

FALL 2023



Learning In Retirement

VALDOSTA STATE UNIVERSITY

Learning in Retirement (LIR) is a member-led, university-sponsored organization for individuals 50 years of age and above that offers the opportunity for cultural growth, lifelong learning, and recreation. LIR is administered by the VSU Office of Professional & Community Education.

Questions?

Call **229-245-6484** or email **pace@valdosta.edu**

COST AND REGISTRATION:

LIR memberships are \$75 per semester or a discounted yearly fee of \$135 (available during Fall semester only.) Instructors receive a discounted rate. Small extra fees for some classes are paid directly to instructor to cover supplies (see individual course descriptions). Register online at **www.valdosta.edu/pace** or by phone with a credit card (**229-245-6484**).

Paying by check or cash? Stop in the office during business hours.



LOCATION:

VSU's University Center, Entrance 1, 1215 N. Patterson St. The office is located in Room 3103. Class location information will be included on your receipt. Information on the new paperless parking permits will also be included.

SPECIAL EVENTS

“Welcome Back” - Fall Kick-off Lunch

Get together with old and new friends and enjoy a catered lunch. You do not need to be an LIR member to attend – bring a friend you would like to introduce to LIR! To ensure an accurate meal count, please register by close of business on Monday, Aug 21.

24FLIR001 | Wed, August 30 | 11 am - 1 pm

Cost: \$14 (free for Fall 2023 & Spring 2024 instructors)

Business Meeting 11 am

Lunch 11:30 am

Program 12:00 noon

University Center – UC Magnolia Room

Program/Speaker: TBA

Holiday Pot Luck Lunch

Wind down the semester by enjoying food and fellowship with LIR members and friends! Bring a dish to share (beverages and paper goods provided) You do not need to be a current LIR member to attend. Entertainment TBA. Guests welcome and encouraged! No fee. **Location: UC Rose Room**

24FLIR002 | Fri, Dec 8 | 11:30 am - 1 pm

Registration Open House

Stop by **Wednesday, August 16 between 9 AM & 12 Noon** at our new location, VSU University Center, 1215 N Patterson Street. Enjoy some grab-and-go refreshments. This is a great chance to ask questions, meet the PACE staff, pick up LIR information, and get registered for Fall LIR! **Location: UC Rose Room**

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HEALTH & FITNESS

Yoga

Enjoy 45 minutes of self-care with the practice of yoga to improve flexibility, increase muscle strength and help with balance. Some studies have shown that the practice of yoga helps to reduce stress and enhance breathing. Students are requested to bring a yoga sticky mat, cotton yoga strap, and yoga block.

Instructor: Kathleen Hamill

24FLIR401 | 12 Wed | Sept 13-Dec 13 | 9:45 - 10:30 am
(No class Oct 18 & Nov 22)

Range of Motion

Begin with 10 minutes of warm-ups in a chair followed by standing cardio to include stretching, marching and some balancing. Frequent breaks; a chair is available during class. **Instructor: Kathleen Hamill**

24FLIR402 | 12 Tues & Thurs | Sept 12-Dec 14 | 9:45 - 10:30 am
(No class Oct 17, Oct 19, Nov 21 & Nov 23)



Introduction to Tai Chi

Learn and perform some basic principles and movements of Tai Chi, which promotes relaxation and improves balance. The first hour is designed for both beginners and continuing students; continuing students are invited to stay for the last portion (12-12:30 pm).

Instructor: Luanna Goodwin

24FLIR403 | 11 Mon & Thurs
Sept 25-Dec 14 | 11:00 am - 12:30 pm
(No class Nov 20 & 23)

Traditional Line Dancing

This class is for both novice and experienced dancers who wish to progress through new steps and dances each week; we will use floor splits to allow beginners and more advanced dancers to learn at the same time. Handouts provided to assist with learning the material. **Instructor: Jerry Morton**

24FLIR404 | 13 Wed | Sept 13 - Dec 13 | 11 am - 12:30 pm
(No class Nov 22)

Hawaiian Dance

Learn some traditional Hawaiian dances and the history behind them. The instructor will bring Hawaiian attire for you to try out. Activities are suitable for all fitness levels, and can even be done from a chair. **Instructor: Marguerite Gravlee**

24FLIR405 | Tues, Oct 3 | 11 am - 12 pm





Introduction to Meditation

In this 8-session, guided meditation class, you will explore what meditation is and how to do it. Each session will begin and end with a short discussion on different topics related to meditation. During the intervening 30 minutes, your instructor will guide you through a silent meditation practice. **Instructor: Matthew Mixon**

24FLIR406 | 8 Tues | Sept 12 – Oct 31 | 1:00 - 2:00 pm

Well-Balanced

Learn tips and exercises to improve balance and help prevent falls. **Instructor: Linda Crook**

24FLIR407 | 5 Tues | Oct 10-Nov 7 | 11 - 11:30 am

Ballet for Balance

Do you experience lower back pain, uncertain balance, stiff joints? Some simple ballet exercises may be helpful if done a few minutes each day. Utilizing core muscles can improve balance and decrease some lower back discomfort. Slow, deliberate stretching and flexing of the feet and legs can loosen joints so we can move with more comfort. Enjoy moving to beautiful classical inspiring music as you learn a few helpful ballet movements to take home and use each day.

