

Learning In Retirement

VALDOSTA STATE UNIVERSITY

2018
SPRING
course catalog

Learning In Retirement

COURSE CATALOG

Our Mission

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

How Much Does It Cost? How Do I Register?

There are no extra fees (above your membership fee) for any LIR classes except when noted in class descriptions. Membership is \$75 per semester (Fall and Spring) or \$135 for the full year (yearly membership only available in the Fall). See page 10 - 12 for registration form and class checklist.

Where are LIR classes held?

LIR is headquartered in the Regional Center for Continuing Education (RCCE), 903 N Patterson Street. Most classes are held in the RCCE building, or in the adjacent Continuing Education Annex. Any exceptions will be noted in the catalog description.

LIR Needs You!

We could not function without member volunteers! We need people to teach classes and to serve on all our committees including Curriculum, Social, and Publicity. Please contact Sandra Dickson, LIR President, at merlinsmom2013@yahoo.com if you are interested in helping.

Who do I contact with questions?

Contact Suzanne Ewing, Program Coordinator at 229.245.6484 or at sewing@valdosta.edu.

Continuing Education Staff

Suzanne Ewing

Interim Assistant Director for Continuing Education,
Program Coordinator for Learning in Retirement &
Children's Enrichment Programs

Sue Bailey

Online Classes, Professional /Personal Development,
& Contract Training

Annetta Taylor, *Registration Specialist*

Susan Bass, *Marketing Assistant*

Elena Schmitt, *Office Assistant*

Learning in Retirement Officers & Committee Chairs

President.....Sandra Dickson

Vice President.....Tammy Sears

Secretary.....Holly Gougeon

Past President.....Linda Crook

Treasurer.....William Finney

Historian.....Carol Jennings

Parliamentarian.....Marie Sooy

Social Committee Chair.....Marie Sooy

Publicity Committee Chair.....Tammy Sears

Curriculum Committee Chair.....Sandra Dickson

Regional Center for Continuing Education

229.245.6484

www.valdosta.edu/ce

903 N. Patterson St. • Valdosta, GA 31698

TABLE OF CONTENTS

Special Events.....	3
Health & Fitness	4
Good To Know	5
History, Social Studies & Science	6
Fine Arts & Literature.....	8
Computers & Technology	12
Leisure & Crafts	13
Off-Campus Excursions & Tours	15
Course Calendar.....	17

Special Events



Winter Wonderland

18SLIR01

JANUARY 2018 KICK-OFF LUNCHEON

Kick off LIR's Spring term by celebrating the little bit of Winter we have here in South Georgia! This is the time of year we celebrate our fantastic volunteer instructors;

if you have been a volunteer instructor last Fall or this Spring, you are entitled to one admission to this event as the guest of LIR at no charge.

Thursday, January 25 • \$12 Admission (Volunteer Instructors Free)

Regional Center for Continuing Education Auditorium

11:00 AM Business Meeting • 11:30 AM Lunch • 12:00 Noon Program

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 (3:00 PM) on Friday, January 19 by turning in your registration form or by calling 229.245.6484.

End of Year Potluck

18SLIR02

Friday, May 11, 2018 • 11:00 AM - 1:00 PM

VSU Regional Center for Continuing Education Auditorium

Bring a dish to share and enjoy food, fellowship, and some entertainment.

We will swear in the 2018 - 2019 LIR officers at this event. Guests welcome and encouraged.

PLEASE REGISTER BY CLOSE OF BUSINESS ON MONDAY, MAY 7.

Health & Fitness

Bowling for Fun 18SLIR03

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).



15 Wed • Jan 31 - May 9 • 2 - 4 PM
Karen Morris, Facilitator

Laughter is the Best Medicine

Learn how laughter can improve your health, your attitude, and your mood. Each section offers everything you need to know to utilize this free medicine to help you feel better and be happier. Guaranteed to change your life or double your giggles! The two sections offered are the same, but feel free to sign up for both if you wish.

Section A 18SLIR05
Thurs, Feb 8 • 11 AM - 12 PM

Section B 18SLIR06
Tues, Apr 17 • 11 AM - 12 PM

Julie Ford, Leader

Move It! Dance Aerobics

18SLIR04

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

15 Wed • Jan 31 - May 9 • 1 - 1:45 PM
Sherry Truby, Instructor



Yoga 18SLIR07

The instructor will show you how to improve muscle strength, increase flexibility and balance, and reduce stress with yoga. 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.

15 Tues & 15 Thurs • Jan 30 - May 10 • 10 - 11 AM
Kathleen Hamill, Instructor

Chair Yoga 18SLIR08

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 back up), you can join this class and reap the benefits of improved strength, flexibility, and stress reduction.

15 Tues • Jan 30 - May 8 • 2 - 2:45 PM
Susan Semmes, Instructor

Beginning Line Dance Fun & Fitness 18SLIR09

An aerobic dance class featuring popular line dances often featured at senior dances, weddings, reunions, and on cruises.

14 Fri • Feb 2 - May 4 • 10 - 11 AM
Linda Crook & Jerry Morton, Instructors

Step 2: Line Dance Fun & Fitness 18SLIR10

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.

14 Fri • Feb 2 - May 4 • 11 - 11:45 AM
Jerry Morton, Instructor

Range of Motion 18SLIR11

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 Mon & 15 Wed • Jan 29 - May 9 • 10 - 10:45 AM
Kathleen Hamill, Instructor

Good To Know



B.A.R.C. Humane Society

18SLIR12

This local pet rescue society serves the Brooks/Lowndes County areas. Learn about B.A.R.C.'s vision, rescue efforts and fundraisers while helping to put together the mailing for the Fall 2018 "BARC Ball."

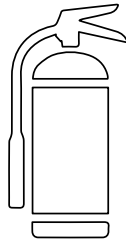
2 Thurs, Apr 19 & 26 • 3 - 4 PM
Vicki Gay and Marie Sooy, Instructors

Fire Safety

18SLIR13

Learn important tips on how to make and keep your home (or workplace) fire safe.

Wed, Feb 21 • 1 - 2 PM
Tangela Rowe, Instructor



Alzheimer's Caregiver Time Out (ACTO)

18SLIR14

Learn how to distinguish normal forgetfulness as we age from the beginning of a serious problem. The services provided by ACTO, as well as potential volunteer opportunities, will be covered, as well as suggestions for caregivers dealing with a loved one suffering from Alzheimer's or dementia. There will be a question-and-answer time after the presentation.

Mon, Mar 19 • 11 AM - 12 PM
Ann Walker-Smith, Instructor

Financial Basics SERIES

With today's market, retirement has some uncertainty surrounding it. Knowing how to plan for your Golden Years might seem overwhelming. Join experts from Wiregrass Investment Management to hear strategies and get answers to questions you did not know to ask.

Women and Investing

18SLIR15

How women are different from men, financially speaking.

Thurs, Feb 1 • 2 - 3 PM

Jared McGahee, Certified Financial Planner™, Greg Bright, & Stephanie Whittington, Instructors

Aging and its Financial Implications

18SLIR16

Financial planning tips specifically for your 60s, 70s, and 80s.

2 Tues, Feb 6 & 13 • 2 - 3 PM

Jared McGahee, Certified Financial Planner™ and Greg Bright, Instructors

Social Security, Medicare and your Retirement

18SLIR17

Issues regarding Social Security income and Medicare.

