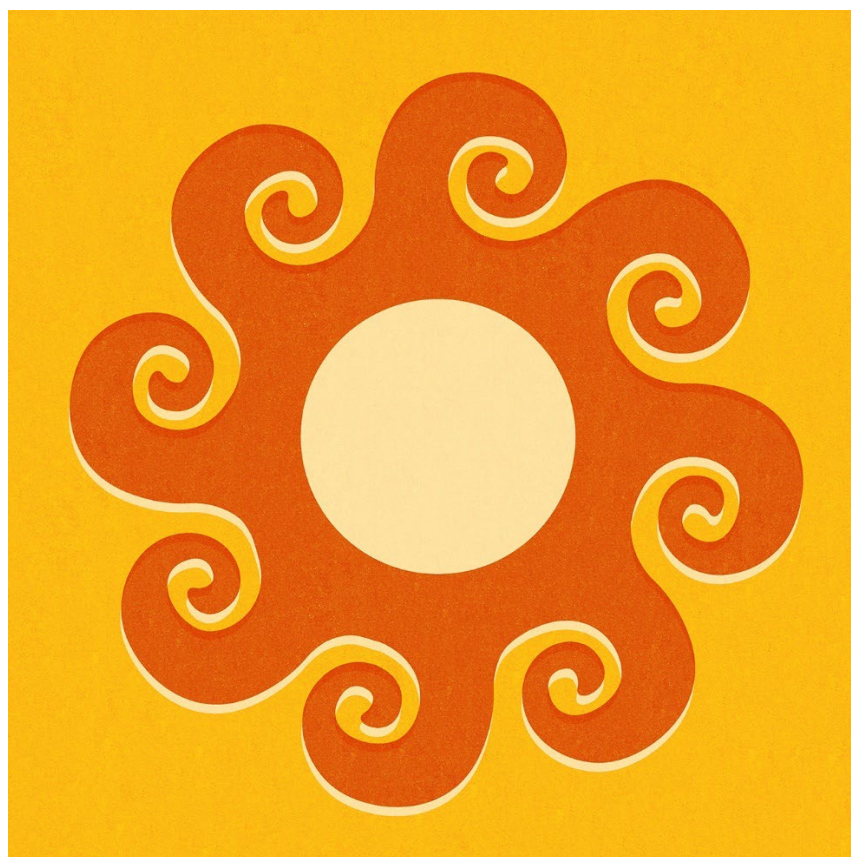


LIR Lite

Summer 2025



Learning in Retirement (LIR) is a 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 - Summer Program:

LIR Lite Summer Semester memberships are \$39. Instructors who taught in fall/spring 2025 or are teaching summer 2025 receive a discount of \$5 off. Register online at www.valdosta.edu/pace or by phone with a credit card (229-245-6484).

Paying by check or cash? Stop in the office during normal business hours: Monday-Thursday, 8 AM – 5:30 PM and Friday, 8 AM – 3 PM.

Summer Registration Open House

Wednesday, May 21, 10 am – 1 pm

Join us at our Inaugural "LIR Lite" Summer Registration Open House. This is a great chance to ask questions, meet the PACE staff, pick up LIR information, and get registered for LIR Lite! Enjoy some grab-and-go refreshments too. Location: Room 3103 in University Center North, 1215 N Patterson Street, Valdosta. Registration not required.

Summer Potluck Luncheon

Join fellow LIR members for a summer potluck lunch. Please bring a summertime dish to share. Please label your dish if it contains common allergens such as milk, eggs, soy, tree nuts, peanuts, sesame, fish/shellfish, etc. Plates, cups, utensils and beverages will be provided.

25SXLIR001 | Fri, Jul 18 | 12 - 1:30 pm

Health & Fitness

Chair Exercise

Follow a 30-minute online video of a chair exercise routine with Lauren, an ACE (American Council on Exercise) certified fitness instructor. Lauren also holds a specialization in senior fitness. This class meets daily, Monday-Friday. Suitable for all fitness levels. Facilitator: PACE Staff

25SXLIR401 | Mon-Fri, Jun 2 - Aug 1 | 9:30 - 10 am (No class June 19, July 4, and July 18)

Chair Yoga

Follow a 30 minute online video of a chair yoga routine with Lauren, an ACE (American Council on Exercise) certified fitness instructor. Lauren also holds a specialization in senior fitness. This class meets daily, Monday-Friday. Suitable for all fitness levels. Facilitator: PACE Staff

25SXLIR402 | Mon-Fri, Jun 2 - Aug 1 | 10:15 – 10:45 am (No class June 19, July 4, and July 18)

Improve Your Balance with Ballet & Hawaiian Dance

Have fun getting exercise and improving your balance with beautiful and inspiring music while you learn simple movements from ballet and Hawaiian dances. Some moves can even be done from a chair. Instructor: Marguerite Gravlee

25SXLIR403 | 7 Fri , Jun 6 - Aug 1 | 11:30 am - 12:30 pm (No class July 4 and July 18)

