



VALDOSTA STATE
UNIVERSITY

VSU LEARNING *in* RETIREMENT

Fall Semester 2022

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 Suzanne Ewing at 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. 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

“Welcome Back”

Fall Semester Kick-off Lunch

Get together with old and new friends and enjoy a catered lunch. This event is a celebration of all our volunteer teachers who make our program a success!

Business meeting at 11:00 am, followed by lunch at 11:30 and program at approximately noon. Dr. Gwen Ruttencutter will speak on "Healthy Aging."

This event is FREE...we want you to come as the guest of LIR and explore what we have to offer. Space is limited, however, to the first 72 people to register, so don't delay.

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, August 29.

23FLIR001 Thursday, Sept 8, 11 am—1 pm

Holiday Potluck Lunch

Bring a dish to share (beverages and paper goods provided) and celebrate the season while enjoying food and fellowship with your fellow LIR members and friends. You do not need to be a current LIR member to attend. Guests welcome and encouraged! No fee.

23FLIR002 Fri, Dec 2, 11:30 am - 1 pm

REGISTRATION OPEN HOUSE

Stop by Friday, August 26 between 9 AM & noon and enjoy some grab-and-go refreshments. This is a great chance to ask questions, meet the PACE staff, and get registered for Fall LIR!

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

23FLIR401 12 Wed, Sept 14-Dec 7, 10-10:45 am
(no class Thanksgiving week)

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

23FLIR402 12 Tues & Thurs, Sept 13-Dec 8
10-10:45 am (no class Thanksgiving week)

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

23FLIR403 12 Wed, Sept 14-Dec 7, 2-4 pm
(Will not meet Thanksgiving week)

Introduction to Tai Chi

Learn and perform some basic principles and movements of Tai Chi, which promotes relaxation and improves balance. Instructor: Luanna Goodwin

23FLIR404 12 Mon & Thurs, Sept 12-Dec 8
11 am-12:30 pm
(no class Thanksgiving week)

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

23FLIR405 12 Wed, Sept 14-Dec 7, 11 am-12:30 pm
(no class Thanksgiving week)

Line Dance Fun & Fitness

An aerobic dance class featuring popular line dances often featured at senior dances, weddings, reunions, and on cruises. Beginners and experienced dancers welcome! Instructor: Linda Crook

23FLIR406 10 Fri, Sept 16-Nov 18, 10:30-11:15 am

Aging Gracefully through Fitness

Not everyone can make it to a fitness class every day! Learn some basic exercises (seated or standing) to improve balance, range of motion, strength, and flexibility so that you can put together your own workout routine to meet your needs between (or instead of) group classes. **Wear exercise clothing & sneakers, and bring a towel and water.** Instructor: Martina Cephus, Personal Trainer/Fitness Instructor/Silver Sneakers Certified

23FLIR407 Wed, Oct 12, 1-2 pm

Check out these PACE evening fitness classes...

SPECIAL RATE FOR LIR MEMBERS!

Body Conditioning

Get ready for a multi-level, full body strength and conditioning workout using body weight and resistance bands. We'll start with a dynamic warm up and conclude with a 15 minute guided stretch. Please bring an exercise mat, towel, and water bottle. Exercise bands will be available or bring your own. Instructor: Jessica Terry

23APEL01 6 Tuesdays, Aug 30 - Oct 4
6-6:50 pm
\$50 for LIR Members (\$75 regular)

Zumba

Join us for this easy-to-follow, dance-based workout using music and rhythms from around the world. This class is suitable for all fitness levels. Please bring a water bottle and towel. Instructor: Jessica Terry

23FPEL01 6 Tuesdays, Oct 18 - Nov 22,
6-7 pm
\$50 for LIR Members (\$75 regular)

To receive your LIR discount, register online at www.valdosta.edu/pace and use coupon code LIRF22, or call 229-245-6484

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

23FLIR201 10 Fri, Sept 16-Nov 18, 10 am-12 noon

Radical Evolution

Discuss how our three fastest growing technologies will change our culture. Instructor: Dennis Bogyo

23FLIR202 8 Mon, Sept 12-Oct 31, 10-11 am

I Am Grey Eyes

Follow the trail of the Seminole cattlemen and the great cattle drive from Savannah to New Smyrna, Florida in May 1767 to feed the Minorcan Refugee settlers arriving in 1768. *Hybrid class, choice of Zoom or in-person.* Instructor: Bill Ryan