Thurs, Mar 1 • 2 - 3 PM

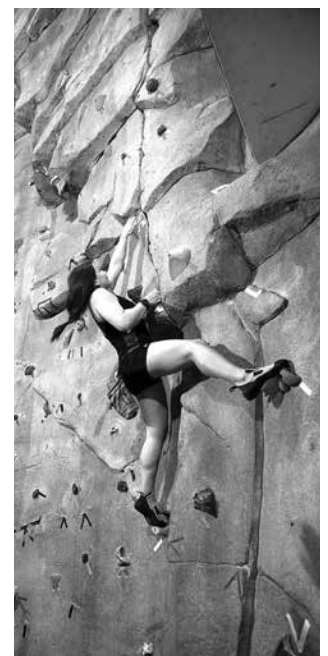
Jared McGahee, Certified Financial Planner™ and Greg Bright, Instructors

VSU Campus Recreation Center

18SLIR18

Did you know that memberships at VSU's state-of-the-art Recreation Center are available to community members as well as students, faculty and staff? Come see what the CRC has to offer, including an indoor heated pool (with kick boards, weights, and other equipment available to enhance your aquatic workout), weight training and cardio rooms, an indoor track, and even a climbing wall! Take a tour and see what this facility has to offer. Meet at the Rec Center lobby, across Sustella avenue from Sunset Cemetery.

Tues, Jan 30 • 3 - 4 PM
Chelsea Holcombe, tour guide



History, Social Studies, & Science

Views of the News 18SLIR19

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

11 Fri, Feb 16 - Apr 27 • 10 AM - 12 PM

Dr. James LaPlant and Dr. Dick Saeger, Facilitators

Fake News 18SLIR20

What is "fake news?" Is it a new development or has it been around for years? A former newspaper editor and assistant professor of mass media offers a look at how "news" became politicized and how news consumers are turning off what they don't like to hear.

Fri, Feb 16 • 1 - 2 PM • Greg Brown, Instructor

Photo Journey: San Antonio 18SLIR21

Take an armchair trip to San Antonio, Texas, including stops in Natchez and Biloxi Mississippi and Cajun Louisiana. San Antonio's points of interest include the Alamo, the River Walk, and the German-settled town of Fredericksburg.

Thurs, Apr. 12 • 1 - 3 PM • Judy Baxter, Instructor

Photo Journey: Khabarovsk, Russia 18SLIR22

Learn some basic facts about Russian history, culture and geography. Next, take an armchair tour of Khabarovsk, Russia—a city of almost 600,000 people in Southern Siberia near the Chinese border - guided by a native.

Tues, Feb 27 • 1 - 3 PM • Elena Schmitt, Instructor

A Soldier's Story 18SLIR23

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.

Thurs, Mar 15 • 1:30 - 3 PM • George Aigen, Instructor

The Transformative Impact of Travel 18SLIR24

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 positive 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.

Fri, Feb 2 • 1 - 2 PM • Dr. Donald N. Roberson, Jr., Instructor

Urban Morphology and Urban Design in Valdosta

18SLIR25

Explore how Valdosta developed since 1859 into the urban structure we see today. We will cover basic concepts in urban design by examining local examples of street layout, landscaping, the location of buildings in relation to open spaces, subdivision planning, functional zoning, and approaches to handling traffic and parking.

4 Thurs, Feb 1 - 22 • 11 AM - 12 PM

Dr. Al Willis, Instructor

LIR Genealogy "Club"

18SLIR26

The sessions will consist of discussion and information-sharing, where beginners will be able to pick up hints and clues. The club will make some trips to nearby genealogy resources, including the Huxford Library and local cemeteries. The class is designed to be a support group/share group for beginning, intermediate, and advanced genealogy researchers.

Mon, Jan 29, 11 AM - 12 PM;

other dates to be determined by the group at first meeting

Dr. Sandra Dickson, Facilitator

Whose Genes

Do You Have? 18SLIR27

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 Dr.**

Tues • Mar 20 • 3 - 4:30 PM

Dot Neisen, Instructor

History, Social Studies, & Science

Sound-Producing Insects

18SLIR28

Do you hear buzzing in your ears? It might be from one of our many sound-producing insects. Learn how and why our local grasshoppers, cicadas, and their ilk communicate.

Mon, Apr 9 • 11 AM - 12 PM

Dr. Jay Whitesell, Instructor

Tree Care for Homeowners

18SLIR29

Learn how to take care of fruit trees and ornamental trees on your property. We will cover common diseases, insect pests, and cultural practices.

Thurs, Feb 8 • 9 - 10 AM

Michasia Dowdy, Instructor

Home Lawn and Garden Care

18SLIR30

Keep your lawn and garden beds looking good through the hot summer weather, and learn how to prepare for the fall..

Tues, May 8 • 11 AM - 12 PM

Michasia Dowdy, Instructor

Please see the “Off-Campus Excursions and Tours” section on pages 15 & 16 for history/science related off-campus events:

- Genealogy Research Trips to Thomasville and Moultrie
- Spring Flora at Lake Louise
- Birdsong Nature Center

...and several other nearby attractions and museums.

Beauty, Piety and Violence in Europe’s Dark Ages

18SLIR31

The early middle ages are often known as the Dark Ages when the disintegration of the Roman Empire led to the formation of Germanic kingdoms across Western Europe. In this period, there was a perceived sense of insecurity, decline of urban life, literary culture and centralized government. However, it was also a time of impressive fusion between the old Roman and the new Germanic cultures. Students will learn about the diverse character of the “Dark Ages” in the context of the rise of medieval Europe as a distinct civilization.

Wed, Feb 28 • 11 AM - 12:30 PM • Dr. Sebastian Bartos, Instructor

From 19th Century Egypt to American Guided Age Gender Politics: A Research Project and its Many Children

18SLIR32

Learn how historical research can create its own winding path, complete with dead ends and unexpected intersections. Starting with a doctoral dissertation on the Egyptian army in the 19th century, the presenter followed his cast of characters and created further published works, uncovering episodes such as a restaurant shooting in the 1870s; spousal abuse leading to divorce; and a scandal involving scantily clad burlesque dancers.

Thurs, Feb 1 • 1 - 2:30 PM • Dr. John P. Dunn, Instructor



Planetarium Shows

Enjoy two special planetarium shows just for our LIR group. Please plan to arrive 15 minutes before the show is scheduled to begin. Planetarium is located in Nevins Hall on main campus; campus map and parking instructions will be mailed/emailed to registrants.

Origins of Life

18SLIR33

Starting with the Big Bang, this film deals with some of the most profound issues our scientists face: how life originated on Earth, repeatedly faced extinction, and evolved into intelligence. Origins of Life offers viewers an inspirational journey through time!

Thurs, Mar 22 • 11 AM - 12 PM

Seasonal Stargazing

18SLIR34

Seasonal Stargazing (a different show for each season!) highlights the most prominent stars and constellations in our sky. In the narrator’s words, “The more you look at the night sky, the more you’ll find. And all you have to do is go outside and look up!”

Thur, Apr 5 • 11 AM - 12 PM

Fine Arts & Literature

Peach State Summer Theatre Preview 18SLIR35

Get a sneak peek at this year's upcoming VSU Theatre & Dance productions. Learn about our students, facilities, and everything that it takes to make the VSU productions come to life.

