Learning In Retirement
Valdosta State University

2016 Winter Course Schedule
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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LIR Officers & Committee Chairs

PRESIDENT .............................................................. Linda Crook
VICE PRESIDENT ................................................ Sandra Dickson
SECRETARY ........................................................... Ann Sturgeon
PAST PRESIDENT ................................................... Carol Jennings
TREASURER ............................................................. Beverly Long
HISTORIAN ............................................................. Charlie Oliver
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 ..................... Charlie Oliver

PAST PRESIDENTS:
Millie Chitwood
Faye Wisenbaker
Lois Retterbush
(Deceased)
Roberta Boyd
Rita Henkels
Tommy DeVane
Diane Tovar
Carol Feibush
Dorothy Ard
Joyce Aigen
Carol Jennings

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 $☐☐☐☐,☐☐

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 ___________________________ VIN ___________________________

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 ___________________________ 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 by close of business on Friday, January 8 will be entered into a prize drawing. Registration continues until the class begins or until classes are full. Please see page 11 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!

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 Linda Crook, LIR President, at 229.247.8837 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 PM.
**Beginning Tennis** 16WLIR009
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 Tuesdays
Jan 19 - March 8  |  9 - 10 AM
Keith Childree, Instructor

**Bowling for Fun** 16WLIR010
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 20 - March 9  |  2 - 4 PM
Alice Bauza, Facilitator

**Laugh for Your Health** 16WLIR004
Want to try a really different form of exercise? No stretching… except your face, as you smile. No weights… except the one that gets lifted from your shoulders. No breathing exercises… except when you gasp for breath after bouts of laughter. Laughter? As exercise? Come try it. It’s fun!

4 Tuesdays and 4 Thursdays
Jan 19 - Feb 11  |  11:15 - 11:30 AM
Julie Ford, Leader

**Move It! Dance Aerobics** 16WLIR011
Incorporate Latin dance steps into a great aerobic workout set to oldies tunes and Latin music.

8 Wednesdays
Jan 20 - March 9  |  1 - 1:45 PM
Sherry Truby, Instructor

**Yoga** 16WLIR001
The instructor will show you how while helping you 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.

8 Tuesdays & 8 Thursdays  |  Jan 19 - March 10  |  10 - 11 AM
Kathleen Hamill, Instructor

**Beginning Line Dance Fun & Fitness** 16WLIR005
An aerobic dance class featuring popular line dances often featured at senior dances, weddings, reunions, and on cruises.

8 Fridays  |  Jan 22 - March 11  |  10 - 11 AM
Linda Crook & Jerry Morton, Instructors

**Step 2 Line Dance Fun & Fitness** 16WLIR006
If you’ve been line dancing and want more challenge, this class is for you! Follow up “Beginning Line Dance” with this class, or come just for this one.

8 Fridays  |  January 22 - March 11  |  11 - 11:45 AM
Linda Crook & Jerry Morton, Instructors

**Tai Chi for Health** 16WLIR007
This class is designed for the person interested in improving their health and wellness using easy, gentle, balanced stretching and breathing exercises. Most exercises can be done seated.

15 Mondays & Wednesdays  |  Jan 20 - March 9  |  2 - 3 PM
Julie Magruder, Instructor

**Range of Motion** 16WLIR002
Begin with 10 minutes of warm-ups in a chair followed by standing balances, stretches, moving and marching, and cardio. Move at your own pace; breaks offered frequently. Adaptable for all fitness levels.

15 Mondays & Wednesdays  |  Jan 20 - March 9  |  10 - 10:45 AM
Kathleen Hamill, Instructor

**Chair Yoga** 16WLIR003
Think you can’t do yoga? You are WRONG! If you can’t get down on the floor (or are afraid you won’t be able to get backup), you can join this class and reap the benefits of improved strength, flexibility, and stress reduction.

8 Tuesdays & 8 Thursdays  |  Jan 19 - March 10  |  2 - 2:45 PM
Susan Semmes, Instructor

**Capacitar: Healing Ourselves, Healing Our World** 16WLIR008
Using a hands-on approach, we will learn simple wellness practices that lead to stress reduction, healing, and wholeness. Wear comfortable clothing; we will be both seated in chairs and on our feet. This class is for ANY fitness level.

