



VALDOSTA STATE
UNIVERSITY

VSU LEARNING *in* RETIREMENT

Spring Semester 2023

ABOUT VSU LEARNING IN RETIREMENT

Learning in Retirement (LIR) is a member-led and 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 available for a \$75 fee 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 to be paid directly to instructor to cover supplies (see individual course descriptions). You may register online at www.valdosta.edu/pace or by phone with a credit card (229-245-6484). If you wish to pay by check or cash, you may stop in during business hours.

LOCATION: Regional Center for Continuing Education, 903 N Patterson St, The office is located in room 124. Class location info will be included on your receipt/confirmation. Classroom assignments will also be posted next to the elevator in the lobby. A visitor parking permit is required, which will be sent by mail with your registration receipt.

Special Events

SPRING Semester Kick-off Lunch:

“Happy, Healthy New Year”

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 Friday, January 20.**

Wednesday, January 25, 11 am—1 pm

Cost: \$14

(Free for Fall 2022 & Spring 2023 instructors)

Business Meeting 11 am

Lunch 11:30 am

Program 12:00 noon

Regional Center for Continuing Education Auditorium

Speaker: Martina Cephus, Personal Trainer/Fitness Instructor/Silver Sneakers Certified

“Boost Your Longevity”

23SLIR001

Spring Potluck Lunch

Wind down the semester and kick off summer 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.

23SLIR002 Fri, May 5, 11:30 am - 1 pm

REGISTRATION OPEN HOUSE

Stop by Wednesday, January 11 between 9 AM & noon and 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 Spring LIR!

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

23SLIR401 14 Wed, Feb 1-May 3, 10-10:45 am

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

23SLIR402 14 Tues & Thurs, Jan 31-May 4,
10-10:45 am

Bowling for Fun

Join us for a little healthy exercise! Meet at Jac's Lanes on Connell Road. You must have or rent bowling shoes. Bowling balls are available. Cost will be \$2.00 per game (to be paid on site). Facilitator: Mickie Gieske

23SLIR403 14 Wed, Feb 1-May 3, 2-4 pm

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

23SLIR404 14 Mon & Thurs, Jan 30 –May 4
11 am-12:30 pm

Introduction to Line Dancing

Find out what line dancing is all about! Learn several quick and easy dances in this one-time session. Instructor: Martina Cephus, Personal Trainer/Fitness Instructor/Silver Sneakers Certified

23SLIR405 Fri, Feb 3, 10-11 am

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

23SLIR406 14 Wed, Feb 1-May 3, 11 am-12:30 pm

Go4Life

This exercise program is based on research from the National Institute on Aging. Go4Life is designed to help you fit exercise and physical activity into your daily life by building aerobics, stretching, balance and strength movements into weekly routines. Bring a tennis ball (we will have some extras), a towel, and two soup cans from home, and dress comfortably. Instructor: Dr. Donald Roberson

23SLIR407 2 Tues, Jan 31 & Feb 7, 2-3 pm

LIR DEPENDS ON VOLUNTEERS!

We will soon be planning for Fall 2023 and need members and community volunteers to teach classes and serve on our committees.

Call the office at 229-245-6484 or email sewing@valdosta.edu if you are interested.



VOLUNTEER

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.*

Instructors: Dr. James LaPlant & Dr. Dick Saeger

23SLIR201 11 Fri, Feb 10-April 28, 10 am-12 noon
(No class April 7)

Orthodox Easter Traditions

Orthodox Christians in Central and Eastern Europe (and around the world) celebrate Easter differently than we see here in the US. Learn about traditions, customs, and foods of Orthodox Easter (celebrated this year on April 16) from a Russian native. Instructor: Irina McClellan

23SLIR202 Tues, April 11, 11 am-12 pm

Walking the Labyrinth

The labyrinth is an ancient, iconic design that has been used by many cultures. We will look at its history, at the meanings of its pattern, and at its use as a symbolic pilgrimage into a meditative quiet space. An actual labyrinth may be available for those who wish to walk it. *Hybrid class, choice of Zoom or in-person.* Instructor: Dr. Patricia Marks

23SLIR203 Tues, Feb 28, 2:30-3:30 pm

Visit to Croatia

Take an armchair trip to Croatia with Dr. Donald Roberson, who lived and worked there for 8 years. Learn about the history and culture of the region, and explore the city of Zagreb, the Croatian coast, the walled city of Dubrovnick, the Slavonia region, and Istria. Tips for planning independent travel to the region will be included. If you have visited Croatia please feel free to share your own experiences and photos.