Thurs, Apr 19 • 11 AM - 12 PM • Duke Guthrie, Instructor

Brown Bag Opera: *L'Italiana in Algiers* 18SLIR36

What better way to celebrate Valentine's Day than with a delightful, hilarious opera love story by Gioachino Rossini! Enjoy a morning viewing the opera *L'Italiana in Algiers*. The music is lively and the opera singers are outstanding. The opera is fast-paced from the overture to the finale and will leave you laughing throughout the production. Bring your lunch and be prepared for another Rossini treat.

Tues, Feb 13 • 10 AM - 1 PM • Roberta Magnasco, Instructor

Having Fun with the Ukulele Strum 18SLIR37

Absolutely no musical knowledge needed! Have fun accompanying vocal melodies with the "strummed" chords of the soprano, concert, tenor, or baritone uke. If you already have a ukulele, great; but there is no need to own or purchase a ukulele before taking this class. Loaner and "for sale" ukuleles of all sizes will be available to help you decide which size suits you. Music provided; \$4 charge for music notebook (if you do not already have one) to be paid directly to instructor.

15 Mon, Jan 29 - May 7 • 3:30 - 5 PM • Joan Shepard & Jeniene Lee, Instructors

Book Review: *Three Sisters, Three Queens* by Philippa Gregory 18SLIR38

Everyone is familiar with Henry VIII and his 6 wives, but what about the other women who influenced Henry: his sisters, mother, and grandmother? This novel focuses on the relationships between Henry's first bride, Katherine of Aragon, and his sisters Margaret and Mary; the three sisters will become the queens of England, Scotland, and France. Through lives full of treachery, betrayals and jealousy, the three women find that the only constant in their perilous lives is their special bond, more powerful than any man, even a king.

Tues, Feb 6 • 11 AM - 12 PM • Dr. Sandra Dickson, Reviewer

Book Review: *Glass Houses* by Louise Penny 18SLIR39

In this latest Inspector Gamache (now Chief Superintendent Gamache) mystery set in Québec, the community of Three Pines contends with a mysterious figure appearing in the village, and the subsequent discovery of a murder. Months later, as the murder trial proceeds, Chief Superintendent Gamache continues to struggle with actions he set in motion and with his own conscience.

Mon, Mar 12 • 11 AM - 12 PM • Dr. Mary Helen Watson, Reviewer

Paint Party: Paint a Spring Canvas 18SLIR40

Have fun while creating your own Fall-themed masterpiece! Everyone will paint his or her interpretation of the same picture, demonstrated and led by your instructor. All supplies included - you don't need to bring anything with you. **\$15 fee, paid directly to instructor at time of class.**

**Tues, Apr 24 • 1 - 3 PM
Sherry Truby, Instructor**

Watercolor Landscapes

18SLIR41

Learn the basics of landscape painting with acrylics. Bring photos, or work from your imagination and create a loose, colorful, painterly work of art you will be proud to hang on your wall. Supply list sent with registration confirmation. **\$15 extra fee.**

**4 Wed, Jan 31 - Feb 21
11 AM - 12:30 PM
Hunter Pope, Instructor**

Animal Portraits 18SLIR42

Learn the basics of acrylic painting with animal imagery. Bring photos of your pets or other animals, and use the images to create loose, colorful, painterly works of art. Supply list sent with registration confirmation. **\$15 extra fee.**

**4 Wed, Mar 14 - Apr 4
11 AM - 12:30 PM
Hunter Pope, Instructor**

Please see the "Off-Campus Excursions and Tours" section on page 8 for "Turner Center for the Arts: Spring Into Arts Exhibit tour."

Registration Form

SPRING 2018

Learning In Retirement

Everyone who registers for SPRING TERM classes by close of business on Monday, January 22, 2018 will be entered into a prize drawing. Prize winners will be drawn at the kick-off lunch on January 25. REGISTRATIONS WILL NOT BE PROCESSED WITHOUT PAYMENT; 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

**TO PROTECT YOUR PERSONAL INFORMATION, PLEASE
DO NOT EMAIL OR FAX CREDIT CARD PAYMENTS!**

Please **EMAIL** my registration confirmation/receipt along with a link to any associated maps and materials lists. I will pick up my parking permit in the office on or before my first class date.

Please **MAIL** my registration confirmation/receipt, parking permit, and any associated maps and materials lists.

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 added to our email newsletter list.

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 CATALOG OR FLYER
OTHER _____

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

Fees: Check All That Apply (Other class fees may be collected by instructor as noted in class description)

\$75 Spring Membership OR Yearly Membership Already Paid in Fall \$12 Spring Kick-Off Lunch
(FREE for Volunteer Teachers)

\$15 Watercolor Landscapes \$15 Animal Portraits \$35 Bridge \$5 Veg. Cooking A

\$5 Veg. Cooking B \$5 Veg. Cooking C \$5 Veg. Cooking D

Subtract \$15 if Volunteer Teacher for Spring 2018 Term

Total Fees: \$

Payment Type:

CASH RECEIPT # _____

CHECK # _____
Make Payable to VSU-LIR

CREDIT CARD (MasterCard / VISA / Discover)

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

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

Card # _____

Exp. Date _____

Sec. Code _____
(3 Digits on Reverse)

Course Selection

Special Events PAGE 3

- 18SLIR01 **Spring Kick-off Luncheon** Thurs, Jan 25, 11 AM - 1 PM \$12 FEE
- 18SLIR02 **End Of Year Potluck** Friday, May 11, 11 AM - 1 PM

Health & Fitness PAGE 4

- 18SLIR03 **Bowling for Fun** 15 Wed, Jan 31 - May 9, 2 - 4 PM
- 18SLIR04 **Move It! Dance Aerobics**
15 Wed, Jan 31 - May 9, 1 - 1:45 PM
- 18SLIR05 **Laughter is the Best Medicine Section A**
Thurs, Feb 8, 11 AM - 12 PM
- 18SLIR06 **Laughter is the Best Medicine Section B**
Tues, Apr 17, 11 AM - 12 PM
- 18SLIR07 **Yoga** 15 Tues & 15 Thurs, Jan 30 - May 10, 10 - 11 AM
- 18SLIR08 **Chair Yoga** 15 Tues, Jan 30 - May 8, 2 - 2:45 PM
- 18SLIR09 **Beginning Line Dance**
14 Fri, Feb 2 - May 4, 10 - 11 AM
- 18SLIR10 **Step 2: Line Dance**
14 Fri, Feb 2 - May 4, 11 - 11:45 AM
- 18SLIR11 **Range of Motion** 15 Mon & 15 Wed,
Jan 29 - May 9, 10 - 10:45 AM

Good To Know PAGE 5

- 18SLIR12 **B.A.R.C. Humane Society**
2 Thurs, Apr 19 & 26, 3 - 4 PM
- 18SLIR13 **Fire Safety** Wed, Feb 21, 1 - 2 PM
- 18SLIR14 **Alzheimer's Caregiver Time Out (ACTO)**
Mon, Mar 19, 11 AM - 12 PM
- 18SLIR15 **Women and Investing** Thurs, Feb 1, 2 - 3 PM
- 18SLIR16 **Aging and its Financial Implications**
2 Tues, Feb 6 & 13, 2 - 3 PM
- 18SLIR17 **Social Security, Medicare, and your Retirement** Thurs, Mar 1, 2 - 3 PM
- 18SLIR18 **VSU Campus Rec Center**
Tues, Jan 30, 3 - 4 PM