4 Tuesdays and 4 Thursdays  |  Jan 19 - Feb 11  |  11:30 AM - 12:30 PM
Lee Schert, Instructor
Following Through with Ukulele Two **16WLIR016**
This class is for members who have completed Ukulele One (or students who have some ukulele skills). We will continue with chord finger memory and application of skills learned to explore extended musical genres.
7 Mondays  |  Jan 25 - March 7  |  3 - 4:30 PM  
Joan Shepard & Jeniene Lee, *Instructors*

Drama Act II: LIR Players **16WLIR017**
Practice your acting skills through skits and vignettes. Beginners and past participants are all welcome!
6 Thursdays  |  Jan 28 - March 3  |  1 - 2:30 PM  
Dr. Sandra Dickson & Kathryn Smith, *Instructors*

Create a Painting **16WLIR012**
Have you ever dreamed of working with acrylics and creating your own painting, but thought it was impossible? Now you have your opportunity! In this one-time three-hour workshop Barbara Hill will guide you in this step by step artistic endeavor. All supplies will be provided, and you will leave with your own individual masterpiece. $35 (plus tax) EXTRA FEE TO BE PAID DIRECTLY TO INSTRUCTOR AT TIME OF CLASS. Class held at Studio Imagination, 1917 Baytree Place, Remerton.
**Wednesday**  |  Feb 3  |  1 - 4 PM  |  Barbara Hill, *Instructor*

Acrylic Painting **16WLIR013**
Learn the basics of decorative painting with acrylics, concentrating on leaves and flowers. Bring a basic acrylic set, foam core board, and a couple of paintbrushes to the first session.
4 Mondays  |  Jan 25 - Feb 15  |  1-2 PM  |  Wanda Noles, *Instructor*

Draw a Realistic Self-Portrait **16WLIR014**
Use a grid technique (as used by artist Chuck Close) to transfer a photo of yourself onto a large sheet of drawing paper. ANYONE can do this! You will need pencils (drawing pencils are nice, but not absolutely necessary), a ruler and a yardstick or t-square, a kneaded eraser, an 18” x 24” sheet of drawing paper, and a photo of yourself enlarged (black and white would be best) and printed out to an 8” x 10” size on paper; your face should fill the space.
5 Tuesdays  |  Jan 19 - Feb 16  |  1 - 2:30 PM  |  Debbie Barnard, *Instructor*

Watercolor Painting **16WLIR015**
Learn techniques to create a watercolor masterpiece! You will need to bring watercolor paper, brush(es), paint, water jar, paper towels, and a picture you wish to reproduce in a watercolor painting. $20 EXTRA FEE.
5 Tuesdays  |  Jan 19 - Feb 16  |  10 AM - 12 PM  
M.D. Wagoner, *Instructor*
Mrs. Grant & Madame Jule  
by Jennifer Chiaverini  

In 1844, shy Southern belle Julia Dent met Lieutenant Ulysses S. Grant. After the two fell deeply in love and married, Julia continued to keep a slave named Jule, despite her husband’s objections. Julia secretly taught Jule how to read, while Jule became her vision-impaired mistress’s eyes to the world. Even as Julia championed the Union cause, she continued to hold Jule as a slave behind federal lines until the Emancipation Proclamation inspired Jule to make a daring bid for freedom. This novel by New York Times bestselling author Jennifer Chiaverini chronicles the singular relationship between these two remarkable women.

Tuesday | Feb 9 | 1 - 2 PM  
Dr. Sandra Dickson, Reviewer

The Seventh Man  
by Lisa Buie-Collard  

Local author Lisa Buie-Collard will read excerpts from and discuss her novel The Seventh Man, about a young writer who is kidnapped by a man who can’t be seen. She will discuss the inspirations for writing this ‘page-turner’ as well as the writing/research process and character motivations and insights. Questions are encouraged both during and after the discussion and autographed copies of the book will be available to purchase.

Monday | March 7 | 1 - 2 PM  
Lisa Buie-Collard, Author

Evangeline’s Miracle  
by Lisa Buie-Collard  

Join local author Lisa Buie-Collard for a discussion of her Royal Palm Literary Awards first place winning book, Evangeline’s Miracle. She will read excerpts from the novel and talk about her inspirations for it and the writing/researching process. Evangeline’s Miracle, part genealogical research, part mystery, part romance, and part coming of age novel, spans 150 years and takes us from Texas to England. This forum will be open for Q&A during and after the review and autographed copies of the book will be available to purchase.

Wednesday | March 9 | 1 - 2 PM  
Lisa Buie-Collard, Author

Children’s Books: Best Picks  

If you need some tips on books to buy for your grandchildren (or great-grandchildren), join the South Georgia Regional Library children’s librarian for two children’s book reviews, as well as suggestions for picture books and chapter books for children of all ages.

