



## ABOUT VSU LEARNING IN RETIREMENT

Learning in Retirement (LIR) is a member-led and university sponsored organization offering the opportunity for cultural growth, lifelong learning, and recreation for individuals 50 years of age and above; **however, THIS SEMESTER ONLY, we are opening the program to all ages (18 or over)!** Feel free to invite your younger family members and friends to join you.

**LIR DURING THE COVID-19 PANDEMIC:** The majority of our LIR courses will be held via Zoom, so you can participate from your home. A link to the Zoom meeting will be sent via email prior to each course. We will also send a link to a Zoom tutorial when you register so that those unfamiliar with virtual meetings and classes can learn how to join in. You will need a desktop or laptop computer with camera and microphone in order to participate fully.

A few courses are offered in a socially distanced, in-person format. It is mandatory that in-person students observe social distancing protocols and wear face coverings. **VSU requires that masks be worn in all campus buildings.**

**COST AND REGISTRATION:** Because course offerings have been reduced this semester due to the COVID-19 pandemic, the membership fee has been correspondingly reduced to \$40 for the term. Small extra fees for some craft classes are to be paid directly to instructor to cover supplies (see individual course descriptions).

You may register online at [www.valdosta.edu/pace](http://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 – **face coverings and adherence to social distancing required on the VSU campus.**

**LOCATION:** LIR is operated from the Office of Professional & Community Education, Regional Center for Continuing Education, 903 N Patterson St, Room 124. Classes not held via Zoom will have room number noted in course description. A visitor's parking permit is required; anyone registering for an on-campus class will receive a permit in the mail, along with their receipt.

**QUESTIONS & FURTHER INFORMATION?** Suzanne Ewing, Administrative Coordinator, [sewing@valdosta.edu](mailto:sewing@valdosta.edu) or 229-245-6484. Please note that Suzanne is a part-time employee; her office hours are 8:30 am– 2:30 pm.

**LIR DEPENDS ON VOLUNTEERS!** We are planning for Fall 2021 and need members and community volunteers to teach classes and serve on our committees. Please call the office at 229-245-6484 or email [sewing@valdosta.edu](mailto:sewing@valdosta.edu) if you are interested.

## LEARNING *in* RETIREMENT

PHONE 229.245.6484 • WEB [www.valdosta.edu/pace](http://www.valdosta.edu/pace) • ADDRESS 1500 N Patterson St. • Valdosta, GA 31698-0993

LOCATION Regional Center for Continuing Education Room 124 • 903 N Patterson St • EMAIL [pace@valdosta.edu](mailto:pace@valdosta.edu)

# VSU LEARNING *in* RETIREMENT

## Spring Semester 2021 Course Listing

### Fitness & Wellness

#### Laugh and Play Your Fear Away

It's fun to share a good laugh, but did you know it can actually improve your health? Learn how laughter and play can help you manage anxieties, pain, and emotional upset. It's fun, and these techniques can help you develop a happier, healthier lifestyle. ***Class held over Zoom.***

**21SLIR01 | 4 Wed, March 3 – 24, 11 AM – 12 PM | Julie Ford, Presenter**

#### 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. ***Class held over Zoom.***

**21SLIR02 | 10 Thurs, Feb 25 - April 29, 11 AM - 12 PM | Marguerite Gravlee, Instructor**

#### Line Dance Fun & Fitness

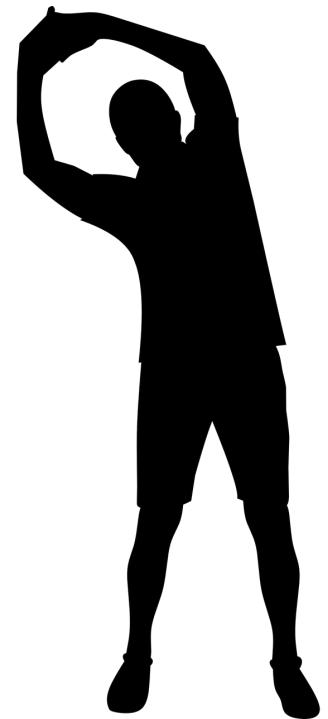
An aerobic dance class featuring popular line dances often featured at senior dances, weddings, reunions, and on cruises. The first hour will be geared toward novices/advanced beginners; the second hour will be geared toward advanced beginners/intermediate level dancers. Class will be held outdoors at the VSU tennis courts and will not meet in case of inclement weather. Please call the office prior to leaving for class if you are unsure if the class will be meeting. ***In-person outdoor class. Face coverings required and students must adhere to social distancing guidelines.***

**21SLIR03 | 10 Fridays, Feb 26 - April 30, 10 AM - 12 PM | Linda Crook & Jerry Morton, Instructors; Rhonda Morton, Denne Bertrand, & Marie Guest, Assistant Instructors**

#### Was it Something I Ate?

One in six. That's the number of Americans that get sick each year with "food poisoning" from eating contaminated food. Learn the basics of food safety: who is most at risk for foodborne illness; the major causes of food contamination; how to keep food safe in the flow of food from purchase to the plate. We'll take a look at food safety inspections and how to check the food scores for restaurants in Valdosta and the surrounding area. (COVID safety protocols will not be part of this class.) ***Class held over Zoom.***

**21SLIR04 | Wed, April 21, 10 – 11 AM | Sue Bailey, Certified ServSafe Instructor**



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**Visit our office: Regional Center for Continuing Education, 903 N Patterson Street, Room 124**

## Books & Literature

### Writer's 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. Be encouraged as you share your talents in this unique environment. ***Class held over Zoom.***

