

# LIR Course Schedule, Winter 2012



Learning in Retirement  
Continuing Education  
Valdosta State University  
1500 N Patterson Street  
Valdosta GA 31698-0993

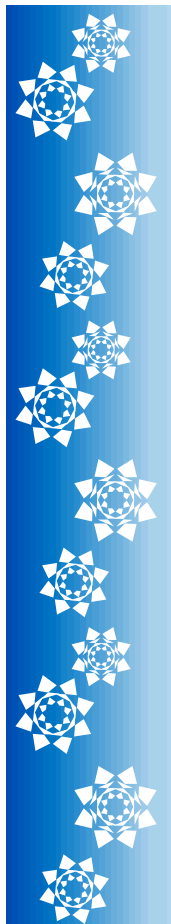
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[www.valdosta.edu/conted](http://www.valdosta.edu/conted)



## Learning in Retirement Mission Statement

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.



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## Continuing Education Staff

DIRECTOR OF PUBLIC SERVICES:  
DIRECTOR OF CONTINUING EDUCATION:  
PROGRAM COORDINATOR (Professional Development,  
    Personal Enrichment):  
PROGRAM COORDINATOR (LIR, Camp Discovery):  
REGISTRATION SPECIALIST:

Bill Muntz  
Julie Halter  
Sue Bailey  
  
Suzanne Ewing  
Annetta Taylor

# Frequently Asked Questions

## Q: How do I register for LIR Classes?

A: Please see page 11 for details about how to register by phone, in person, or by mail. Winter registration begins December 7, 2011.

## Q: Why can't I register as soon as I get my brochure?

A: Not everyone receives his or her brochure in the mail at the same time. We want to give everyone an even chance to get into the courses that have limited enrollment.

## Q: What happens if I wait until later to register? Will all the classes be filled?

A. Most classes do not have a limited enrollment, so we can accept registrations up until the class begins. Only a few classes (often Water Aerobics, Swimming Lessons, Oil Painting, Watercolors, field trips that have limited space, and sometimes introductory computer classes) are likely to fill. For everything else, you will most likely get a spot even if you register right before the class begins!

## Q: Where do I park for my classes? Do I need a parking permit?

A. 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 sent with your receipt. 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 293-7275 for details.

## Q: How can I get more involved with LIR?

A: There are many ways to get more involved! We need people to serve on our Curriculum, Social, or Publicity committees (see p. 20). Please contact Tommy DeVane, LIR President, at (229) 244-7066 or email him at [emcstdevane@mchsi.com](mailto:emcstdevane@mchsi.com) if you are interested in serving on a committee. Additionally, 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 our spring term classes soon, so please let us know if you are interested in volunteering! Call Suzanne Ewing, Program Coordinator, at 245-6484 or [sewing@valdosta.edu](mailto:sewing@valdosta.edu), and she will pass on your idea to the curriculum Committee.

## Q: Who do I contact if I have questions about the LIR Program?

A. Contact the Program Coordinator, Suzanne Ewing, at (229) 245-6484 or [sewing@valdosta.edu](mailto:sewing@valdosta.edu). Her work hours are 8:00 am - 2:30 pm.

# Learning in Retirement Course Listings

## Winter 2012

### WHERE DO I PARK FOR LIR CLASSES?

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## Special Activities

### WINTER KICK-OFF LUNCHEON

## "BACK TO THE '50S"

Join us for fun & fellowship as we celebrate the beginning of a new term of LIR! Dust off your poodle skirts, rolled-up jeans, or other favorite fifties attire. There will be a brief business meeting at 11:00. The meeting will be followed by a lunch featuring soda fountain favorites at 11:30. Keep a sharp eye out- Elvis may be stopping by! A brief presentation on Railroad Safety will follow the lunch and entertainment (provided by Larry Stokes).

You do not have to be a member, but *you must RSVP by 5:30 pm on Thursday, January 5 to attend*. Send in your registration form or call 245-6484 to sign up.

**TUESDAY, JANUARY 10**

**11 AM-1 PM**

**FEE: \$8.50 (MEMBERS OR GUESTS)**



### Dutch Treat Lunch Series

Enjoy lunch with your fellow LIR members! Meet at the restaurants. Non-LIR friends welcome, but let us know if you are bringing a guest so that we can let the restaurant know how many to expect. **NO EXTRA FEE.**

#### RUBY TUESDAY

Valdosta Mall (on the Gornto Street side)  
Friday, January 20, 11:30 am -1 pm

RODEO MEXICAN RESTAURANT  
2801 N Ashley St  
Tuesday, Feb 28, 11:30 am-1 pm

ICHIBAN JAPANESE STEAKHOUSE  
2913 N Ashley St (in the old Pic n Save, on the right just before 5 Points)  
Thursday, March 8, 11:30 am-1 pm

# Health and Fitness

## Yoga

This class is designed to improve muscle strength, increase flexibility and balance, and reduce stress. Tuesday classes will include standing and balancing postures. In the Thursday sessions you will only get down onto and up from the mat once, and there will be no postures in which you must put pressure on the knees. Students should bring a yoga “sticky” mat and a yoga strap to class. **NO EXTRA FEE.**

- 18 Tuesdays and Thursdays, Jan 17, 19, 24, 26, Jan 31, Feb 2, 7, 9, 14, 16, 21, 23, 28, March 1, 6, 8, 13, 15
- 10-11 am
- Kathleen Hamill, instructor

## Chair Aerobics

Tone up and improve your cardiovascular function with this low-impact exercise class. This program is mostly chair exercise, with emphasis on entire body fitness. Some activities will be in the standing or lying position (adaptations will be discussed). **NO EXTRA FEE.**

- 15 Mondays and Wednesdays, Jan 18, 23, 25, 30, Feb 1, 6, 8, 13, 15, 20, 22, 27, 29, March 5, 7
- 10-11 am
- Percy Harris, Instructor

## Intermediate Golf

This class will cover the art of ball striking, including:

- Mastering the grip and set up for success;
- Pitching and chipping motion simplified;
- Keys to putting success;
- Mastering the half swing;
- How to make the full swing easy.

**This course must have a minimum of 3 and a maximum of 5 participants.** Participants must bring their own equipment, be regular golfers, and have a best score of under 100. **\$75 FEE TO BE PAID DIRECTLY TO INSTRUCTOR ON FIRST DAY OF CLASS.**

- 5 Thursdays, Jan 19, 26, Feb 2, 9, 16
- 11:30 am-1pm
- Bob Burk, Instructor



## Jazz Dance

This class will keep you moving! Improve your balance and stamina while learning basic jazz dance steps. Bring your dancing shoes and join in the fun! **\$20 EXTRA FEE.**

- 17 Wednesdays and Fridays, Jan 18, 20, 25, 27, Feb 1, 3, 8, 10, 15, 17, 22, 24, 29, March 2, 7, 9, 14, 16
- 1-2 pm
- Caitlin Kirk, Instructor

## Water Aerobics

Water aerobics is a great way to get in shape. Using the water's resistance tones the muscles and creates definition. **Maximum of 25 students per section. \$10 EXTRA FEE FOR EACH SECTION. You may sign up for one or both sections.**

- Section A: 8 Mondays, Jan 23, 30, Feb 6, 13, 20, 27, March 5, 12
- Section B: 9 Wednesdays, Jan 18, 25, Feb 8, 15, 22, 29, March 7, 14
- 4-4:45 pm (for both sections)
- Laura Carter, Instructor
- VSU Student Recreation Center, 1500 Sustella Ave.

### Water Aerobics Notes

- ⇒ *The pool is maintained at a constant temperature of 82° F.*
- ⇒ *The VSU pool must occasionally be closed due to mechanical problems or lightning. We do our best to notify participants by telephone if we know ahead of time that classes must be cancelled, but we may not always be able to reach everyone.*
- ⇒ *Makeup sessions are held subject to instructor and pool availability, and we cannot guarantee that makeup sessions will be held for all missed classes. Sorry, but we cannot provide refunds for cancelled classes.*
- ⇒ *These classes often fill up, so register early!*

## Health and Fitness, continued

### Bowling

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. You must have or rent bowling shoes. Bowling balls are available. Cost will be \$1.75 per game (to be paid on site).

