



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.

LIR DURING THE COVID-19 PANDEMIC: LIR will follow the VSU COVID-19 guidelines in effect at any particular time. Currently, fully vaccinated individuals may attend campus activities without a mask if they so choose. Those who are not fully vaccinated are strongly encouraged to get vaccinated, wear a mask, and socially distance when possible. Of course the situation is fluid, so requirements are subject to change. We will send out updated information by email when necessary.

COST AND REGISTRATION: LIR memberships are available either for Fall semester (\$75) or yearly (Fall and Spring, \$135). 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, Room 124. Class location info will be included on your receipt/confirmation. A visitor parking permit is required, which will be sent by mail with your registration receipt.

QUESTIONS & FURTHER INFORMATION? Suzanne Ewing, Administrative Coordinator, 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 will soon be planning for Spring 2022 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 if you are interested.

LEARNING *in* RETIREMENT

PHONE 229.245.6484 • **WEB** 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

VSU LEARNING *in* RETIREMENT Fall Semester 2021 Course Listing

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" (22FLIR102) instead.

Instructor: Elizabeth Burnette

22FLIR101 | 4 Mon | Sept 13 - Oct 4 | 11:30 AM - 12:30 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

22FLIR102 | 10 Mon | Sept 13 - Nov 15 | 12:30 - 3 PM



Mixed Media Art

Beginner to advanced students will enjoy this class as you can follow the instructor or add your own creative ideas. Each class meeting requires a \$12 extra fee to be paid directly to the instructor. Students may bring their own supplies or purchase a kit for \$4-\$6 depending on the project.

Minimum 5 students, Maximum 15 students.

Instructor: Pat Otto

Session 1: Seagull on the Beach

Session 2: Vase of Flowers

Session 3: Girl on the Beach

Session 4: Pen & Ink with Watercolor & Oil Paint

22FLIR103 | 4 Wed | Sept 15 & 29, Oct 20 & Nov 10 | 9 AM - 12 PM

Repurposing Prescription Pill Containers

Learn ways to make use of empty prescription containers once you are done with the medication! Bring several empty pill bottles, and we'll transform them into useful items such as a survival/safety kit, emergency sewing kit, sachets, etc. All materials other than prescription containers will be provided.

Instructor: Madonna Terry

22FLIR104 | Wed, Sept 22 | 10 - 11 AM

Yarn Wall Hanging

Learn some weaving basics by creating a yarn wall hanging. We will use an embroidery hoop with mixed color yarn. \$5 extra supply fee to be paid directly to instructor at class.

Instructor: Lynn Ross

Section A 22FLIR105 | Wed, Nov 3 | 1 - 2:30 PM



Abstract Acrylic Paint Pour

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. \$8 extra fee paid directly to instructor at class. Select just one section.

Instructor: Lynn Ross

Section A 22FLIR107 | Tue, Nov 2 | 1 - 2:30 PM

Section B 22FLIR108 | Tues, Nov 2 | 2:30 - 4 PM

Holiday Origami

Pretty holiday paper isn't just for wrapping gifts as you will see in this fun class. Learn different folding techniques of origami to make your own gift tags, ornaments, and table decorations.

\$3 extra supply fee paid directly to instructor at class.

Instructor: Lynn Ross

22FLIR109 | Tues, Nov 16 | 1 - 3 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) and spend some time starting on caps for the next meeting. 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 22FLIR110 | Thurs, Sept 30 | 10 AM - 12 PM

Section B 22FLIR111 | Thurs, Oct 28 | 10 AM - 12 PM

Sew for a Cause

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 a day. Materials and sewing machines provided.

Facilitators: Marie Sooy, Vicki Gay

22FLIR112 | Tues & Wed | Oct 12 & 13 | 10 AM - 3 PM

Bingo Night

Let's play Bingo!! Bingo is always fun and even more so with friends. Let's get together and have some good old fashioned fun. Bingo cards: \$1.00 each. Meet at 306 St. Augustine Rd, Valdosta. Facilitator: Marie Sooy

Section A 22FLIR113 | Fri, Sept 24 | 7 - 9 PM

Section B 22FLIR114 | Fri, Oct 29 | 7 - 9 PM

History, Social Studies & Science

Gene Editing: "A Crack in Creation"

It's a new era in genetics! Be a part of this eight-week seminar-format class discussing the fastest growth technology ever and how this alters our lives, including medical treatment, our food, and our pets. Instructor: Dennis Bogyo

22FLIR201 | 8 Mon | Sept 13 - Nov 1 | 9 - 10 AM

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. Instructors: James LaPlant & Dick Saeger

22FLIR202 | 10 Fri | Sept 17 - Nov 19 | 10 AM - 12 PM

Natural History of Snakes

Learn about the evolution, biology, and behavior of snakes and their place in the ecosystem. The instructor will cover the venomous snakes found in our area and will bring a live (non-venomous!) specimen for participants to view.