History, Science & Social Studies

Osceola: Seminole War Leader

Instructor Bill Ryan share details of the life and family of Osceola, the famous Native American leader who was captured under a white flag of truce or parlay in October 1837 during the Second Seminole War. Hybrid class: choice of Zoom or in-person. Instructor: Bill Ryan

25SXLIR201 | Tues, Jun 24 | 1 - 2:30 pm

Food Safety 101

One in six Americans get sick each year with “food poisoning” from eating contaminated food. Learn about the major causes of foodborne illness and some 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

25SXLIR202 | Thurs, Jun 12 | 11 am - 12 pm

Photo Journey: Cowboys & the Lone Star State

Join Judy Baxter on her photo journey to Dallas, Texas: Kennedy Memorial; Fort Worth, Texas: Stockyards (cattle drive); Southfork Ranch (Dallas TV show); Waco, Texas; Hill Country (Fredericksburg & Bandera); San Antonio, Alamo, River Cruise; Houston Space Center; Slidell Louisiana Swamp Tour. Hybrid class, choice of Zoom or in-person. Facilitator: Judy Baxter

25SXLIR203 | Thurs, Jun 26 | 1 - 2:30 pm

Excursions & Tours

Mallory Blueberry Farm

For more than a century, Mallory’s Farm in Valdosta has been a destination for seasonal family fun. Join your fellow LIR members to pick pesticide-free blueberries by the gallon from the farm’s bushes. U-pick blueberries are approximately \$10 per bucket. Location: 5131 Bemiss Road, Valdosta. Meet at the farm at 10 AM. Let the office know if you would prefer to ride with someone. Facilitator: PACE Staff

25SXLIR501 | Fri, Jun 13 | 10 – 11:30 am (Departure time from UC: 9:30 am)

Lunch Bunch: Fancy Girl Farms

Get together for lunch with your fellow LIR members. Fancy Girl Farms is a Farm-to-Table Restaurant, Coffee Shop, Garden, and Retail Shop. Meet at the restaurant. Try to arrive a few minutes early to be seated. Location: 112 S Newsom Street, Hahira. Facilitator: Staff

25SXLIR502 | Tues, Jul 8 | 11 am - 12:30 pm

VSU's Dedo Maranville Fine Arts Gallery & Martha G. Smart Gallery Tour

Take a self-guided tour of the new Student Juried Exhibition to enjoy the creativity and artistic expression of VSU's Art & Design students. A variety of art media will be on display. Meet at the Fine Arts Building. Parking is available in the STEAM Center parking lot or walk from the University Center. Location: VSU Fine Arts Building, intersection of Brookwood Drive and Oak Street. Self-Guided Tour

25SXLIR503 | Tues, July 1 | 11:30 am – 12:30 pm

Nature Walk at Grand Bay

The Grand Bay Wildlife Management Area boardwalk (heavily damaged in Hurricane Helene) is expected to be repaired by the end of June! To beat the heat, we will take an early morning stroll and see what flora and fauna we can spot along the way. Bring binoculars if you have them. The boardwalk is 1.1 mile round trip through cypress/gum wetlands, with a five-story observation tower at the end. No need to climb to the top if that's not your speed. There is plenty to see from ground level! Meet at the boardwalk parking area (left where the access road dead ends) to be ready to start walking at 8 a.m. Bring sun protection and water. Unsure at this time if restroom facilities will be available. Location: Grand Bay Wildlife Management Area, 4649 Knight Academy Rd #4641, Valdosta.

Facilitator: Suzanne Ewing

25SXLIR504 | Thurs, July 17 | 8 - 9:30 am (Meet at Grand Bay to begin walking at 8 am.) (Rain date is Tues, July 22, 8 am)

Explore VSU's Herbarium

Before heading to VSU's Herbarium, class will meet at the University Center where Dr. Carter will give a presentation on the background and purpose of the herbarium, a scientific archive of dried plant specimens documenting the plants of the southeastern United States with special emphasis on the flora of southern Georgia. Supporting student learning, public outreach, and research, this museum collection has been an integral feature of VSU for more than 75 years. For the second part of the class, you will head to Bailey Science Center, Room 1040. If it's not too hot, the class may walk. For those who prefer to drive, we recommend parking in the Admissions Office parking lot across from Main Campus. Instructor: Dr. Richard Carter

25SXLIR505 | Thurs, July 24 | 1 – 3 pm

Fine Arts & Literature

Book Review: "Mr. Pettigrew's Last Stand"

Written with a delightfully dry sense of humour and the wisdom of a born storyteller, Major Pettigrew's Last Stand explores the risks one takes when pursuing happiness in the face of family obligation and tradition. When retired Major Pettigrew strikes up an unlikely friendship with Mrs. Ali, the Pakistani village shopkeeper, he is drawn out of his regimented world and forced to confront the realities of life in the twenty-first century. Brought together by a shared love of literature and the loss of their respective spouses, the Major and Mrs. Ali soon find their friendship on the cusp of blossoming into something more. But although the Major was actually born in Lahore, and Mrs. Ali was born in Cambridge, village society insists on embracing him as the quintessential local and her as a permanent foreigner. The Major has always taken special pride in the village, but will he be forced to choose between the place he calls home and a future with Mrs. Ali? Hybrid class, choice of Zoom or in-person. Reviewer: Mary Helen Watson