- 9 Wednesdays, Jan 18, 25, Feb 1, 8, 15, 22, 29, March 7, 14
- 2-4 pm
- Josephine Hintzen, Facilitator



### Chronic Disease Self-Management

Learn skills to help manage chronic disease. This class requires discussion and sharing among participants and instructor. NO EXTRA FEE.

- 4 Thursdays, Feb 23, March 1, 8, 15,
- 10:30-11:30 am
- Tracy Gosier, Instructor

### Hearing Aid Technology Update

Learn about what's new in hearing aid technology and what is coming up on the horizon. We will learn about what really works and clear up misconceptions. If you have hearing aids, will need them in the future, or have friends that might need your advice, this class will give you a good basic understanding of what constitutes the difference between a \$100 hearing aid and a \$3,500 hearing aid. **Minimum of 5 students for class to be held.** NO EXTRA FEE.

- Thursday, Feb 23
- 10:30 am-12 noon
- Danny Jones, Instructor

### Communicating With Hearing Loss

Hearing loss is one of the greatest barriers to good interaction in people over 45. In this class, we will discuss the anatomy of the ear, causes of hearing loss, effects of hearing loss on relationships, and will answer questions about how hearing aids can help you communicate better. **Minimum of 5 students for class to be held.** NO EXTRA FEE.

- Thursday, Feb 9
- 10:30 am-12 noon
- Danny Jones, Instructor

### Medicare Basics: Health Bill Updates

Learn how to get started with Medicare, how to select a Medicare Part D plan, how to read a Medicare Summary Notice, how to know the difference between Medicare and Medicare Advantage Plans, and how to navigate through all the program components of Medicare.

- Monday and Tuesday, Jan 30 & 31
- 11 am-12 pm
- Linda Gail, Instructor

### 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 area's only year-round, indoor pool;
- ◆ Work out with weights and the latest cardio equipment;
- ◆ Even climb the climbing wall (for you adventurous sorts)!

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 Richard Hammond, 333-5898, if you have any questions, or stop by the Student Recreation Center on Sustella Avenue (behind Sunset Cemetery).*

# Leisure Time and the Arts

## Art and Aesthetic Theories

Study examples of artwork, and examine theories of art appreciation and good taste. Discuss whether the artist's intentions, emotional state or politics matter in evaluating and critiquing a work of art. We will try to organize at least one class meeting at either the VSU Art Gallery or the Annette Howell Turner Center for the Arts if the group is interested. NO EXTRA FEE.

- 3 Mondays, Jan 23, 30, Feb 6
- 2-3 pm
- Christine James, Instructor

## Beginning Oil Painting

Discover your artistic side! Let Geri Backus take you step by step through the creation of your own masterpiece. For this class, all students will be painting the same subject so they can concentrate on technique and style. All supplies used in class--including brushes, paints, canvasses, and cleaners--are included. Bring a flat box, approximately 16" x 24", to transport your painting. **Maximum of 10 students, so sign up early!** \$15 EXTRA FEE TO COVER SUPPLIES.

- 6 Wednesdays, Jan 18, 25, Feb 1, 8, 15, 22
- 10 am-12 noon
- Geri Backus, Instructor

## Watercolor Painting Studio

Come work on your own painting projects along with your fellow LIR art lovers! Bring your own materials. NO EXTRA FEE.

- 6 Thursdays, Jan 19, 26, Feb 2, 9, 16, 23
- 2:30-3:30 pm
- Roberta Boyd, Facilitator

## Watercolors

This class is a beginner watercolor course that will explore the different techniques associated with the medium--including some explorative techniques. A supply list will be available on the first day of class or can be obtained by email: [tmiddleton@gocats.com](mailto:tmiddleton@gocats.com). **Minimum of 20 and maximum of 25 students, so sign up early!** \$25 EXTRA FEE.

- 6 Thursdays, Jan 19, 26, Feb 2, 9, 16, 23
- 3:30-5 pm
- Teresa Middleton, Instructor

## Ukulele Fun for Beginners

No musical knowledge needed. Have fun accompanying vocal melodies with the "strummed" chords of the soprano, concert, tenor or baritone uke. Book provided by the instructor, but a 1 1/2" white 3-ring binder is needed. Until the student decides what type of ukulele to buy, a loaner will be available from the teacher at the first class, or the student may purchase a beginner soprano uke from Kilgard Instrument Repair (242-3444) or Danny Crosby at Toads and Teacups (244-2770) for approximately \$30, if desired. **Maximum of 12 students, so sign up early!** NO EXTRA FEE.

- 8 Mondays, Jan 23, 30, Feb 6, 13, 20, 27, March 5, 12
- 1:30-3 pm
- Joan Shepard, Instructor

## Intermediate Ukulele

Already know a little about how to play the ukulele? You can always learn more about music, playing melodies, and strumming chords. The ukulele is a great instrument for sing-a-longs with family and friends. Book cost is \$10 (paid directly to instructor), and books will be distributed at the first meeting. Other music favorites will be provided free. Come sing along and have some fun! NO EXTRA FEE.

- 8 Mondays, Jan 23, 30, Feb 6, 13, 20, 27, March 5, 12
- 1:30-3 pm
- Jacqui Pool, Instructor



## Leisure Time and the Arts continued



### **Backstage with the Valdosta Symphony Orchestra**

Sample the great music of the VSO's 2011-2012 season and take a look at the renowned guest artists coming to visit. Maestro Hsu and Mr. Mainella will discuss the highlights of the season and give 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 instructors will clear up the mysteries of the podium and let you in on some secrets of the music world. NO EXTRA FEE.

- Monday, Feb 6
- 10:30-11:30 am
- Maestro Howard Hsu and Matthew Mainella, Instructors

### **Backstage at the Opera**

Find out all about the life of an opera singer! The presenter will describe how she discovered her talent, got training at the best music schools in the country, pounded the pavement in New York City, got an agent, sang all over the country, and ended up a mom and voice teacher in South Georgia! You will hear many funny and enlightening tales from the world of opera. There will be time for questions at the end. NO EXTRA FEE.

- Thursday, Feb 23
- 10-11:30 am
- Dr. Tamara Hardesty, Instructor

### **The Genius of Rogers and Hammerstein**

Learn about musical theater greats Rogers and Hammerstein from a choreographer's and director's perspective. NO EXTRA FEE.

- Tuesday, Jan 24
- 1-2 pm
- Eric Nielsen, Instructor

### **Knitting and Crocheting**

This class is for both beginners and pros! Your teacher can help with any problem or pattern, whether using English or Continental method. New patterns and ideas will be presented. Beginning first steps instructions will be available. Beginning knitters will need Size 8 needles and worsted weight yarn; beginning crocheters will need Size "G" crochet hooks and any yarn. NO EXTRA FEE.

- 6 Wednesdays, Feb 8, 15, 22, 29, March 7, 14
- 2-3:30 pm
- Rita Booker and Mary Ventura, Instructors

### **Origami (Paper Folding)**

Using a variety of paper, you will explore decorative, practical, and fun forms of paperfolding. Frogs that actually hop, treasure boxes that hold surprises, flapping birds, and other party favors will be offered. Come join us to learn or perfect your origami skills. NO EXTRA FEE.

- 2 Wednesdays, Jan 18, 25
- 1-3 pm
- Phyllis Harris, Instructor



## Leisure Time and the Arts continued

### Make a Decorative Glass Plate

Use fabric to make a decorative accent glass plate for your home, as a gift, or for any occasion. Supplies needed for class: clear glass plate; light-weight cotton fabric; Mod Podge Gloss Luster Glue; foam rubber paint brush; razor blade; plastic tub (butter tub); scissors. NO EXTRA FEE.

- 2 Wednesdays, Feb 8, 15
- 1-2 pm
- Glenna Peter, Instructor

### Gourd Painting

Learn to paint butterflies, flowers, and leaves on gourds with acrylic paint. Materials you will need to bring: acrylic paint set (small bottles) and brush suitable for acrylic paints. The instructor will provide the gourd for about \$2.00. (You will pay the instructor directly.)