Instructor: Adam Safer

22FLIR203 | Wed | Sept 22 | 1 - 2 PM

Laurel & Hardy

Learn how Englishman Arthur Stanley Jefferson and Norvell Hardy, a man from Harlem, Georgia became the beloved comedy team known as Laurel and Hardy, eventually appearing in more than 100 films together. Then enjoy one of their classic movies! Concessions provided, bring your own beverages.

Instructor: Deborah Barnard

22FLIR204 | Thurs, Sept 23 | 1 - 3 PM

The Story of Frankie Silver

A discussion of the Francis Stewart Silver case that began in 1832 in what is now Mitchell County, North Carolina. Eighteen-year-old Francis "Frankie" Silver was accused of the murder and dismemberment of her husband Charles Silver in their remote cabin in the winter of 1832. The saga ends with Frankie being hung in Morganton, North Carolina in 1834. Presenter's great, great, great grandfather, Jackson, was the brother to Frankie Silver. Instructor: Mike Stewart

22FLIR205 | Wed | Sept 29 | 11 AM - 12 PM

Issues of the Day in American Politics

Join us as we discuss the current political events in our country and preview the 2022 midterm elections. All views are welcome.

Instructor: Paul Hamilton

22FLIR206 | Thurs, Sept 30 | 1 - 3 PM

History of Money in Georgia

A look at money in Georgia from the early 1600s to the early 20th Century will include Revolutionary Currency, Confederate Money, Broken Bank Notes, and First National Bank of Valdosta Notes, etc. Instructor: "Diamond" Jim Halter

22FLIR208 | Mon, Oct 4 | 3 - 4 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: "Diamond" Jim Halter

22FLIR207 | Mon, Sept 27 | 3 - 4 PM

What Were the Founders Thinking?

Participants will test their knowledge of civics, and explore some of the Founding Fathers' concepts and their applications in the modern world, including: freedom vs. order; majority rule vs. minority rights; separation of powers; and the filibuster.

Do our high school graduates understand how our government and politics work--if not, should they? How can we get this information to young adults? Politics will not be discussed. However, different perspectives may be touched upon.

Instructor: Von Shipman

22FLIR209 | 2 Thurs | Oct 21 & 28 | 3 - 4:30 PM

Spotting Fake News

As more and more older Americans turn to online news organizations and social media to get their news, it is becoming increasingly important to be able to discern disinformation from legitimate reporting. Recent research from Princeton and New York University has indicated that Facebook users who are 65 and older "posted seven times as many articles from fake news websites" compared to users who were under 29 years old (NPR, 2020). In this session, participants will learn tools to help them evaluate information sources. Instructor: Gwen Ruttencutter

22FLIR210 | Thur, Oct 28 | 1 - 2 PM

The Individual and the Community, Liberty, and Tyranny: Ideas and Politics from the Renaissance to the Enlightenment

With the collapse of the medieval world, new political theories emerged across the early modern West. They reflected particular crises and proposed solutions to concrete civil and political problems. This course addresses the correlation between ideology and political practice and casts new ideas about the state and social contract in the context of the early modern era. Instructor: Sebastian Bartos

22FLIR211 | Thurs, Nov 4 | 2 - 3:30 PM

Photo Journey: Khabarovsk, Russia

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. Instructor: Elena Schmitt

22FLIR212 | Wed, Nov 10 | 2 - 3:30 PM

Photo Journey: Balloons, Trains, Moab & Monument Valley

Highlights: Sedona & Oak Creek Canyon, Grand Canyon, International Hot Air Balloon Festival, Durango, Silverton Train Ride, Monument Valley, Moab & Arches National Park.

Instructor: Judy Baxter

22FLIR213 | Thurs, Nov 11 | 1 - 3 PM

Health & Fitness

Yoga



Instructor will guide you through an hour 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 and cotton yoga strap.

