

FALL 2025



Learning In Retirement

VALDOSTA STATE UNIVERSITY

Learning in Retirement (LIR) is a member-led, 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 \$75 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 paid directly to instructor to cover supplies (see individual course descriptions). 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 business hours.



LOCATION:

VSU's University Center North, 1215 N. Patterson Street (entrance closest to Drexel Park). The office is located in Room 3103. Class location information will be included on your receipt. Information on paperless parking permits will also be included.

SPECIAL EVENTS

“Welcome Back” Fall Kick-off Lunch

Kick off the Fall Semester 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 Wednesday, August 27.

26FLIR001 | Thurs, Sept 4 | 11:30 am - 1 pm | \$15.00

(Free for Spring, Summer and Fall 2025 instructors.)

Location: University Center Cypress Room

LIR Fall Lunch Social

Enjoy an afternoon of great conversation over lunch. Mix and mingle and get to know your fellow LIR members. No fee; lunch provided. **Facilitator: PACE Staff**

26FLIR002 | Fri, Oct 17 | 11:30 am - 1 pm | Location: UC Rose Room

Holiday Pot Luck Lunch

Enjoy food and fellowship with LIR members and friends! Bring a dish to share (beverages and paper goods provided). You don't need to be a current LIR member to attend. Guests welcome and encouraged! No fee.

26FLIR003 | Fri, Dec 12 | 11:30 am - 1 pm | Location: UC Rose Room

Registration Open House

Wednesday, August 27 from 10 am - 1 pm

Join us at our LIR Registration Open House. This is a great chance to ask questions, meet the PACE staff, pick up LIR information, and get registered for LIR! Enjoy some grab-and-go refreshments too.

LOCATION:

Room 3103 in University Center North, 1215 N Patterson Street, Valdosta

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HEALTH & FITNESS



Yoga

Enjoy 50 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. Please bring a yoga sticky mat to class. **Instructor: Kathleen Hamill**

26FLIR401 | 14 Tues & 13 Thurs, Sept 9 - Dec 16 | 10:00- 10:50 am
(No class Nov 25 & 27)

Balance Plus

Tips and exercises to improve balance and help prevent falls.

Instructor: Linda Crook

26FLIR402 | 4 Tues, Sept 9, Oct 7, Nov 4, Dec 2 | 11 - 11:30 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**

26FLIR403 | 13 Wed, Sept 10 - Dec 10 (No class Nov 26) | 10 - 10:50 am

Chair Exercise

Follow a 30 minute online video of a chair exercise routine. Videos will be alternated throughout the term for variety. Suitable for all fitness levels.

Facilitator: PACE Staff

26FLIR404 | 11 Tues & 13 Thurs, Sept 11 - Dec 16 | 11 - 11:30 am
(No class Oct 7, Nov 4, Nov 27, Dec 2)

Chair Yoga

Follow a 30 minute online video of a chair yoga routine. Videos will be alternated throughout the term for variety. Suitable for all fitness levels. **Facilitator: PACE Staff**

26FLIR405 | 13 Wed & 11 Fri, Sept 10 - Dec 10 | 11 - 11:30 am
(No class Oct 17, Nov 26, Nov 28)

Tai Chi for Beginners

Learn about Tai Chi and practice some of the physical movements that help improve balance and promote relaxation. This class is limited to people who have taken no more than 2 semesters of Introduction to Tai Chi. First-time students will be given priority. Location: VSU Campus Recreation Center, 1300 Sustella Avenue. **Instructor: Luana Goodwin**

26FLIR406 | 14 Mon & 12 Thurs, Sept 15 - Dec 15 | 10 - 11 am
(No class Nov 27)

Fundamentals of Tai Chi Practice

This class is a continuation of Tai Chi for Beginners. You must have completed at least one semester of Tai Chi for Beginners (formerly Introduction to Tai Chi) to enroll. Location: VSU Campus Recreation Center, 1300 Sustella Avenue. **Instructor: Luana Goodwin**

26FLIR407 | 14 Mon & 12 Thurs, Sept 15 - Dec 15 | 11 - 12:30 am
(No class Nov 27)

Walk & Talk Group

Get outside and get some aerobic exercise by walking around VSU's beautiful main campus for approximately 30-40 minutes, weather permitting. Walkers will leave from the LIR Lobby area. **Facilitator: PACE Staff**

26FLIR408 | 14 Mon, Sept 15 - Dec 15 | 10 - 10:45 am



Traditional Line Dancing

For both novice and experienced dancers who wish to progress through new steps and dances each week. Floor splits will be used to allow beginners and more advanced dancers to learn at the same time. Handouts provided to assist with learning the material. Location: VSU Campus Recreation Center, 1300 Sustella Avenue. **Instructors: Jerry Morton & Diane Smith**

26FLIR409 | 13 Wed , Sept 10 - Dec 10 | 11 am - 12:30 pm (No class Nov 26)



HISTORY, SOCIAL STUDIES, & SCIENCE

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. **Instructor: Dr. James LaPlant, Dean of the College of Humanities and Social Sciences, Professor - Political Science**

26FLIR201 | 11 Fri, Sept 12 - Nov 21 | 10 am - 12 pm

Photo Journey: Shades of Ireland

Join Judy Baxter on a photo journey of her travels on her 10-day round-trip to Ireland. View the Emerald Isle from history-filled Dublin to its rolling green hills and dramatic coast. Explore historic Blarney Castle. See Killarney from an Irish jaunting car. Take in the beauty of the Ring of Kerry. Enjoy watching border collies in action during a traditional sheepdog demonstration. Stand in awe at the top of the stunning 700-foot Cliffs of Moher. Feel like royalty during an overnight stay on the grounds of a castle. Cities visited include Dublin, Waterford, Killarney, Limerick, and Kingscourt. Hybrid class: choice of Zoom or in-person. **Instructor: Judy Baxter**

26FLIR202 | Thurs, Nov 13 | 1 - 2:30 pm

“We Are What We Eat” - Book Discussion

The author of “We Are What We Eat,” Alice Waters, is a chef and food activist who passionately encourages a radical reconsideration of the way we cook and eat. The group will discuss her book on the intrinsic value of food. Class is in-person only. **Instructor: Dennis Boygo**