- 4 Tuesdays, Feb 7, 14, 21, 28
- 1-2 pm
- Wanda Noles, Instructor

### Create Nifty Table Toppers

Learn how to sew together creative toppers such as napkins, table runners, and placemats. NO EXTRA FEE.

- 6 Tuesdays, Jan 24, 31, Feb 7, 14, 21, 28
- 10 am-12 noon
- Kristi Grove, Instructor

### Basic Menu Spanish

Dr. Manuel Tovar, a native Spanish speaker, will teach you how to order your favorite Mexican meals in Spanish. NO EXTRA FEE.

- 6 Mondays & Wednesdays, Jan 23, 25, 30, Feb 1, 6, 8
- 1-2 pm
- Dr. Manuel Tovar, Instructor

### Transitioning from Film Cameras to Digital Photography

Follow an amateur photographer's journey from film cameras to digital cameras. Learn how digital photography has solved many problems with editing, storing, and sharing photographs. You may bring your camera. We will share experiences during the last half-hour of the class.

- Thursday, Jan 26
- 1-2:30 pm
- Judy Baxter, Instructor

### LIR Scrapbooking Day

For those of you who love to scrapbook, join us for a morning of scrapbooking fun. We will devote 3 hours to one of our favorite hobbies. Bring your own tools and supplies and whatever else you may need. NO EXTRA FEE.

- Tuesday, Feb 21
- 10 am-1 pm
- Carol McLeod, Facilitator

### Basic Bridge

*This course is mainly designed for those who have some familiarity with Bridge; however, if you have not already played Bridge and are interested in the class, please contact our office and we will put you in contact with the instructor.* Structured teaching will be combined with playing the game. Basic Bridge concepts will be taught related to both bidding and playing the hands. A text will be offered for purchase at the first class. **Must have at least 12 students for class to be held.** \$20 EXTRA FEE.

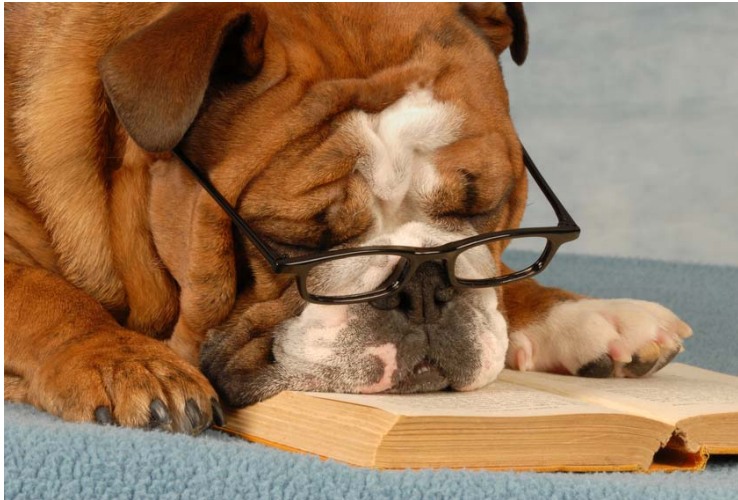
- 6 Wednesdays, Jan 18, 25, Feb 1, 8, 15, 22
- 1-3 pm
- Dan Deany, Instructor

### Intermediate Bridge

This bridge class is for those who know basic bridge and want to improve their skills. The focus will include bidding and playing of the hand. Structured teaching will be reinforced by playing hands related to the concepts taught. **Must have at least 12 students for class to be held.** \$20 EXTRA FEE.

- 6 Tuesdays, Jan 17, 24, 31, Feb 7, 14, 21
- 1-3 pm
- Dan Deany, Instructor





**ATTENTION,  
BOOKWORMS!**  
**Searching for a  
book that won't put  
you to sleep? Check  
out LIR's book  
review series!**

**Book Review: *A Trick of the Light* by  
Louise Penny**

Chief Inspector Armand Gamache of the Surete de Quebec must once again unravel tangled skeins of envy, avarice, and ambition that lead to murder in the picturesque village of Three Pines. This fifth installment of the *Three Pines* series features characters already introduced, but with new relationships emerging. Earlier events are clarified, but not dwelt upon, so the ambience feels fresh. The psychological insights into art and human nature almost overshadow the mystery and its resolution. NO EXTRA FEE.

- Tuesday, Jan 24
- 11 am-12 noon
- Ann Gunter, Reviewer

**Book Review: *Silent in the Sanctuary* by  
Deanne Raybourne**

The widowed Lady Julia Gray is the daughter of the powerful Earl of March and one of ten eccentric siblings in late Victorian England. The feisty female sleuth's amateurish attempts at crime solving are both deplored and appreciated by a professional inquiry agent: the tall, dark and mysterious Nicholas Brisbane. When Julia's cousin is accused of the murder of a worldly curate in the chapel of the manor, sparks fly between Julia and Brisbane as they attempt to work together to find the real murderer. NO EXTRA FEE.

- Tuesday, Feb 14
- 11 am-12 noon
- Anne Gunter, Reviewer

**Book Review: *Colonel Roosevelt* by Edmund  
Morris**

Edmund Morris provides a balanced examination of the final years of Theodore Roosevelt's life--highlighting the slow but inexorable waning of his political and, ultimately, physical power. Morris injects new life and suspense into some familiar stories with abundant rich detail. The reviewer contributes his love and knowledge of history to his discussion of the book. NO EXTRA FEE.

- Wednesday, March 7
- 11 am-12 noon
- Bill Eger, Reviewer

**Book Review: *Jeannie Out of the Bottle* by  
Barbara Eden**

The book takes us behind the scenes of *I Dream of Jeannie*, as well as stage, movies, television and live concert performances. In addition, the book is an intimate look at Eden's personal tragedies and the challenges she faced. The reviewer adds her personal experiences of being behind the scenes in on stage and in television to her discussion of the book. NO EXTRA FEE.

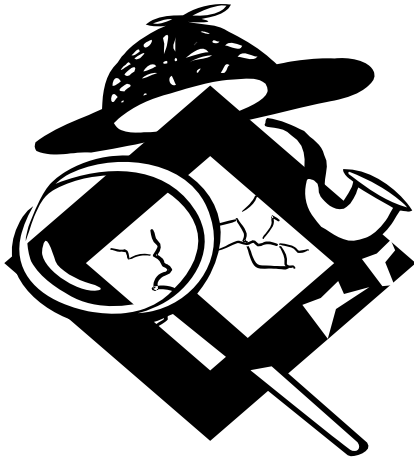
- Wednesday, Jan 18
- 11 am-12 noon
- Gale Eger, Reviewer



**Book Review: *Years of Minutes* by Andy Rooney**

Andy Rooney died shortly after he retired from *60 Minutes*, but his curmudgeonly disdain for “political correctness” lives on in this book. Through the compilation of segments of the show, readers enjoy anecdotes on his trying to teach Martha Stewart the correct way to make ice cream, his wonderment at beauty parlor names or his very private reflections on 9/11. Few people have the courage of their convictions as did Rooney. His opinions are thoughtful, logical, and sarcastic. NO EXTRA FEE.

- Thursday, March 1
- 11 am-12 noon
- Gale Eger, Reviewer



**Dickens at 200**

Celebrate the 200th Anniversary of Charles Dickens' birth by learning about his life and times. You are invited to read any of his novels or short stories; many are available for free at Google Books ([books.google.com](http://books.google.com)) or at Project Gutenberg ([www.gutenberg.org](http://www.gutenberg.org)). NO EXTRA FEE.

- 2 Wednesdays, Feb 22, 29
- 1:30-3 pm
- Patricia Marks, Instructor



**From Mrs. Watson to Miss Marple: Women in Detective Fiction**

Participants will read short detective stories by Agatha Christie and Sir Arthur Conan Doyle for the pleasure of discussing these excellent narratives with one another. Readers will also will take a closer look at the roles that women play in Christie's and Conan Doyle's work--paying particular attention to Christie's Miss Marple. Additionally, we will have the opportunity to watch a television dramatization of Conan Doyle's tales to examine the role of women in the Sherlock Holmes series. If you are interested in detective fiction, this is the class for you! NO EXTRA FEE.