History, Social Studies, & Science PAGE 6 - 7

- 18SLIR19 **Views of the News**
11 Fri, Feb 16 - Apr 27, 10 AM - 12 PM
- 18SLIR20 **Fake News** Fri, Feb 16, 1 - 2 PM
- 18SLIR21 **Photo Journey: San Antonio**
Thurs, Apr 12, 1 - 3 PM
- 18SLIR22 **Photo Journey: Khabarovsk, Russia**
Tues, Feb 27, 1 - 3 PM
- 18SLIR23 **A Soldier's Story** Thurs, Mar 15, 1:30 - 3 PM
- 18SLIR24 **Transformative Impact of Travel**
Fri, Feb 2, 1 - 2 PM
- 18SLIR25 **Urban Morphology & Urban Design**
4 Thurs, Feb 1 - 22, 11 AM - 12 PM
- 18SLIR26 **LIR Genealogy "Club"**
Mon, Jan 29, 11 AM - 12 PM; other sessions TBA
- 18SLIR27 **Whose Genes Do You Have?**
Tue, Mar 20, 3 - 4:30 PM
- 18SLIR28 **Sound-Producing Insects**
Mon, Apr 9, 11 AM - 12 PM
- 18SLIR29 **Tree Care for Homeowners** Thurs, Feb 8, 9 - 10 AM
- 18SLIR30 **Home Lawn & Garden Care**
Tues, May 8, 11 AM - 12 PM
- 18SLIR31 **Beauty, Piety & Violence**
Wed, Feb 28, 11 AM - 12:30 PM
- 18SLIR32 **From 19th Century Egypt** Thurs, Feb 1, 1 - 2:30 PM
- 18SLIR33 **Planetarium Show: Origins of Life**
Thurs, Mar 22, 11 AM - 12 PM
- 18SLIR34 **Planetarium Show: Seasonal Stargazing**
Thurs, Apr 5, 11 AM - 12 PM

Fine Arts & Literature PAGE 8

- 18SLIR35 **Peach State Summer Theatre Preview**
Thurs, Apr 19, 11 AM - 12 PM
- 18SLIR36 **Brown Bag Opera: L'Italiana in Algiers**
Tues, Feb 13, 10 AM - 1 PM
- 18SLIR37 **Having Fun with Ukulele Strum**
15 Mon, Jan 29 - May 7, 3:30 - 5 PM
- 18SLIR38 **Book Review: Three Sisters, Three Queens**
Tues, Feb 6, 11 AM - 12 PM
- 18SLIR39 **Book Review: Glass Houses**
Mon, Mar 12, 11 AM - 12 PM
- 18SLIR40 **Paint Party: Paint a Spring Canvas**
Tues, Apr 24, 1 - 3 PM
- 18SLIR41 **Watercolor Landscapes (\$15 Extra Fee)**
4 Wed, Jan 31 - Feb 21, 11 AM - 12:30 PM
- 18SLIR42 **Animal Portraits (\$15 Extra Fee)**
4 Wed, Mar 14 - Apr 4, 11 AM - 12:30 PM

Course Selection

Computers & Technology PAGE 12

- 18SLIR43 **Social Media Overview**
2 Tues, Jan 30 & Feb 6, 11 AM - 12 PM
- 18SLIR44 **iPhone Tips & Tricks** Mon, Feb 5, 11 AM - 12:30 PM
- 18SLIR45 **Google Maps** Mon, Feb 12, 11 AM - 12 PM
- 18SLIR46 **Intro to Zinio & Artistworks** Fri, Feb 9, 1 - 2 PM
- 18SLIR47 **Intro to OverDrive & eBooks** Fri, Mar 9, 1 - 2 PM
- 18SLIR48 **Uploading Photos Using Flickr**
3 Mon, Feb 19 - Mar 5, 11 AM - 12 PM

Leisure & Crafts PAGE 13 - 14

- 18SLIR49 **Bead Stringing** Thurs, Feb 15, 1 - 3 PM
- 18SLIR50 **Simple Jewelry Repair** Thurs, Feb 22, 1 - 3 PM
- 18SLIR51 **Make a Decorative Glass Plate**
2 Wed, Mar 7 & 14, 1 - 2 PM
- 18SLIR52 **Mosaic Flower Pot** 2 Thurs, Mar 8 & 15, 1 - 3 PM
- 18SLIR53 **Mock Stained Glass** Thurs, Mar 22, 1 - 3 PM
- 18SLIR54 **Wine Bottle Crafts** Thurs, Apr 5, 1 - 3 PM
- 18SLIR55 **Memory Pillow** Thurs, Apr 19, 1 - 3 PM
- 18SLIR56 **Cork Crafts** Thurs, May 3, 1 - 3 PM
- 18SLIR57 **Vegetarian Cooking A (\$5 extra fee)**
Fri, Feb 23, 1 - 2:45 PM
- 18SLIR58 **Vegetarian Cooking B (\$5 extra fee)**
Fri, Mar 23, 1 - 2:45 PM
- 18SLIR59 **Vegetarian Cooking C (\$5 extra fee)**
Fri, Apr 13, 1 - 2:45 PM
- 18SLIR60 **Vegetarian Cooking D (\$5 extra fee)**
Fri, May 4, 1 - 2:45 PM
- 18SLIR61 **Baking: Crullers** Thurs, Feb 8, 1 - 3 PM
- 18SLIR62 **Baking: Easter Bread** Thurs, Mar 29, 1 - 3 PM
- 18SLIR63 **Knitting & Crocheting**
6 Wed, Jan 31 - Mar 7, 2 - 3:30 PM
- 18SLIR64 **Sew for a Cause** Thurs, Apr 12, 10 - 3 PM
- 18SLIR65 **Chemo Cap Brigade A**
Thurs, Feb 22, 10 AM - 12 PM
- 18SLIR66 **Chemo Cap Brigade B**
Thurs, Mar 29, 10 AM - 12 PM
- 18SLIR67 **Chemo Cap Brigade C**
Thurs, Apr 26, 10 AM - 12 PM
- 18SLIR68 **Plant Swap** Thurs, Apr 26, 1 - 3 PM
- 18SLIR69 **Basic Bridge (\$35 Extra Fee)**
9 Wed, Feb 7 - Apr 4, 12:30 - 2:30 PM
- 18SLIR70 **Mah-Jongg** 15 Mon, Jan 29 - May 7, 12:30 - 3 PM
- 18SLIR71 **Valentine's Day Wreath** Tues, Feb 6, 1 - 4 PM
- 18SLIR72 **Rosebud Notecards** Tues, Feb 20, 1 - 4 PM
- 18SLIR73 **St. Patrick's Day Shamrocks**
Tues, Mar 6 1 - 4 PM
- 18SLIR74 **Easter Bunnies on Canvas**
Tues, Mar 20, 1 - 4 PM
- 18SLIR75 **Spring Flowers Notecards**
Tues, Apr 3, 1 - 4 PM
- 18SLIR76 **Earth Day Celebration** Tues, Apr 17, 1 - 4 PM
- 18SLIR77 **Flower Pot & Saucer** Tues, May 1, 1 - 4 PM
- 18SLIR78 **Mothers Day Angel Notecards**
Tues, May 8, 1 - 4 PM

Off Campus Excursions & Tours PAGE 15 - 16

- 18SLIR79 **Genealogy Research Trip to Thomasville**
Thurs, Feb 22, Depart 7:45 AM
- 18SLIR80 **Genealogy Research Trip to Moultrie**
Thurs, Apr 5, Depart 8 AM
- 18SLIR81 **Tallahassee Museum** Tues, Mar 13, Depart 10 AM
- 18SLIR82 **Havana, FL Shopping Trip**
Fri, Mar 16, Depart 10 AM
- 18SLIR83 **Tallahassee Automobile Museum**
Fri, Apr 6, Depart 10 AM
- 18SLIR84 **Hofwyl Broadfield Plantation**
Wed, Apr 11, Depart 8 AM
- 18SLIR85 **Turner Center for the Arts**
Tues, Apr 24, 11 AM - 12 PM
- 18SLIR86 **Birdsong Nature Center** Wed, Apr 25,
Depart 8:30 AM
- 18SLIR87 **Spring Flora at Lake Louise**
Thurs, May 3, Depart 8:30 AM
- 18SLIR88 **Florida Caverns State Park**
Tues, May 8, Depart 10 AM
- 18SLIR89 **Bell's Daylily Garden**
Thurs, May 10, Depart 9 AM

Computers & Technology

Our computer lab runs Windows 2007 / Office 2013; Windows 10 is not currently supported in VSU computer labs.