Instructor: Kathleen Hamill
22FLIR410 | 10 Wed | Sept 15 - Nov 17 | 10 - 10:50 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

22FLIR401 | 10 Tues & 10 Thurs | Sept 14 - Nov 18 | 10 - 10:50 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

22FLIR403 | 10 Wed | Sept 15 - Nov 17 | 2 - 4 PM



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.

Instructors: Jerry Morton, Linda Crook
22FLIR404 | 13 Fri | Sept 17 - Dec 17 | 10 AM - 12 PM

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 food contamination and how to keep food safe from purchase to the plate. We'll look at food safety inspections and check food scores for restaurants in Valdosta and the surrounding area. Instructor: Sue Bailey

22FLIR302 | Wed, Oct 27 | 11 AM - 12 PM

Free to Fly

Stop paying the airline to manhandle, scratch, dent, damage, tear up, or lose your luggage! Learn how to pack a carry-on case for an up-to-2-week trip without the expense of a checked bag. Instructor will share her experience of packing carefully for carry-on, including formal evening attire! Please select EITHER section A or section B. Instructor: Carol Irwin

Section A 22FLIR304 | Tues, Sept 14 | 1 - 2 PM

Section B 22FLIR305 | Wed, Oct 20 | 2 - 3 PM

Introduction to Tai Chi

Learn and perform some basic principles and movements of Tai Chi, which promote relaxation and improve balance.

Instructor: Luanna Godwin
22FLIR402 | 10 Tues & 10 Thurs | Sept 14 - Nov 18 | 11:15 AM - 12:15 PM

Laugh! Because It's Good for Your Health

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.

Instructor: Julie Ford
22FLIR405 | 2 Mon & 2 Wed | Oct 4, 6, 11 & 13 | 10 - 11 AM

Improving Senior Mobility

Learn about the importance of movement and the cost of being sedentary. You can start at any age to improve your health by moving more! The instructor, the director of VSU's Center for Exercise Medicine and Rehabilitation, will outline the basics of healthy movement -- be prepared to do a little movement in class. Instructor: Lindsay Freidhoff

22FLIR406 | Wed, Oct 6 | 11 AM - 12 PM

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, inspiring classical music as you learn a few helpful ballet movements to take home and use each day. (You may sign up for any or all of the sessions.)

Instructor: Marguerite Gravlee
Section A 22FLIR407 | Wed, Sept 29 | 11 AM - 12 PM
Section B 22FLIR408 | Wed, Oct 13 | 11 AM - 12 PM
Section C 22FLIR409 | Wed, Nov 17 | 11 AM - 12 PM

Good to Know

Dementia 101

Discussion is based upon Dr. Tann's personal knowledge, experience, and shared information from her book, "The Race of Dementia." It's important to recognize that dementia is not a disease, but the symptoms thereof. Discussion will hinge on differentiating between dementia and related diseases and will include recent facts and figures, resources and encouragement. Noting the colossal responsibility of being a caregiver for a loved one with dementia, information and resources will be incorporated into the sessions. Instructor: Debra Tann

22FLIR303 | Thurs, Sept 16 | 1 - 2:30 PM

7 Threats to Your Estate Plan

Join us as we discuss the seven threats to your estate plan and how to avoid them. This will be an overview of wills, trusts, powers of attorney, health care directives.

22FLIR301 | Wed, Oct 13 | 1 - 3 PM

Fine Arts & Literature

Drama Group

Participants will hone their acting skills for a future performance for an LIR audience. Facilitator: Marie Sooy
22FLIR601 | 12 Fri | Sept 17 - Nov 19 | 1 - 3 PM

Open Art Studio

Drop in and join your fellow LIR artists and crafters in our open art studio. The art room will be open each Monday morning for those who want to work on their own artwork while enjoying the company of others! This is not a class, just a time for you to work on your own projects. Bring your supplies and inspiration; we have a sink and jars for water if you are painting. Come every week or just a few times during the semester.

22FLIR602 | 10 Mon | Sept 13 - Nov 5 | 9:30 - 11:15 AM

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. 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
22FLIR603 | 10 Tues | Sept 14 - Nov 16 | 1 - 2 PM

Valdosta Symphony Orchestra Preview

Get the inside scoop on what it takes to make an orchestra come to life. Have you ever wondered what the conductor really does? The Maestro will clear up mysteries, let you in on some secrets of the music world, and give you a preview of what's coming up for the VSO this semester.