Thursday | Feb 4 | 1 - 2 PM  
Celia Strickland, Reviewer

LIR BSers (Book Sharers) Club  

Have you read a book recently and want to share it with other readers? You can do just that by being a charter member of the book-sharer’s club, the “LIR BSers.” Similar to but not a replacement for our book reviews, this club will allow you to share what you think about a book of your choice and either recommend or condemn it to other readers. We will meet every three weeks, so put on your reading glasses, and get ready, set, GO read! (Bring your books to swap with others.)

3 Fridays | Jan 29, Feb 19, March 11 | 1 - 2 PM  
Alice DeVane & Roxanne Hare, Facilitators
**Good to Know**

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**Keeping Your Pets Safe during the Holidays**

Our family pets need special attention during the Winter months. Learn about pre and post Holiday dangers including food, over the counter medications and decorations.

**Wednesday | Jan 20 | 12 - 1 PM | Dr. Myron Graham, Instructor**

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**Making Your Money Last**

Learn tips on managing income and expenses during retirement and how to be prepared for rising health care costs. The third session will cover the importance of understanding your options regarding social security and the impact on your retirement.

**3 Tuesdays | Jan 19 - Feb 2 | 11 AM - 12 PM**

Mike Meeks, Instructor

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**Life Care Planning**

Explore the life care planning alternative for seniors to maintain dignity and independence so as to postpone nursing home care as long as possible. Life Care Planning is an innovative, practical approach to elder law that enables families to proactively address the inevitable challenges created by long term illness or disability. This unique team approach planning method combines the legal expertise of Estate Planning and Medicaid planning of an elder law attorney with the skilled training of a registered nurse, Elder Care Coordinator, and Medicare Coordinator in one comprehensive team to provide for constantly changing needs as we age.

**3 Thursdays | Jan 28 - Feb 11 | 2 - 3 PM**

Bob Lambert & Selena Dillingham-Lambert, Instructors

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**Interacting with Law Enforcement**

Each of us should know what to do and how to act if we encounter any situation involving law enforcement. Have you ever been pulled over by a police officer or sheriff’s deputy? Learn the best way to respond, just in case. There will be a question and answer session at the end of the presentation.

**Tuesday | Jan 19 | 1 - 2:30 PM**

Lt. Joe Dukes, Lowndes County Sheriff’s Department, Instructor

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**What You Should Know About Estate Planning But Don’t Know to Ask**

Learn about wills, revocable living trusts, living wills, and general powers of attorney. There will be a discussion on settlement of estates, including ways to avoid probate. We will also discuss long term care issues including the nursing home and how to pay for it. We will talk about personal property planning to help you consider distribution options, consequences, and how to manage conflicts. Class will be held at Bennett Trust, Estate & Elder Law, 2502 North Oak Street, Valdosta.

**3 Mondays | Feb 19 - Feb 26 | 11 AM - 12 PM**

John R. Bennett & Marnie H. Watson, Instructors

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**How to Prepare an Estate Planning Notebook**

If you should die, would your family know how to contact all of the people with whom you conduct business? Would they be able to locate essential documents, such as your will, insurance policies, documents about your personal property, and birth certificates? Are your loved ones prepared to follow your wishes concerning your death, your legacy, and the distribution of your assets? These topics and others are discussed in a ten-step approach toward preparing an estate planning notebook.

**Thursday | Feb 4 | 10:30 - 11:30 AM**

Marie Weeks, Instructor

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**Pre-Planning: A Gift You Leave Your Family**

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 | Feb 16 & 23 | 10 - 11 AM**

Casey Music & Paula Sheffield, Instructors
**Lowndes County Historical Museum** 16WLIR031
Enjoy a presentation on the history of Valdosta and Lowndes County, then have a chance to peruse the many exhibits and artifacts, including old maps and books. Mr. Davis will be available to answer your local history questions. Please note: although the building is two story, an elevator provides accessibility. Meet at the museum, 305 West Central Avenue.

**Tilapia Farm** 16WLIR032
Learn how tilapia fish are fed, cared for, and readied for shipment to markets across the U.S. You can view them in their tanks and learn about the journey from small fry to your dinner plate. Tour lasts about 45 minutes; a small amount of walking is required. (No physical address available for GPS devices. Location is on Spain Ferry Road behind Agri Supply. Instructions sent with your receipt.)

**Traffic Management Center** 16WLIR035
This very popular tour is back! View traffic in real time through video monitors and learn where traffic is heaviest, how traffic lights are timed, and the ideal speed to drive on certain streets to avoid causing backups. Question and answer period will follow the tour. Meet at the Traffic Management Center, 310 E. Adair St. (Door is kept locked, wait for admittance.) Map and instructions sent with your receipt.