23SLIR204 Thurs, March 2, 1-2:30 pm

Visit to the Czech Republic

Take an armchair trip to the Czech Republic (Czechia) with Dr. Donald Roberson, who lived and taught there for 12 years. Explore the cosmopolitan city of Prague, as well as the regions of Moravia, Bohemia, and Silesia. Learn about the history and culture of the area; tips for planning independent travel to the region will be included. If you have visited Czech Republic please feel free to share your own experiences and photos.

23SLIR205 Thurs, March 9, 1-2:30 pm

Interpreting the 1903 Dawes Commission Report on the Pascagoula River Tribe (PRT)

In 1903, the US Department of the Interior and Office of Indian Affairs sent the Dawes Commission to find Choctaws that had chosen to become citizens of the State of Mississippi but had not received the land promised to accompany that citizenship. In looking for Choctaws, the Dawes Commission found the PRT, and its interviews of PRT members and its final report unintentionally created evidence for the PRT to claim federal acknowledgment as a Native American tribe in the 21st century. *Hybrid class, choice of Zoom or in-person.* Instructor: Dr. Dixie Ray Haggard

23SLIR206 Mon, Feb 13, 9:30-10:30 am

Bizarre World of Jim Crow and the Pascagoula River Tribe

From 1880 to 1968, the Pascagoula River Tribe (PRT) of Mississippi suffered under the imposition of segregation laws. When compared to the ways Jim Crow laws were imposed on local African Americans, the PRT experience exposes the absurdity and illogic of legal segregation. The PRT refused to be categorized as something other than Native, and developed survival strategies and institutions that strengthened their identity. We will examine the impact of Jim Crow on the PRT, and their adjustments to it. *Hybrid class, choice of Zoom or in-person.* Instructor: Dr. Dixie Ray Haggard

23SLIR207 Mon, Feb 6, 9:30-10:30 am

Visit to Yellowstone National Park

Come along on a visit to Yellowstone, the world's first national park. With its unique geology, amazing vistas, and plentiful wildlife, Yellowstone is like nowhere else in the world. Your instructor, Dr. Donald Roberson, worked at Yellowstone for 10 summers. If you have visited Yellowstone please feel free to share your own experiences and photos.

23SLIR208 Tuesday, March 21, 11 am-12:30 pm

History of Valdosta through Postcards

A look at postcards through the years of Valdosta's history. Examples include: The Trolley, Valdosta Sanatorium, schools, and businesses. Instructor: Jim Halter

23SLIR209 Tues, March 7, 2-3 pm

Order and Happiness in the Pre-Modern State

A proper balance between collective security and the individual's liberty has never been easy to achieve. What should be the role of government in ensuring societal harmony, order, and the sense of happiness among the monarch's subjects and the members of a civic society? Join us to discuss such fundamental problems in early modern western tradition. *Hybrid class, choice of Zoom or in-person.* Instructor: Dr. Sebastian Bartos

23SLIR210 Thurs, March 2, 3:30-5 pm

Einstein's Dream Realized

Have you ever wondered what the universe would be like if it had, say, five space dimensions and two time dimensions? The answer, which combines high-school geometry and simple spreadsheets, solves a conundrum that stumped Einstein: how to combine general relativity (the physics of massive objects) and quantum mechanics (the physics of small actions). And it has implications not only for physics, but also for politics, philosophy, and even theology. *Hybrid class, choice of Zoom or in-person.* Instructor: Dr. Dennis Marks

23SLIR211 Tues, Feb 7, 11 am-12:30 pm

The Wonderful World of Trees

Everything you always wanted to know about trees, including how trees grow and how to determine age, evolution and diversity of trees, economic importance, and superlatives (largest, oldest, strangest, etc.). Two classroom sessions followed by a field trip, likely to Greenwood Plantation in Thomas County (with VSU's Lake Louise as a backup location). Classroom sessions will be held at the Botany Laboratory at the Bailey Science Center, Room 2040. Information on field trip will be forthcoming. Instructor: Dr. Richard Carter

23SLIR212 3 Wed, April 12-26
 Classroom sessions 1-2:30 pm
 Field trip 1-5 pm

Radical Evolution

Discuss how our three fastest growing technologies will change our culture. (Continuing students from fall term, as well as new students, are welcome.) Instructor: Dr. Dennis Bogyo

23SLIR213 8 Mon, March 6-April 24, 10-11 am

World Culture through Cooking

The best part of learning about world cultures is tasting the food! Join members of our international community for a hands-on demonstration/cooking session and tasting of some typical dishes. **Only 15 spots available, so sign up early.**