26FLIR203 | 8 Mon, Sept 15 - Nov 3 | 9 - 10 am

Empowered Women in Medieval Europe: Lordship, Patronage, and Religious Authority

The prevailing modern perception of pre-modern women often assumes their complete legal and social inferiority, political powerlessness, and lack of independent authority. This presentation challenges these oversimplified assumptions by exploring the diverse and meaningful ways in which women exercised power in medieval Europe. Through case studies of religious patronage, land control, and expressions of personal piety, we will uncover the nuanced roles and influence of women in shaping medieval society. Hybrid class, choice of Zoom or in-person. **Instructor: Dr. Sebastian Bartos, VSU History Department**

26FLIR204 | Tues, Sept 9 | 2:30 - 4 pm

Expert DNA Witness

Dr. Brian Ring has an extensive background in molecular genetics and is an expert witness in Georgia cases involving DNA evidence. Dr. Ring will discuss his work and share examples of DNA cases for discussion. Hybrid class: choice of Zoom or in-person. **Instructor: Dr. Brian Ring, VSU Biology Department**

26FLIR205 | Thurs, Sept 11 | 11:30 am - 12:30 pm

The Georgia Court System

Attorney J. Converse Bright will present an overview of the Georgia Court System and jury duty. Mr. Bright has a highly regarded and extensive legal career spanning 60 years and is a partner at Coleman Talley LLC here in Valdosta. Hybrid class: choice of Zoom or in-person. **Instructor: J. Converse Bright**

26FLIR206 | Wed, Sept 24 | 2 - 3:30 pm

The Healing Power of Plants

Dr. Carter will introduce the historical context for understanding the significance of plants in treating human diseases. Explore the value and diversity of medicinal plants from around the world and methods used to search for potential new sources of medicines. Dr. Carter will highlight native, naturalized, and commonly cultivated medicinal plants of the southeastern United States along with their traditional and modern uses. Hybrid class: choice of Zoom or in-person.

Instructor: Dr. Richard Carter, VSU Biology, Retired

26FLIR207 | Thurs, Sept 18 | 1 - 2:30 pm

The Constitution of the United States

In this series, Dr. Mary Block will give overview of the seven articles of the US Constitution from a historical perspective. Dr. Fred Knowles will provide an overview of the Bill of Rights. The most relevant applications for today will be presented. Hybrid class: choice of Zoom or in-person. Instructors: Dr. Mary Block, VSU History Department & Dr. Fred Knowles, VSU Sociology, Anthropology & Criminal Justice Department

26FLIR208 | 4 Tues, Oct 7 - 28 | 2 - 4 pm

Cold-Blooded Wonders: Exploring Icefish and their Survival in the Southern Ocean

Dr. Grove, a comparative physiologist and biochemist, will take you on an exploration of adaptation and survival of icefish in one of the harshest climates on our planet - our southern ocean. She will also share what it was like to live and work on Palmer Station, a research station in Antarctica located on Anvers island (aka Antwerp Island). Hybrid class: choice of Zoom or in-person.

Instructor: Dr. Theresa Grove, VSU Biology Department

26FLIR209 | Thurs, Oct 9 | 1 - 2 pm

“1776”

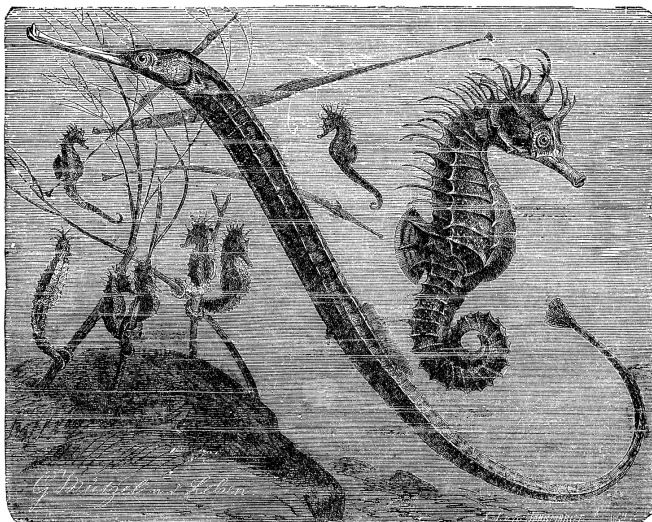
Donald Davis will lead a short discussion of the movie and introduce Valdostan actor Emory Bass who plays James Wilson, one of the Founding Fathers. Wilson was a signer of both the Declaration of Independence and the Constitution. Following this discussion, the movie version of this musical retelling of the American Revolution's political struggle in the Continental Congress to declare independence will be shown. Cast includes William Daniels, Ken Howard, Howard da Silva, James Noble, Blythe Danner, and Virginia Vestoff. The movie runs 2 hours 21 minutes. We may take a short intermission, if needed. Please stay for some or all of the movie. (Emory Bass appears near the end of the movie.) **Instructor: Donald Davis**

26FLIR210 | Tues, Nov 4 | 1 - 4 pm

Researching Seahorses, Pipefishes and Sea Dragons

Dr. Emily Rose and her team of student researchers at Valdosta State University investigate research questions centered around the ecology, evolution, and environmental biology of syngnathid fishes, which include seahorses, pipefishes, and seadragons. Her research focuses on the effects of ecosystem changes, such as habitat disturbances and endocrine disruptors, on syngnathid mating system variation. Hybrid class: choice of in-person or Zoom. **Instructor: Dr. Emily Rose, VSU Biology Department**

26FLIR211 | Thurs, Nov 6 | 1 - 2 pm



Doorway In Time

93-year-old author Bill Ryan, the “Florida Storyteller,” will tell of his plans to write a history book and the challenges he faced in bringing historical characters and their stories to life again. Hybrid class: choice of Zoom or in-person. **Instructor: Bill Ryan**

26FLIR212 | Thurs, Nov 20 | 1 - 2 pm

GOOD TO KNOW

Medicare Choices & Options

Medicare offers different options and choices for health care coverage. Learn the basics and find out how Medicare works so you'll be prepared to look at your coverage options. This class is open to the public. Bring a friend or family member. Hybrid class: choice of Zoom or in-person. **Instructor: Donald Bay, Insurance Agent, MSIS, Inc.**

26FLIR301 | Tues, Sept 30 | 2 - 3 pm

Fire Prevention - What You Should Know

There are lots of things that can cause fires that the average person doesn't know. Remerton Fire Chief James Horne will talk about fire prevention and other safety topics including fire alarms, CO2 detectors, safe plugging in of electric appliances, and proper use of power strips. Hybrid class: choice of Zoom or in-person. **Instructor: Chief James Horne, Remerton Fire Department**