Instructor: Marguerite Gravlee

24FLIR408 | Mon, Sept 18 | 11 am - 12 pm

HISTORY, SOCIAL STUDIES, & SCIENCE

Views of the News

Come ready to discuss today's hot news topics and current events. All views are welcome! We will cover local, regional, and global events. Ideological persuasion of the course is determined by who attends and who comes back each semester. Hybrid class, choice of Zoom or in-person.

Instructor: Dr. James LaPlant

24FLIR201 | 10 Fri, Sept 15-Nov 17 | 10 am - 12 noon



WORLD CULTURE

Developing your understanding of other cultures is an important way to build respect and empathy for other people. Join members of VSU's international community to learn about and celebrate differences and similarities.

24FLIR202 **Women of Morocco**

Mariya Chakir, Senior Lecturer in VSU's Department of Modern & Classical Languages and Program Director for Study Abroad in Morocco & Spain, will discuss how women's lives in Morocco have changed in different aspects. **Instructor: Mariya Chakir**

Fri, Sept 22 | 11 am - 12 pm

24FLIR203 **My Hometown in Russia**

Each year, VSU's Center for International Programs hosts international guest instructors who come to teach languages at our university. Join us for stories and information on life in a Russian hometown. **Instructor: TBA**

Wed, Oct 18 | 10 - 11 am

24FLIR204 **Arabic Culture**

Each year, VSU's Center for International Programs hosts international guest instructors who come to teach at our university. Join us for a presentation on Arabic culture and traditions from the guest instructor's home country. **Instructor: TBA**

Tues, Nov 14 | 10 - 11:30 am

24FLIR205 **Life and Culture in Ghana**

Learn about life and culture in the Republic of Ghana, a country in West Africa. **Instructors: Ellen Lokko & Kwame Akuoko**

Mon, Nov 6 | 1 - 2:30 pm

A German Sub in Central Park?

Bill Ryan's father was a navy Marconi Operator on Fire Island station in 1918! Be the first to hear this unknown story by Bill Ryan, the Florida Storyteller, of a German super submarine that would sink the only capital ship lost by US in the First World War. The German Super Sub later did immense damage to the Fishing Fleet. See and hear the exciting story of how it vanished from our history. Hybrid class: choice of Zoom or in-person. **Instructor: Bill Ryan**

24FLIR206 | Tues, Sept 19 | 11 am - 12 pm



Photography in the Civil War

Join Bill Ryan as he shares his collection of original prints made from the Ansco collection of Civil War photos by the famed American photographer Mathew Brady. Bill obtained these photos while a researcher at Ansco Company, America's first photographic company, older even than Eastman Kodak. Learn some of the

history of Ansco and Brady and his Civil War photography while you view images and new information from the original images, some not known or viewed before. Hybrid class: choice of Zoom or in-person. **Instructor: Bill Ryan**

24FLIR207 | Tues, Oct 17 | 11 - 12

Georgia to Florida: Our Historic Highways

Join Bill Ryan for an exploration of The Dixie Highway. The British Kings Road of 1774 and the Dixie Highway of 1914-1920 connect our country. Learn how touring, the motel, the gas station, and transport into Florida all got started. Hybrid class: choice of Zoom or in-person. **Instructor: Bill Ryan**

24FLIR208 | Wed, Nov 1 | 10 - 11 am

Salt, Sugar, Fat

Learn the history of processed foods like cereals, cake mixes, and soups, and what a well-educated consumer needs to know about the salt, sugar, and fat found in common processed foods. **Instructor: Dr. Dennis Bogyo**

24FLIR209 | 8 Mon | Sept 25-Nov 13 | 10 - 11 am

Antique Money in Georgia from 1492

Socrates said, "Prefer knowledge to wealth, for the one is transitory, the other perpetual." Put Socrates's advice into practice as you explore Georgia's history through the many types of money used over the centuries. **Instructor: "Diamond" Jim Halter**

24FLIR210 | Mon, Oct 30 | 2 - 3 pm

Photo Journey: Autumn in New England

Travel along with Judy and the Happy Travelers and enjoy the beauty of autumn in New England. Stops include Foxwoods, Connecticut; the Tugboat Inn & Lobster Bake and a Harbor Cruise in Kennebunkport & Boothbay Harbor, Maine; lunch in Mt. Washington Hotel, New Hampshire; the Lake Champlain Lunch Cruise & Shelburne Museum in Burlington, Vermont. While in Vermont, ride the Ethan Allen Foliage Train & visit the Quechee Gorge. No New England trip would be complete without stops in Hershey, Pennsylvania and the Naval Academy Tour, Annapolis, Maryland. **Instructor: Judy Baxter**

24FLIR211 | Thurs, Nov 9 | 1 - 2:30 pm

What Is Physics & Why Is It Important?