- 6 Mondays, Jan 23, 30, Feb 6, 13, 20, 27
- 10-11 am
- Jennifer Nawara, Instructor



*Dickens*

## Leisure Time and the Arts continued

### No Limit Texas Hold'em

Learn how to play No Limit Texas Hold'em-the most popular poker game in the world. Your instructor is the author of the book *Meister Poker*. NO EXTRA FEE.

- 4 Mondays, Feb 6, 13, 20, 27
- 10-11 am
- Diamond Jim Halter, Instructor

### Mahjongg

Learn to play this ancient Chinese four-person game. The object of the game is to remove all of the tiles from the board by selecting two free tiles of the same kind. There are 4 tiles of each character, plus flowers and seasons. Game pieces will be provided. NO EXTRA FEE.

- 6 Mondays, Jan 30, Feb 6, 13, 20, 27, March 5
- 1-3 pm
- Elizabeth Burnette, Instructor



### Audio Books

Learn how to download and burn audiobooks to a CD using the free OverDrive download service. Attendees will need a library card, as this is a requirement for using the service. Class will be held at South Georgia Regional Library (300 Woodrow Wilson Drive) in the Computer Lab. NO EXTRA FEE.

- Friday, Feb 24
- 9:30-11 am

- Eric Mathis, Instructor

### Pines: Find It, Hold It, Renew It

Come learn how to create an account and use the Pines Library website to locate materials, place holds, and renew books from the comfort of your home. Class will be held at South Georgia Regional Library (300 Woodrow Wilson Drive) in the Computer Lab. NO EXTRA FEE.

- Friday, March 9
- 9:30-11 am
- Eric Mathis, Instructor

### Writing Workshop

Whether you aspire to write a novel, a memoir, a short story or an article, this course will help you develop story structuring skills that will keep your reader reading to the end. Looking for feedback from other aspiring writers? Want to learn how to add sizzle to your writing? Come join us, ask questions, share, and write! NO EXTRA FEE.

- 6 Wednesdays, Jan 18, 25, Feb 1, 8, 15, 22
- 10-11 am

### Are you on Facebook? So is LIR!

Become a member of the LIR Facebook group, and get updates on 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.



### LIR COURSE

**REGISTRATIONS ARE FIRST  
COME, FIRST SERVED.**

If a course is full, you will be placed on a waiting list in the order that your registration payment was received.

Make sure you give us a current telephone number on your registration form so we can call you if a space opens up!

## Learning in Retirement Registration Form—Winter 2012

- **REGISTRATIONS WILL NOT BE PROCESSED WITHOUT PAYMENT.** Payment may be by cash, check, VISA, MasterCard, or Discover. As a courtesy, we will hold your registration form 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.
- **WALK-IN** registrations for Winter LIR classes will be accepted beginning at **9:00 am** on **Wednesday, December 7**. Registrants will be assigned numbers in order of arrival and will be permitted to register according to his or her number.
- **TELEPHONE** registrations (with payment) will be accepted on December 7 beginning at 8:00 am. Telephone registrations will be held in order of arrival and will be assigned the next available numbers at **11:00 am**. Registrations will then be entered according to number.
- After 11:00 am on December 7 walk-in and telephone registrations will be given equal priority, with each being assigned the next available number as the individual or the call arrives.
- **U.S. MAIL AND FAX REGISTRATIONS** with payment received before December 7 will be accepted, but class slots will not be reserved until **12:00 noon** on December 7. At that time, mailed and faxed registrations will be selected **AT RANDOM** and assigned the next available numbers. Registrations will then be entered according to number.

Legal Name \_\_\_\_\_ Preferred name for nametag \_\_\_\_\_ SS# (last 4 digits) \_\_\_\_\_

Address \_\_\_\_\_  
Number and Street City State Zip

Phone \_\_\_\_\_ Email \_\_\_\_\_  
Daytime Other

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

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

Radio Newspaper Website Bookmark Senior Fair Friends Brochure Other \_\_\_\_\_

Is this your first time ever participating in LIR?  
 \_\_\_\_\_ yes

**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 \_\_\_\_\_

**FEES: (Check all that apply)**

<input type="checkbox"/> \$8.50 Winter Luncheon	<input type="checkbox"/> \$20 Jazz Dance	<input type="checkbox"/> \$45 Winter Term Membership	<input type="checkbox"/> \$10 Water Aerobics Section A	<input type="checkbox"/> \$10 Water Aerobics Section B	<input type="checkbox"/> Already paid 2011-2012 yearly membership
<input type="checkbox"/> \$15 Oil Painting	<input type="checkbox"/> \$25 Watercolors	<input type="checkbox"/> \$20 Basic Bridge	<input type="checkbox"/> \$20 Intermediate Bridge		

() SUBTRACT \$10 IF VOLUNTEER TEACHER *THIS TERM (WINTER 2011)*

TOTAL AMOUNT ENCLOSED (Add all fees): \$ \_\_\_\_\_

PLEASE USE THE OTHER SIDE OF THIS FORM TO SELECT YOUR CLASSES, THEN DETACH THIS CENTER SHEET WITH REGISTRATION AND COURSE SELECTIONS AND TURN IN WITH YOUR MEMBERSHIP PAYMENT.

**TYPE OF PAYMENT:**

Cash  Check (payable to VSU-LIR) **OR**  MasterCard  Discover  Visa

Signature \_\_\_\_\_ VIN # (3 digit # on back of card) \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

Billing address for card (if different from above): \_\_\_\_\_

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

# Winter 2012 LIR Course Selection Form

Fill out registration form on reverse, check to indicate courses desired, remove this page, and return with your payment.

## Special Activities

12WLIR01	( )	Winter Luncheon: "Back to the Fifties" (\$8.50 fee)	Tuesday, Jan 10	11 am-1 pm
12WLIR02	( )	Dutch Treat Lunch: Ruby Tuesdays	Friday, Jan 20	11:30 am-1 pm
12WLIR03	( )	Dutch Treat Lunch: Rodeo Mexican Restaurant	Tuesday, Feb 28	11:30 am-1 pm
12WLIR04	( )	Dutch Treat Lunch: Ichiban Japanese Steakhouse	Thursday, March 8	11:30 am-1 pm

## Health and Fitness

12WLIR05	( )	Yoga	18 Tuesdays and Thursdays, Jan 17, 19, 24, 26, Jan 31, Feb 2, 7, 9, 14, 16, 21, 23, 28, March 1, 6, 8, 13, 15	10-11 am
12WLIR06	( )	Chair Aerobics	15 Mondays and Wednesdays, Jan 18, 23, 25, 30, Feb 1, 6, 8, 13, 15, 20, 22, 27, 29, March 5, 7	10-11 am
12WLIR07	( )	Intermediate Golf (\$75 FEE PAID DIRECTLY TO INSTRUCTOR)	5 Thursdays, Jan 19, 26, Feb 2, 9, 16	11:30 am-1 pm
12WLIR08	( )	Jazz Dance (\$20 FEE)	17 Wednesdays and Fridays, Jan 18, 20, 25, 27, Feb 1, 3, 8, 10, 15, 17, 22, 24, 29, March 2, 7, 9, 14, 16	1-2 pm
12WLIR09	( )	Water Aerobics Section A (\$10 FEE)	8 Mondays, Jan 23, 30, Feb 6, 13, 20, 27, March 5, 12	4-4:45 pm
12WLIR10	( )	Water Aerobics Section B (\$10 FEE)	9 Wednesdays, Jan 18, 25, Feb 1, 8, 15, 22, 29, March 7, 14	4-4:45 pm
12WLIR11	( )	Bowling	9 Wednesdays, Jan 18, 25, Feb 1, 8, 15, 22, 29, March 7, 14	2-4 pm
12WLIR12	( )	Chronic Disease Self-Management	4 Thursdays, Feb 23, March 1, 8, 15	10:30-11:30 am
12WLIR13	( )	Hearing Aid Technology Update	Thursday, Feb 23	10:30 am-12 noon
12WLIR14	( )	Communicating with Hearing Loss	Thursday, Feb 9	10:30 am-12 noon
12WLIR15	( )	Medicare Basics: Health Bill Updates	Monday and Tuesday, Jan 30, 31	11 am-12 noon