Social Media Overview 18SLIR43

It's time to get social...and we're making it simple! Utilizing social media is a great way to gather information and keep in touch with others. In this class, you will learn about the following main social media platforms being used today: Facebook, Twitter, and Instagram. While you're learning about these platforms, you will also discover the benefits of utilizing social media and the ways in which you can keep your personal information safe within those platforms. The first meeting will be a classroom session/introduction; the second meeting will be a hands-on session in the computer lab where you can receive assistance in setting up accounts and settings, if you wish (bring your mobile devices if you like).

2 Tues, Jan 30 & Feb 6 • 11 AM - 12 PM
Halle Zimmerman, Instructor

iPhone Tips and Tricks 18SLIR44

You can do so much more than call and text with your iPhone! This session (*specifically for iPhone users*) will cover organizing your home screens, screenshots, and cloud-based photo-sharing among other handy topics.

Mon, Feb 5 • 11 AM - 12:30 PM
Instructor: Elena Schmitt

Introduction to Zinio & ArtistWorks 18SLIR46

Learn how to easily access a collection of 67 free online magazines on a wide variety of subjects. Current copies and back issues are available to read on any PC, smartphone, or tablet. It's recommended that participants have an active PINES library card.

Fri, Feb 9 • 1 - 2 PM
Instructor: Eric Mathis



Google Maps 18SLIR45

Learn to get where you need to go using Google Maps on your phone. Search for and locate businesses, restaurants, etc.; plan a trip with several stops; avoid traffic jams and construction slow-downs with up-to-the-minute data (and find alternate routes when necessary); and much more! This information is appropriate for both Apple and Android phone users.

Mon, Feb 12 • 11 AM - 12 PM • Instructor: Elena Schmitt

Intro to OverDrive, eBook, & Audio Resources 18SLIR47

Learn to download free eBooks and audiobooks to your PC, smartphone, and tablet. It's recommended that participants have an active PINES library card.

Fri, Mar 9 • 1 - 2 PM • Instructor: Eric Mathis

Uploading Photos Using Flickr 18SLIR48

Create a free account at Flickr (using a Yahoo login), upload photos to the website, add titles and descriptions, and make albums. Bring a digital camera or 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 for use in class. Please have a Yahoo account set up before the class begins, and know your password.

3 Mon, Feb 19, 26, Mar 5 • 11 AM - 12 PM
Judy Baxter, Instructor

Leisure & Crafts

Craft SERIES

Learn to make a variety of crafts! **Check descriptions to see what materials will be provided for each session; some have a small extra supply fee (paid directly to the instructor at class).**

Bead Stringing 18SLIR49

Learn how to string beads to make a bracelet or necklace using a clasp, wire, and crimp beads. **\$5 supply fee paid to instructor.**

Thurs, Feb 15 • 1 - 3 PM • Instructors: Vicki Gay & Elaine Southall

Simple Jewelry Repair 18SLIR50

Learn to do simple jewelry repairs--necklace or bracelet clasp replacement--yourself! Clasps, stringing material, and crimp beads provided. **\$5 supply fee paid to instructor.**

Thurs, Feb 22 • 1 - 3 PM • Instructors: Vicki Gay & Marie Sooy

Make a Decorative Glass Plate 18SLIR51

Use fabric to make a decorative glass plate for your home, as a gift, or for any occasion. Supplies needed (bring to first class): CLEAR glass plate, light weight cotton fabric, Mod Podge gloss luster glue, foam paint brush, razor blade, plastic butter dish to be used as pedestal for the plate, and scissors.

2 Wed, Mar 7 & 14 • 1 - 2 PM • Glenna Peter, Instructor

Mosaic Flower Pot 18SLIR52

In the first class you will create your design and apply your tile; in the second class you will grout the flower pot. **\$15 supply fee paid to instructor.**

2 Thurs, Mar 8 & 15 • 1 - 3 PM • Instructors: Vicki Gay & Elaine Southall

Mock Stained Glass 18SLIR53

Color a picture frame and make it look like stained glass. No fee for class, but students must bring an 8 x 10 picture frame glass; all other supplies provided.

Thurs, Mar 22 • 1 - 3 PM • Marie Sooy, Instructor

Wine Bottle Crafts 18SLIR54

Learn to make several items with wine bottles: birdfeeder, lantern, hanging lights, and windchimes. Most of these use uncut bottles, but some require cutting: we will show you how to cut glass bottles and assemble the items. If you have empty clean bottles with labels removed, please bring them to class.

Thurs, Apr 5 • 1 - 3 PM • Madonna Terry, Instructor

Memory Pillow 18SLIR55

Have a loved one who has passed away? Make a pillow out of an old shirt as a huggable remembrance. You do not have to know how to sew for this class. Two sewing machines will be provided, but bring your portable machine if you have one. Each student should bring a button-down shirt (washed and pressed) and a large bag of polyfill stuffing; everything else will be provided. 10 students maximum.

Thurs, Apr 19 • 1 - 3 PM • Marie Sooy, Instructor

Cork Crafts 18SLIR56

Use wine corks to create holiday decor items or other useful trinkets: trivets, napkin rings, key chains, name tag/picture holder, or a jewelry organizer. Bring along any corks you may have.

Thurs, May 3 • 1 - 3 PM • Madonna Terry, Instructor

The Joy of Vegetarian Cooking

Learn what vegetarianism is and why some people eat a vegetarian diet, all while enjoying and preparing delicious and nutritious meals! You don't have to be a vegetarian to enjoy the class. **\$5 extra fee for each session.** You may register for one or several. Maximum of 15 students per class.
Brittany Lopez, Instructor

SESSION A 18SLIR57
Fri, Feb 23, 1 - 2:45 PM

SESSION B 18SLIR58
Fri, Mar 23, 1 - 2:45 PM

SESSION C 18SLIR59
Fri, Apr 13, 1 - 2:45 PM

SESSION D 18SLIR60
Fri, May 4, 1 - 2:45 PM



Baking SERIES

Tie on your apron and learn hands-on techniques for creating delicious baked goods. All supplies included: **supply fee of \$5 for each session to be paid directly to the instructor at class.** Maximum of 10 students each session.

Marie Sooy, Instructor

Crullers 18SLIR61

Watch a demonstration, then make and take home your own doughnuts.

Thurs, Feb 8 • 1 - 3 PM

Braided Easter Bread

18SLIR62

Learn to use yeast to create a braided bread for Easter, and amaze your friends and family when you present it at Easter dinner.