Physics is the study of the simplest things, starting with space and time. Coils of space-time form bits of matter. More and more complicated compounds are the subject matter of chemistry, biology, physiology, psychology, the social sciences, the humanities, and the arts. An understanding of the simple stuff is necessary for an understanding of the complicated stuff. Hybrid class: choice of Zoom or in-person. **Instructor: Dr. Dennis Marks**

24FLIR212 | Tues, Oct 31 | 10 - 11:30 am

“Tutmania”

Last year we celebrated the 100th anniversary of the discovery of King Tut's tomb, the date when Egyptologist Howard Carter delved underground to open the door to the untouched tomb of a well-known Egyptian Pharaoh. We will look at the cultural implications through the way satirical magazines of the 1920's depicted what came to be known as “Tutmania.” Hybrid class: choice of Zoom or in-person. **Instructor: Dr. Patricia Marks**

24FLIR213 | Tues, Oct 17 | 10 - 11 am

The Shanghai Ghetto

Learn about a little-known piece of Holocaust history. Drawn from the memoir of Betty Grebenshikoff, one of tens of thousands of refugees, the story is of family and friendship, endurance and determination. Hybrid class: choice of Zoom or in-person. There will be a Zoom Q&A with Betty's niece, Holly Faris. **Instructors: Linda Brown**

24FLIR214 | Tues, Sept 19 | 2 - 3:30 pm

Squishy Animals

Have you ever wondered “how squishy animals are built to do important things like move, hunt, eat...without depending on...bones and shells”? The answers are found in physics and hydraulics. Dr. Theodore Uyeno will share his research on **Instructor: Dr. Theodore Uyeno**

24FLIR215 | Wed, Oct 11 | 2:30 - 3:30 pm

A Soldier's Story

The instructor will discuss pre-WWII life and how George Aigen was inducted into the army. Follow his adventures in France and Germany and the liberation of the Holocaust survivors. Class is open to the public. Hybrid class: choice of Zoom or in-person. **Facilitators: Joyce Aigen, John Brown & Bill Ryan**

24FLIR216 | Thurs, Nov 2 | 1 - 2:30 pm

GOOD TO KNOW

Who Cares for the Caregiver?

Dr. Debra Tann will present information from her book entitled “The Race of Dementia.” Moreover, she will offer caregiving details from her presentation in Amsterdam and her advocacy role. Dr. Tann will provide resources to help caregivers navigate through the maze of their journey as a dementia caregiver/partner. This learning experience will be participatory and illuminating. A PowerPoint presentation will guide the discussion. Hybrid class, choice of Zoom or in-person. **Instructor: Dr. Debra Tann**

24FLIR301 | Fri, Sept 29 | 1 - 2 pm

Heart Attack Symptoms in Women

Women’s heart attack symptoms can differ from men’s. Chest pain is not always severe or even the most apparent symptom, especially in women. Learn what to look for to help protect yourself. This class is free and open to the public.

Instructor: Dr. Luke Seibolt, SGMC Cardiology

24FLIR316 | Thurs, Sept 14 | 11 am - 12 pm

Georgia Center of the Deaf and Hard of Hearing

GCDHH staff will provide an overview of their services. The Telecommunications Equipment Distribution Program provides free equipment to individuals with hearing loss; similarly, the federally-funded iCanConnect program provides equipment to individuals with combined hearing and vision loss. The presentation will cover the income, age, and other requirements, and provide help with completing applications to the programs following the presentation. ***You do not need to be an LIR member to attend.*** **Instructor: GCDHH Staff**

24FLIR302 | Tues, Oct 24 | 2 - 3:30 pm

Face It or Flee? Self-Defense Tips for Seniors

Every day, without knowing it, we do things that can attract predators. Learn common sense methods of staying out of harm’s way. With awareness and some changes in our daily habits, we can lessen the chance of getting caught in common dangerous situations. By learning to be proactive, we can be equipped to decide whether we should ‘face the situation or flee.’ (Not a hands-on physical defense class). **Instructor: Tommy DeVane**

24FLIR303 | Wed, Sept 13 | 1 - 2:30 pm

Introduction to Genealogy

Are you interested in finding out more about your family and where you came from? If so, please join us for an introduction to Genealogy. Learn how to start and build your family tree; the best websites to do research; genealogy resources at nearby libraries; what you can learn from your DNA; any other topics you would like to discuss. **Instructor: Debbie Radabaugh**

24FLIR304 | 6 Thurs | Sept 21 - Oct 26 | 10 - 11 am

Building a Family Tree

The family tree is a fun and easy way to introduce your family history, culture and relatives. There are several ways to create a family tree. We will learn how to create your family tree using on-line tools and paper journals. Both methods will be discussed. You will choose which path you want to use. **Instructor:**

Debbie Radabaugh

24FLIR305 | 6 Thurs | Sept 21 - Oct 26 | 1:00 - 2:00 pm

Find Your Patriot

This is an introduction on how to find an ancestor who was a patriot in the American Revolution using your family tree and the free database of the Daughters of the American Revolution (DAR). If you don't have a tree currently, we will briefly discuss how to create one using Family Search or Ancestry. If you do have a tree, please bring your user name and password. **Instructor: Daphne Wright**

24FLIR317 | 2 Fri | Nov 3 & 10 | 12:30 - 2:30 pm

Local Newspapers: The Good, the Bad & the Ugly.

Hear first-hand about the good, the bad, and the ugly in running a local newspaper. **Instructor: Jim Zachary, Editor, Valdosta Daily Times**

24FLIR306 | Wed, Sept 27 | 11 am - 12 pm

The First Amendment, Public Right to Know and The Media

Explore why freedom of the press, protected by the First Amendment, is critical to a democracy in which the government is accountable to the people and benefits the public through a free flow of information. **Instructor: Jim Zachary, Editor, Valdosta Daily Times**

24FLIR307 | Wed, Oct 4 | 2 - 3 pm

News Deserts and Inherent Dangers

A "news desert" is a community where residents have significantly diminished access to important local news and information that feeds grassroots democracy. Jim Zachary, Editor of the Valdosta Daily Times, will discuss the importance of local news and the dangers of allowing news deserts to grow.