23FLIR203 Wed, Oct 19, 2-3:30 pm

Our Historic Highways

Travel with us from Chicago to Miami on the Dixie Highway of 1914-1918 era. Includes Henry Ford and the birth of our travel industry with the Model T, the King's Road of 1774, and new stories of connections. *Hybrid class, choice of Zoom or in-person.* Instructor: Bill Ryan

23FLIR204 Thurs, Oct 13, 2-3:30 pm

Explore Algeria

Learn about the history and culture of Algeria, including ancient cultures, Roman and Arab conquests, Spanish occupation, and French colonial period. Explore some of the beautiful handcrafts and arts created by various tribal and ethnic groups, as well as the country's cuisine, religion, history, and politics. Instructor: Menagguer Mamma

23FLIR205 Wed, Sept 28, 1-3 pm

Rightful Authority, Legitimized Violence, & the Idea of Social Harmony in Pre-Modern Western Society

Do you ever wonder where our picture of an ideal society came from? How did we come up with our current views about political authority and the proper role of government? Join us to discuss the genesis of some of our ideas about authority versus authoritarianism, political violence, and the best way to live in harmony with others. *Hybrid class, choice of Zoom or in-person.* Instructor: Dr. Sebastian Bartos

23FLIR210 Thurs, Oct 13, 3:30-4:30 pm

Photo Journey: Northern Great Plains & Rockies

Travel along with Judy and the Happy Travelers, with stops including the Black Hills, Mount Rushmore & Crazy Horse Monuments; Devil's Tower; Little Bighorn Battlefield; Glacier National Park; "Going to the Sun" tour; and a jet boat ride on the Snake River in Idaho. Instructor: Judy Baxter

23FLIR206 Thurs, Oct 27, 1-2:30 pm

Wild Mushrooms

There is fungus among us! Any patch of soil or forest is a habitat for mushrooms and other fungi. Learn about common species in this area, including how they fit into local ecosystems. *Hybrid class, choice of Zoom or in-person.* Instructor: Dr. Emily Cantonwine

23FLIR207 Thurs, Sept 15, 2-3:30 pm

Birding with E-Bird and Merlin

Do you enjoy watching backyard birds? The mobile app eBird (along with the identification app Merlin) makes birding more fun! As well as keeping track of your sightings, eBird can help you locate birding "hotspots" nearby, find out what birds you might be able to see when you travel, and sign up for alerts when unusual species are sighted in your area. As a bonus, the checklists you upload to eBird help researchers track trends in bird populations. Bring your mobile phone and binoculars (if you have them); we will demonstrate the apps by doing a little birding from the parking lot, weather permitting. Instructor: Suzanne Ewing

23FLIR208 Thurs, Nov 10, 1-2:30 pm

Biodiversity

All life on our planet is interdependent, with every species playing a role in its ecosystem. Learn about research on the effects of environmental loss, and what is being done at VSU and around the world to conserve ecosystems. Two classroom sessions; the third session will be a trip to VSU's Lake Louise Field Station, a 14-acre "blackwater" lake in southern Lowndes County. ***There is a boardwalk and covered pavilion at Lake Louise. Please wear appropriate clothing and footwear for walking outdoors, and bring insect repellent.*** Instructor: Dr. Richard Carter

23FLIR209 3 Wed, Oct 19, 26, Nov 2
1-2:30 pm classroom meetings
1-4 pm Lake Louise trip (Rain date Nov 9)

Computers & Technology

Supercharge your Searches

Learn how to make your Google searches more powerful and accurate so you can get the results you are looking for. *Course held at the Willis L Miller Public Library, 2906 Julia Drive.* Instructor: Eric Mathis

23FLIR701 Fri, Oct 7, 10-11 am

Research with GALILEO

Did you know that you can get free consumer and health information, as well as educational resources, through the library's GALILEO resource? Find out how! *Course held at the Willis L Miller Public Library, 2906 Julia Drive.* Instructor: Eric Mathis

23FLIR702 Fri, Nov 4, 10-11 am

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

23FLIR703

3 Mon, Oct 17-31, 3:15-4:45pm



Good to Know

Voting in Lowndes County

Learn about current processes for voting in Lowndes County, including dates, ID requirements, early voting, and process for absentee voting. Information will also be provided about becoming a poll worker. **Hybrid class, choice of Zoom or in-person.** Instructor: Deb Cox, Lowndes County Supervisor of Elections

23FLIR301 Tuesday, Sept 20, 11 am – 12 noon.