Thurs, Mar 29 • 1 - 3 PM

Leisure & Crafts

Knitting & Crocheting 18SLIR63

Both beginners and pros are welcome! Knitters will need Size 8 needles and worsted weight yarn; crocheters will need Size "G" crochet hook and any yarn.

6 Wed, Jan 31 - Mar 7 • 2 - 3:30 PM
Rita Booker & Mary Ventura, Instructors

Sew for a Cause 18SLIR64

If you can cut and pin fabric, sew on a button, or just organize items, we can use your help making items for charities. Come for an hour, or all day. Materials and sewing machines provided.

Thurs, Apr 12 • 10 - 3 PM
Vicki Gay, Elaine Southall,
& Marie Sooy, Instructors

Chemo Cap Brigade

Crafters create caps and lapghans that are donated to the Pearlman Cancer Center and to SGMC for distribution to patients. 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.

SESSION A 18SLIR65
Thurs, Feb 22 • 10 - 12 PM

SESSION B 18SLIR66
Thurs, Mar 29 • 10 - 12 PM

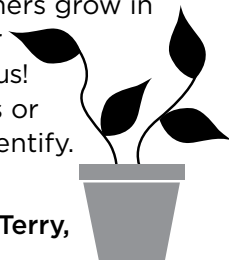
SESSION C 18SLIR67
Thurs, Apr 26 • 10 - 12 PM

Pearlman Cancer Center, SGMC
Meet in the Lobby
Annette Woodruff, Instructor

Plant Swap 18SLIR68

Do you have some extra plants or seedlings you would be willing to share? How about some cuttings or divisions of some of your favorites? Even if you just want to see what others grow in this area or to share your gardening tips, come join us! If you are bringing plants or seeds to share, please identify.

Thurs, Apr 26 • 1 - 3 PM
Linda Crook & Madonna Terry,
Facilitators



Basic Bridge 18SLIR69

A continuation of beginning bridge. Designed for those players who know beginning bridge and want to improve their skills. Must have at least 12 students registered by Friday, Feb 2 for class to be held. **\$35 EXTRA FEE.** After class ends, individuals are welcome to come play at the Wednesday class time until May 9.

9 Wed • Feb 7 - Apr 4 • 12:30 - 2:30 PM Dan Deany, Instructor

Mah-Jongg 18SLIR70

The object of the game is to make a "hand" based on the tiles you draw and the options on the card. Mah-Jongg is a challenging game of skill, strategy, and chance.

15 Mon, Jan 29 - May 7 • 12:30 - 3 PM
Elizabeth Burnette, Instructor



Decorative Acrylic Painting SERIES

Each class in this series introduces a brush stroke, paint blending, shading, and highlighting, enabling you to complete a project each session. All supplies are included. Each class is limited to 8 students. **Instructor: Marilyn Dye. \$20 fee for each session, to be paid directly to the instructor at the class.**

Valentine's Day Wreath 18SLIR71
Tues, Feb 6 • 1 - 4 PM

Rosebud Notecards and Envelopes 18SLIR72
Tues, Feb 20 • 1 - 4 PM

St. Patrick's Day Shamrocks 18SLIR73
Tues, March 6 • 1 - 4 PM

Easter Bunnies On Canvas 18SLIR74
Tues, March 20 • 1 - 4 PM

Spring Flowers Notecards and Envelopes 18SLIR75
Tues, April 3 • 1 - 4 PM

Earth Day Celebration of Flowers 18SLIR76
Tues, April 17 • 1 - 4 PM

Flower Pot and Saucer Flowers 18SLIR77
Tues, May 1 • 1 - 4 PM

Mothers Day Angel Notecards 18SLIR78
Tues, May 8 • 1 - 4 PM



Off Campus Excursions & Tours

Maps and directions will be mailed or emailed to registrants with receipt, and an email reminder sent prior to trip. Anyone wishing to carpool should meet at the Regional Center for Continuing Ed for departure at the time indicated.

Genealogy Research Trip to Thomasville ^{18SLIR79}

Take a day trip to the Thomasville Genealogical Library at Thomas University. You may bring a digital camera, scanner, and/or laptop to use on site. Document duplication (by photograph, hand scanner, or copier) has a fee of \$.20 per page (\$.50 for microfilm duplication). Lunch arrangements to be determined by the group; return time approximately 4 PM.

Thurs, Feb 22

Depart 7:45 AM from Continuing Education building

Alice Devane & Carol McLeod, Instructors

Genealogy Research Trip to Moultrie ^{18SLIR80}

For the seasoned researcher, take a day trip to the Ellen Payne Odom Library in Moultrie, GA. You may bring a digital camera and your laptop to use with the library's wireless network. A hand scanner is also permitted. Lunch arrangements to be determined by the group; return time approximately 4 PM.

Thurs, Apr 5

Depart 8 AM from Continuing Education building

Alice Devane & Carol McLeod, Instructors

Tallahassee Museum ^{18SLIR81}

Visitors experience local flora, fauna, and a simulation of 19th century Florida life at this 52-acre location along the shores of Lake Bradford in southwest Tallahassee. There is also a zip line through the trees available for the adventurous, and a "20th Century Dinosaurs" exhibit, featuring prehistoric creatures crafted from discarded auto parts. Admission charge (paid at the door) for 65+ is \$11.50, under 65 \$12. Lunch arrangements to be determined by the group; there is a café on the museum grounds. For more information: tallahasseeemuseum.org

Tues, Mar 13 • Depart 10 AM from Continuing Education building (approximately 90 minute drive) • Self-Guided

Havana, Florida Shopping Trip ^{18SLIR82}

The historic town of Havana, founded in 1906, boasts 30 specialty shops featuring clothing, furniture, jewelry, and collectibles. The Planters Exchange building is a designated historic landmark, and the town has several restaurants and tea rooms where you can fortify yourself between stores — check out the "English Rose!" Lunch arrangements to be determined by the group. For more information: www.havanaflorida.com

Fri, Mar 16 • Depart 10 AM from Continuing Education building (approximately 1.25 hour drive) • Self-Guided

Tallahassee Automobile Museum ^{18SLIR83}

View a collection of "mint condition" vehicles including the Batmobile, Bat cycle, and Bat boat; Model A & T cars, Lincoln's hearse, Shelby series 1, Mustangs, Corvettes, a Duesenberg, Tucker and DeLorean. Also on display are antique toys, old calculators, Steinway pianos, bicycles, a Lloyd Loar mandolin, knives, guns, and an "authentic" vampire hunting kit! It takes approximately 2 hours to view the exhibits. Lunch arrangements will be determined by the group. Admission: \$15 (senior rate) at the door. For more information: <http://www.tacm.com/>

Fri, Apr 6 • Depart 10 AM from Continuing Education building (approximately 2 hour drive) • Self-Guided



Genealogy Club research trips will be determined at first class session: see details on page 6.