Instructor: Jim Zachary, Editor, Valdosta Daily Times

24FLIR308 | Wed, Oct 25 | 11 am - 12 pm

Radical Adult Education

What is radical adult education? During Session 1, Dr. Roberson will lead a discussion on "Transformation Theory" - most of our knowledge is simple, head information; however, there are times where we learn at a point where our lives are transformed. Session 2 will cover "Critical Thinking" - as we get older, we hopefully become wiser, learning to apply critical reasoning to everyday situations to enable successful aging. Session 3 will explore "Keeping Friends" - as we age, our world grows smaller and sometimes we can find ourselves more and more alone. The significance of friends is important to consider for successful aging. **Instructor: Dr. Donald Roberson, Ph.D. Adult Education, UGA**

24FLIR309 | 3 Thurs | Nov 2, Nov 9 & Nov 16 | 1 - 2 pm

Planning a Trip to Europe

Dr. Donald Roberson, an avid traveler, will guide you in planning your own 2-week trip through Europe. **Instructor: Dr. Donald Roberson, Ph.D.**

24FLIR310 | Tues, Nov 7 | 2 - 3 pm

Understanding Your MSN/EOB

Learn how to read your Medicare Summary Notices (MSN) and Explanations of Benefits (EOB) statements which summarize the services you accessed under Medicare, the costs covered, and how much you may be billed. *This class is free and open to the public. Sponsored by AdviseWell, Inc. and funded through a grant from the U.S. Administration for Community Living (Nos. 90-MPPG0023, 90-MPPG0024 and 90-MPPG0049).* **Instructor: Gayla Yochum, Senior Medicare Patrol**

24FLIR311 | Tues, Sept 12 | 11 am - 12 pm

Open Enrollment Fraud

Know your rights and how to spot potential marketing violations so, during Medicare Open Enrollment, you'll be prepared if an insurance broker or agent tries to enroll you in a Medicare plan that isn't right for you. *This class is free and open to the public. Sponsored by AdviseWell, Inc. and funded through a grant from the U.S. Administration for Community Living (Nos. 90-MPPG0023, 90-MPPG0024 and 90-MPPG0049).* **Instructor: Gayla Yochum, Senior Medicare Patrol**

24FLIR312 | Wed, Oct 18 | 10 - 11 am

Pharmacy and Prescription Drug Fraud

Pharmacy and prescription drug fraud is a common problem. Learn tips for how to spot potential fraud and how to report it. *This class is free and open to the public. Sponsored by AdviseWell, Inc. and funded through a grant from the U.S. Administration for Community Living (Nos. 90-MPPG0023, 90-MPPG0024 and 90-MPPG0049).* **Instructor: Gayla Yochum, Senior Medicare Patrol**

24FLIR313 | Tues, Nov 7 | 11 am - 12 pm

Animal Safety for the Holidays

Holidays are a wonderful time for fun, family and celebration, but can bring about some pet safety concerns. From firework safety to foreign body ingestion, join Dr. Purvis to discuss common safety concerns and solutions for your pets this holiday season. **Instructor: Dr. Purvis, Northside Animal Hospital**

24FLIR314 | Thurs, Nov 16 | 2 - 3 pm

Community-Oriented Policing in Valdosta

Find out what the Valdosta Police Department is doing to strengthen ties with our community through its many community and educational programs. These programs are designed to help educate citizens on Police Department operations, develop positive police relations, and cultivate community cooperation. **Instructor: Officer Randall Hancock, VPD.**

24FLIR315 | Wed, Sept 27 | 1 - 2 pm

EXCURSIONS & TOURS

VSU Planetarium Show: Season of Light

The “Season of Light” show will trace the history of many of the world’s most endearing holiday customs, all of which involve lighting up the winter season — festive Christmas tree lights, burning the Yule log, and the ritual lighting of the Hanukkah menorah. The show recounts the religious and cultural rituals practiced during the time of the winter solstice, not just Christian and Jewish traditions but also Celtic, Nordic, Roman, Irish, Mexican, and Hopi traditions. It will also include a look at some of the more light-hearted seasonal traditions — exchanging gifts, kissing under the mistletoe, and decking the halls with greenery and candles — and it will examine some of the explanations that have been proposed for the star over Bethlehem. We suggest that you meet at the University Center, and carpool to the planetarium in Nevins Hall. Parking instructions will be sent with registration receipt. **Instructor: Dr. Martha Leake**

24FLIR501 | DATE TBA, YOU WILL BE NOTIFIED WHEN SCHEDULED

CEMR Tour

VSU’s Center for Exercise Medicine and Rehabilitation (CEMR) encompasses all preventive and therapeutic clinical services provided by the Athletic Training and Exercise Physiology faculty, staff and students. The director of CEMR will talk about the services the center provides, followed by a tour of the facility.

Instructor: Andrew Diamond, Director of CEMR. Location: Health Sciences Building, 2525 N Patterson St.