## Leisure Time and the Arts

12WLIR16	( )	Art and Aesthetic Theories	3 Mondays, Jan 23, 30, Feb 6	2-3 pm
12WLIR17	( )	Beginning Oil Painting	6 Wednesdays, Jan 18, 25, Feb 1, 8, 15, 22	10 am-12 noon
12WLIR18	( )	Watercolor Painting Studio	6 Thursdays, Jan 19, 26, Feb 2, 9, 16, 23	2:30-3:30 pm
12WLIR19	( )	Watercolors (\$25 FEE)	6 Thursdays, Jan 19, 26, Feb 2, 9, 16, 23	3:30-5 pm
12WLIR20	( )	Ukulele Fun for Beginners	8 Mondays, Jan 23, 30, Feb 6, 13, 20, 27, March 5, 12	1:30-3 pm
12WLIR21	( )	Intermediate Ukulele	8 Mondays, Jan 23, 30, Feb 6, 13, 20, 27, March 5, 12	1:30-3 pm
12WLIR22	( )	Backstage with the Valdosta Symphony Orchestra	Monday, Feb 6	10:30-11:30 am
12WLIR23	( )	Backstage at the Opera	Thursday, Feb 23	10-11:30 am
12WLIR24	( )	The Genius of Rogers and Hammerstein	Tuesday, Jan 24	1-2 pm
12WLIR26	( )	Knitting and Crocheting	6 Wednesdays, Feb 8, 15, 22, 29, March 7, 14	2-3:30 pm
12WLIR27	( )	Origami (Paper Folding)	2 Wednesdays, Jan 18, 25	1-3 pm
12WLIR28	( )	Make a Decorative Glass Plate	2 Wednesdays, Feb 8, 15	1-2 pm
12WLIR29	( )	Gourd Painting	4 Tuesdays, Feb 7, 14, 21, 28	1-2 pm
12WLIR30	( )	Create Nifty Table Toppers	6 Tuesdays, Jan 24, 31, Feb 7, 14, 21, 28	10 am-12 noon
12WLIR31	( )	Basic Menu Spanish	6 Mondays and Wednesdays, Jan 23, 25, 30, Feb 1, 6, 8	1-2 pm
12WLIR32	( )	Transitioning from Film Cameras to Digital Photography	Thursday, Jan 26	1-2:30 pm
12WLIR33	( )	LIR Scrapbooking Day	Tuesday, Feb 21	10 am-1 pm
12WLIR34	( )	Basic Bridge (\$20 FEE)	6 Wednesdays, Jan 18, 25, Feb 1, 8, 15, 22	1-3 pm
12WLIR35	( )	Intermediate Bridge (\$20 FEE)	6 Tuesdays, Jan 17, 24, 31, Feb 7, 14, 21	1-3 pm
12WLIR36	( )	Book Review: <i>A Trick of the Light</i>	Tuesday, Jan 24	11 am-12 noon

12WLIR37	()	Book Review: <i>Silent in the Sanctuary</i>	Tuesday, Feb 14	11 am-12 noon
12WLIR38	()	Book Review: <i>Colonel Roosevelt</i>	Wednesday, March 7	11 am-12 noon
12WLIR39	()	Book Review: <i>Jeannie Out of the Bottle</i>	Wednesday, Jan 18	11 am-12 noon
12WLIR40	()	Book Review: <i>Years of Minutes</i>	Thursday, March 1	11 am-12 noon
12WLIR41	()	Dickens at 200	2 Wednesdays, Feb 22, 29	1:30-3 pm
12WLIR42	()	From Mrs. Watson to Miss Marple: Detective Fiction & Women	6 Mondays, Jan 23, 30, Feb 6, 13, 20, 27	10-11 am
12WLIR43	()	No Limit Texas Hold'em	4 Mondays, Feb 6, 13, 20, 27	10-11 am
12WLIR44	()	Mahjongg	6 Mondays, Jan 30, Feb 6, 13, 20, 27, March 5	1-3 pm
12WLIR45	()	Audio Books	Friday, Feb 24	9:30-11 am
12WLIR46	()	Pines: Find It, Hold It, Renew It	Friday, March 9	9:30-11 am
12WLIR47	()	Writing Workshop	6 Wednesdays, Jan 18, 25, Feb 1, 8, 15, 22	10-11 am

#### Trips, Tours & Miscellaneous

12WLIR48	()	VSU Fine Arts Gallery: Valdosta National Exhibit	Wednesday, Jan 25	3-3:45 pm
12WLIR49	()	VSU Fine Arts Gallery: Artists of Railroad Square	Wednesday, Feb 22	3-3:45 pm
12WLIR50	()	Seminole Hard Rock Casino	Tuesday, March 13	6:45 am-9:15 pm
12WLIR51	()	Flint Riverquarium and Imagination Theater	Thursday, Feb 16	8 am-4:30 pm
12WLIR52	()	Jack Hadley Black History Museum/Dutch Treat Leap Year Lunch	Wednesday, Feb 29	8:30 am-2 pm
12WLIR53	()	Cook County Museum and Library Tour/Dutch Treat Lunch	Monday, Jan 30	9:30 am-1 pm
12WLIR54	()	Lake Park Museum Tour	Tuesday, Feb 28	3-5 pm
12WLIR55	()	Valdosta Fire Department Tour	Tuesday, Jan 24	10-11 am
12WLIR56	()	Fire Safety	Thursday, Feb 2	10-11 am
12WLIR57	()	Valdosta City Police Department Tour	Friday, Feb 10	1-2 pm
12WLIR58	()	Crime Lab Tour	Friday, Jan 20	4-5 pm
12WLIR59	()	Judicial Complex Tour/Intro to GA Courts System	Thursday, Feb 2	10 am-12 noon
12WLIR60	()	Secrets of Georgia Traffic Law and Legal Update	Tuesday, Jan 31	10 -11:30 am
12WLIR61	()	Estate Planning and Elder Law	8 Mondays, Jan 23, 30, Feb 6, 13, 20, 27, March 5, 12	1-2 pm
12WLIR62	()	Valdosta Food Bank Tour	Tuesday, Feb 28	10-11 am
12WLIR63	()	AARP Defensive Driving	Wednesday and Thursday, Feb 1, 2	1-4 pm
12WLIR64	()	Retired and Senior Volunteer Program (RSVP)	Wednesday, Jan 25	11 am-12 noon

#### History, Social Studies, Science and Nature

12WLIR65	()	Views of the News	6 Fridays, Jan 20, 27, Feb 3, 10, 17, 24	10 am-12 noon
12WLIR66	()	Modern Jewish Life	Friday, Feb 10	10:30 am-12 noon
12WLIR67	()	Liberal Religion in America	Thursday, Feb 9	10 am-12 noon
12WLIR68	()	Comparative Religion: Creation Stories	Tuesday, Feb 21	1-2 pm
12WLIR69	()	Untangling Biological Diversity from the Social Construction of Race	Friday, Jan 20	2-4 pm
12WLIR70	()	The Mysterious Maya Civilization: Pre-Columbian Era to 1825	Wednesday, March 7	2-3 pm
12WLIR71	()	Black History Part II	Monday, Feb 6	1-3 pm
12WLIR72	()	History of Valdosta	Monday, Feb 6	11 am-12 noon
12WLIR73	()	History of Lowndes County	Thursday, Jan 19	10-11 am
12WLIR74	()	Whose Genes Do You Have?	Tuesday, Feb 21	4-5:30 pm
12WLIR75	()	Genealogy Research Day Trip	Tuesday, March 6	8 am-4 pm