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

23FLIR303 Thurs, Nov 3, 1-2 pm

Who Gets Grandma's Yellow Pie Plate?

Learn strategies to protect family relationships while making decisions about personal property inheritance. **Hybrid class, choice of Zoom or in-person.** Instructor: Paul Hamilton

22FLIR307 Tues, Nov 15, 2-4 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

23FLIR302 Thurs, Oct 6, 12:30-2 pm

Stop the Bleed/Save a Life

With three quick actions, you can be trained to save a life. The number 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

23FLIR304 Tues, Sept 29, 1-3pm

Adult CPR Certification

Are you prepared to assist in case of a cardiac emergency? Earn your Red Cross certification with this hands-on course. Instructor: Shawn Phippen & staff.

CLASS IS FORMING; CALL TO RECEIVE INFORMATION ABOUT DATE WHEN SCHEDULED

Excursions & Tours

Georgia Olive Farms Tour

Olives are a growing crop now in Georgia! Take a tour of this Lakeland farm, where you will see how olives are grown, harvested and milled, and enjoy a small tasting. Be sure to check out the gift shop, where you will find olive oil, grits, skin care products, and holiday gift boxes. **\$5/person fee, paid at location.** Tour guide: Vicki Hughes/staff. Those wishing to carpool/caravan should be at RCCE for a 12:15 p.m. departure; approximately 2-hour tour starts at 1 p.m.

23FLIR501 Tues, Dec 6, tour begins at 1 pm

Valdosta-Lowndes Regional Crime Laboratory Tour

This facility assists law enforcement by examining evidence using the most up-to-date scientific equipment, technologies, and methodologies. Tasks include crime scene investigation; evidence collection and preservation; ballistic investigation; toxicology; friction ridge (fingerprint) identification; and chemical analysis to detect the presence of controlled substances. **Meet at the lab, 1708 N Ashley St.** Map will be sent with registration receipt. Tour guide: Becky Parker-Hall

22FLIR502 Tues, Nov 1, 2-4 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. Tour guide: Larry Ogden

23FLIR503 Tues, Sept 20, 2:30-3:30 pm

VSU Planetarium Show: *Seasonal Stargazing*

Seasonal Stargazing highlights the most prominent stars and constellations in our sky at this time of the year. In the narrator's words, "The more you look at the night sky, the more you'll find. And all you have to do is go outside and look up!" 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

23FLIR507 Tues, Nov 8, 3-4 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.

23FLIR505 Section A: Fri, Oct 14 7-10 pm

23FLIR506 Section B: Fri, Nov 11, 7-10 pm

Learn to Square Dance @ Valdosta Senior Center

Come for an evening and learn how to square dance, or just watch the "Belles and Beaux" group dance. George Lavender, the caller, will take you through the moves, and before you know it, you will be square dancing! No special apparel required. **First night free; if you would like to join the group the cost is \$30 for 10 weeks.** Location: Valdosta Senior Center, 1360 E Park Avenue

22FLIR508 Tues, Sept 13, 6:30-8:30 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.

22FLIR504 Fri, Oct 28, 1:15-4 pm (rain date Nov 11)

LIR DEPENDS ON VOLUNTEERS!

We will soon be planning for Spring 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.



Basic Acrylic Painting

During each class, we will paint a finished small painting that will demonstrate a different acrylic painting technique. Techniques will include color contrasts (sunflower painting), reflections on water (sailboat painting), loose brush work (abstract floral), underpainting (landscape painting), using rough and loose brush stroke techniques to create texture (landscape painting), and directional brush strokes (bird's nest).