Instructor: Howard Hsu
22FLIR604 | Wed, Sept 15 | 11 AM - 12 PM

Book Review: "Big Lies in a Small Town"

Mystery/suspense novel by Diane Chamberlain. Aspiring artist Morgan Christopher agrees to restore an old post office mural as a public service in a bid to get out of prison where she is serving a sentence for a crime she did not commit. While doing so, she dives headlong into the 80-year-old story--and secrets--of the original artist. Reviewer: Mary Helen Watson

22FLIR605 | Wed, Sept 22 | 11 AM - 12 PM

Author Talk: "Through the Years"

Joyce and the late George Aigen have collected the memories of their life together in "Through the Years." In story form, it gives the reader insight into their lives. Growing up in New York City, raising a family and a lifelong work ethic, and a culmination of George's military honors is a must read.

Author: Joyce Aigen
22FLIR607 | Thurs, Oct 21 | 1 - 2:30 PM

Book Review: "The Pocket"

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. Reviewer: Patricia Marks

22FLIR606 | Mon, Oct 18 | 10 - 11 AM

Opera Overview: "Cavalleria"

Passion and betrayal in a Sicilian village! Cavalleria Rusticana is a one act opera with exquisite music that reflects the intense emotions of the story. From passion to betrayal to retribution, this is regarded as Mascagni's best opera. Hear a brief overview, then watch a production. Instructor: Roberta Magnasco

22FLIR608 | Wed, Oct 27 | 10 - 11 AM

Author Talk: "Bulow Gold"

Follow the lost journal of "Aunty Mary," the enslaved housekeeper of the famous Bulow family of Florida and North Carolina. The Bulows had immense wealth, and they built one of the largest plantations in Florida in the year 1821. Here is the courage and planning of Charles Wilhelm Bulow who dies all too soon. His dream is taken by his young son John Joachim Bulow who will gather an immense treasure in gold, one that will vanish in 1835. It will be persued by many. Does the great treasure really exist? Move to the present time as two middle aged geneology researchers meet "Lizzie," a very strange young girl who may hold a key to the past. Author: Bill Ryan

22FLIR609 | Wed, Oct 27 | 1 - 2 PM

Book Review: "Justice, Justice Thou Shalt Pursue"

Ruth Bader Ginsburg's last book outlines the long history of her work for a "more perfect union." "Justice, Justice Thou Shalt Pursue" is the result of a period of collaboration between Ginsburg and Amanda L. Tyler, a Berkeley Law professor and former Ginsburg law clerk. During Justice Ginsburg's visit to Berkeley, she told her life story in conversation with Tyler. In this collection, the two bring together that conversation and other materials—many previously unpublished—that share details from Justice Ginsburg's family life and long career.

Reviewer: Bill Eger
22FLIR610 | Wed, Nov 3 | 11 AM - 12 PM



Computers & Technology



Introduction to Gmail

Learn the basics of sending, receiving and organizing emails with Gmail. (Please have your Gmail account login information with you.) **Course held at the Willis L Miller Public Library, 2906 Julia Drive, Valdosta.**

Instructor: Eric Mathis

22FLIR701 | Fri, Sept 17 | 10 - 11 AM

Keep Track of Your Expenses 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. Instructor:

Marie Sooy

22FLIR702 | Wed, Sept 29 | 1 - 4 PM

Keep Track of Your Medical Records 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. Instructor: Marie Sooy

22FLIR703 | Wed, Oct 6 | 1 - 3 PM

Introduction to Google Drive

Learn how to install and use Google Drive, a way to store your files in the cloud so they can be shared with others and accessed by any of your devices. **Course held at the Willis L Miller Public Library, 2906 Julia Drive, Valdosta.** Instructor: Eric Mathis

22FLIR704 | Fri, Oct 15 | 10 - 11 AM

Facebook Basics

Bring your device (if you choose), 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

22FLIR705 | Tues, Oct 26 | 1 - 2:30 PM



Tips & Tricks for Searching Google

Sometimes it is hard to find the information you are looking for online! Learn some useful tips to make your google searches more productive. **Class held at Willis L Miller Public Library, 2906 Julia Drive, Valdosta.** Instructor: Eric Mathis

22FLIR706 | Fri, Nov 12 | 10 - 11 AM



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