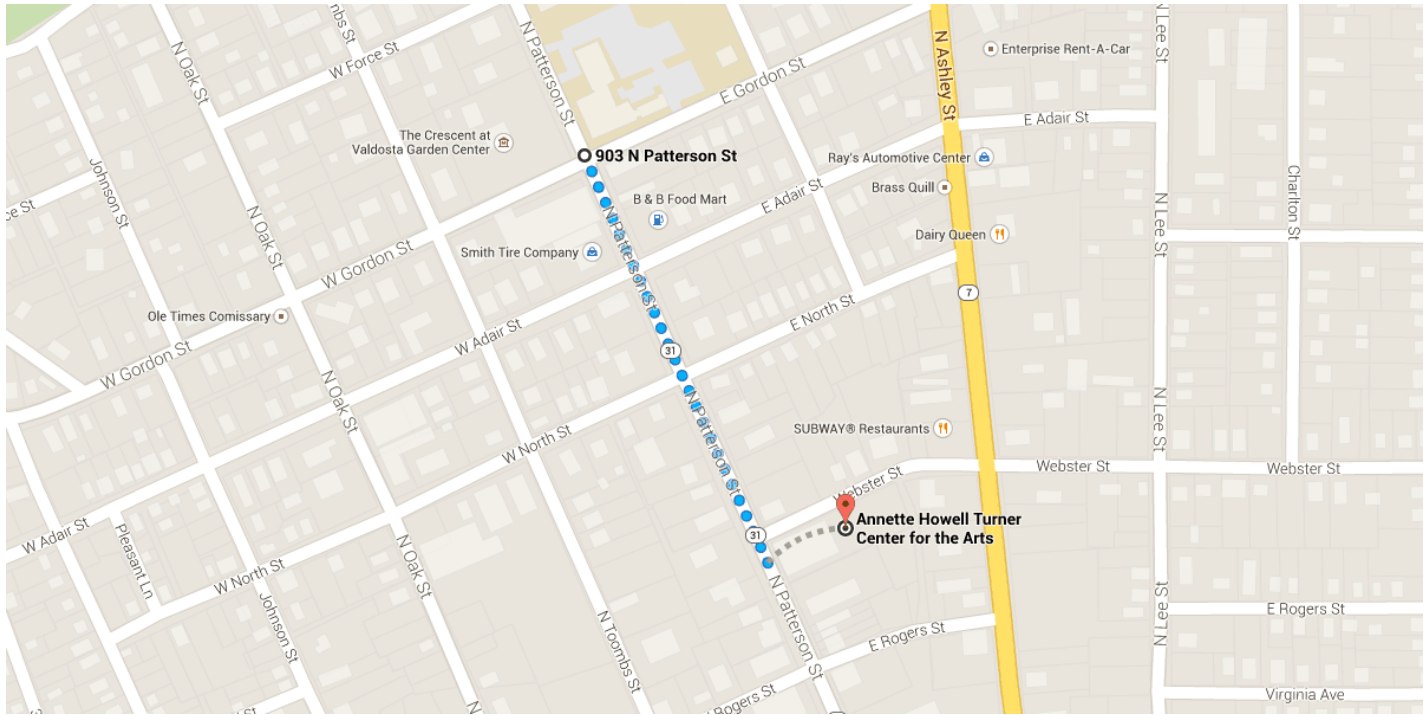


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Walk 0.2 mile, 5 min

Directions from 903 N Patterson St to Annette Howell Turner Center for the Arts



○ 903 N Patterson St

Valdosta, GA 31601

Use caution - may involve errors or sections not suited for walking

1. Head **southeast** on N Patterson St toward E Gordon St



Destination will be on the left

0.2 mi

⊙ Annette Howell Turner Center for the Arts

527 N Patterson St, Valdosta, GA 31601

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.

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