24FLIR502 | Wed, Oct 4 | 1 - 2 pm

Lunch at Pedro’s

Let’s have lunch together at Pedro’s. This is a new Valdosta Mexican restaurant which has become very popular. If you register for this lunch, please be sure to show up. The restaurant is making special arrangements to accommodate us. Please arrive a few minutes early to be seated. Location: 2905 N Ashley Street, Valdosta. Meet at Pedro’s. If you need a ride, call the LIR office 229.245.6484. **Facilitator: Marie Sooy**

24FLIR503 | Thurs, Sept 21 | Lunch at 11:30 am

Radium Springs

Radium Springs is one of Georgia’s 7 natural wonders. Radium Springs Gardens pumps 70,000 gallons of clear, 68-degree water per minutes from an underground cave. Stroll through a courtyard where the former Radium Springs Casino once stood. Enjoy foliage draped hillocks, crystal clear waters, and both indigenous and exotic flora. Location: 2501 Radium Springs Rd, Albany, GA. No admission fee. Meet in the parking lot of the University Center to carpool to Albany. If you need a ride, call the LIR office 229.245.6484. Lunch arrangements in Albany will be decided by participants. **Facilitator: Marie Sooy**

24FLIR504 | Fri, Sept 15

Departure time: 10 AM | Travel time: 1 hour, 30 minutes

Victorian Christmas

Held in downtown Thomasville, this even harkens back to the Victorian era, complete with horse drawn carriages, caroling, a live nativity, holiday shopping and dining, and visits with St. Nick. Meet in the parking lot of the University Center to carpool to Thomasville. If you need a ride, call the LIR office 229.245.6484. **Facilitator: Marie Sooy**

24FLIR505 | Fri, Dec 8 | Departure time: 6 PM | Travel time: 1 hour

Old South Day

Enjoy this outdoor festival in Ochlocknee. Celebrate the history of the area with lots of food, crafts, a parade, and live entertainment. Meet in the parking lot of the University Center to carpool to Ochlocknee. If you need a ride, call the LIR office 229.245.6484. **Facilitator: Marie Sooy**

24FLIR506 | Sat, Nov 11 | Departure time: 10 AM | Travel time: 1 hour



Georgia Beer Company

Georgia Beer Company is a brewery and taproom specializing in seasonal ales, stouts and IPAs using local ingredients. Meet in the parking lot of the University Center to carpool to Georgia Beer Company.

Location: 109 S. Briggs Street, Valdosta. Facilitator: Marie Sooy
24FLIR507 | Fri, Oct 20, 2 - 4 pm

Bingo Nights (Kennedy Center, Valdosta)

Let's play Bingo!! Bingo is always fun and even more so with friends. Bingo cards: \$1.00 each. Meet at the Kennedy Center, 306 St. Augustine Rd, Valdosta. **Facilitator: Marie Sooy**

24FLIR508 | Section A: Fri, Sept 22 | 7:00 - 10:00 pm
24FLIR509 | Section B: Fri, Oct 13 | 7:00 - 10:00 pm
24FLIR510 | Section C: Fri, Nov 10 | 7:00 - 10:00 pm



Annunciation Orthodox Church Tour

Take a tour of Annunciation Orthodox Church in Jacksonville. The trip will include a conversation with Father Alexey to discuss the history of the Russian Orthodox Church in America. We'll also visit at least one grocery store where visitors can purchase some European/Russian grocery items. Meet at 8:45 AM in the parking lot of the University Center to carpool to the church. If you need a ride or are willing to drive, please let the LIR office know - 229.245.6484. Church Location: 8535 Baymeadows Rd, #45, Jacksonville, FL 32256.

Facilitator: Irina McClellan

24FLIR511 | Thurs, Sept 21 | Departure Time: 9:00 AM | Travel Time: 2 hours

The Gourd Pile Tour

Fall is the perfect time of year to visit The Gourd Pile, an active gourd farm located in Barney, Georgia. Tour the farm to see how all sizes and shapes of gourds are grown and harvested and discover many ways to use them. Meet at 8:45 AM in the parking lot of the University Center to carpool to the location. If you need a ride or are willing to drive, please let the LIR office know - 229.245.6484.



24FLIR512 | Tues, Nov 14 | 11:30 - 12:30
Departure Time: 10:45 am | Travel Time: 40 min

Lowndes County Board of Elections Tour

Join Deb Cox, Supervisor of Elections, at the Lowndes County Board of Elections office. Deb will give a presentation, answer questions about elections and voting, and give LIR members a tour of the facility. (The presentation and tour are repeated for each session.) Meet at the Board of Elections, 2808 N Oak Street, Valdosta. If you need a ride, please let the LIR office know - 229.245.6484.

Instructor: Deb Cox, Supervisor of Elections

24FLIR513 | Session A | Tues, Sept 12 | 1 - 3 pm
24FLIR514 | Session B | Thurs, Sept 14 | 1 - 3 pm

Exploring VSU's Herbarium

Come tour the Valdosta State University Herbarium! This scientific archive of dried plant specimens documents the plants of the southeastern United States with special emphasis on the flora of southern Georgia. Supporting student learning, public outreach, and research, this museum collection has been an integral feature of VSU for more than 75 years. Meet in the parking lot of the University Center to carpool to Bailey Science Center, Room 1040. We recommend parking in the Admissions Office parking lot across from Main Campus.