26FLIR302 | Tue, Sept 16 | 1 - 2 pm

Overcoming Grief

Grief is neither simple nor optional and there is no one-size-fits-all to cope with loss. Learn about the importance of mourning losses for eventual healing to take place. Discussion will include factors that influence a person's grief, dispelling misconceptions about grief, common reactions to grief, and taking care of oneself in the bereavement process. Hybrid class: choice of Zoom or in-person. **Instructor: Paran Holloway, Bereavement Coordinator, Hospice of South Georgia**

26FLIR303 | Tues, Oct 7 | 1 - 2 pm



How To Get Rid of Your Unwanted Belongings the Easy Way

Do you wonder what you will do with the belongings of a loved one once they are gone? You can't do all the work yourself; you'll need help. The Empty Nest is an estate liquidator located in Valdosta. They will do the estate sale work for you. In this class, learn how they do it. Hybrid class: choice of Zoom or in-person. **Instructor: Jeff Bell, The Empty Nest Estate/Tag Sales**

26FLIR304 | Tues, Sept 23 | 11 am - 12 pm

Gang Activity In and Around Valdosta

Learn the definition of gangs and their characteristics, some of the indicators of gang affiliation, gang activity in and around Valdosta, and some of the strategies used for prevention and intervention. Hybrid class: choice of Zoom or in-person. **Instructors: Officer Keith Harrell & Officer Randall Hancock, VPD**

26FLIR305 | Thurs, Sept 11 | 1 - 2 pm



Planning a Trip to Croatia

Dr. Donald Roberson, an avid traveler and author of “School of Travel,” will guide you in planning a trip to Croatia. Dr. Roberson has lived and worked in Croatia, the Czech Republic, and beyond. Hybrid class: choice of Zoom or in-person. **Instructor: Dr. Donald Roberson**

26FLIR306 | Tues, Dec 2 | 1 - 2 pm

Planning a Trip to the Czech Republic

Dr. Donald Roberson, an avid traveler, will guide you in planning a trip to the Czech Republic. Dr. Roberson has lived and worked in Croatia, the Czech Republic, and beyond. Hybrid class: choice of Zoom or in-person. **Instructor: Dr. Donald Roberson**

26FLIR307 | Wed, Dec 10 | 1 - 2 pm



EXCURSIONS & TOURS

Lunch Bunch

Join other LIR members for lunch and socialization. This is a good way to meet new people. Meet at the restaurant. If you sign up, please be sure to attend as the restaurants typically make special accommodations for LIR. Try to arrive a few minutes early to be seated. **Facilitator: Marie Sooy**

Outback Steakhouse, 1824 Club House Drive, Valdosta

Australian-inspired steakhouse which also serves chicken, ribs, seafood, burgers and more.

26FLIR501 | Tues, Sept 30 | 11:30 am - 1:00 pm | Dutch treat

Chili's Grill & Bar, 1700 Baytree Road, Valdosta

Chili's serves Southwest inspired American favorites like sizzling fajitas, Chicken Crisper chicken tenders, or hand-crafted burgers and fries.

26FLIR502 | Tues, Oct 21 | 11:30 - 1:00 pm | Dutch treat

Mellow Mushroom, 1526 Baytree Road, Valdosta

Locally owned and operated, Mellow Mushroom serves fresh, stone-baked pizzas to order in an eclectic, art-filled, and family-friendly environment.

26FLIR503 | Tues, Nov 18 | 11:30 am - 1:00 pm | Dutch treat

Bingo Nights (Kennedy Center, Valdosta)

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. **Facilitator: Marie Sooy**

Session A: 26FLIR504 | Fri, Sept 26 | 7:00 - 10:00 pm

Session B: 26FLIR505 | Fri, Oct 24 | 7:00 - 10:00 pm

Theater Guild Valdosta - 'Dosta Playhouse Tour

Take a tour of Theater Guild Valdosta's 'Dosta Playhouse, a community theater in downtown Valdosta that offers a variety of live performances and entertainment for audiences of all ages. The Theater Guild focuses on fostering local talent for their productions. You'll learn some of the history of this Valdosta gem and get a behind-the-scenes look at the theater. Please note: there is a lot to see on the ground floor, but the tour will visit upper floors with those who can climb stairs. Meet at the theater, 122 N Ashley Street. On street parking is available. **Guide: Sandi Parrish, Theater Guild Valdosta Board Member**

26FLIR506 | Fri, Nov 7 | 1 - 2 pm

Victorian Christmas - Thomasville

Held in downtown Thomasville, this event harkens back to the Victorian era, complete with horse drawn carriages, caroling, a live nativity, holiday shopping and dining, and visits with St. Nick. Meet in the parking lot of the University Center to carpool or caravan to Thomasville. If you need a ride, call the LIR office 229.245.6484. Let us know if you like to volunteer to be a driver. **Facilitator: Marie Sooy**

26FLIR507 | Fri, Dec 12 | 6 - 9 pm (Departure time 5 PM)



Florida Caverns State Park

Explore stunning limestone formations. Experience underground wonders and scenic beauty. Explore majestic stalactites and hidden caves. The one-hour tour will start upon arrival. There is a 3/4 mile walk which is considered moderately strenuous. Location: 3345 Caverns Road, Marianna, FL. Approximately a 2 hour drive. Stop for lunch before the tour. Meet in the University Center parking lot at 10 am to carpool or caravan. Call the office at 229.245.6484 if you want to volunteer to be a driver or if you need a ride. **Facilitator: Marie Sooy**

26FLIR508 | Fri, Oct 10 | 1 - 3 pm (Departure time: 10 am)

Valdosta Police Department Tour

Take a tour of the Valdosta Police Department to learn what happens behind the scenes. Meet at VPD, 500 N Toombs Street, Valdosta. Parking is available. Tour is limited to 25. **Guide: VPD Staff**

26FLIR509 | Fri, Oct 3 | 12:30 - 2 pm

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 Traffic Management Center, 310 E. Adair St. Class is limited to 20. **Facilitator: TMC Staff/Bo Bewley, TMC Manager**

26FLIR510 | Tues, Oct 21 | 2:30 - 3:30 pm

Walk the Azalea City Trail - Valdosta

Winding through downtown Valdosta, the 2.6 mile Azalea City Trail connects several city parks and the VSU campus. The trail is wide, smooth, and flat. It starts at a Craig Center, 1104 W. Gordon Street in Remerton and ends at Vallotton Big Field, 411 1/2 N Lee Street, Valdosta. As we walk toward town, we can pick a place for lunch and then finish or not finish the trail after lunch. Rides will be provided back to your vehicle. **Facilitator: Marie Sooy**