23SLIR214 Taste of Algeria
 Fri, Feb 3, 11 am-12:30 pm
 Instructor: Mamma Managguer

23SLIR215 Taste of Morocco
 Fri, Feb 17, 11 am-12:30 pm
 Instructor: Dr. Mariya Chakir

Photo Journey: Trip to Mackinaw Island

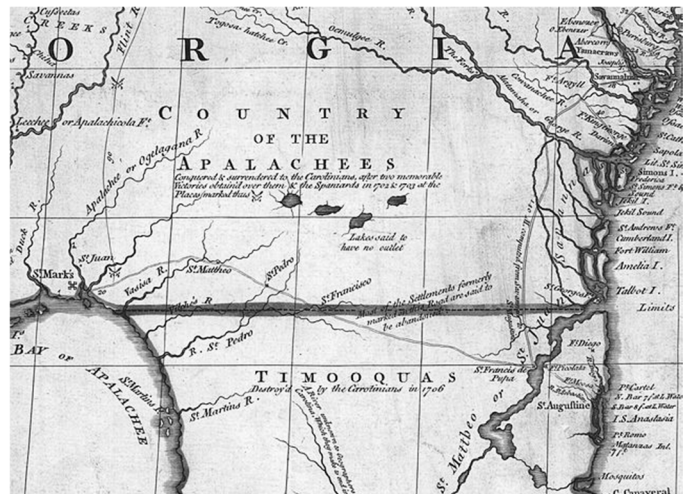
Travel along with Judy and the Happy Travelers, with stops along the route there and back including the Amish community in Shippshewana Indiana, the Grand Hotel on Mackinaw Island, the German village of Frankenmuth, Michigan, the amazing Ernest Warther Museum & Gardens in Dover, Ohio, and Pigeon Forge, Tennessee. Instructor: Judy Baxter

23SLIR216 Thurs, Feb 23, 1-2:30 pm

Spanish, French and British – What Next?

"The Florida Storyteller" and author Bill Ryan presents a look into the complicated history of Florida and Georgia over a 300 year period, including tales of French Admiral Jean Ribault and the storms of September 1565 that altered our history. *Hybrid class, choice of Zoom or in-person.*

23SLIR217 Thurs, Feb 16, 2:30-3:30 pm



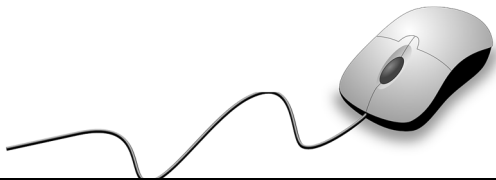
Computers & Technology

Basic Computer Literacy

Designed for beginners, this class will cover just the basics (including hardware and software) so you can make the most of your laptop or desktop computer. You will get an overview of the most popular Google tools, like Chrome, Gmail, Docs, and Drive. (A brief overview of smartphone usage will also be included.) The same material will be repeated in both sections, but you are welcome to register for both (space permitting) in case you need a refresher! Offered in cooperation with South Georgia Regional Library; you must register for the class, but you do not need to be an LIR member to attend.

Location: Willis L Miller Public Library, 2906 Julia Drive, Valdosta. Instructor: Dr. Daesang Kim, Assoc. Professor of Instructional Technology, VSU

23SLIR701	Section A 3 Wed, Feb 8, 15, 22, 4:30-5:30 pm
23SLIR702	Section B 3 Wed, March 8, 15, 22, 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 section will be a chance for you to ask questions and get some one-on-one assistance. Instructor: Elena Schmitt

23SLIR703 3 Thurs, Feb 2-16, 1-2:30 pm

Facebook Basics

Bring your own device or use our lab computers to learn the "ins and outs" of Facebook, including settings, security features, and posting photos. After a short general overview, the class will be a "Q & A" session. If you plan to set up a new account, you MUST know your email and email password. If you plan to use our computers to access your current account, you MUST know your email, email password, and Facebook password. (Note: if you are used to accessing Facebook on your own device you might not have to sign in each time; but you will need your password to sign into your account on our computers.) Instructor: Elena Schmitt

23SLIR704 Tuesday, March 14, 2:30-4 pm

Good to Know

AARP Smart Driver™

When you take the AARP Smart Driver™ course, you could be eligible for a multi-year discount on your auto insurance (consult your auto insurance agent for details). Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. Additionally, you'll learn:

- Effects of medication on driving.
- How to reduce driver distractions.
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.