24FLIR515 | Mon, Sept 16 | 1 - 2:30 pm

The Amazing Fall Flora at Greenwood

Come walk among ancient trees in this old-growth longleaf pine/wiregrass forest, one of the most diverse ecosystems in the United States. The Big Woods at Greenwood is an ecologically important site, a remnant of the once extensive fire-dependent longleaf pine community that covered more than 90 million acres of the southeastern United States prior to settlement by Europeans. Less than 3% of this original forest remains, providing habitat for many rare species that have evolved diverse adaptations enabling them to co-exist with frequent fires. Meet in the University Center parking lot. The VSU van is limited to 9 passengers. We can have one trailing car with 4-6 additional passengers depending on vehicle size. Please let the PACE office know if you are willing to be the driver. (Rain date: Oct 24)

Instructor: Dr. Richard Carter

24FLIR516 | Tues, Oct 17
Departure Time: 12:30 - 5 pm | Travel Time: 1 hour

FINE ARTS & LITERATURE

Basic Painting Techniques

In this one-session class, you'll learn some useful painting techniques: brushstrokes, color washing, scumbling, underpainting, and more. Bring any color acrylic paint and brushes you have on hand and either watercolor or mixed media paper. Class is limited to 10. **Instructor: Debra Kantelis**

24FLIR601 | Wed, Oct 4 | 1 - 2:30 pm

Create an Artist's Journal

Bring your watercolors or acrylics and make a artist's journal. These can be practice pages or a "tiny" painting of a tree, flower, or other object that catches your eye. Artist's journals are a way to take visual notes to inspire your creativity. You can capture scenes on a walk or trip, practice specific techniques, record ideas to paint later. Your journal can be anything you want it to be. Once completed, your instructor will show you how to bind them into a small journal. You will need brushes, water colors or acrylics in your choice of colors, and watercolor or multimedia paper. Class is limited to 10. **Instructor: Debra Kantelis**

24FLIR602 | Thurs, Oct 12 | 1 - 2:30 pm

Paint an Abstract Landscape

Using the skills and techniques you learned in "Basic Painting Techniques" (and "Creating an Artist's Journal), you will paint an abstract landscape. Bring one ½ sheet of watercolor paper, pencil, any acrylic paint in any colors, and any brushes you have on hand. Class is limited to 10. **Instructor: Debra Kantelis**

24FLIR603 | Fri, Oct 27 | 1 - 3 pm

Drawing for Beginners

Have you ever said, "I can't draw!" Yes, you can because drawing is a learned skill. You'll have fun practicing exercises from the book, *Drawing on the Right Side of the Brain* by Betty Edwards as you develop your drawing skills. You'll need a set of soft drawing pencils and a sketch pad. Class is limited to 10.

Instructor: Debra Kantelis

24FLIR604 | 3 Mon | Oct 2-16 | 1 - 2 pm

Drama Group

Participants will hone their acting skills for a future performance for an LIR audience. **Facilitator: Marie Sooy**

24FLIR605 | 9 Fri | Sept 22-Dec 1 | 1 - 3 pm
(Oct 20, 1-2 pm; no class Oct 27, Nov 24)



Writers Meet-Up

Writing is a lonely job and sometimes we need the company and feedback of others to keep us in the groove. This writers/readers workshop is for people who yearn for inspiration from others and for an audience to listen to their work. It is not a “how to” workshop, but rather a support group to keep us going. You will not be required to write. We welcome anyone who just wants to sit back and listen to the talents and work of your LIR friends. **Facilitator: Harriet Messcher Jansen**

24FLIR606 | 10 Tues | Sept 26 – Dec 5 | 1 - 2 pm
(No class Nov 21, Thanksgiving Week)

Book Review: “A Woman of Intelligence”

Katharina Edgeworth, a former UN translator, unfulfilled in her role as wife and mother, finds herself leading a double life as an FBI informant during the McCarthy era. Filled with intrigue and wit, the author takes readers on a meticulously researched journey through post WWII New York. Hybrid class: choice of Zoom or in-person. **Reviewer: Dr. Mary Helen Watson**

24FLIR607 | Wed, Sept 20 | 11 am - 12 pm

LEISURE & CRAFTS

Mahjongg for Newcomers

Have you wondered why so many people love playing Mahjongg? Have you asked yourself, “Would I like it?” No you can find out! In this 6-session course, you will learn the basics of the game. You are then invited to continuing playing by joining the regular Mahjongg class. If you have played before, please sign up for “Mahjongg” (24FLIR102). **Instructor: Elizabeth Burnette**

24FLIR101 | 6 Mon | Sept 25 - Oct 30 | 11 am - 12 pm



Mahjongg

Unlock the mysteries of this ancient Oriental game played with tiles. Popular to this day and played all across America, this challenging game blends skill, strategy, and chance. We use the National Mahjongg League Card. Appropriate for everyone, from beginners to players just looking to enhance their skills. **Instructor: Elizabeth Burnette**

24FLIR102 | 13 Mon | Sept 11 - Dec 11 | 12:30 - 3 pm | (No class Nov 20)

Let's Play Bunco

Bunco is a social, group dice game that requires no skill but it's a lot of fun! Players, traditionally in groups of 4, attempt to roll specific numbers on the dice depending on the round. For example, rolling three 3's in Round 3, earns the player points. It may seem like a dry game, but it is far from it. Get ready for lots of dice rolling, socializing, friendly competition, and celebrating in a spirit of fun and friendship! Register for one or both sections.