26FLIR511 | Tues, Nov 25 | 11 am - until

Sunset Hill Cemetary Tour

Meet at Sunset Hill Cemetary for a walking tour. You'll visit the gravesites of some of the notable people buried there, see the Unknown Slave marker, and learn about Sunset Hill's history. Meet at the cemetary. Location: Intersection of N Oak Street and W Mary Street. Entrance is on N Oak. **Guide: Mark Coppage, Cemetary Supervisor**

26FLIR512 | Thurs, Oct 23 | 2 - 3 pm

Burton Brooks Peach Orchard Tour

Enjoy a visit to the orchard and experience the bounty of fall. While you are there, check out their retail store. Location: 16116 Hwy 76, Barney. Meet at the University Center parking lot to carpool or caravan for an 11:30 am departure. Call the office at 229.245.6484 if you want to volunteer to be a driver or if you need a ride. **Facilitator: Marie Sooy**

26FLIR513 | Thurs, Sept 25 | 12 - 1 pm | Departure time: 11:30 am

Swamp Gravy

Note: Saturday Event

Swamp Gravy is a theater group that puts on folk-life plays based on true stories from Colquitt, Georgia and the surrounding community. Swamp Gravy is an original, crowd-pleasing blend of comedy, drama, and music, featuring a cast of more than 100 volunteers who transform Southern life into unforgettable theater. All of Swamp Gravy's plays are based on real-life stories taken from taped interviews and adapted for the stage by a professional playwright. Location: Cotton Hall Theater, 166 Main Street, Colquitt, Georgia. Buy your tickets for the 2 PM curtain time early, online at <https://www.etix.com/ticket/v/6385/cotton-hall>. Don't wait or they will be sold out. Meet at the University Center parking area by 11:15 am to car pool. Call the LIR office at 229.245.6484 to volunteer to be a driver or let us know you want to carpool. **Coordinator: Marie Sooy**

"Graveside Service"

"This year, we're hitching a ride to the graveside to tell the spooky, unexplained, and downright silly stories that happen in the cemetery. From stories of ghosts to angels to picnics on the grounds and more, this Swamp Gravy is gonna be one you won't forget. We'll explore the ways we remember those who have gone before us and the ways we accidentally scare ourselves. Come join us amongst the swaying Spanish moss as we stir up a brand new edition of Swamp Gravy!"

26FLIR514 | Sat, Oct 4 | Show starts 2 pm | Departure time: 11:30 am

"Christmas Eve at the Doublestack Diner"

"When the patrons of the Doublestack Diner stopped for a quick bite to eat on Christmas Eve, they didn't anticipate that six inches of snow would mysteriously fall on Hwy 27. And the City of Colquitt doesn't own a snowplow! Trapped in their booths for what looks like the night, the gang of locals and out-of-towners alike band together to make the best of their situation. And it's not just the pancakes that are double-stacked, it's the love stories, too!"

26FLIR515 | Sat, Dec 13 | Show starts 2 pm | Departure time: 11:30 am

FINE ARTS & LITERATURE

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. You will not be required to write. We welcome anyone who just wants to sit back and listen to the talents and work of LIR friends. **Facilitator: Marie Sooy**

26FLIR601 | 8 Tues, Sept 9 - Oct 28 | 1 - 2 pm

Book Review: “The Pot Thief Who Studied Calvin” by J. Michael Orenduff

Hubie Schuze usually digs through the dirt—often illegally—to find the ancient ceramics he sells in his shop, Spirits in Clay. But thanks to his nephew, Tristan, a computer science student at the University of New Mexico, Hubie receives a unique 3D-printed pot. And after a photo of it runs in the local paper, it becomes a popular item. Unfortunately, the pot is sought-after by all the wrong people, and strange characters start darkening the doorway of Hubie’s shop. They’re willing to do anything to get their hands on the pot, and after Det. Whit Fletcher summons Hubie to the morgue, he discovers that includes murder. Now, to get to the bottom of things, Hubie must uncover what’s so hot about this pot, before the cold-as-ice-killer strikes again. Hybrid class: choice of Zoom or in-person. **Reviewer: Dr. Mary Helen Watson**

26FLIR602 | Thurs, Oct 2 | 1 - 2 pm

Book Review: “James: A Novel” by Percival Everett

The novel is a re-imagining of Adventures of Huckleberry Finn—both harrowing and satirical—told from the enslaved Jim’s point of view. When Jim overhears that he is about to be sold to a man in New Orleans, separated from his wife and daughter forever, he runs away until he can formulate a plan. Meanwhile, Huck has faked his own death to escape his violent father. As all readers of American literature know, thus begins the dangerous and transcendent journey by raft down the Mississippi River toward the elusive and unreliable promise of the Free States and beyond. Hybrid class: choice of Zoom or in-person. **Reviewer: Sue Bailey**

26FLIR603 | Tues, Oct 14 | 11:30 am - 12:30 pm

Painting Fall Aspen Trees

Explore your artistic side! Let your creativity flow as you create a painting of fall aspen trees. It’s fun and great for beginners. Please bring your own 8X10 or 9X12 canvas. All other supplies will be provided. Class is limited to 14. **Instructor: Sue Bailey**

26FLIR604 | Tues, Nov 11 | 1:30 - 2:30 pm



Ceramic Painting at Studio Imagination

Join fellow LIR members at Studio Imagination in Remerton for pottery painting using glazes that you will leave for firing. Your items will then be safe to use in the dishwasher, oven, and microwave. You can also paint non-functional ware with acrylics so you can take your project home the same day. Choose the pottery form you wish to paint. Large pieces may require you to come back 2-3 times to finish on your own. Pieces range from \$18-\$36 paid directly to the studio owner. Location: 1917 Baytree Place, Remerton (Valdosta) **Instructor: Barbara, Owner**

26FLIR605 | Fri, Oct 10 | 11 - 1 pm

Valdosta Symphony 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. Hybrid class: choice of Zoom or in-person. **Instructor: Howard Hsu, Conductor**

26FLIR606 | Wed, Sept 10 | 11 am - 12 pm

Valdosta State University Choral Program Preview

Learn about the Choral Program and the different choirs that make beautiful music at VSU. Find out what shows are open to the public that you can enjoy throughout the year. Hybrid class: choice of Zoom or in-person. **Instructor: Clell Wright, VSU Director of Choral Activities**