Cost - \$20 AARP members, \$25 Non-members, No Charge for AARP United Healthcare members but must bring card. Pay directly to instructor, cash or check only. Participants should bring snack and lunch. Instructor: Rhonda & Gary Keve

23SLIR301 Tues, Jan 24, 8:45 am-3 pm

Georgia Center of the Deaf and Hard of Hearing
GCDHH staff will provide an overview of the 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 assistance with application to the programs following the presentation. **You do not need to be an LIR member to attend.**

23SLIR302 Tues, March 21, 2-3:30 pm



Good to Know, continued

Basic Safety and Self Defense

Learn common sense methods of staying out of harm's way and how to react if you do get caught in a dangerous situation. (Not a hands-on physical defense class). A tour of the VSU police department is included. Location: VSU PD, 2nd floor, Oak Street Parking Garage. Parking available in outdoor visitor spots as well as inside garage. Instructor: Kevin Cox

23SLIR303 Tues, April 18, 2:30-4 pm

Stop the Bleed/Save a Life

With three quick actions, you can save a life. The #1 cause of preventable death after injury is traumatic bleeding. A bleeding injury can happen anywhere. We've all seen it happen too often – on the news or in everyday life. Life-threatening bleeding can happen to people injured in serious accidents or disasters. Instead of being a witness, learn how to become an immediate responder because you know how to STOP THE BLEED. Instructor: VSU Police Department Staff

23SLIR304 Tues, Jan 31, 11 am-12:30 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

23SLIR305 8 Thurs, March 2-April 20, 2:30-3:30 pm

Georgia Senior Medicare Patrol

The Georgia SMP programs help Medicare beneficiaries prevent, detect and report health care fraud. This not only protects older persons, but helps preserve the integrity of the Medicare programs. This session will cover understanding your Medicare Summary Notice and Covid-19 fraud, as well as a question/answer period and provision of resources/materials. **You do not need to be an LIR member to attend.** Instructor: Gayla Yochum

23SLIR306 Tues, Feb 21, 11am-12 pm

Medicare Frauds & Scams

Learn about some of the common Medicare-related frauds and scams and how to protect yourself and your loved ones. This session will cover genetic testing fraud and prescription fraud. Instructor: Gayla Yochum. **You do not need to be an LIR member to attend.**

23SLIR307 Tues, Feb 28, 11am-12 pm

Study Abroad with VSU

Did you know that VSU's Study Abroad programs are open to the public, not just VSU students? Learn about opportunities to travel and learn overseas, including free tuition for the VSU classes through the 62+ program.

Hybrid class, choice of Zoom or in-person. Instructor: Irina McClellan

23SLIR308 Wed, Feb 1, 1-2 pm

Five Top Dementia Diseases

Did you know Alzheimer's is not the only dementia disease plaguing Georgia and the United States? In fact, there are 4 other top dementia diseases that are equally important. These diseases are not discussed often enough amongst family and friends. Hence, this class will unpack other dementia diseases not as widely recognized. We will have a caregivers discussion, a classroom participatory activity, and a Q/A segment.

Discussion will be driven by the data/research, current trends, and information from Dr. Tann's book *The Race of Dementia*. *Hybrid class, choice of Zoom or in-person.* Instructor: Dr. Debra Tann

23SLIR309 Mon, Feb 20, 10-11 am

Was it Something I Ate?

One in six Americans get sick each year with "food poisoning" from eating contaminated food. Learn about the major causes of foodborne illness. Discover food-safe shopping, storage, and meal prep tips. You'll also learn how to look up food scores and read food safety inspections for restaurants in Valdosta and the surrounding area. *Hybrid class, choice of Zoom or in-person.* Instructor: Sue Bailey

23SLIR310 Tues, March 7, 11 am-12:30 pm

Downtown Valdosta

Learn about the economic importance of a vibrant downtown, and about upcoming events and activities, including Makers Market, Brown Bag Lunch series, and two brand new annual festivals kicking off this year. *Hybrid class, choice of Zoom or in-person.*

Instructor: Brandie Dame, Valdosta Main Street Director.