**Valdosta Water Treatment Plant** 16WLIR034
Take a guided tour of the plant to learn how the city’s water is treated, stored, and delivered to customers. Tour lasts about 1 ½ hours; some walking and stairs are involved. Meet at the plant: 3863 Guest Rd, Valdosta, Ga. (Off Bemiss Rd). Map and directions sent with your receipt.

**Valdosta Lowndes Regional Crime Laboratory** 16WLIR037
Take a tour of this state-of-the-art facility and learn about how it is used. From evidence intake to fingerprint comparisons, drug chemistry, and fire arm and tool marks, you will see how crime scenes are processed and evidence is analyzed. Meet at the facility, 1708 North Ashley Street.

**Reed Bingham State Park** 16WLIR036
See this Adel, Georgia park at its best from a ranger-guided pontoon boat trip. Then learn about the park’s flora and fauna with a nature talk. Follow up (if you like) with a hike through the park on a boardwalk or trail. $10 FEE TO BE PAID AT SITE-COVERS BOAT RIDE AND NATURE TALK. If registration exceeds capacity of boat (14 people) will split into two groups. Must register by February 25 to attend. Map and directions sent with your receipt. Anyone wishing to carpool should meet at Regional Center for Continuing Education for a 9 am departure.

**Georgia State Cotton Museum & Charles Lindberg Monument** 16WLIR033
At this Vienna, Georgia museum you will see bales of cotton, cotton bolls and farm tools involved in cotton production, and will learn how farmers past and present plant, control insects, and harvest the white fluff. Museum is housed in a 120 year old school house. Next, we will head toward Americus to see a historical marker about Charles Lindberg’s solo flight in May 1923. Map and instructions sent with receipt. Anyone wishing to carpool should meet at the Regional Center for Continuing Education for an 8:30 am departure.

**Volunteers Needed**
Because we do not have transportation available for our out-of-town trips and tours, participants meet at our office at the appointed time and carpool. For each out-of-town trip we would like a volunteer who is planning to attend to contact those on the list and set up carpool arrangements several days ahead of time. If you would like to be a volunteer “ringleader,” please call or email Suzanne Ewing, 229-245-6484 or sewing@valdosta.edu.
Learning In Retirement

Everyone who registers for the Fall LIR term classes by close of business on Friday, January 8 will be entered into a prize drawing. Prize winners will be drawn at the kick-off lunch on January 12.

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

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___________________________________________________________

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 ☐ $12 Winter Kick-Off Luncheon
☐ $20 Watercolors ☐ $20 Bridge ☐ $30 Origami ☐ $30 Basic Wirework Jewelry
☐ Subtract $10 if Volunteer Teacher for Winter 2016 Term.

Total Amount Enclosed: $ ___________________________

Payment Type:

☐ CASH (RECEIPT # ___________________________ ) ☐ CHECK # ___________________________

☐ CREDIT CARD (MasterCard / VISA / Discover)

Card Holder ___________________________ Sec. Code ___________________________

Billing Address ___________________________

Card # ___________________________ Exp. Date ___________________________

Print Name - Exactly as it appears on card
3 Extra Digits on Reverse

Same As Above? If Not, Print Address Here
### Health & Fitness (page 6)

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<td>Keep Your Pets Safe</td>
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<td>Making Your Money Last</td>
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### Books & Book Reviews (page 8)

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<td>Meet the Librarian</td>
<td>Feb 2</td>
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<td>16WLIR019</td>
<td>The Seventh Man</td>
<td>Mar 7</td>
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<td>16WLIR020</td>
<td>Evangeline’s Miracle</td>
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<td>16WLIR021</td>
<td>Mrs. Grant &amp; Madame Jule</td>
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<td>16WLIR022</td>
<td>Children’s Books</td>
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<td>16WLIR023</td>
<td>Antique &amp; Art Treasures</td>
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<td>16WLIR026</td>
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<td>16WLIR027</td>
<td>About Estate Planning</td>
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### Good To Know (page 9)

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Leisure (page 15)