26FLIR607 | Fri, Sept 19 | 12:30 - 1:30 pm

GAMES & LEISURE

Mah Jongg for Newcomers

Have you wondered why so many people love playing Mah Jongg? Have you asked yourself, "Would I like it?" Now you can find out! In this 6-session course, you will learn the basics of the game. You are then invited to continue playing by joining the regular Mah Jongg class. If you have played before, please sign up for "Mah Jongg" (26FLIR103). **Instructor: Elizabeth Burnette**

Section A 26FLIR101 | 6 Mon, Sept 15 - Oct 20 | 10:30 - 11:30 am

Section B 26FLIR102 | 6 Wed, Sept 17 - Oct 22 | 9:45 - 10:45 am

Mah Jongg

Unlock the mysteries of the 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 Mah Jongg League Card. Please note: Beginners should take "Mah Jongg for Newcomers." Upon completion of the newcomer's class, you are invited to join this class. **Instructor: Elizabeth Burnette**

26FLIR103 | 15 Mon, Sept 8 - Dec 15 | 12:30 - 3 pm

Partnership Auction Pinochle

Pinochle is a popular melding and trick-taking card game played with a 48-card deck. You will learn and play the version called Partnership Auction Pinochle. Experienced pinochle players and those new to the game are welcome. We encourage those familiar with the game to help newcomers learn. **Facilitator: Pam Hartley**

26FLIR104 | 13 Wed, Sept 10 - Dec 10 | 12:30 - 3 pm
(No class Nov 26)

Let's Play Bunco!

Bunco is a social, group dice game that requires no skill but is lots 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. Get ready for lots of dice rolling, socializing, competing, and celebrating in a spirit of fun and friendship! Oh, and there are prizes! **Facilitator: Beth Farrens & Friends**

26FLIR105 | 2 Thurs, Sept 25 & Oct 9 | 2 - 3:30 pm

UNO

UNO is the world's #1 card game, invented in 1971 by Ohio barber Merle Robbins. It's easy to learn and play in groups. The goal is to get rid of all your cards. When you get down to just one, don't forget to yell "Uno!" **Facilitator: PACE Staff**

26FLIR106 | 3 Thurs, Sept 18, Oct 23 & Nov 13 | 2:30 - 3:30 pm

Pictionary

Pictionary is a drawing game where teams try to guess a word or phrase based on a teammate's quick sketch. The drawer cannot speak or write letters or numbers, relying solely on their drawing to convey the clue. Players alternate between sketching and guessing. The first team to reach the designated number of points wins. Don't worry if "you can't draw." That only makes this game more fun and full of laughs! **Facilitator: PACE Staff**

26FLIR107 | 2 Tues, Sept 16 & Nov 18 | 2:30 - 3:30 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**

26FLIR108 | 2 Tues, Oct 7 & Nov 4 | 12 - 12:45 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 the tiles into their own intersecting grid to form words. The first player to use all their tiles is declared "Top Banana." **Facilitator: PACE Staff**

26FLIR109 | 2 Fri, Sept 12 & Nov 21 | 12 - 1 pm

Left Middle Right

Left Middle Right, also known as Left Center Right, is a suspenseful and fast-paced dice game that challenges players' luck and decision-making skills. Roll the dice, watch your chips move, and see if you can be the last player standing!

Facilitator: Marie Sooy

26FLIR110 | 3 Thurs, Sept 11, Oct 2 & Nov 6 | 2:30 - 3:30 pm

Charades - Halloween/Fall Theme

There are so many great things about charades. It's a game that keeps everyone involved on every turn and anyone can play, whether they're 5 or 95. And it's as much fun for the person acting out what's on the card as it is for the people trying to guess. So get ready to have a whole cauldron full of fun with this Halloween and fall themed game of charades! Treats will be provided.

Facilitator: PACE Staff

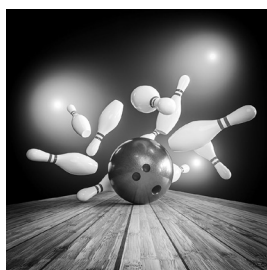
26FLIR111 | Fri, Oct 31 | 12 - 1 pm

Plant Swap

Do you have flower, herb or vegetable transplants or seedlings you would be willing to share? How about cuttings or divisions of some of your favorite plants. Even if you don't have any to swap, come on and join us. If you are bringing plants or seeds to share, please identify your items.

Facilitator: Suzanne Ewing

26FLIR112 | Fri, Oct 24 | 1 - 2 pm



Bowling For Fun

Join us for a little healthy exercise! Please note: There is no coaching or teaching; just playing. Meet at Jac's Lanes on Connell Road. You must have or rent bowling shoes. Shoe rental is free for LIR members. Bowling balls are available. Cost will be \$2.25 per game (to be paid on site). **Facilitator: Suzanne Ewing**

26FLIR113 | 13 Wed, Sept 10 - Dec 10 | 3 - 4 pm
(No class Nov 26)

Geocaching Basics

Looking for a new hobby? Discover geocaching, a live-action treasure hunt that has millions of players all over the world. This game of outdoor hide-and-seek is a fun way to break up your day and get moving outdoors. You'll learn how to register for a free geocaching membership, download an app to find the coordinates of hidden treasure in our area, then navigate to these locations via GPS to locate the geocache. **Facilitator: Jan Powell**

26FLIR114 | Thurs, Oct 16 | 1 - 2:30 pm

Wednesday Movie Matinee

Join your fellow LIR members one Wednesday a month for an afternoon at the movies, complete with popcorn and beverages. **Facilitator: PACE Staff**

Meet John Doe (1941)

26FLIR115 | Wed, Sept 17 | 2 - 4 pm

As a parting shot, fired reporter Ann Mitchell (Barbara Stanwyck) prints a fake letter from unemployed "John Doe," who threatens suicide in protest of social ills. The paper is forced to rehire Ann and hires John Willoughby (Gary Cooper) to impersonate "Doe." Ann and her bosses cynically milk the story for all it's worth, until the made-up "John Doe" philosophy starts a whole social movement. At last everyone, even Ann, takes her creation seriously...but publisher D.B. Norton (Edward Arnold) has a secret plan. 2 hrs 2 min. (Public domain) (Comedy/Drama)

House on Haunted Hill (1959)

26FLIR116 | Wed, Oct 15 | 2 - 3:15 pm

Halloween is just around the corner so we thought a horror film with Vincent Price would fit the bill. An eccentric millionaire offers \$10,000 to five people who agree to be locked in a large, spooky, rented house overnight with him and his wife. 1 hr 15 min. (Public domain) (Horror)