## Winter 2012 LIR Course Selection Form, Continued

### History, Social Studies, Science and Nature, Continued

12WLIR76	( )	Photo Journey to the Czech Republic	Monday, March 12	10 am-12 noon
12WLIR77	( )	Photo Journey to Sicily	Thursday, Jan 26	10:30 am-12 noon
12WLIR78	( )	Photo Journey to the South Pole	Wednesday, Feb 15	1-3 pm
12WLIR79	( )	Fossils	Friday, March 9	10-11:30 am
12WLIR80	( )	Sound Producing Insects	Thursday, Feb 9	2-3 pm
12WLIR81	( )	Stormwater Management	Tuesday, Feb 21	2-3 pm
12WLIR82	( )	Engineering in the 21st Century	Tuesday, Jan 24	3-5 pm
12WLIR83	( )	The Path Less Traveled: Path Connected Topology	Wednesday, Feb 1	10-11:30 am
12WLIR84	( )	Traveling with your Pet	Thursday, March 1	12-1 pm
12WLIR85	( )	Troubleshooting Turf Grass	Tuesday, March 13	1:30-2:30 pm
12WLIR86	( )	Vegetable Gardens for Homeowners	2 Thursdays, March 1, 8	1-2 pm
12WLIR87	( )	Marking Gardening Fun Again	6 Mondays, Jan 23, 30, Feb 6, 13, 20, 27	3-4:30 pm
12WLIR88		Planetarium Show: "The Dawn of the Space Age" - Register in January 2012 when date and are announced		
12WLIR89	( )	Get a Handle On Your Personal Finances	2 Fridays, Feb 17, 24	1-3 pm

### Computer Classes

12WLIR90	( )	Basic Computers	3 Tuesdays, Feb 7, 21, 28 (no class Feb 14)	10-11 am
12WLIR91	( )	Beginning Word	6 Tuesdays, Jan 17, 24, 31, Feb 7, 14, 21	11:30 am-1 pm
12WLIR92	( )	Emailing with Gmail	3 Thursdays, Feb 9, 16, 23	10-11 am
12WLIR93	( )	Internet Explorer	3 Thursdays, Jan 19, 26, Feb 2	10-11 am
12WLIR94	( )	Introduction to the Apple iPad	Thursday, Jan 26	1-2 pm
12WLIR95	( )	Intermediate Word	6 Tuesdays, Jan 17, 24, 31, Feb 7, 14, 21	2-3:30 pm
12WLIR96	( )	Publisher	6 Thursdays, Jan 19, 26, Feb 2, 9, 16, 23	11:30 am-1 pm
12WLIR97	( )	Excel	6 Wednesdays, Jan 18, 25, Feb 1, 8, 15, 22	2-3:30 pm
12WLIR98	( )	File Management	3 Tuesdays, Jan 17, 24, 31	10-11 am
12WLIR99	( )	Picasa	6 Wednesdays, Jan 18, 25, Feb 1, 8, 15, 22	11:30 am-1 pm
12WLIR100	( )	Intermediate Publisher	6 Thursdays, Jan 19, 26, Feb 2, 9, 16, 23	2-3:30 pm

## Trips, Tours and Miscellaneous

### **VSU Fine Arts Gallery: Valdosta National Exhibit**

Visit the VSU Fine Arts Gallery to see the Valdosta National 2012, an annual juried art competition of works submitted from professional artists from across the nation. The Gallery Director will lead a tour of the diverse collection of artwork of many styles and media. NO EXTRA FEE.

- Wednesday, Jan 25
- 3-3:45 pm
- Julie Bowland, Tour Guide

### **VSU Fine Arts Gallery: Artists of Railroad Square**

The VSU Gallery Director will lead participants on a visit to the Railroad Square group art show. Railroad Square is a Tallahassee industrial park transformed into artists' studios. Artwork ranges from colorful abstract paintings to a variety of different styles and media. NO EXTRA FEE.

- Wednesday, Feb 22
- 3-3:45 pm
- Julie Bowland, Tour Guide

### **Seminole Hard Rock Casino**

*"Hop on the bus, Gus!"* Take a bus ride to the Hard Rock Casino in Tampa, FL. The bus will leave T.J. Maxx at 7am and arrive at the Hard Rock at 11:30 am. You will receive \$35 free-play money and a \$5 food voucher upon arrival at the Hard Rock. The bus will leave the casino at 5 pm and be back at T.J. Maxx at 9:15 pm. \$40 FEE TO BE PAID DIRECTLY TO BUS DRIVER.

- Tuesday, March 13
- 6:45 am-9:15 pm

### **Flint Riverquarium and Imagination Theater**

The Flint Riverquarium, located on the banks of the Flint River in Albany, GA, features a blue hole spring with more than 120 mysterious creatures. Visitors experience the unique ecosystems of the watershed through interactive exhibits of about 100 species. The Imagination Theater presents nature in a whole new way. Cost for groups of 10-24 Seniors: \$11 each for the aquarium and theater combined if the group numbers 10 or more (each participant pays directly). *Those who wish to car-pool will leave the Regional Center for Continuing Education at 8:00 am; arrive in Albany about 10 am.* Theater shows are at 11 am and noon.

There are three restaurants available within walking distance of the Riverquarium for those who wish to purchase lunch.

- Thursday, Feb 16
- 8 am-approximately 4:30 pm

### **Jack Hadley Black History Museum/Dutch Treat Leap Year Lunch**

View thousands of artifacts, documents, prints, posters, and photos chronicling Black History on the campus of Douglass High School in Thomasville—a school located in the Dewey City community. See a collection of African-American artifacts from slavery times and view exhibits on the Buffalo Soldiers and notable African-Americans including Dr. Martin Luther King, Jr. and Heisman Award winner Charles Ward Jr. Admission: \$5, or \$4 if the group contains 12 or more (individuals will pay directly on-site). Follow up with lunch at O'Neal's Buffet for those who wish to explore Thomasville before returning to Valdosta. *Those who wish to car-pool will leave the Regional Center for Continuing Education at 8:30 am.*

- Wednesday, Feb 29
- 8:30 am-2 pm (approximately)

### **Cook County Museum and Library Tour / Dutch Treat Lunch at Dave's Diner**

Enjoy viewing artifacts and historical exhibits related to Adel and Cook County in addition to a genealogical and historical library. Then, either return home or enjoy lunch at Dave's Diner with the group. NO EXTRA FEE.

- Monday, Jan 30
- 9:30 am-1 pm
- Gail Hughes, Tour Guide

### **Lake Park Museum Tour**

View early pictures of Lake Park and old furniture, quilts, textiles, books, farming implements, early medical tools, as well as a selection of original items from the old Elwell Brown Merchandise Store which houses the museum. The building has been restored to its original condition and is on the National Register of Historic Places. *Meet at the museum, 300 South Railroad Avenue, in Lake Park.* NO EXTRA FEE.

- Tuesday, Feb 28
- 3-5 pm
- Dot Neisen, Tour Guide

## Trips, Tours, and Miscellaneous, continued

### Valdosta Fire Department Tour

We will take a tour of station #1 with the fire personnel on duty that day, as well as hear from the Georgia Search and Rescue personnel. Meet at the fire department at 106 South Oak Street. NO EXTRA FEE.

- Tuesday, Jan 24
- 10-11 am
- Fire Department Personnel

### Fire Safety

Learn about general fire safety and fire prevention tips for the home. NO EXTRA FEE.

- Thursday, Feb 2
- 10-11 am
- Sgt. Feuerstein, Valdosta Fire Dept., Instructor

### Valdosta City Police Department Tour

Take a guided tour of the police department including the evidence and records rooms. Questions will be answered and the tour guide will explain just what the police department does and how it operates. NO EXTRA FEE.

- Friday, Feb 10
- 1-2 pm
- Vernotis Williams, Tour Guide

### Crime Lab Tour

Join us on a tour of the new Valdosta-Lowndes Regional Crime Lab! See how evidence is collected and processed and learn about new equipment and techniques being used to solve crimes in our area. *Maximum of 15 participants;* Meet at the facility, 1708 N. Ashley Street. NO EXTRA FEE.

- Friday, Jan 20
- 4-5 pm
- Amber Nawolski, Tour Guide

### Judicial Complex Tour/Intro to GA Courts System

Tour the Lowndes County judicial complex and learn about the various levels of courts in Georgia and Lowndes County, who they are, and what they do. Meet in the lobby of the Judicial Complex on N. Ashley Street at 10 am. NO EXTRA FEE.

- Thursday, Feb 2
- 10 am-12 noon
- Judge John K. Edwards, Jr., Instructor



### Secrets of Georgia Traffic Law and Legal Update

Learn about recent legislation related to driving issues which came into effect this past July. You will also learn about some of Georgia's best kept traffic law secrets. NO EXTRA FEE.