- 16WLIR039 Dutch Treat Lunch: 306 North
  Friday  | Jan 29  | 11:30 AM
- 16WLIR040 Dutch Treat Lunch: Steel Magnolias
  Wednesday | Feb 3  | 11:30 AM
- 16WLIR041 Dutch Treat Lunch: Jessie's Eats & Treats
  Thursday  | Feb 25  | 11:30 AM
- 16WLIR044 Cooking the Vegetarian Way
  3 Fridays  | Jan 22, Feb 5, Mar 4 | 12 - 1:30 PM
- 16WLIR049 Origami $30 Fee
  Monday  | Feb 29  | 12 - 4 PM
- 16WLIR048A Intro to Wirework Jewelry $30 Fee
  Monday  | Jan 25  | 12 - 4 PM
- 16WLIR050 Stained Glass
  Wednesday  | Jan 27  | 1:30 - 3:30 PM
- 16WLIR057 Pine Needle Basket
  Thursday  | Mar 3  | 1 - 2:30 PM
- 16WLIR056 Make a Decorative Glass Plate
  2 Mondays  | Feb 1 & 8 | 2 - 3 PM
- 16WLIR046 Chemo Cap Brigade: Session A
  Thursday  | Jan 28  | 11 AM - 1 PM
- 16WLIR047 Chemo Cap Brigade: Session B
  Thursday  | Feb 25  | 11 AM - 1 PM
- 16WLIR048 Knitting Socks
  4 Wednesdays  | Jan 20 - Feb 10 | 11 AM - 12:30 PM
- 16WLIR045 Knitting & Crocheting
  6 Wednesdays  | Feb 3 - Mar 9 | 2 - 3:30 PM
- 16WLIR051 Craft Series: Teacup & Saucer
  Thursday  | Jan 21  | 2 - 4 PM
- 16WLIR052 Craft Series: Embellished Journal
  Thursday  | Jan 28  | 2 - 4 PM
- 16WLIR053 Craft Series: Decorative Jar
  Thursday  | Feb 4  | 2 - 4 PM
- 16WLIR054 Craft Series: Embellished Tin
  Thursday  | Feb 11  | 2 - 4 PM
- 16WLIR055 Craft Series: Zipper Pull
  Thursday  | Feb 18  | 2 - 4 PM
- 16WLIR043 Basic Bridge $20 Fee
  6 Wednesdays  | Jan 20 - Feb 24 | 1 - 3 PM
- 16WLIR042 Mah-Jongg
  7 Mondays  | Jan 25 - March 7 | 12:30 - 3 PM

History, Social Studies, & Science (page 17)

- 16WLIR058 Views of the News
  5 Fri. | Feb 5, 19, 26, Mar 4, 11
  10 am - 12 PM
- 16WLIR059 A Good School: Part I
  Thursday  | Feb 4  | 2 - 4 PM
- 16WLIR060 Human Trafficking
  Wed  | Feb 24  | 11 AM - 12 PM
- 16WLIR061 A Soldier's Story
  Tuesday  | Feb 23  | 1:30 - 3 PM
- 16WLIR062 History of Valdosta
  Monday  | Feb 8  | 2 - 3 PM
- 16WLIR024 Tales from the Courtroom
  Friday  | Feb 12  | 10 AM - 12 PM
- 16WLIR063 Photo Journey: Rockies
  Thursday  | Feb 25  | 1 - 3 PM
- 16WLIR064 Impact of Travel
  Thursday  | Jan 21  | 1 - 2:30 PM
- 16WLIR065 Genealogy at the Library
  Friday  | Jan 29  | 10 - 11 AM
- 16WLIR066 Genealogy Online
  Friday  | Feb 12  | 10 - 11 AM
- 16WLIR069 Whose Genes Do You Have?
  Tuesday  | Mar 8  | 3 - 4:30 PM
- 16WLIR067 LIR Genealogy Club
  3 Mondays  | Jan 25, Feb 8, Mar 7 | 11 AM - 12 PM
- 16WLIR068 Genealogy Brick Walls
  Monday  | Feb 15  | 10 AM - 12 PM
- 16WLIR070 Invasive Species in GA
  Tuesday  | Feb 23  | 11 AM - 12 PM
- 16WLIR071 Armadillos
  Friday  | Jan 22  | 12:30 - 1:30 PM
- 16WLIR072 Planetarium Show TBA

Computers & Technology (page 18)