Charade (1963)

26FLIR117 | Wed, Nov 12 | 2 - 3:30 pm

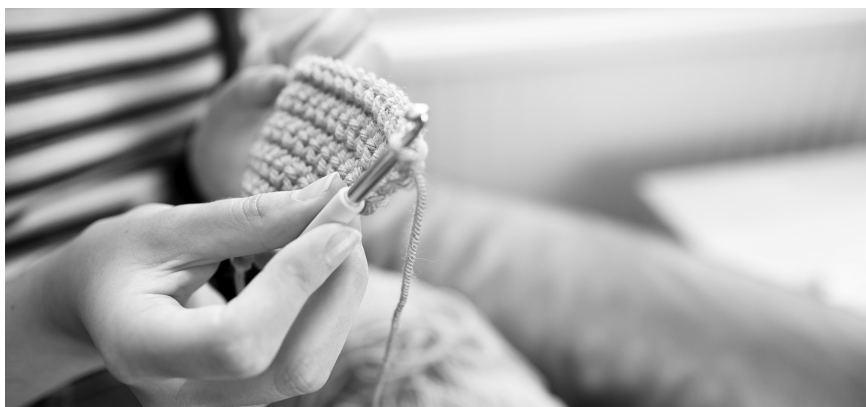
In what's been called 'the best Alfred Hitchcock film which he didn't direct,' a man is thrown off a train, and when the police locate his wife, it turns out she knew nothing about him - not even his real name. She is pursued by four men, who insist she's in possession of a huge amount of money which they believe to be theirs. If she doesn't give it to them, she'll be killed. 1 hr 23 min. (Public domain) **(Mystery/Comedy/Thriller)**

A Star Is Born (1937)

26FLIR118 | Wed, Dec 3 | 2 - 4 pm

Young Esther Victoria Blodgett comes to Hollywood with dreams of stardom and achieves them only with the help of alcoholic leading man Norman Maine, whose best days are behind him..1 hr 51 min. (Public domain) (Tragic Romance/Drama)

ARTS & CRAFTS



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. 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 SGMCC's Pearlman Cancer Center, 209 Pendleton Drive, Valdosta. Ask for directions to the room at the check-in counter. **Facilitator: Annette Woodruff**

26FLIR801 | Section A | Thurs, Sept 25 | 10 am - 12 pm

26FLIR802 | Section B | Thurs, Oct 30 | 10 am - 12 pm

Make a Beeswax Candle

Beeswax candles are a great alternative to scented candles. You can easily make your own. Use them yourself or give them as gifts. All supplies provided. Class is limited to 14. **Instructor: Marie Sooy**

26FLIR803 | Tues, Nov 11 | 11:30 am - 12:30 pm

Learn Kumihimo Beading

Kumihimo is an ancient Japanese braiding art used to create beautiful cords from fibers or beads. Learn to braid these cords and turn them into a bracelet or necklace. All supplies provided. Class is limited to 14. **Instructor: Marie Sooy**

26FLIR804 | Fri, Sept 26 | 12:30 - 2:30 pm

No-Bake Cookies

Would you like to make cookies for the holidays, but don't have time for all that baking? Make three different types of cookies which require no baking. All supplies provided. Class is limited to 14. **Instructor: Marie Sooy**

26FLIR805 | Fri, Dec 5 | 1 - 3 pm

Make a Playing Card Holder & A No-Sew Fabric Pumpkin

Make two crafts in one class! You'll create a nifty playing card holder from CDs and craft an adorable, no-sew pumpkin from fabric and a roll of toilet paper. All supplies provided. Class is limited to 14. **Instructor: Sandi Parrish**

26FLIR806 | Thurs, Oct 16 | 11:30 am - 12:30 pm

Craft a Sunflower Board

Make a beautiful sunflower decoration with wood to hang on your wall. All supplies provided. Bring a glue gun if you have one. Class is limited to 14.

Instructor: Madonna Terry

26FLIR807 | Tues, Sept 23 | 1 - 3 pm

Craft a Twig Pumpkin

With a small board and a bunch of twigs, you will create a beautiful twig pumpkin plaque. All supplies provided. Bring a glue gun if you have one. Class is limited to 14.

Instructor: Madonna Terry

26FLIR808 | Thurs, Oct 30 | 1 - 3 pm

Make a Santa Gnome Treat Jar

Create a Santa Gnome treat jar for yourself or to give as a gift. All supplies provided. Class is limited to 14. **Instructor: Holly Gougeon**

26FLIR809 | Tues, Nov 18 | 1:30 - 2:30 pm

Create a Christmas Ornament

Make beautiful paint and napkin Christmas ornaments for your tree. All supplies provided. Class is limited to 14. **Instructor: Holly Gougeon**

26FLIR810 | Wed, Nov 5 | 1 - 2 pm

Rectangle Wreath Re-Do

If you made a rectangular wreath in past classes and are unhappy with the result, please join us for a rectangle wreath re-do. **Instructor: Madonna Terry**

26FLIR811 | Fri, Nov 14 | 1 - 3 pm



COMPUTERS & TECHNOLOGY



Excel for Beginners

The basics of Excel such as formatting, formulas, and spreadsheets will be covered. You'll learn to create tables for a variety of purposes including keeping track of expenses or maintaining an inventory of personal items in the event of loss due to a natural disaster. Please let the instructor know during the second class what you would specifically like to learn to do in Excel in the final session. If you've previously taken the class, you are welcome to sign up again. Location: Dewar Education Building, Room 2112.
Instructor: Elena Schmitt

26FLIR701 | 3 Tues, Nov 25 - Dec 9 | 1:30 - 3 pm

SEPT 2025

SUNDAY	MONDAY	TUESDAY
	1 CLOSED LABOR DAY	2
7	8 <ul style="list-style-type: none"> • Mahjongg 12:30-3 	9 <ul style="list-style-type: none"> • Yoga 10-10:50 • Balance Plus 11-11:30 • Writers Meet-Up 1-2 • Empowered Women in Medieval Europe 2:30 -4
14	15 <ul style="list-style-type: none"> • We Are What We Eat 9-10 • Walk & Talk Group 10-10:45 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Newcomers Mahjongg A 10:30-11:30 • Mahjongg 12:30-3 	16 <ul style="list-style-type: none"> • Yoga 10-10:50 • Chair Exercise 11-11:30 • Fire Prevention 1-2 • Writers Meet-Up 1-2 • Pictionary 2:30-3:30
21	22 <ul style="list-style-type: none"> • We Are What We Eat 9-10 • Walk & Talk Group 10-10:45 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Newcomers Mahjongg A 10:30-11:30 • Mahjongg 12:30-3 	23 <ul style="list-style-type: none"> • Yoga 10-10:50 • Chair Exercise 11-11:30 • Unwanted Belongings 11-12 • Writers Meet-Up 1-2 • Craft a Sunflower Board 1-3
28	29 <ul style="list-style-type: none"> • We Are What We Eat 9-10 • Walk & Talk Group 10-10:45 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Newcomers Mahjongg A 10:30-11:30 • Mahjongg 12:30-3 	30 <ul style="list-style-type: none"> • Yoga 10-10:50 • Chair Exercise 11-11:30 • Lunch Bunch: Outback 11:30-1 • Writers Meet-Up 1-2 • Medicare 2-3