- Tuesday, Jan 31
- 10-11:30 am
- Judge John K. Edwards, Jr., Instructor

### Estate Planning and Elder Law

This three-part course covers the basics of estate planning including wills, revocable living trusts, healthcare and general powers of attorney, personal property planning (which will help you consider distribution options and consequences, including conflict management), and elder law (including Medicaid and VA benefits regarding long-term nursing home care). NO EXTRA FEE.

- 8 Mondays, Jan 23, 30, Feb 6, 13, 20, 27, March 5, 12
- 1-2 pm
- John Bennett, Instructor

### Valdosta Food Bank Tour

Check out what the food bank has to offer! See how the donations are organized and distributed to those who need assistance and find out about volunteer opportunities. Meet at the food bank, 1411 Harbin Circle (in the Industrial Park). NO EXTRA FEE.

- Tuesday, Feb 28
- 10-11 am
- Frank Richards, Tour Guide

### AARP Defensive Driving

Reduce your insurance rates with this 6-hour class. This course will provide a review of driving skills and techniques as well as strategies and tips to help you adjust to normal age-related physical changes that

## Trips, Tours, and Miscellaneous, continued

may affect your driving ability. \$12 fee for AARP members (must have a current AARP card) and \$14 fee for non-members (fee covers certificate and paper work.) Students should bring their driver's licenses and AARP cards. FEES TO BE PAID DIRECTLY TO INSTRUCTOR ON FIRST DAY OF CLASS. ***These classes are open to the public - you do not have to be an LIR member.***

- Wednesday and Thursday, Feb 1 & 2
- 1-4 pm
- Al & Mary Raines, Instructors

### **Retired and Senior Volunteer Program (RSVP)**

If you might like to help others in our community, but don't know how to get started, this presentation may help. RSVP is a non-profit organization that provides information on volunteer opportunities available in our community. Tell them how you would like to assist and they will make it happen! NO EXTRA FEE.

- Wednesday, Jan 25
- 11 am-12 noon
- Elaine Gunn, Instructor

## History, Social Studies, Science and Nature

### **Views of the News**

Come ready to discuss today's hot news topics and current events. This course will cover local, regional, and global events. Class participation is encouraged. NO EXTRA FEE.

- 6 Fridays, Jan 20, 27, Feb 3, 10, 17, 24
- 10 am-12 noon
- Dr. James LaPlant, Instructor

### **Modern Jewish Life**

Rabbi Elbaz will provide an overview of Jewish practices during religious holidays and life cycles. NO EXTRA FEE.

- Friday, Feb 10
- 10:30 am-12 noon
- Rabbi Moshe Elbaz, Instructor

### **Liberal Religion in America**

Learn about the historical roots of liberal religious faith in America, and how it shaped American culture, values, and democracy itself. NO EXTRA FEE.

- Thursday, Feb 9
- 10 am-12 noon
- Rev. Fred Howard, Instructor

### **Comparative Religion: Creation Stories**

In this class you will examine and compare the creation stories from various religious traditions. NO EXTRA FEE.

- Tuesday, Feb 21
- 1-2 pm
- Dr. Lily Vuong, Instructor

### **Untangling Biological Diversity from the Social Construction of Race**

Since most people do not understand the fundamental basic human similarities and differences, they are unable to recognize how scientific information has been misused as part of racial propaganda. This class will combine hands-on, fun, and simple genetic activities with a presentation on the current understanding of inheritance and population genetics. NO EXTRA FEE.

- Friday, Jan 20
- 2-4 pm
- Dr. Leslie S. Jones, Instructor

### **The Mysterious Maya Civilization: Pre-Columbian Era to 1825**

Meet the Mayan civilization that flourished in the Yucatan peninsula, the rainforests of Guatemala, and the highlands of Guatemala and Chiapas. Examine the development of the civilization-including urbanism, monumental architecture, and a sophisticated writing system. Learn about the collapse of the Guatemalan lowlands and the revival of Mayan civilization that endured in a modified form under Spanish colonialism. NO EXTRA FEE.



- Wednesday, March 7
- 2-3 pm
- Dr. Owen H. Jones, Instructor

## History, Social Studies, Science and Nature, continued

### **Black History Part I I**

This class is a “walk through time” in which we will discuss Black history and culture. NO EXTRA FEE.

- Monday, Feb 6
- 1-3 pm
- Lou McClendon, Instructor

### **History of Valdosta**

Learn about our local past with facts and photos! The instructor has recently completed a book on the history of Valdosta. NO EXTRA FEE.

- Monday, Feb 6
- 11 am-12 noon
- Mike Holt, Instructor

### **History of Lowndes County**

We will be taking a stroll through local history presented by the Director of the Lowndes County Historical Society. The presentation will feature early images of our fair city. Class will meet at the Lowndes County Historical Museum, 305 W. Central Ave. NO EXTRA FEE.

- Thursday, Jan 19
- 10-11 am
- Donald Davis, Instructor

### **Whose Genes Do You Have?**

Learn how to use DNA, census records, and ancestry.com to search for your ancestors. Common-law marriage is explained and old handwriting is deciphered. Many other useful tips will be furnished. Nine generation fan charts are available. Class will be held at the South Georgia Regional Library at 300 Woodrow Wilson Drive. ***Parking limited, carpooling recommended.*** NO EXTRA FEE.

- Tuesday, Feb 21
- 4-5:30 pm
- Dorothy Neisen, Instructor

### **Genealogy Research Day Trip**

Let's take another research trip to the Huxford Spears Genealogy Library in Homerville. Meet by 8 am in the Regional Center for Continuing Education parking lot; we expect to return to Valdosta by 5 pm. There is a \$15 per person fee per day at Huxford or \$35 per year per family. There are a large number of files on families of South Georgia and North Florida. Happy hunting!

- Tuesday, March 6
- 8 am-4 pm
- Carol McLeod and Alice DeVane, Instructors

### **Photo Journey to the Czech Republic**

Discover the Czech Republic! You will visit medieval castles and check out the architecture, gardens, and other sights of the region. The instructor will share photos from a VSU study abroad program trip. NO EXTRA FEE.

- Monday, March 12
- 10 am-12 noon
- Inday Bauer, Instructor

### **Photo Journey to Sicily**

Sit back and enjoy a slide presentation from a trip to Sicily! This will be a special introduction to a fascinating island. NO EXTRA FEE.

- Thursday, Jan 26
- 10:30 am-12 noon
- Dr. Rosalie Allison, Instructor

### **Photo Journey to the South Pole**

Enjoy a photographic trip to Antarctica-starting from Christchurch in New Zealand and including the American McMurdo Base and the ceremonial South Pole at the bottom of the earth. The show covers living conditions, weather phenomena, ice floes from the Spring thaw, ice rivers flowing from the higher elevations, and ice caves. NO EXTRA FEE.

- Wednesday, Feb 15
- 1-3 pm
- David Wiza, Instructor

### **Fossils**

Take a “trip” to the VSU Virtual Museum of Fossils without leaving the classroom! The online museum displays high resolution images of a wide variety of fossils. The user can search the collection by time period or by animal type. NO EXTRA FEE.

- Friday, March 9
- 10-11:30 am
- Dr. Ed Chatelain, Instructor

### **Sound Producing Insects**

Male katydids, crickets and cicadas make species specific songs to attract their kind of females. Learn about these species, and how they make their sounds. NO EXTRA FEE.

- Thursday, Feb 9
- 2-3 pm
- Jay Whitesell, Instructor

## History, Social Studies, Science and Nature, continued

### **Stormwater Management**

As urbanization occurs, large areas of impervious surfaces are created by roads, buildings, and parking lots-which in turn generate higher volumes of stormwater runoff at greater velocities and pollutant loads. Learn what stormwater is and why our community has to address it, what a stormwater utility fee is, what CIPs are, and what you can do to help. NO EXTRA FEE.

- Tuesday, Feb 21
- 2-3 pm
- Emily Davenport, Instructor

### **Engineering in the 21st Century (And Some Fun Applications of CAD)**

Learn about the various fields of engineering. You will also learn how to apply a computer graphics program called AutoCAD to develop simple 2-dimensional and 3-dimensional images, and convert the 3-D computer images to 3-D objects using a 3-D Prototyper at the VSU Engineering Lab. *The course meets in the Engineering Lab, Nevins Hall Room #2031.* NO EXTRA FEE.