25SXLIR601 | Tues, Jun 10 | 11 am - 12 pm

Book Review: "The Midnight Library"

Between life and death there is a library. When Nora Seed finds herself in the Midnight Library, she has a chance to make things right. Up until now, her life has been full of misery and regret. She feels she has let everyone down, including herself. But things are about to change. The books in the Midnight Library enable Nora to live as if she had done things differently. With the help of an old friend, she can now undo every one of her regrets as she tries to work out her perfect life. But things aren't always what she imagined they'd be, and soon her choices place the library and herself in extreme danger. Before time runs out, she must answer the ultimate question: what is the best way to live? Hybrid class, choice of Zoom or in-person. Reviewer: Sue Bailey

25SXLIR602 | Thurs, Jul 10 | 11 am – 12 pm

Paint a Pretty Flower Bouquet

Paint a flower bouquet using sponges and other household objects. Drawing is not required to paint this picture. Supplies included. Class is limited to 14. Instructor: Holly Gougeon

25SXLIR603 | Tues, July 22 | 11 am - 12 pm

Paint Lavendar Flowers with Cotton Swabs

It's amazing what you can create with household objects. Try your hand at painting beautiful flowers with cotton swabs. Bring an 8X10 canvas board (the flat kind, not stretch canvas). All other supplies included. Class is limited to 14. Instructor: Sue Bailey

25SXLIR604 | Wed, Jun 25 | 11 am – 12:30 pm

Games & Leisure

Let's Play Bunco!

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

25SXLIR101 | 4 Tues, Jun 3, Jun 17, July 1 & Jul 15 | 1 - 2:30 pm

Uno

Uno is the worlds #1 card game. It's easy to learn and play in groups. The goal is to get rid of all your cards. When you are down to just one, don't forget to yell, "Uno!" Facilitator: PACE Staff

25SXLIR102 | 2 Tues, June 24 & July 29 | 11 am - 12:30 pm

Partnership Auction Pinochle

Learn to play the pinochle variation called Partnership Auction Pinochle. Pinochle is a popular melding and trick-taking game played with a 48 card deck. Experienced players and those new to the game are welcome. Facilitator: Pam Hartley

25SXLIR103 | 9 Wed, June 4 - July 30 | 12 - 2:30 pm

Pig

Pig is a fun and easy-to-learn dice game. Players take turns to roll a single die as many times as they wish, adding all roll results to a running total, but losing their gained score for the turn if they roll a 1. Facilitator: Penelope Schmitt

25SXLIR104 | Tues, July 8 | 1 - 2 pm

Bananagrams

Bananagrams is a word game where players race against each other to use all their letter tiles to build crossword grids. Players take turns placing letter tiles into their own intersecting grid to form words. The first player to use all their tiles wins. Facilitator: PACE Staff

25SXLIR105 | 2 Thurs, Jun 5 & Jul 3 | 11 am – 12 pm

Scattergories

Get ready for some fast-paced fun! In this game, each player fills out a category list with answers that begin with the letter the spinner lands on. You score points when you come up with words that nobody else does. Facilitator: PACE Staff

25SXLIR106 | 2 Thurs, Jun 26 & Jul 17 | 11 am - 12 pm

Wednesday Movie Matinee

Bringing Up Baby (1938)

In this screwball comedy starring Katherine Hepburn and Cary Grant, a befuddled paleontologist is pursued by a flighty and often irritating heiress and her pet leopard, Baby.

25SXLIR107 | Wed, Jun 11 | 2 - 3:45 pm

Great Expectations (1946)

Great Expectations is a 1946 British drama based on the 1861 novel by Charles Dickens. A humble orphan boy in 1810s Kent is given the opportunity to go to London and become a gentleman, with the help of an unknown benefactor.

25SXLIR108 | Wed, Jul 2 | 2 - 4 pm

The Inspector General (1949)

Georgi (Danny Kaye) an illiterate member of a gypsy medicine show, wanders into a strange town and is picked up on a vagrancy charge. The town's corrupt officials mistake him for the inspector general whom they think is traveling in disguise. Fearing he will discover they've been pocketing tax money, they make several bungled attempts to kill him.

25SXLIR109 | Wed, Jul 23 | 2 - 3:45 pm

Arts & Crafts

Whimsical Watercolor Birds

Can't draw or never painted? This class will show you how to create a painting of cute, colorful birds. Beginners and other levels are welcome. Supplies will be provided.

Instructor: Holly Gougeon

25SXLIR801 | Tues, June 10 | 1 - 2 pm

Macrame a Plant Hanger

The art of macrame is an age-old practice that has regained popularity in recent years. It is a crafting technique that uses knots in cording, threading, yarn, or textiles to create various objects. In this class, learn to make a plant hanger. All supplies will be provided. Instructor: Marie Sooy

25SXLIR802 | Wed, Jun 25 | 11 am – 1 pm