Instructor: Beth Farrens

24FLIR103 | Section A | Wed, Sept 20 | 1 - 2:30 pm

24FLIR104 | Section B | Wed, Oct 25 | 1 - 2:30 pm

Chemo Cap Crew

If you knit, crochet, or sew and have a desire to do something to benefit area cancer patients, consider joining the Chemo Cap Crew, a group of volunteers active for more than 10 years. Volunteers hand-make caps and lapghans to gift to cancer patients at the Pearlman Cancer Center. For more information, call facilitator Annette Woodruff at 229-560-4343. Bring a crochet hook (4.5 mm) or knitting needles (#10 and #13 or #7 circular). Yarn and patterns are available at the meetings. Meet in the Conference Room of the Pearlman Cancer Center, SGMC. Ask for directions at the check-in counter. **Facilitator: Annette Woodruff**

24FLIR105 | Section A | Thurs, Sept 28 | 10 am - 12 pm

24FLIR106 | Section B | Thurs, Oct 26 | 10 am - 12 pm

Mock Stained Glass

Color a picture frame and make it look like stained glass. No fee for class, but students must bring an 8 x 10 glass picture frame; all other supplies provided. Class is limited to 10. **Instructor: Marie Sooy**

24FLIR107 | Mon, Oct 23 | 1 - 3 pm

Make a Wooden Crate

Make an attractive and useful wooden crate. You can use it as an organizer, letter holder, or a decorative holder for mason jars with flowers. The possibilities are endless! You will stain the wood and assemble the crate during the session. All craft skill levels welcome. Supplies provided. Class is limited to 10. **Instructor: Madonna Terry**

24FLIR109 | Tues, Sept 26 | 2 - 3 pm

Make a Fall Gnome

With a few colorful craft supplies, a glue gun, and a pine cone, you can make an adorable gnome to decorate your home for fall. All craft skill levels welcome. Supplies provided. Class is limited to 10. **Instructor: Holly Gougeon**

24FLIR110 | Wed, Oct 11 | 1 - 2:15

Thanksgiving Turkey Gnome

Make an adorable turkey gnome for Thanksgiving. With some felt, faux fur, and a few other supplies, you'll have an adorable turkey gnome to add a touch of whimsy to your holiday décor. All craft skill levels welcome. Supplies provided. Class is limited to 10. **Instructor: Holly Gougeon**

24FLIR111 | Wed, Oct 18 | 1 - 2:30 pm

Fabric Christmas Tree

All it takes is a little folding and pinning to create beautiful fabric Christmas trees. Once you learn how, you can create a whole forest of trees to decorate for the holidays or give as gifts. All craft skill levels welcome. Supplies provided. Class is limited to 10. **Instructor: Holly Gougeon**

24FLIR112 | Wed, Nov 15 | 1 - 2 pm

Painted Ornaments

Making beautiful painted ornaments to decorate your holiday tree or to give as gifts is easier than you think. All craft skill levels welcome. Supplies provided. Class is limited to 10. **Instructor: Holly Gougeon**

24FLIR113 | Wed, Nov 29 | 1 - 2 pm

Dandelion Painting Technique

Using toilet paper rolls and Q-Tips, you can create a beautiful dandelion painting on an 8 X 10 canvas. All supplies included. Beginners level but all crafters are welcome. (If you'd like to paint a larger painting, please bring a canvas in the size of your choice.) Class is limited to 10. **Instructor: Lynn Ross**

24FLIR114 | Tues, Oct 10 | 2 - 3 pm



Karaoke Fun

Do you like music and singing? Karaoke is a great way to express yourself and have fun with your fellow LIR members. Forget your insecurities and get a dose of happiness while tapping, dancing, and singing along with your LIR friends!

Facilitator: Martina Cephus

24FLIR115 | 4 Wed | Nov 1, Nov 29, Dec 6 & Dec 13 | 1 - 2 pm



Ghost Stories of Georgia

Lights will be dimmed and this is not for the weak of heart. Presenter will read and tell stories of ghost sightings in various areas of Georgia.

Facilitator: Marie Sooy

24FLIR116 | Fri, Oct 27 | 1 - 3 pm

COMPUTERS & TECHNOLOGY



Basic Computer Literacy

Designed for beginners, this class will cover just the basics so you can make the most of your laptop or Chromebook. You will get an overview of the most popular Google tools, like Chrome, Gmail, Docs, and Drive. Offered in cooperation with South Georgia Regional Library, class is open to the public. LIR members must register for the class – 12 seats are reserved for LIR members. Location: Willis L Miller Public Library, 2906 Julia Drive, Valdosta.

Instructor: Dr. Daesang Kim, Assoc. Professor of Instructional Technology, VSU

24FLIR701 | 4 Thurs | Oct 5-26 | 4:30 - 5:30 pm

Cell Phone Basics

You've got a mobile phone...but do you know how to use it? Learn some of the basics about settings, apps, calling and texting, and photos. The first two sessions will be structured information. The last session will be a chance for you to ask questions and get some one-on-one assistance. **Instructor: Elena Schmitt**

24FLIR702 | 3 Mon, Oct 2, 9, 16 | 2 - 3:30 pm

Basic Word

Learn how to create and save a Word document; enter and format text; create and edit bulleted lists, columns, and tables; and illustrate documents with images. You'll also learn how to proof your document for spelling, grammar, and writing errors, and how to set Autocorrect preferences to help you save time.