**21SLIR605 | 6 Tuesdays, Feb 23—March 30, 2 - 3 PM | Harriet Messcher Jansen, Facilitator**

### Book Review: *A Better Man: A Chief Inspector Gamache Novel*

Catastrophic spring flooding, blistering attacks in the media, and a mysterious disappearance greet Chief Inspector Armand Gamache as he returns to the Sûreté du Québec in this novel by #1 New York Times bestselling author Louise Penny. ***Class held over Zoom.***

**21SLIR06 | Mon, April 19, 10 - 11 AM | Mary Helen Watson, Reviewer**

### Author Talk: *The Day's Heat*

Roberta George has lived an eventful life. She draws on her South Georgia world (and her lively imagination) to create her protagonist, Lee James, a young Lebanese mother who is starving for attention from her dimwitted white Anglo Saxon Protestant husband, Charles (AJC.com 1/2020). Join us for a time with our local author as she shares about her book and encourages the LIR group to write their own stories. ***Class held over Zoom.***

**21SLIR07 | Mon, March 1, 11 AM - 12 PM | Roberta George, Author**

### Book Review: *The Pocket: A Hidden History of Women's Lives, 1660-1900*

Authors Barbara Burman and Ariane Fennetaux take a close look at the surprising history of women's pockets, tracing today's minimalist external styles to the time when women wore large, detachable sacks tied around their waists and hidden under their petticoats. Using examples from museum collections and police records, the authors provide a wealth of illustrations and explanations, showing how the contents of the detachable pockets revealed the way women lived their lives day-to-day. ***Class held over Zoom.***

**21SLIR08 | Monday, April 12, 10 - 11 AM | Dr. Patricia Marks, Reviewer**

## Technology

### Medical Records Tracking with Excel

Learn how to use Excel to keep track of your medical procedures and medications on the computer. This becomes an invaluable reference of your medications for doctor visits. You must have basic computer skills; knowledge of Excel would be helpful but not necessary. ***Socially distanced in-person class; maximum of 6 students.***

**21SLIR09 | Wed, April 7 | 1 - 3 PM | Marie Sooy, Instructor**

### Expense Tracking with Excel

Learn how to use Excel to keep track of your monthly/yearly expenses on the computer. You'll thank yourself when tax season comes around next year! You must have basic computer skills; knowledge of Excel would be helpful but not necessary. ***Socially distanced in-person class; maximum of 6 students.***

**21SLIR10 | Wed, April 14 | 1 - 4 PM | Marie Sooy, Instructor**

## Arts & Crafts

### Make and Take String Art

You don't have to be "artsy" to enjoy these classes! Pictures of the projects will be posted on the LIR Facebook page, so you can see what the outcome will be – keep in mind that you choose the colors. Materials fee (**\$8, paid directly to instructor at class—exact change please!**) includes wood, sandpaper, stain/paint, nails, pattern, string, clear glue; tools will be provided. Select a project from those listed each session. ***Socially distanced in-person classes; maximum of 6 students.*** Madonna Terry, Instructor.

**21SLIR11 Friends picture board – OR- Family picture board | Tues, Feb 23, 10 AM – 12 PM**

**21SLIR12 Flower on stem (make 2) – OR -- Birds in tree | Tues, March 9, 10-12**

**21SLIR13 Mason jar – make 2 | Tues, March 23, 10-12**

**21SLIR14 USA - OR - God Bless America | Tues, April 6, 10-12**

### Make and Take Wood Crafts

Materials, step-by-step directions, and help will be provided. Pictures of the projects will be posted on the LIR Facebook page, so you can see what the outcome will be – keep in mind that you choose the colors. Select a project from those listed. When participants assemble the items, pre-drilled holes will be utilized for screws and nails. Materials fee (\$8, paid directly to instructor at class—exact change please!) includes wood, sandpaper, screws, nails, paint/stain, glue, and use of tools. ***Socially distanced in-person classes; maximum of 6 students.*** Madonna Terry, Instructor.

**21SLIR15 Bookends and a 2X4 picture block | Tues, March 2, 10 AM – 12 PM**

**21SLIR16 Butterfly, 2 birds, 3 flowers | Tues, March 16, 10-12**

**21SLIR17 Jar/glass/bottle vase (make a single and a double) | Tues, March 30, 10-12**

**21SLIR18 Wine bottle bird feeder – you supply the bottle! | Tues, April 13, 10-12**



### Paint Pour Abstract Art

Create your own Rainbow String Pull acrylic paint piece! Wear old clothes or bring a cover up, and bring latex gloves and cardboard to carry your wet canvas home. ***Socially distanced in-person classes; maximum of 6 students.*** Lynn Ross, Instructor. Select just one section.

**21SLIR19A – Monday, March 15, 10 – 11 AM**

**OR**

**21SLIR19B – Monday, March 15, 11 AM – 12 PM**

## Social Studies & History

### 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. ***Class held over Zoom.***

**21SLIR20 | 6 Fridays, March 26 – April 30, 10 AM – 12 PM | Dr. James LaPlant and Dr. Dick Saeger, Moderators**

### War and Romance in Medieval Europe

Medieval society was both profoundly pious and chronically violent. The discourse between the spiritual and the temporal, the evils of war and the saving power of virtues was complex and often confusing. This class explores the function of war in the formation of public authority, the religious approach to violence and new models of masculinity. Students will learn about the knights' quest for love, fame, and salvation as expressed in courtly love and Christian chivalric culture. ***Class held over Zoom.***

**21SLIR21 | Wed, April 7, 11 AM—12:30 PM | Dr. Sebastian P. Bartos, Instructor**