- 16WLIR073 Phishing Awareness
  Wed  | Feb 10  | 2 - 3:30 PM
- 16WLIR074 What Is A Blog?
  Tuesday  | March 8  | 1 - 2 PM
- 16WLIR076 Computer Basics
  7 Tuesdays
  Jan 19 - Mar 1  | 9:30 - 10:30 AM
- 16WLIR077 File Management
  7 Tuesdays
  Jan 19 - Mar 1  | 11 AM - 12 PM
- 16WLIR078 Beginning Word
  7 Wednesdays
  Jan 20 - Mar 2  | 10 - 11:30 AM
- 16WLIR085 Publisher
  7 Thursdays
  Jan 21 - Mar 3  | 10:30 AM - 12 PM
- 16WLIR079 Beginning Excel
  7 Wed.  | Jan 20 - Mar 2  | 3 - 4 PM
- 16WLIR080 Beginning PowerPoint
  7 Wed.  | Jan 20 - Mar 2  | 1 - 2:30 PM
- 16WLIR081 Web Surfing Essentials
  5 Tuesdays
  Feb 2 - Mar 1  | 1:30 - 2:30 PM
- 16WLIR082 Facebook Q&A: A
  Tues.  | Jan 19  | 1:30 - 3:30 PM
- 16WLIR083 Facebook Q&A: B
  Thurs.  | Jan 28  | 1:30 - 3:30 PM
- 16WLIR084 Monergism
  Tuesday  | Jan 26  | 1:30 - 3:30 PM
- 16WLIR075 Uploading Photos
  5 Mondays  | Jan 25, Feb 1, 22, 29, Mar 7 | 11 AM - 12 PM
Sing in the New Year!

LIR Winter Kick-Off Luncheon

RESOLVED: Start off the New Year right by getting together with old LIR friends and meeting new ones! The meal will be followed by musical entertainment provided by our own LIR talent. Buffet lunch provided by VSU Catering.

Tuesday, January 12

Regional Center for Continuing Education Auditorium

11:00 AM Business Meeting
11:30 AM Lunch
12:00 PM Musical Program

$12 Fee

You do not need to be an LIR member to attend – bring a friend you would like to introduce to LIR! Sign up by close of business (5:30 PM) on Thursday, January 7 by turning in your registration form or by calling 229.245.6484.
Cooking the Vegetarian Way 16WLIR044
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 EACH class.
3 Fridays  |  Jan 22, Feb 5, March 4  |  12 - 1:30 PM
Stacy Hepburn, Instructor

Dutch Treat Lunch Series
Enjoy lunch with your fellow LIR members! We are exploring downtown Valdosta restaurants this term. 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.

306 North 16WLIR039
Friday  |  Jan 29  |  Meet at 11:30 AM
306 North Patterson Street

Steel Magnolias 16WLIR040
Wednesday  |  Feb 3  |  Meet at 11:30 AM
132 North Patterson Street

Jessie’s Eats & Treats 16WLIR041
Thursday  |  Feb 25  |  Meet at 11:30 AM
111 West Central Avenue

Origami 16WLIR049
Get your paper freak on as we create cranes, cubes, flowers, and frogs using the ancient Japanese paper-folding art of origami. All materials provided. Maximum of 10 students. $30 EXTRA FEE.
Monday  |  Feb 29  |  12 - 4 PM  |  Lou Schneider, Instructor

Introduction to Wirework Jewelry 16WLIR048A
Basic wirework skills will add interest and value to your jewelry creations. Tools and materials will be provided. Maximum of 10 students. $30 EXTRA FEE
Monday  |  Jan 25  |  12 - 4 PM  |  Lou Schneider, Instructor

Stained Glass 16WLIR050
Design and create an original geometric stained glass piece. You will learn how to use a grinder, copper foil, flux, and solder. Maximum of 10 students. $25 EXTRA FEE PAID TO INSTRUCTOR (CASH ONLY) AT CLASS FOR SUPPLIES. The instructor will be available by request to have class on additional Wednesdays if students need more time to complete their project or if they want to create additional projects.
Wednesday  |  Jan 27  |  1:30 - 3:30 PM
Sharyn Gagne, Instructor

Pine Needle Basket Demonstration 16WLIR057
From gathering the needles to the finished product, learn the process of making a pine needle basket. You will observe the instructor making a basket and have the opportunity to ask questions. Several baskets (made by instructor and other artists) as well as reference materials will be displayed and discussed.
Thursday  |  March 3  |  1 - 2:30 PM  |  Sue Worth, Instructor

Make a Decorative Glass Plate 16WLIR056
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 Mondays  |  Feb 1 & 8  |  2 - 3 PM
Glenna Peter, Instructor
**Chemo Cap Brigade**

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 28
10 AM - 12 PM 16WLIR046

**Session B:** Thursday, Feb 25
10 AM - 12 PM 16WLIR047

Location: TBA
Annette Woodruff, Instructor

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**Knitting Socks** 16WLIR048

Experienced knitters: learn how to knit socks! Bring 16” circular needles (size 5) and 1 skein of worsted weight yarn.