Off Campus Excursions & Tours

Hofwyl Broadfield Plantation 18SLIR84

Visit this beautiful state historic site near Brunswick. Built in the early 1800s, the plantation showcases the history and culture of Georgia's rice coast. A museum features silver from the family collection, Cantonese china, 19th century furniture, and other family heirlooms. The plantation is a stop on the Colonial Coast Birding Trail; you may spot herons, egrets, ibis, and painted buntings along a marsh-side nature trail. Admission charge (paid at the gate) for 62+ is \$7, under 62 is \$8. Lunch arrangements to be determined by the group. For more information: www.gastateparks.org/HofwylBroadfieldPlantation

Wed, Apr 11 • Depart 8 AM from Continuing Education building (approximately 2.5 hour drive) • Self-Guided

Turner Center for the Arts: Spring Into Art 18SLIR85

Spring Into Art is an annual exhibition at the Annette Howell Turner Center for the Arts that invites visual artists working in two- and three-dimensional media to exhibit their work and compete for \$5,000 in awards. Enjoy a guided tour of the exhibit conducted by the Turner Center curator. Meet at the Turner Center, 527 N. Patterson St.



Tues, Apr 24 • 11 AM - 12 PM • Bill Shenton, Tour Guide

Birdsong Nature Center 18SLIR86

This 565-acre sanctuary near Thomasville, GA has been a forest and a plantation, but now it is a center for conservation and learning. The property's wildflower meadows, old fields, and pine and hardwood forests are home to a great diversity of birds and other wildlife. Walk the trails through each habitat and visit the "bird window" and butterfly garden. \$5 admission to be paid at the gate. For more information: www.birdsongnaturecenter.org

Wed, Apr 25 • Depart 8:30 AM from Continuing Education building (approximately 1.25 hour drive) • Self-Guided

Spring Flora at Lake Louise 18SLIR87

The Lake Louise Field Station, near Lake Park, is a 170-acre outdoor teaching and research laboratory owned and maintained by VSU. The station is centered on Lake Louise, a 13-acre blackwater karst (lime-sink) pond surrounded by a bayswamp forest embedded in a matrix of upland plant communities. After the trip to Lake Louise you will visit the VSU Herbarium to learn more about the significance of biological research collections in supporting research and teaching. The group will meet at the Regional Center for Continuing Education.

**Thurs, May 3 • 8:30 AM Departure (Tour begins at 9 AM)
Dr. Richard Carter, Instructor**

Florida Caverns State Park 18SLIR88

Discovered in 1937, Florida Caverns has dazzling formations of limestone stalactites, stalagmites, "soda straws," flowstones and draperies; the temperature inside is approximately 65 degrees year-round. The Chipola River and Blue Hole Spring provide areas for fishing, canoeing, and boating, and great spots to picnic, hike, and view wildlife. An audiovisual program and exhibits are available in the visitor center. Guided cave tours (\$8 per person) last 45 minutes and should be considered moderately strenuous; spots in the tours are first-come, first-served. Please visit <https://www.floridastateparks.org/park-activities/Florida-Caverns#Tours> for physical requirements for those wishing to take the guided tour.

Tues, May 8

Depart 10 AM from Continuing Education building (approximately 2.5 hour drive) • Self-Guided

Bell's Daylily Garden

18SLIR89

This daylily grower in Sycamore, Georgia has hundreds of daylily species. You can tour the beautiful garden (takes about an hour), select your favorites to purchase, and have them dug on the spot! You may also pick up forms for ordering. For more information: www.bellsdaylilygarden.com Lunch stop to be determined by the group. \$1 per person admission charge.

Thurs, May 10

Depart 9 AM from Continuing Education building (approximately 1 hour drive) • Tim Bell, Tour Guide



20 JANUARY 18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22	23	24	25 Spring Kick-Off Lunch	26
29 Range of Motion 10 - 10:45 Genealogy Club 11 - 12 Mah-Jongg 12:30 - 3 Ukulele Strum 3:30 - 5	30 Yoga 10 - 11 Social Media 11 - 12 Chair Yoga 2 - 2:45 VSU Rec Center 3 - 4	31 Range of Motion 10 - 10:45 Watercolor Landscapes 11 - 12:30 Move It! 1 - 1:45 Knit & Crochet 2 - 3:30 Bowling for Fun 2 - 4		

20 FEBRUARY 18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Yoga 10 - 11 Urban Morphology 11 - 12 From 19th Century Egypt 1 - 2:30 Women & Investing 2 - 3	2 Beg. Line Dance 10 - 11 Step 2: Line Dance 11 - 11:45 Transformative/Travel 1 - 2
5 Range of Motion 10 - 10:45 iPhone Tips 11 - 12:30 Mah-Jongg 12:30 - 3 Ukulele Strum 3:30 - 5	6 Yoga 10 - 11 Social Media 11 - 12 Book Review: <i>Three Sisters</i> 11 - 12 Valentine Wreath 1 - 4 Chair Yoga 2 - 2:45 Aging/Financial 2 - 3	7 Range of Motion 10 - 10:45 Watercolor Landscapes 11 - 12:30 Basic Bridge 12:30 - 2:30 Move It! 1 - 1:45 Knit & Crochet 2 - 3:30 Bowling for Fun 2 - 4	8 Tree Care 9 - 10 Yoga 10 - 11 Urban Morphology 11 - 12 Laughter Sec. A 11 - 12 Crullers 1 - 3	9 Beg. Line Dance 10 - 11 Step 2: Line Dance 11 - 11:45 Zinio/Artistworks 1 - 2
12 Range of Motion 10 - 10:45 Google Maps 11 - 12 Mah-Jongg 12:30 - 3 Ukulele Strum 3:30 - 5	13 Yoga 10 - 11 Brown Bag Opera 10 - 1 Chair Yoga 2 - 2:45 Aging/Financial 2 - 3	14 Range of Motion 10 - 10:45 Watercolor Landscapes 11 - 12:30 Basic Bridge 12:30 - 2:30 Move It! 1 - 1:45 Knit & Crochet 2 - 3:30 Bowling for Fun 2 - 4	15 Yoga 10 - 11 Urban Morphology 11 - 12 Bead Stringing 1 - 3	16 Beg. Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45 Fake News 1 - 2
19 Range of Motion 10 - 10:45 Uploading Photos 11 - 12 Mah-Jongg 12:30 - 3 Ukulele Strum 3:30 - 5	20 Yoga 10 - 11 Rosebud Notecards 1 - 4 Chair Yoga 2 - 2:45	21 Range of Motion 10 - 10:45 Watercolor Landscapes 11 - 12:30 Basic Bridge 12:30 - 2:30 Move It! 1 - 1:45 Fire Safety 1 - 2 Knit & Crochet 2 - 3:30 Bowling for Fun 2 - 4	22 Genealogy Trip/ Thomasville Depart 7:45 Yoga 10 - 11 Chemo Cap A 10 - 12 Urban Morphology 11 - 12 Jewelry Repair 1 - 3	23 Beg. Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45 Vegetarian A 1 - 2:45
26 Range of Motion 10 - 10:45 Uploading Photos 11 - 12 Mah-Jongg 12:30 - 3 Ukulele Strum 3:30 - 5	27 Yoga 10 - 11 Photo Journey: Khabarovsk 1 - 3 Chair Yoga 2 - 2:45	28 Range of Motion 10 - 10:45 Beauty/Piety/Violence 11 - 12:30 Basic Bridge 12:30 - 2:30 Move It! 1 - 1:45 Knit & Crochet 2 - 3:30 Bowling for Fun 2 - 4		