Supply list sent with registration confirmation. Instructor: Debra Kantelis

23FLIR601 6 Thursdays (bi-weekly), 2-4 pm
Sept 22, Oct 6 & 20, Nov 3 & 17, Dec 1

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

23FLIR602 3 Tuesdays, Sept 27, Oct 25, Nov 29
2-5 pm

Book Review: *Last Bookshop in London* by Madeleine Martin

Grace Bennett has always dreamed of moving to the city, but the bunkers and drawn curtains that she finds on her arrival in London in 1939 are not what she expected, and she never imagined she'd wind up working at a dusty old bookshop. But Grace discovers the power of storytelling to unite her community in ways she never dreamed—a force that triumphs over even the darkest nights of the war. *Hybrid class, choice of Zoom or in-person.* Reviewer: Mary Helen Watson

23FLIR604 Thurs, Oct 13, 1-2 pm

Author Talk: *Bulow Gold* by Bill Ryan

This work of historical fiction chronicles the rise and destruction of the Bulow Plantation in Florida. Includes new research on the Bulow family, the "Indian Princess" Emily, and the possible "cold case" murder of John Joachim Bulow in St. Augustine in 1836. *Hybrid class, choice of Zoom or in-person.* Presenter: Bill Ryan

23FLIR605 Wed, Sept 14, 2-3:30 pm

Drama Group

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

23FLIR603 10 Fri, Sept 16-Nov 18, 1-3 pm

Author Talk: *Technology Chasers*

Discover the mysterious linkages in our technical world that have brought forth many of our current image- and information-sharing devices and techniques. For instance, the Zoom talk is an offshoot of the global viral pandemic. Did you know the man who brought photography to America also invented the telegraph? Bill's new book delves into how technological innovations came about and the incredible connections between them. *Hybrid class, choice of Zoom or in-person.* Presenter: Bill Ryan

23FLIR608 Thurs, Dec 15, 2-3:30 pm

Book Review: *The Librarian Spy: A Novel of World War II* by Madeline Martin

Ava, a WWII-era Library of Congress librarian, joins the war effort by becoming a spy in Lisbon. Meanwhile, Elaine works at a French Resistance printing press that the Nazis are attempting to find and silence. Ava and Elaine connect through their resistance work and discover joy and comradery as the war rages around them. *Hybrid class, choice of Zoom or in-person.* Reviewer: Dr. Patricia Marks

23FLIR606 Tues, Oct 18, 11 am-12 noon

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

23FLIR607 10 Tues, Sept 20-Nov 15, 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 let you in on some secrets of the music world, and give you a preview of what's coming up for the VSO this season. *Hybrid class, choice of Zoom or in-person.* Instructor: Howard Hsu

23FLIR610 Wed, Sept 14, 11 am-12 noon

VSU Theatre & Dance Season Preview

Get a sneak peek at this year's upcoming VSU Theatre & Dance productions. Learn about our students, facilities, and everything that it takes to make the VSU productions come to life. *Hybrid class, choice of Zoom or in-person.* Instructor: Duke Guthrie

23FLIR609 Tues, Sept 13, 2-3 pm

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" (23FLIR102) instead. Instructor: Elizabeth Burnette

23FLIR101 4 Mon, Sept 12-Oct 3
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

23FLIR102 12 Mon, Sept 12-Dec 5, 12:30-3 pm
(no class Thanksgiving week)

Make an Easy No-Sew Pumpkin Decoration

With just a few easy-to-find supplies you will craft a fabric-covered pumpkin decoration. We will have all supplies and some seasonal fabric on hand, or bring your own fabric if you choose. Details sent upon registration in case you want to bring your own material. Instructor: Sue Bailey

23FLIR103 Tues, Nov 1, 11 am-12:15 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. Instructor: Marie Sooy

23FLIR104 Wed, Oct 5, 2-4 pm

Make a Holiday Gnome

You can make a gnome for any occasion! Make and take a holiday themed gnome that you can display in your home or give as a gift. Supplies provided. Instructor: Sue Bailey

23FLIR105 Tues, Nov 15, 11 am-12:30 pm

3-D Pumpkin Paper Craft

It may not feel like it yet, but Autumn is coming! Make and take a seasonal decoration for your home or to give as a gift. Supplies provided. Instructor: Holly Gougeon

23FLIR106 Tues, Sept 13, 11 am-12 noon

Make a Painted Holiday Ornament

Make and take a painted seasonal ornament of your choice—you pick the holiday! Supplies provided. Instructor: Holly Gougeon

23FLIR107 Tues, Oct 11, 2-3 pm

Make a Holiday Wreath

Create a wreath for your door (or to give as a gift) using easily available materials. Everything you will need will be provided. Instructor: Vicki Gay

23FLIR108 Wed, Nov 16, 2-4 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 23FLIR110 Thurs, Sept 29, 10 am-12 noon

Section B 23FLIR111 Thurs, Oct 27, 10 am-12 noon