22SLIR311 Tues, Feb 14, 11 am-12 pm



VSU Planetarium Show: *Hubble Vision II*

Since its launch in 1990 the Hubble Space Telescope has provided incredible images to astronomers and made an astonishing array of discoveries - from nearby solar system objects to distant galaxies. *Hubble Vision 2* offers a fascinating tour of the cosmos. Show will be followed by Q & A and information about the VSU planetarium. **We suggest that you meet at the RCCE, and carpool to the planetarium in Nevins Hall. Parking instructions will be sent with registration receipt.** Instructor: Dr. Martha Leake

23SLIR501 DATE TBA, YOU WILL BE NOTIFIED WHEN SCHEDULED

Wisembaker-Wells-Roberts House Tour

Tour the Wisembaker-Wells-Roberts House and Grounds, located at 206 Wells Street, which is currently being renovated as a Bed & Breakfast by the Valdosta Heritage Foundation. This home was built between 1840 and 1845 and is Valdosta's oldest house. It has a unique and distinct history that predates Valdosta and is fundamental in telling the story of our community's development. The house is in the Fairview Historic District and was listed on the National Register of Historic Places in 1984. The Wisembaker Oak at Fairview, which is directly in front of the house, was registered with The Live Oak Society in October 2021 in recognition of being over 100 years old and to honor the family who built the original home.

Meet at the home, 206 Wells Street. On-street parking; you may wish to gather at the RCCE and carpool to the location. Tour guide: Vickie Everitte.

23SLIR502 Tues, Jan 31, 2:30-3:30 pm

Serenity Acres Farm Tour

Take a hands-on educational walking tour behind the scenes of this Pinetta, FL working goat dairy farm—and get a close-up look at the adorable goat babies, as well as the Chicken Village and the Great Pyrenees Livestock Guardian Dogs on duty. We will also visit the gift shop, which sells goat milk soaps and other body products. Please dress appropriately for walking outdoors.

Admission \$7 per person at the door. Those who wish to carpool should meet at the RCCE at 12:45; tour begins at 1:30. Approximately a 40-minute drive.

23SLIR503 Thurs, March 16,
1:30-3 pm



Bingo Nights (Kennedy Center, Valdosta)

Let's play Bingo!! The Kennedy Center offers Bingo every Friday evening; join your fellow LIR members and go have fun. You do not need to be an LIR member to attend. *Bingo cards: \$1.00 each.* Meet at the Kennedy Center, 306 St. Augustine Rd, Valdosta.

23SLIR504 Section A: Fri, Feb 3, 7-10 pm

23SLIR505 Section B: Fri, March 3, 7-10 pm

23SLIR506 Section C: Fri, April 14, 7-10 pm

Birding at Grassy Pond

Take a trip to Grassy Pond Recreation Area in southern Lowndes County with biology professor and expert birder Dr. Brad Bergstrom. We will also visit the adjacent South Lowndes Wastewater Treatment Pond, the best location in the county for wintering waterfowl, shorebirds, gulls and terns. **Meet at 1:15 p.m. at the Regional Center for Continuing Education and ride with Dr. Bergstrom in a 15-passenger van (space permitting); or you can drive separately. Entry fee to Grassy Pond is \$5 per vehicle (free with military ID.)** A few extra binoculars and scopes will be available, but bring your own if you have them. Map will be sent with registration receipt.

23SLIR507 Fri, Feb 10, 1:15-approx. 4 pm

Valdosta Traffic Management Center Tour

Visit the hub of operations of the Valdosta's Traffic Management system, which manages the flow of traffic throughout the city with 2,070 signal controllers. This signal coordination and other intelligent transportation system technologies are critical tools for maintaining optimum traffic flow. **Meet at the TMC, 310 E. Adair St.** Map will be sent with registration receipt. **This is a popular tour with limited space, so if you have taken this tour recently, please do not register this time to give others a chance!** Tour Guide: Larry Ogden

23SLIR508 Tues, Feb 21, 2:30-3:30 pm

"Spring Into Art" Guided Tour

Enjoy a guided tour of the annual "Spring Into Art" exhibit at our local museum. The group will meet in the lobby of the Annette Howell Turner Center for the Arts, 527 N Patterson St. Parking behind the building. Tour Guide: Bill Shenton

23SLIR509 Thurs, April 20, 1-2:30 pm

Basic Acrylic Painting

During each class, we will paint a finished small painting that will demonstrate a different acrylic painting technique. Supply list sent with registration confirmation.

Instructor: Debra Kantelis

23SLIR601 3 Thurs, Feb 23, March 23, April 27,
1-3 pm

Open Art Studio

Join your fellow LIR artists and crafters in our monthly open art studio. Bring your ongoing projects, or just stop by to draw, paint or craft with others. You will receive feedback as well as a chance to enjoy socializing with other members. Bring your supplies and inspiration; we have a sink and jars for water if you are painting.

Facilitator: Debra Kantelis

23SLIR602 3 Tuesdays, Feb 7, March 28, April 25,
2-5 pm

Book Review: Lessons in Chemistry

Research chemist Elizabeth Zott faces the obstacles one would expect as a female scientist in the 1960s. Her life takes an unexpected turn when she becomes (as a single mother) the reluctant star of a quirky but popular science-based TV cooking show. She (and her viewers) find a degree of empowerment from the show—as Elizabeth encourages them to challenge the status quo and question the limitations placed on their lives by others.