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4 • Welcome Back Luncheon 11:30-1	5	6
10 • Range of Motion 10-10:50 • Chair Yoga 11-11:30 • Symphony Preview 11-12 • Traditional Line Dancing 11-12:30 • Pinochle 12:30-3 • Bowling 3-4	11 • Yoga 10-10:50 • Chair Exercise 11-11:30 • DNA Witness 11:30-12:30 • Gang Activity 1-2 • Left Middle Right 2:30-3:30	12 • Views of the News 10-12 • Chair Yoga 11-11:30 • Bananagrams 12-1	13
17 • Newcomers Mahjongg B 9:45-10:45 • Range of Motion 10-10:50 • Chair Yoga 11-11:30 • Traditional Line Dancing 11-12:30 • Pinochle 12:30-3 • Movie: Meet John Doe 2-4 • Bowling 3-4	18 • Yoga 10-10:50 • Chair Exercise 11-11:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Medicinal Plants 1-2:30 • UNO 2:30-3:30	19 • Views of the News 10-12 • Chair Yoga 11-11:30 • VSU Choral Program 12:30-1:30	20
24 • Newcomers Mahjongg B 9:45-10:45 • Range of Motion 10-10:50 • Chair Yoga 11-11:30 • Traditional Line Dancing 11-12:30 • Pinochle 12:30-3 • Georgia Court System 2-3:30 • Bowling 3-4	25 • Yoga 10-10:50 • Chair Exercise 11-11:30 • Chemo Cap Crew 10-12 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Peach Orchard Tour 12-1 (Depart 11:30) • Bunco 2-3:30	26 • Views of the News 10-12 • Chair Yoga 11-11:30 • Kumihimo 12:30-2:30 • Bingo Nights A 7-10	27

OCT

2025

SUNDAY	MONDAY	TUESDAY
5	6 <ul style="list-style-type: none"> • We Are What We Eat 9-10 • Walk & Talk Group 10-10:45 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Newcomers Mahjongg A 10:30-11:30 • Mahjongg 12:30-3 	7 <ul style="list-style-type: none"> • Yoga 10-10:50 • Balance Plus 11-11:30 • Scattergories 12-12:45 • Overcoming Grief 1-2 • Writers Meet-Up 1-2 • Constitution 2-4
12	13 <ul style="list-style-type: none"> • We Are What We Eat 9-10 • Walk & Talk Group 10-10:45 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Newcomers Mahjongg A 10:30-11:30 • Mahjongg 12:30-3 	14 <ul style="list-style-type: none"> • Yoga 10-10:50 • Chair Exercise 11-11:30 • Book Review: James 11:30-12:30 • Writers Meet-Up 1-2 • Constitution 2-4
19	20 <ul style="list-style-type: none"> • We Are What We Eat 9-10 • Walk & Talk Group 10-10:45 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Newcomers Mahjongg A 10:30-11:30 • Mahjongg 12:30-3 	21 <ul style="list-style-type: none"> • Yoga 10-10:50 • Chair Exercise 11-11:30 • Lunch Bunch: Chili's 11:30-1 • Writers Meet-Up 1-2 • Constitution 2-4 • Traffic Mgmt 2:30-3:30
26	27 <ul style="list-style-type: none"> • We Are What We Eat 9-10 • Walk & Talk Group 10-10:45 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Mahjongg 12:30-3 	28 <ul style="list-style-type: none"> • Yoga 10-10:50 • Chair Exercise 11-11:30 • Writers Meet-Up 1-2 • Constitution 2-4

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <ul style="list-style-type: none"> • Newcomers Mahjongg B 9:45-10:45 • Range of Motion 10-10:50 • Chair Yoga 11-11:30 • Traditional Line Dancing 11-12:30 • Pinochle 12:30-3 • Bowling 3-4 	2 <ul style="list-style-type: none"> • Yoga 10-10:50 • Chair Exercise 11-11:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Book Review: The Pot Thief 1-2 • Left Middle Right 2:30-3:30 	3 <ul style="list-style-type: none"> • Views of the News 10-12 • Chair Yoga 11-11:30 • Valdosta Police Dept Tour 12:30-2 	4 <ul style="list-style-type: none"> • Swamp Gravy: "Graveyard Service" 2 pm (Depart 11:30 am)
8 <ul style="list-style-type: none"> • Newcomers Mahjongg B 9:45-10:45 • Range of Motion 10-10:50 • Chair Yoga 11-11:30 • Traditional Line Dancing 11-12:30 • Pinochle 12:30-3 • Bowling 3-4 	9 <ul style="list-style-type: none"> • Yoga 10-10:50 • Chair Exercise 11-11:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Cold Blooded Wonders 1-2 • Bunco 2-3:30 	10 <ul style="list-style-type: none"> • Views of the News 10-12 • Chair Yoga 11-11:30 • Florida Caverns 1-3 (Depart 10 am) • Ceramics Studio 11-1 	11
15 <ul style="list-style-type: none"> • Newcomers Mahjongg B 9:45-10:45 • Range of Motion 10-10:50 • Chair Yoga 11-11:30 • Traditional Line Dancing 11-12:30 • Pinochle 12:30-3 • Movie: House on Haunted Hill 2-3:15 • Bowling 3-4 	16 <ul style="list-style-type: none"> • Yoga 10-10:50 • Chair Exercise 11-11:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Make a Playing Card Holder 11:30-12:30 • Geocaching 1-2:30 	17 <ul style="list-style-type: none"> • Views of the News 10-12 • Lunch Social 11:30-1 	18
22 <ul style="list-style-type: none"> • Newcomers Mahjongg B 9:45-10:45 • Range of Motion 10-10:50 • Chair Yoga 11-11:30 • Traditional Line Dancing 11-12:30 • Pinochle 12:30-3 • Bowling 3-4 	23 <ul style="list-style-type: none"> • Yoga 10-10:50 • Chair Exercise 11-11:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Sunset Hill Cemetery Tour 2-3 • UNO 2:30-3:30 	24 <ul style="list-style-type: none"> • Views of the News 10-12 • Chair Yoga 11-11:30 • Plant Swap 1-2 • Bingo Nights B 7-10 	25
29 <ul style="list-style-type: none"> • Range of Motion 10-10:50 • Chair Yoga 11-11:30 • Traditional Line Dancing 11-12:30 • Pinochle 12:30-3 • Bowling 3-4 	30 <ul style="list-style-type: none"> • Yoga 10-10:50 • Chair Exercise 11-11:30 • Chemo Cap Crew 10-12 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Craft a Twig Pumpkin 1-3 	31 <ul style="list-style-type: none"> • Views of the News 10-12 • Chair Yoga 11-11:30 • Charades 12-1 	