- Tuesday, Jan 24
- 3-5 pm
- Dr. Barry Hojjatie, Instructor

### **The Path Less Traveled: Path Connected Topology**

Can you get there from here? Explore some path connected topological ideas including Euler's famous Königsburg Bridge Problem. We will develop the necessary rules through problem solving, have some fun on a variety of problems, and then discuss some practical applications in the real world. Next, we will explore tri-hexa-flexagons and discover hidden surfaces and dimensions through path connected models. Come have some fun taking the paths less traveled! NO EXTRA FEE.

- Wednesday, Feb 1
- 10-11:30 am
- Dr. Peggy Moch, Instructor

### **Planetarium Show**

Visit the VSU Planetarium in Nevins Hall and see the latest show: "The Dawn of the Space Age." Information on parking will be sent to you with your receipt. NO EXTRA FEE.

**DATE AND TIME TO BE ANNOUNCED IN  
JANUARY, 2012**

### **Traveling With Your Pet**

Do you think you might want to take your pet along on your next trip? Learn which important documents you may need for traveling with your pet and about the safest medications you can use to help minimize anxiety. We will also discuss common emergencies encountered when traveling with your pet. NO EXTRA FEE.

- Thursday, March 1
- 12-1 pm
- Dr. Myron Graham, Instructor

### **Troubleshooting Turf Grass**

Learn maintenance, fertilization, insect and disease control, and troubleshooting of warm season turf grass. NO EXTRA FEE.

- Tuesday, March 13
- 1:30-2:30 pm
- Jack Price, Instructor

### **Vegetable Gardens for Homeowners**

Learn how to prepare the soil, what fertilizer to use, and what to plant for your Winter and Spring garden. NO EXTRA FEE.

- 2 Thursdays, March 1, 8
- 1-2 pm
- Justin Shealey, Instructor

### **Making Gardening Fun Again**

Learn about the set-up and maintenance of raised vegetable beds and balcony container gardens. We will emphasize helpful tips for seniors and those with disabilities. Bring color to small places or to organic gardens without breaking your back or bank account! NO EXTRA FEE.

- 6 Mondays, Jan 23, 30, Feb 6, 13, 20, 27
- 3-4:30 pm
- Anita Kraus

### **Get a Handle on Your Personal Finances**

No one cares about your money more than you do! This financial management class is designed to update your skills in handling your monthly budget and bill paying-including using electronic and manual banking services. Other topics include managing your debt and making small and large purchases. NO EXTRA FEE.

- 2 Fridays, Feb 17, 24
- 1-3 pm
- Marie P. Weeks, Instructor

# Computer Classes

## Where will my computer class be held?

The computer lab is located in Room A107 of the Continuing Education Annex (formerly the Psychology Classroom Building), across the parking lot from the Regional Center for Continuing Education.

The lab computers are currently equipped with Windows XP/Office 2010.

You can park in the rear of the Regional Center for Continuing Education, or in the adjacent lot accessed from Slater Street. (The closest handicapped parking is located in the Slater Street lot.)



## COMPUTER CLASS LEVELS

LEVEL 0: You think you MIGHT know how to turn on a computer.

LEVEL 1: You know how to use a mouse and keyboard, how to open a program, and the difference between left- and right-clicking

LEVEL 2: Must be able to use the computer, keyboard, and mouse efficiently.

LEVEL 3: Not for beginning computer users. Must know your way around the computer and have good mouse and keyboard skills.

### Basic Computers (Level 0)

A must for beginning computer users! Learn hands-on how to personalize and get around on your computer. You will learn about icons, the task bar, the start menu, and the different folders on your PC. Explore left- and right-clicking, where to save your documents, files, and photos. Learn about "My Documents" and how to create folders and find and move files, documents and photos. NO EXTRA FEE.

- 3 Tuesdays, Feb 7, 21, 28 (no class Feb 14)
- 10-11 am
- Debbie Seko, Instructor

### Beginning Word (Level 1)

A step-by-step course covering the basics of how to use Word. Learn to enter and edit text, set margins, format and align text, create spacing, and save your documents. You will also learn to use spell check and the built-in thesaurus and dictionary. NO EXTRA FEE.

- 6 Tuesdays, Jan 17, 24, 31, Feb 7, 14, 21
- 11:30 am-1 pm
- Debbie Seko, Instructor

### Emailing with Gmail (Level 1)

*Prerequisite: Must have a Gmail account and know your username and password.* Learn the basics of emailing-including sending and opening attachments, creating folders, and setting your options. NO EXTRA FEE.

- 3 Thursdays, Feb 9, 16, 23
- 10-11 am
- Debbie Seko, Instructor

### Internet Explorer (Level 1)

Learn to use Internet Explorer to find resources online and stay informed about everything from health issues to gardening. This class will take you step by step through the different search techniques to help narrow your search. NO EXTRA FEE.

- 3 Thursdays, Jan 19, 26, Feb 2
- 10-11 am
- Debbie Seko, Instructor

### Introduction to the Apple iPad (Level 1)

## Computer Classes, continued

Imagine being able to page through websites, write an email, flick through photos, watch a movie, or flip through the pages of a book with just the touch of a finger—all on a big, beautiful screen you can hold in your hands. That's the Apple iPad! Your instructor, who is an Apple Distinguished Educator, will mix fact and fun to show you how the iPad tablet computer is unlike any other device before it. NO EXTRA FEE.

- Thursday, Jan 26
- 1-2 pm
- Dr. Andy Brovey, Instructor

### Intermediate Word (Level 2)

Learn how to use tables, columns, settings, and preformatted letters in Microsoft Word, as well as mastering text boxes, color, and graphics to make your documents eye-catching. NO EXTRA FEE.

- 6 Tuesdays, Jan 17, 24, 31, Feb 7, 14, 21
- 2-3:30 pm
- Debbie Seko, Instructor

### Publisher (Level 2)

Learn to use pre-designed templates for quick publications to create flyers, greeting cards, invitations, and more. Learn to design your own publication from scratch using text boxes, graphics, and more. NO EXTRA FEE

- 6 Thursdays, Jan 19, 26, Feb 2, 9, 16, 23
- 11:30 am-1 pm
- Debbie Seko, Instructor

### Excel (Level 2)

Learn to create simple spreadsheets with formulas to perform automatic calculations such as addition, subtraction, and multiplication. Would you like to know the average you spend on utilities or groceries? Learn to calculate payments, interest, and more. NO EXTRA FEE.

- 6 Wednesdays, Jan 18, 25, Feb 1, 8, 15, 22
- 2-3:30 pm
- Debbie Seko, Instructor

### File Management (Level 2)



Learn how to locate, create, move, copy and delete files and folders on your computer. Master the "My Documents" folder and learn to create subfolders and to find and view folders on your computer. NO EXTRA FEE.

- 3 Tuesdays, Jan 17, 24, 31
- 10-11 am
- Debbie Seko, Instructor

### Picasa (Level 3)

Check out Picasa: a free photo-sharing program and website that you can use to share your photos with family and friends. Learn how to use Picasa to turn your photos into movies, collages, and add special effects! NO EXTRA FEE.

- 6 Wednesdays, Jan 18, 25, Feb 1, 8, 15, 22
- 11:30 am-1 pm
- Debbie Seko, Instructor

### Intermediate Publisher (Level 3)

*(Prerequisite: must have had Beginning Publisher or already be a Publisher user.)* This class will guide you through making different types of publications, including multi-page documents such as newsletters, brochures, and booklets. NO EXTRA FEE.

- 6 Thursdays, Jan 19, 26, Feb 2, 9, 16, 23
- 2-3:30 pm
- Debbie Seko, Instructor

## LIR COURSE REGISTRATIONS ARE FIRST COME, FIRST SERVED.

Our computer lab can accommodate 20 students. If a course is full, you will be placed on a waiting list in the order that your registration payment was received. Make sure you give us a current telephone number on your registration form so we can call you if a space opens up!

## Learning in Retirement 2011-2012 Officers and Committee Chairs

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