Reviewer: Dr. Mary Helen Watson

23SLIR603 Tuesday, May 2, 11 am-12 pm

Drama Group

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

23SLIR604 13 Fri, Feb 3-April 28, 1-3 pm

Have Fun with Ukulele Strum

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.** Instructor: Joan Shepard

23SLIR605 14 Mon, Jan 30 – May 1, 2-3:30 pm

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. We encourage those who just want to sit back and listen to the talents of others. You will not be required to write, but may simply enjoy hearing the work of your LIR friends. Facilitator: Harriet Messcher Jansen

23SLIR606 14 Tues, Jan 31-May 2, 1-2 pm

Peach State Summer Theatre Preview

Get a "sneak peek" at the upcoming 2023 Peach State Summer Theatre (PSST) season. Learn about the shows, the creative process, and the challenges of hosting the "Official Musical Theatre of the State of Georgia." Also, find out about the Spring shows for VSU Theatre and Dance. Instructor: Duke Guthrie

23SLIR607 Tues, March 28, 11 am –12 pm

To Read or Not to Read - Book Banning

Although efforts to remove or restrict access to books have been around for a long time, there has been a surge in book challenges in schools, libraries, and bookstores. Join retired librarian Holly Gougeon for an exploration of the issues surrounding censorship through book banning. Instructor: Holly Gougeon

23SLIR608 Tues, April 4, 11am-12:30 pm



Leisure & Crafts

Mahjongg for Newcomers

Have you wondered why so many people love playing Mahjongg? Have you ever asked, "Would I like it?" In this 4-session course you will learn the basics, then be ready to join in with the regular Mahjongg class if you choose. Mahjongg newcomers only, please! If you have played before, please sign up for "Mahjongg" (23SLIR102) instead. Instructor: Elizabeth Burnette

23SLIR101 4 Mon, Jan 30—Feb 20
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

23SLIR102 14 Mon, Jan 30-May 1, 12:30-3 pm

Make a Bowl Cozy

Make a bowl cozy which can go in the microwave with your bowl so you can handle the bowl without burning your fingers. No sewing skills necessary, but it is a plus. Supplies provided. Instructor: Marie Sooy

23SLIR103 Thurs, Feb 2, 2:30-4 pm

Plastic Bag Holder

Make a decorative cloth bag that you can store your plastic bags in for recycling. Put them in the top and take them out from the bottom. No sewing skills necessary, but it is a plus. Supplies provided. Instructor: Marie Sooy

23SLIR104 Thurs, Feb 9, 2:30-4 pm

Hanging Pot Holder/Kitchen Towel

A hanging towel in the kitchen means it is always there when you need it! Learn how to make a hanging dish towel/pot holder combo that hangs on your oven door handle. Supplies provided. Instructor: Marie Sooy

23SLIR105 Tues, Feb 14, 2-3:30 pm

Spring/Easter Bucket

Decorate a bucket for the season with molded air-dry clay. All materials provided. Instructor: Vicki Gay

23SLIR106 Fri, March 17, 1-3 pm

Floral Crafts

Make two different paper flower crafts using common household supplies like coffee filters and cupcake liners. All supplies included. Instructor: Lynn Ross

23SLIR107 Tues, March 21, 1-2 pm

Make a Valentine Pop-Up Card

Make a sweet Valentine Pop-Up card for someone you love. Supplies provided. Instructor: Holly Gougeon

23SLIR108 Wed, Feb 8, 1-2 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. The 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.

Section A 23SLIR109 Thurs, Feb 23, 10 am-12 pm

Section B 23SLIR110 Thurs, March 30, 10 am-12 pm

Section C 23SLIR111 Thurs, April 27, 10 am-12 pm

Make a Spring Gnome

Gnomes make great decorations any time of year. Learn how to make an adorable gnome to celebrate spring. Supplies provided. Instructor: Holly Gougeon

23SLIR112 Tues, March 14, 11 am-12:30 pm



LIR Classes January 2023

Mon	Tue	Wed	Thu	Fri
2 New Year's Day Holiday VSU Closed	3	4	5	6
9	10	11 Registration Open House 9-12	12	13
16 MLK Day Holiday VSU Closed	17	18	19	20
23	24 AARP Smart Driver 8:45-3	25 "Happy, Healthy New Year" Kick-Off Lunch 11-1	26	27
30 LIR CLASSES BEGIN Tai Chi 11-12:30 Newcomers Mahjongg 11-12 Mahjongg 12:30-3 Ukulele 2-3:30	31 Range of Motion 10-10:45 Stop the Bleed 11-12:30 Writers Meet-Up 1-2 Go4Life 2-3 Wisembaker-Wells-Roberts House Tour 2:30-3:30			