4 Wednesdays
Jan 20 - Feb 10 | 11 AM - 12:30 PM
Linda Runnalls, Instructor

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**Knitting & Crocheting** 16WLIR045

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 Wed | Feb 3 - March 9 | 2 - 3:30 PM
Rita Booker, Instructor

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**Craft Series**

Make some unique craft projects to keep for yourself or give as gifts. Bring the basic supplies yourself: glue gun & glue sticks, scissors, double sided tape, and pencil. $5 FEE PER SESSION TO BE PAID DIRECTLY TO INSTRUCTOR FOR ADDITIONAL SUPPLIES. Vicki Gay, Instructor

**Teacup & Saucer** 16WLIR051
Recycle a teacup and saucer to make a small flower arrangement
Thursday | Jan 21 | 2 - 4 PM

**Embellished Journal** 16WLIR052
Transform a composition book into a journal with scrapbook paper and flowers.
Thursday | Jan 28 | 2 - 4 PM

**Decorative Jar** 16WLIR053
Recycle a glass bottle or jar to make a one-of-a-kind home décor object using paint, silk flowers, and ribbons.
Thursday | Feb 4 | 2 - 4 PM

**Embellished Tin** 16WLIR054
Take a plain tin and decorate it with paper, flowers, and ribbon to make a gift box or home décor object.
Thursday | Feb 11 | 2 - 4 PM

**Zipper Pull** 16WLIR055
Use beads to make a zipper pull for your purse, clothing or cell phone case.
Thursday | Feb 18 | 2 - 4 PM

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**Basic Bridge** 16WLIR043
Designed for those players who know beginning bridge and want to improve their skills. The focus will include bidding and playing the hand. Structured teaching will be reinforced by playing hands related to the concepts taught. Must have at least 12 students registered by Friday, January 15 for class to be held. $20 EXTRA FEE.

6 Wednesdays | Jan 20 - Feb 24 | 1 - 3 PM | Dan Deany, Instructor

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**Mah-Jongg** 16WLIR042
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 | Jan 25 - Mar 7 | 12:30 - 3 PM
Elizabeth Burnette, Instructor
**History of Valdosta in Postcards** 16WLIR062
Antique postcards from Valdosta can tell us about what it was like in the old days. A selection of old postcards will be displayed to compare our city then and now.

**Monday** | **Feb 8** | **2 - 3 PM**
*Diamond* Jim Halter, *Instructor*

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**Preventing Human Trafficking through Education** 16WLIR060
Poverty can increase children’s vulnerability to human trafficking. Learn about a VSU project that provides English and computer education for children in Cambodia who are at risk of becoming human trafficking victims.

**Wednesday** | **Feb 24** | **11 AM - 12 PM**
Dr. Bob Spires, *Instructor*

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**Views of the News** 16WLIR058
Come ready to discuss today’s hot news topics and current events. We will cover local, regional, and global events. Class participation is encouraged.

**5 Fridays** | **Feb 5, 19, 26, March 4, 11**
**10 AM - 12 PM** | **(No Class February 12)**
Dr. James LaPlant, *Instructor*

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**What Makes a Good School: Part I** 16WLIR059
Learn about current research on school success. How does school organizational culture affect teacher satisfaction and student achievement? A VSU faculty member will share some of her research on this topic.

**Thursday** | **Feb 4** | **2 - 4 PM**
Dr. Neena Banerjee, *Instructor*

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**Tales from the Courtroom** 16WLIR024
Join State Court Judge John K. Edwards Jr. for a lively discussion of changes in Georgia law that affect us all. Judge Edwards will sprinkle this discussion with tales of actual court cases that have come before him recently. As always, he will be glad to take your questions and get your input on the operation of our courts in Lowndes County.

**Friday** | **Feb 12** | **10 AM - 12 PM**
Judge John Kent Edwards, Jr., *Instructor*

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**Photo Journey to the Canadian Rockies** 16WLIR063
Take a virtual trip to this beautiful part of the world without leaving Valdosta! You will visit Seattle, Vancouver Island, Jasper National Park, Banff National Park, Glacier National Park, and more.

**Thursday** | **Feb 25** | **1 - 3 PM** | Judy Baxter, *Instructor*

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**The Transformative Impact of Travel** 16WLIR064
Your instructor, a Berrien County native, currently teaches in the Recreation and Education department at Palacky University in Olomouc, Czech Republic. He will discuss the transformative impact of travel, as well as the possibilities of the Czech Republic and Central Europe as a travel destination. Come share stories of how travel has changed you.

**Thursday** | **Jan 21** | **1 - 2:30 PM**
Dr. Donald N. Roberson, Jr., *Instructor*

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**World War II: A Soldier’s Story** 16WLIR061
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** | **Feb 23** | **1:30 - 3 PM**
George Aigen, *Instructor*
**Genealogy at the Library**

Classes in this series will be held at the South Georgia Regional Library located at 300 Woodrow Wilson Drive. Classes will be held in the Folsom Room. Eric Mathis and Irene D’Amato, Instructors.