Instructor: Elena Schmitt

24FLIR703 | 4 Wed | Oct 25-Nov 15 | 2:30 - 3:30 pm

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2
6	7	8	9
13 <ul style="list-style-type: none"> • Yoga 9:45-10:30 • Traditional Line Dancing 11-12:30 • Face It or Flee? 1-2:30 	14 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • Heart Attack Symptoms / Women 11-12 • Board of Elections B 1-3 	15 <ul style="list-style-type: none"> • Views of the News 10-12 • Radium Springs 10-3 	16
20 <ul style="list-style-type: none"> • Yoga 9:45-10:30 • A Woman of Intelligence 11-12 • Traditional Line Dancing 11-12:30 • Let's Play Bunco A 1-2:30 	21 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • Orthodox Church 9-3 • Intro to Genealogy 10-11 • Lunch at Pedro's 11:30-12:30 • Build Your Family Tree 1-2 	22 <ul style="list-style-type: none"> • Views of the News 10-12 • Women of Morocco 11-12 • Drama 1-3 • Bingo Nights A 7-10 	23
27 <ul style="list-style-type: none"> • Yoga 9:45-10:30 • Traditional Line Dancing 11-12:30 • Publishing Local Paper 11-12 • Community Policing 1-2 	28 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • Intro to Genealogy 10-11 • Chemo Cap Crew A 10-12 • Tai Chi 11-12:30 • Build Your Family Tree 1-2 	29 <ul style="list-style-type: none"> • Views of the News 10-12 • Dementia/Caregivers 1-2 • Drama 1-3 	30

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 <ul style="list-style-type: none"> • Yoga 9:45-10:30 • Traditional Line Dancing 11-12:30 • CEMR 1-2 • Painting Techniques 1-2:30 • First Amendment, Right to Know 2-3 	5 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • Tai Chi 11-12:30 • Intro to Genealogy 10-11 • Build Your Family Tree 1-2 • Basic Computer 4:30-5:30 	6 <ul style="list-style-type: none"> • Views of the News 10-12 • Drama 1-3 	7
11 <ul style="list-style-type: none"> • Yoga 9:45-10:30 • Traditional Line Dancing 11-12:30 • Fall Gnome 1-2:15 • Squishy Animals 2:30-3:30 	12 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • Tai Chi 11-12:30 • Intro to Genealogy 10-11 • Build Your Family Tree 1-2 • Artist's Journal 1-2:30 • Basic Computer 4:30-5:30 	13 <ul style="list-style-type: none"> • Views of the News 10-12 • Drama 1-3 • Bingo Nights B 7-10 	14
18 <ul style="list-style-type: none"> • Open Enrollment Fraud 10-11 • Hometown in Russia 10-11 • Traditional Line Dancing 11-12:30 • Gnome Turkey 1-2:30 	19 <ul style="list-style-type: none"> • Tai Chi 11-12:30 • Intro to Genealogy 10-11 • Build Your Family Tree 1-2 • Basic Computer 4:30-5:30 	20 <ul style="list-style-type: none"> • Views of the News 10-12 • Drama 1-2 • Georgia Beer Company 2-4 pm 	21
25 <ul style="list-style-type: none"> • Yoga 9:45-10:30 • Traditional Line Dancing 11-12:30 • News Deserts 11-12 • Let's Play Bunco B 1-2:30 • Basic Word 2:30-3:30 	26 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • Chemo Cap Crew B 10-12 • Tai Chi 11-12:30 • Intro to Genealogy 10-11 • Build Your Family Tree 1-2 • Basic Computer 4:30-5:30 	27 <ul style="list-style-type: none"> • Views of the News 10-12 • Ghost Stories of Georgia 1-3 • Abstract Landscape 1-3 	28

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <ul style="list-style-type: none"> • Yoga 9:45-10:30 • Historic Highways 10-11 • Karaoke Fun 1-2 • Basic Word 2:30-3:30 	2 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • Tai Chi 11-12:30 • A Soldier's Story 1-2:30 • Radical Adult Ed 1-2 	3 <ul style="list-style-type: none"> • Views of the News 10-12 • Find Your Patriot 12:30-2:30 • Drama 1-3 	4
8 <ul style="list-style-type: none"> • Yoga 9:45-10:30 • Basic Word 2:30-3:30 	9 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • Tai Chi 11-12:30 • Photo Journey— New England 1-2:30 • Radical Adult Ed 1-2 	10 <ul style="list-style-type: none"> • Views of the News 10-12 • Find Your Patriot 12:30-2:30 • Drama 1-3 • Bingo Nights C 7-10 	11 <ul style="list-style-type: none"> • Old South Day (Depart at 10:00)
15 <ul style="list-style-type: none"> • Yoga 9:45-10:30 • Fabric Trees 1-2 • Basic Word 2:30-3:30 	16 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • Tai Chi 11-12:30 • Radical Adult Ed 1-2 • Animal Safety 2-3 	17 <ul style="list-style-type: none"> • Views of the News 10-12 • Drama 1-3 	18
22	23	24	25
THANKSGIVING WEEK			
29 <ul style="list-style-type: none"> • Yoga 9:45-10:30 • Painted Ornaments 1-2 • Karaoke Fun 1-2 	30 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • Tai Chi 11-12:30 		

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 • Drama 1-3	2
6 • Yoga 9:45-10:30 • Karaoke Fun 1-2	7 • Range of Motion 9:45-10:30 • Tai Chi 11-12:30	8 • Holiday Pot Luck 11:30-1 • Victorian Christmas 6-10	9
13 • Yoga 9:45-10:30 • Karaoke Fun 1-2	14 • Range of Motion 9:45-10:30 • Tai Chi 11-12:30	15	16
20	21	22	23
27	28	29	30



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