LIR Classes February 2023

Mon	Tue	Wed	Thu	Fri
		1 Yoga 10-10:45 Traditional Line Dancing 11-12:30 Study Abroad 1-2 Bowling for Fun 2-4	2 Range of Motion 10-10:45 Tai Chi 11-12:30 Cell Phone Basics 1-2:30 Make a Bowl Cozy 2:30-4	3 Intro to Line Dancing 10-11 Taste of Algeria 11-12:30 Drama 1-3 Bingo A 7-10
6 Pascagoula River Tribe 9:30-10:30 Newcomers Mahjongg 11-12 Tai Chi 11-12:30 Mahjongg 12:30-3 Ukulele 2-3:30	7 Range of Motion 10-10:45 Einstein's Dream 11-12:30 Writers Meet-Up 1-2 Go4Life 2-3 Open Art Studio 2-5	8 Yoga 10-10:45 Traditional Line Dancing 11-12:30 Valentine Pop-Up Card 1-2 Bowling for Fun 2-4 Basic Computer Literacy A 4:30-5:30	9 Range of Motion 10-10:45 Tai Chi 11-12:30 Cell Phone Basics 1-2:30 Plastic Bag Holder 2:30-4	10 Views of the News 10-12 Drama 1-3 Birding at Grassy Pond 1:15-4
13 Dawes Commission Report 9:30-10:30 Newcomers Mahjongg 11-12 Tai Chi 11-12:30 Mahjongg 12:30-3 Ukulele 2-3:30	14 Range of Motion 10-10:45 Downtown Valdosta 11-12 Writers Meet-Up 1-2 Pot Holder 2-3:30	15 Yoga 10-10:45 Traditional Line Dancing 11-12:30 Bowling for Fun 2-4 Basic Computer Literacy A 4:30-5:30	16 Range of Motion 10-10:45 Tai Chi 11-12:30 Cell Phone Basics 1-2:30 Spanish/French/British 2:30-3:30	17 Views of the News 10-12 Taste of Morocco 11-12:30 Drama 1-3
20 Dementia Diseases 10-11 Newcomers Mahjongg 11-12 Tai Chi 11-12:30 Mahjongg 12:30-3 Ukulele 2-3:30	21 Range of Motion 10-10:45 GA Senior Medicare Patrol 11-12 Writers Meet-Up 1-2 Traffic Management 2:30-3:30	22 Yoga 10-10:45 Traditional Line Dancing 11-12:30 Bowling for Fun 2-4 Basic Computer Literacy A 4:30-5:30	23 Range of Motion 10-10:45 Chemo Cap A 10-12 Tai Chi 11-12:30 Mackinaw Island 1-2:30 Basic Acrylic 1-3	24 Views of the News 10-12 Drama 1-3
27 Tai Chi 11-12:30 Mahjongg 12:30-3 Ukulele 2-3:30	28 Range of Motion 10-10:45 Medicare Fraud 11-12 Writers Meet-Up 1-2 Labyrinth 2:30-3:30			