20 MARCH 18

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Yoga 10 - 11 Social Security/Medicare 2 - 3	2 Beg. Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45
5 Range of Motion 10 - 10:45 Uploading Photos 11 - 12 Mah-Jongg 12:30 - 3 Ukulele Strum 3:30 - 5	6 Yoga 10 - 11 Shamrocks 1 - 4 Chair Yoga 2 - 2:45	7 Range of Motion 10 - 10:45 Basic Bridge 12:30 - 2:30 Move It! 1 - 1:45 Glass Plate 1 - 2 Knit & Crochet 2 - 3:30 Bowling for Fun 2 - 4	8 Yoga 10 - 11 Mosaic Flower Pot 1 - 3	9 Beg. Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45 Overdrive/Ebook 1 - 2
12 Range of Motion 10 - 10:45 Book Review: <i>Glass Houses</i> 11 - 12 Mah-Jongg 12:30 - 3 Ukulele Strum 3:30 - 5	13 Tallahassee Museum (Depart 10 a.m.) Yoga 10 - 11 Chair Yoga 2 - 2:45	14 Range of Motion 10 - 10:45 Animal Portraits 11 - 12:30 Basic Bridge 12:30 - 2:30 Move It! 1 - 1:45 Glass Plate 1 - 2 Bowling for Fun 2 - 4	15 Yoga 10 - 11 Mosaic Flower Pot 1 - 3 Soldier's Story 1:30 - 3	16 Havanna, FL (Depart 10 a.m.) Beg. Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45
19 Range of Motion 10 - 10:45 Alzheimers' Caregivers 11 - 12 Mah-Jongg 12:30 - 3 Ukulele Strum 3:30 - 5	20 Yoga 10 - 11 Easter Bunnies 1 - 4 Chair Yoga 2 - 2:45 Whose Genes? 3 - 4:30	21 Range of Motion 10 - 10:45 Animal Portraits 11 - 12:30 Basic Bridge 12:30 - 2:30 Move It! 1 - 1:45 Bowling for Fun 2 - 4	22 Yoga 10 - 11 Planetarium: Origins of Life 11 - 12 Mock Stained Glass 1 - 3	23 Beg. Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45 Vegetarian B 1 - 2:45
26 Range of Motion 10 - 10:45 Mah-Jongg 12:30 - 3 Ukulele Strum 3:30 - 5	27 Yoga 10 - 11 Chair Yoga 2 - 2:45	28 Range of Motion 10 - 10:45 Animal Portraits 11 - 12:30 Basic Bridge 12:30 - 2:30 Move It! 1 - 1:45 Bowling for Fun 2 - 4	29 Yoga 10 - 11 Chemo Cap B 10 - 12 Braided Easter Bread 1 - 3	30 Beg. Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45

20 APRIL 18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Range of Motion 10 - 10:45 Mah-Jongg 12:30 - 3 Ukulele Strum 3:30 - 5</p>	<p>3</p> <p>Yoga 10 - 11 Spring Flowers 1 - 4 Chair Yoga 2 - 2:45</p>	<p>4</p> <p>Range of Motion 10 - 10:45 Animal Portraits 11 - 12:30 Basic Bridge 12:30 - 2:30 Move It! 1 - 1:45 Bowling for Fun 2 - 4</p>	<p>5</p> <p>Genealogy Trip/Moultrie (depart 8 a.m.) Yoga 10 - 11 Wine Bottle Crafts 1 - 3 Planetarium: Seasonal Stargazing 11 - 12</p>	<p>6</p> <p>Beg. Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45 Tallahassee Auto Museum (Depart 10 a.m.)</p>
<p>9</p> <p>Range of Motion 10 - 10:45 Insects 11 - 12 Mah-Jongg 12:30 - 3 Ukulele Strum 3:30 - 5</p>	<p>10</p> <p>Yoga 10 - 11 Chair Yoga 2 - 2:45</p>	<p>11</p> <p>Hofwyl Broadfield (Depart 8 a.m.) Range of Motion 10 - 10:45 Bridge Group 12:30 - 2:30 Move It! 1 - 1:45 Bowling for Fun 2 - 4</p>	<p>12</p> <p>Yoga 10 - 11 Sew for a Cause 10 - 3 Photo Journey: San Antonio 1 - 3</p>	<p>13</p> <p>Beg. Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45 Vegetarian C 1 - 2:45</p>
<p>16</p> <p>Range of Motion 10 - 10:45 Mah-Jongg 12:30 - 3 Ukulele Strum 3:30 - 5</p>	<p>17</p> <p>Yoga 10 - 11 Laughter Sec. B 11 - 12 Earth Day Flowers 1 - 4 Chair Yoga 2 - 2:45</p>	<p>18</p> <p>Range of Motion 10 - 10:45 Bridge Group 12:30 - 2:30 Move It! 1 - 1:45 Bowling for Fun 2 - 4</p>	<p>19</p> <p>Yoga 10 - 11 Peach State Theatre 11 - 12 Memory Pillow 1 - 3 BARC Humane Soc. 3 - 4</p>	<p>20</p> <p>Beg. Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45</p>
<p>23</p> <p>Range of Motion 10 - 10:45 Mah-Jongg 12:30 - 3 Ukulele Strum 3:30 - 5</p>	<p>24</p> <p>Yoga 10 - 11 Spring Into Art Tour 11 - 12 Paint Party: Spring 1 - 3 Chair Yoga 2 - 2:45</p>	<p>25</p> <p>Birdsong (Depart 8:30 a.m.) Range of Motion 10 - 10:45 Bridge Group 12:30 - 2:30 Move It! 1 - 1:45 Bowling for Fun 2 - 4</p>	<p>26</p> <p>Yoga 10 - 11 Chemo Cap C 10 - 12 Plant Swap 1 - 3 BARC Humane Soc. 3 - 4</p>	<p>27</p> <p>Beg. Line Dance 10 - 11 Views of the News 10 - 12 Step 2! Line Dance 11 - 11:45</p>
<p>30</p> <p>Range of Motion 10 - 10:45 Mah-Jongg 12:30 - 3 Ukulele Strum 3:30 - 5</p>				

20 MAY 18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Yoga 10 - 11 Flower Pot & Saucer 1 - 4 Chair Yoga 2 - 2:45</p>	<p>2</p> <p>Range of Motion 10 - 10:45 Bridge Group 12:30 - 2:30 Move It! 1 - 1:45 Bowling for Fun 2 - 4</p>	<p>3</p> <p>Spring Flora @ Lake Louise (Depart 8:30 a.m.) Yoga 10 - 11 Cork Crafts 1 - 3</p>	<p>4</p> <p>Beg. Line Dance 10 - 11 Step 2 Line Dance 1 - 11:45 Vegetarian D 1 - 2:45</p>
<p>7</p> <p>Mah-Jongg 12:30 - 3 Range of Motion 10 - 10:45 Ukulele Strum 3:30 - 5</p>	<p>8</p> <p>Florida Caverns (Depart 10 a.m.) Yoga 10 - 11 Lawn & Garden 11 - 12 Mothers Day Notecards 1 - 4 Chair Yoga 2 - 2:45</p>	<p>9</p> <p>Range of Motion 10 - 10:45 Bridge Group 12:30 - 2:30 Move It! 1 - 1:45 Bowling for Fun 2 - 4</p>	<p>10</p> <p>Daylily Garden (Depart 9 a.m.) Yoga 10 - 11</p>	<p>11</p> <p>END OF YEAR POTLUCK 11 - 1</p>



**Learning In Retirement
Continuing Education**

Valdosta State University
1500 N Patterson St
Valdosta GA 31698-0993

Non-Profit Org.
U.S. Postage
PAID
Permit No. 24
Valdosta, GA



Learning in Retirement at Valdosta State University

WEB www.valdosta.edu/ce • PHONE 229.245.6484