**Genealogy at the Library Overview** 16WLIR065

An overview of the books in the Local History room, as well as other library resources useful for family research such as the PINES catalog and SGRL’s Inter Library Loan services.

**Genealogy Online** 16WLIR066

An overview of the library’s databases such as Ancestry Library Edition, Heritage Quest, Find-a-Grave, Family Search, etc.

**Whose Genes Do You Have?** 16WLIR069

Census, railroad, and CCC records can be valuable research tools. Learn how to access these records and many others. Ancestry.com is discussed, as well as how to determine your relationship to a relative. Class will be held at the South Georgia Regional Library at 300 Woodrow Wilson Drive.

**LIR Genealogy “Club”** 16WLIR067

The sessions will consist of discussion and information-sharing. Beginners will be able to pick up hints and clues in an open discussion setting. The class is designed to be a “support group/share group for beginning, intermediate and advanced genealogy researchers.

**Breaking Through Genealogy Brick Walls** 16WLIR068

Let Alice and Carol help you break through your genealogy research “brick walls.” Send your questions in by February 1, and they will research the topic and try to find the answer (but they ask you to remember that they do not know it all!) Drop paper copies of your questions at the Continuing Education office (room 124), or email them at adevane@mchsi.com or cjmcleod@bellsouth.net by the deadline.

*Monday | Feb 15 | 10 AM - 12 PM*

Alice DeVane & Carol McLeod, *Instructors*

**Invasive Species in Georgia** 16WLIR070

The invaders are here! Learn about research into invasive species in Lake Seminole, Georgia and the interaction with and impacts upon the ecosystem.

*Tuesday | Feb 23 | 11 AM - 12 PM*

Dr. Matthew Waters, *Instructor*

**Armadillos: More Than Road Kill** 16WLIR071

Learn about the natural history and habits of these odd-looking creatures, whose closest living relatives are sloths and anteaters. What do they eat? Why are so many of them hit by cars? Learn these facts and more from an expert.

*Friday | Jan 22 | 10 - 11 AM*

Dot Neisen, *Instructor*

**Planetarium Show** 16WLIR072

Enjoy a special planetarium show just for our LIR group. “Pluto Revealed” describes the discovery of the ninth planet in our solar system, which was demoted to the status of “dwarf planet” in 2006. Smaller than our moon, Pluto moves a highly elliptical, tilted orbit which carries it far from the zodiac. Please plan to arrive 15 minutes before the show is scheduled to begin.

**Date/Time TBA (Register to receive a notice of date and time when scheduled.)**
**Phishing Awareness** 16WLIR073
Learn what the term “phishing” means and ways you can identify it in emails, websites and even phone calls. You’ll also learn how to protect your personal information and computer files from malicious intentions. Presentation provided by VSU IT Information Security.

**What the Heck is a Blog?** 16WLIR074
Hear from an avid blogger all about the various and myriad ways blogs are used. Your instructor will give you tips and advice about getting started, along with a short handout with instructions for you to take home.

**Computer Basics for Beginners** 16WLIR076
This is a “must” class for beginning desktop computer users! Learn how to personalize your PC and get around in Windows 7, including icons, the taskbar, start menu, and different folders and programs.

**File Management** 16WLIR077
Essential information 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.

**Beginning Word** 16WLIR078
Learn hands-on how to use the basic tools in this word processing software to create eye-catching letters and documents to print, save, and share.

**Publisher** 16WLIR085
Learn to use Publisher to create flyers, greeting cards and post cards using text, graphics, color, and more.

**Beginning Excel** 16WLIR079
Create simple spreadsheets that can perform automatic calculations such as addition, subtraction, and multiplication. You will also learn to use Excel to keep inventory and address lists to help you stay organized.

**Beginning PowerPoint** 16WLIR080
Learn the basics of creating a slide show presentation, including inserting text, graphics, and more advanced features such as animations and transitions.

**Web Surfing Essentials** 16WLIR081
Learn how to find resources and stay informed about everything from health issues to gardening. This hands-on class will take you step by step through the different search techniques to help narrow your search and to determine if a webpage is a legitimate site.

**Facebook Q & A**
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.

**Monergism** 16WLIR084
Guided tour and overview of a website that offers an extensive directory of theology with free articles, mp3s, sermons, bible study guides, and much more. Learn to download, view, and save material in various formats to your PC.

**Uploading Photos Online Using Flickr** 16WLIR075
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.
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The Learning Never Stops at VSU Continuing Education...

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