LIR Classes March 2023

Mon	Tue	Wed	Thu	Fri
		1 Yoga 10-10:45 Traditional Line Dancing 11-12:30 Bowling for Fun 2-4	2 Range of Motion 10-10:45 Tai Chi 11-12:30 Visit to Croatia 1-2:30 Genealogy 2:30-3:30 Order & Happiness 3:30-5	3 Views of the News 10-12 Drama 1-3 Bingo B 7-10 pm
6 Radical Evolution 10-11 Tai Chi 11-12:30 Mahjongg 12:30-3 Ukulele 2-3:30	7 Range of Motion 10-10:45 Was it Something I Ate? 11-12:30 Writers Meet-Up 1-2 History of Valdosta through Postcards 2-3	8 Yoga 10-10:45 Traditional Line Dancing 11-12:30 Bowling for Fun 2-4 Basic Computer Literacy B 4:30-5:30	9 Range of Motion 10-10:45 Tai Chi 11-12:30 Czech Republic 1-2:30 Genealogy 2:30-3:30	10 Views of the News 10-12 Drama 1-3
13 Radical Evolution 10-11 Tai Chi 11-12:30 Mahjongg 12:30-3 Ukulele 2-3:30	14 Range of Motion 10-10:45 Spring Gnome 11-12:30 Writers Meet-Up 1-2 Facebook Basics 2:30-4	15 Yoga 10-10:45 Traditional Line Dancing 11-12:30 Bowling for Fun 2-4 Basic Computer Literacy B 4:30-5:30	16 Range of Motion 10-10:45 Tai Chi 11-12:30 Serenity Acres Farm 1:30-3 Genealogy 2:30-3:30	17 Views of the News 10-12 Spring/Easter Bucket 1-3 Drama 1-3
20 Radical Evolution 10-11 Tai Chi 11-12:30 Mahjongg 12:30-3 Ukulele 2-3:30	21 Range of Motion 10-10:45 Yellowstone 11-12:30 Writers Meet-Up 1-2 Floral Crafts 1-2 Deaf & Hard of Hearing Services 2-3:30	22 Yoga 10-10:45 Traditional Line Dancing 11-12:30 Bowling for Fun 2-4 Basic Computer Literacy B 4:30-5:30	23 Range of Motion 10-10:45 Tai Chi 11-12:30 Basic Acrylic 1-3 Genealogy 2:30-3:30	24 Views of the News 10-12 Drama 1-3
27 Radical Evolution 10-11 Tai Chi 11-12:30 Mahjongg 12:30-3 Ukulele 2-3:30	28 Range of Motion 10-10:45 PSST Overview 11-12 Writers Meet-Up 1-2 Open Art Studio 2-5	29 Yoga 10-10:45 Traditional Line Dancing 11-12:30 Bowling for Fun 2-4	30 Range of Motion 10-10:45 Chemo Camp B 10-12 Tai Chi 11-12:30 Genealogy 2:30-3:30	31 Views of the News 10-12 Drama 1-3

LIR Classes April 2023

Mon	Tue	Wed	Thu	Fri
3 Radical Evolution 10-11 Tai Chi 11-12:30 Mahjongg 12:30-3 Ukulele 2-3:30	4 Range of Motion 10-10:45 Book Banning 11-12:30 Writers Meet-Up 1-2	5 Yoga 10-10:45 Traditional Line Dancing 11-12:30 Bowling for Fun 2-4	6 Range of Motion 10-10:45 Tai Chi 11-12:30 Genealogy 2:30-3:30	7 Drama 1-3
10 Radical Evolution 10-11 Tai Chi 11-12:30 Mahjongg 12:30-3 Ukulele 2-3:30	11 Range of Motion 10-10:45 Orthodox Easter 11-12 Writers Meet-Up 1-2	12 Yoga 10-10:45 Traditional Line Dancing 11-12:30 World of Trees 1-2:30 Bowling for Fun 2-4	13 Range of Motion 10-10:45 Tai Chi 11-12:30 Genealogy 2:30-3:30	14 Views of the News 10-12 Drama 1-3 Bingo C 7-10
17 Radical Evolution 10-11 Tai Chi 11-12:30 Mahjongg 12:30-3 Ukulele 2-3:30	18 Range of Motion 10-10:45 Writers Meet-Up 1-2 Safety & Self Defense 2:30-4	19 Yoga 10-10:45 Traditional Line Dancing 11-12:30 World of Trees 1-2:30 Bowling for Fun 2-4	20 Range of Motion 10-10:45 Tai Chi 11-12:30 Spring Into Art 1-2:30 Genealogy 2:30-3:30	21 Views of the News 10-12 Drama 1-3
24 Radical Evolution 10-11 Tai Chi 11-12:30 Mahjongg 12:30-3 Ukulele 2-3:30	25 Range of Motion 10-10:45 Writers Meet-Up 1-2 Open Art Studio 2-5	26 Yoga 10-10:45 Traditional Line Dancing 11-12:30 World of Trees Trip 1-5 Bowling for Fun 2-4	27 Range of Motion 10-10:45 Chemo Camp C 10-12 Tai Chi 11-12:30 Basic Acrylic 1-3	28 Views of the News 10-12 Drama 1-3

LIR Classes May 2023

1 Tai Chi 11-12:30 Mahjongg 12:30-3 Ukulele 2-3:30	2 Range of Motion 10-10:45 Book Review: Lessons in Chemistry 11-12 Writers Meet-Up 1-2 Genealogy 2:30-3:30	3 Yoga 10-10:45 Traditional Line Dancing 11-12:30 Bowling for Fun 2-4	4 Range of Motion 10-10:45 Tai Chi 11-12:30	5 Spring Potluck Lunch 11:30-1
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