SUNDAY	MONDAY	TUESDAY
2	3 <ul style="list-style-type: none"> • We Are What We Eat 9-10 • Walk & Talk Group 10-10:45 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Mahjongg 12:30-3 	4 <ul style="list-style-type: none"> • Yoga 10-10:50 • Balance Plus 11-11:30 • Scattergories 12-12:45 • "1776" 1-4
9	10 <ul style="list-style-type: none"> • Walk & Talk Group 10-10:45 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Mahjongg 12:30-3 	11 <ul style="list-style-type: none"> • Yoga 10-10:50 • Chair Exercise 11-11:30 • Make a Beeswax Candle 11:30-12:30 • Paint Fall Aspen/Birch Trees 1:30-2:30
16	17 <ul style="list-style-type: none"> • Walk & Talk Group 10-10:45 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Mahjongg 12:30-3 	18 <ul style="list-style-type: none"> • Yoga 10-10:50 • Chair Exercise 11-11:30 • Lunch Bunch: Mellow Mushroom 11:30-1 • Gnome Treat Jar 1:30-2:30 • Pictionary 2:30-3:30
23	24 <ul style="list-style-type: none"> • Walk & Talk Group 10-10:45 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Mahjongg 12:30-3 	25 <ul style="list-style-type: none"> • Chair Exercise 11-11:30 • Walk the Azalia Trail 11-until • Excel for Beginners 1:30-3
30		

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1
5 <ul style="list-style-type: none"> • Range of Motion 10-10:50 • Chair Yoga 11-11:30 • Traditional Line Dancing 11-12:30 • Pinochle 12:30-3 • Painted/Napkin Ornament 1-2 • Bowling 3-4 	6 <ul style="list-style-type: none"> • Yoga 10-10:50 • Chair Exercise 11-11:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Research: Seahorses, Pipefish 1-2 • Left Middle Right 2:30-3:30 	7 <ul style="list-style-type: none"> • Views of the News 10-12 • Chair Yoga 11-11:30 • Theater Guild Tour 1-2 	8
12 <ul style="list-style-type: none"> • Range of Motion 10-10:50 • Chair Yoga 11-11:30 • Traditional Line Dancing 11-12:30 • Pinochle 12:30-3 • Movie: Charade 2-3:30 • Bowling 3-4 	13 <ul style="list-style-type: none"> • Yoga 10-10:50 • Chair Exercise 11-11:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Photo Journey: Ireland 1-2:30 • UNO 2:30-3:30 	14 <ul style="list-style-type: none"> • Views of the News 10-12 • Chair Yoga 11-11:30 • Rectangle Wreath Do-Over 1-3 	15
19 <ul style="list-style-type: none"> • Range of Motion 10-10:50 • Chair Yoga 11-11:30 • Traditional Line Dancing 11-12:30 • Pinochle 12:30-3 • Bowling 3-4 	20 <ul style="list-style-type: none"> • Yoga 10-10:50 • Chair Exercise 11-11:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Doorway In Time 1-2 	21 <ul style="list-style-type: none"> • Views of the News 10-12 • Chair Yoga 11-11:30 • Bananagrams 12-1 	22
26 No Classes	27	28	29
	CLOSED THANKSGIVING BREAK		

SUNDAY	MONDAY	TUESDAY
	1 <ul style="list-style-type: none"> • Walk & Talk Group 10-10:45 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Mahjongg 12:30-3 	2 <ul style="list-style-type: none"> • Yoga 10:00-10:50 • Balance Plus 11-11:30 • Trip to Croatia 1-2 • Excel for Beginners 1:30-3
7	8 <ul style="list-style-type: none"> • Walk & Talk Group 10-10:45 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Mahjongg 12:30-3 	9 <ul style="list-style-type: none"> • Yoga 10-10:50 • Chair Exercise 11-11:30 • Excel for Beginners 1:30-3
14	15 <ul style="list-style-type: none"> • Walk & Talk Group 10-10:45 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Mahjongg 12:30-3 	16 <ul style="list-style-type: none"> • Yoga 10-10:50 • Chair Exercise 11-11:30
21	22	23
28	29	30

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 <ul style="list-style-type: none"> • Range of Motion 10-10:50 • Chair Yoga 11-11:30 • Traditional Line Dancing 11-12:30 • Pinochle 12:30-3 • Movie: A Star is Born 2-4 • Bowling 3-4 	4 <ul style="list-style-type: none"> • Yoga 10-10:50 • Chair Exercise 11-11:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 	5 <ul style="list-style-type: none"> • Chair Yoga 11-11:30 • No Bake Cookies 1-3 	6
10 <ul style="list-style-type: none"> • Range of Motion 10-10:50 • Chair Yoga 11-11:30 • Traditional Line Dancing 11-12:30 • Pinochle 12:30-3 • Trip to Czech Republic 1-2 • Bowling 3-4 	11 <ul style="list-style-type: none"> • Yoga 10-10:50 • Chair Exercise 11-11:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 	12 <p>Holiday Pot Luck 11:30-1</p> <ul style="list-style-type: none"> • Victorian Christmas 6-9 (Depart 5 pm) 	13 <ul style="list-style-type: none"> • Swamp Gravy: "Christmas Eve at the Doublestack Diner" Starts 2 pm Depart 11:30 am
17 No Classes	18 CLOSED FOR VSU HOLIDAY BREAK <i>See you in January!</i>	19	20
24	25	26	27
31			

NOTES



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