

FALL 2026



Learning In Retirement

VALDOSTA STATE UNIVERSITY

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 VSU's Mary Virginia Terry Center for Experiential Learning.

Questions?

Call **229-253-2985** or email terrycenter@valdosta.edu

COST AND REGISTRATION:

LIR memberships are \$75 per semester or a discounted yearly fee of \$135 (available during Fall semester only.) LIR's summer program, LIR Lite, is \$39. 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 (**229-253-2985**). Cash, check and credit card payments are also accepted in the office during normal business hours, Mon-Fri, 8 am - 5 pm.



TEMPORARY 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!

PLEASE NOTE:

**Registration for the Welcome Back Lunch
MUST be received by Monday, August 10.**

**You may register for the Lunch without enrolling
in the LIR Fall or Yearly Membership.**

27FLIR001 | Wed, Aug 26 | 11:30 am - 1 pm | \$12.00
(Free for Summer 2026, Fall 2026 and Spring 2027 instructors.)
Location: University Center Cypress Room

Holiday Pot Luck Lunch

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

27FLIR002 | Fri, Nov 20 | 11:30 am - 1 pm | Location: UC Rose Room

LIR Registration Open House Discontinued

To streamline the registration process and make the best use of our resources, LIR will no longer hold a Registration Open House.

Members can conveniently register online, by phone, by mail, or in person at the LIR office. When registering by mail, please include a check only. Do not mail cash or credit card information. We look forward to welcoming you to another exciting semester of lifelong learning!

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HEALTH & FITNESS

Range of Motion & Balance

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 & Linda Crook**

27FLIR401 | Tues & Thurs, Sept 1 - Dec 3 | 10 - 10:45 am
(No class Nov 24 & 26)

Yoga

Instructor will guide you through 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. **Instructor: Kathleen Hamill**

27FLIR402 | Wed, Sept 2 - Dec 2 | 10 am - 10:45 am
(No class Nov 25)

Chair Yoga: Video-Led

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**

27FLIR403 | Tues & Thurs, Sept 1 - Dec 3 | 11 - 11:30 am
(No class Nov 24 & 26)

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 beginners class (formerly Introduction to Tai Chi). First-time students will be given priority. Location: VSU Campus Recreation Center, 1300 Sustella Avenue. **Instructor: Dennis Bogyo**

27FLIR404 | Mon & Thurs, Sept 10 - Dec 3 | 9:45 - 10:45am
(No class Nov 26)

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**

27FLIR405 | Mon & Thurs, Sept 10 - Dec 3 | 10:45 am - 12:15 pm
(No class Nov 26)

Walk & Talk Group

Get outside and get some aerobic exercise by walking around VSU's beautiful main campus for approximately 30-45 minutes, weather permitting. Walkers will leave from the LIR Lobby area. **Facilitator: PACE Staff**

27FLIR406 | Mon, Aug 31 - Nov 23 | 10 - 10:45 am

Line Dancing for Non-Dancers

Each week 2-3 line dance steps will be highlighted, followed by a line dance to practice. The class will build on the previous steps learned each week so dedicated attendance is important. Class will be limited to 8 dancers so that attention can be given to each individual dancer's needs. "Non dancers" are welcome to attend the Line Dance-Beginner Level class which follows Line Dancing for Non-Dancers in the same location. Registration is required for both classes. Location: VSU Campus Recreation Center, 1300 Sustella Avenue.

Instructor: Diane Smith

27FLIR407 | Wed, Sept 2 - Oct 28 | 10 - 10:45 am

Line Dancing - Beginner Level

Dancers will continue to learn new step combinations as well as old and newer line dances. The purpose of this class is to build confidence in Beginning Level Line Dance and to enjoy each other's company. Jerry Morton and Marie Guest have volunteered to be Back Row Assistant Teachers for this class. Location: VSU Campus Recreation Center, 1300 Sustella Avenue. **Instructor: Diane Smith**

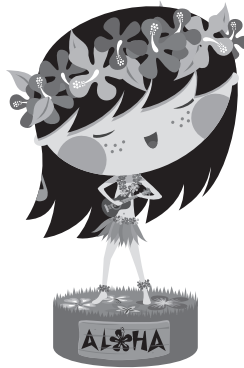
27FLIR408 | Wed, Sept 2 - Nov 18 | 11 am - 12 pm

Hawaiian Dance for Fitness & Balance

Experience the joy of Hawaiian dance in this fun, one-time class designed to promote gentle exercise, coordination, and improved balance. You'll learn traditional Hawaiian dance steps while enjoying music and movement in a relaxed, welcoming atmosphere. No experience necessary. All fitness levels welcome

Instructor: Marguerite Gravlee

27FLIR409 | Tues, Sept 15 | 12 - 1 pm



Reflexology

Reflexology is a type of massage that involves applying different amounts of pressure to the feet and hands which may provide pain and stress relief as well as other benefits. Learn from a licensed massage therapist how to massage your own hands and feet to reduce pain and stress. There will be a 15 minute break halfway through the class. Wear comfortable, stretchy pants and socks.

Instructor: Debbie Lucero

27FLIR410 | Thurs, Oct 1 | 12:30 - 2:45 pm

Go4Life

This exercise program is based on research from the National Institute on Aging. It is designed to help you fit exercise and physical activity into your daily life. Join Dr. Donald Roberson for walking and other exercise in these two sessions and learn more about the program. **Instructor: Dr. Donald Roberson**

27FLIR411 | Tues, Nov 10 & 17 | 1 - 2:30 pm

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

27FLIR201 | Fri, Sept 11 - Nov 20 | 10 am - 12 pm

Photo Journey: Columbia & Snake Rivers Cruise



Join Judy Baxter on a photo-cruise from Portland, OR to Clarkston, WA. Follow the path of Lewis and Clark and embark on a journey through history on the Columbia & Snake Rivers Cruise. Admire the ever-shifting landscapes of the Pacific Northwest, from lush, forested mountains to cascading waterfalls and rocky shores. Watch as the ship passes through the intricate lock and dam system, discover the captivating stories behind

iconic landmarks like Mount St. Helens, renowned for its explosive 1980 eruption. Experience Multnomah Falls, the Columbia River Maritime Museum, and a guided tour of Richland. **Hybrid class:** choice of Teams or in-person.

Instructor: Judy Baxter

27FLIR202 | Thurs, Sept 24 | 1 - 2:30 pm

The Foundation of the Imperial Church and the Christian Empire in Late Antiquity and the Early Middle Ages

Dr. Bartos will outline the formation of Christianity as a state religion and as a fundamental pillar of public authority in the late Roman Empire and early medieval Europe. and discuss the process of institutionalizing the Church as both an expression of faith and an instrument of power, as well as an effort to implement various ideas of rightful government in practice. Hybrid class, choice of Teams or in-person. **Instructor: Dr. Sebastian Bartos, VSU History Department**

27FLIR203 | Thurs, Sept 17 | 3 - 4:30 pm

The Golden Years of Athens

The High Classical period of Greek art is often referred to as the golden age because of famously beautiful art made during this time. While this period of Greek art was short lived, its style exerted a strong impact on art history for over a thousand years. Still, many viewers are unaware that this seemingly calm and idealized style of art was actually an expression of Athenian hegemony.

Hybrid class: choice of Teams or in-person. **Instructor, Dr. Glenda Swan, VSU Professor of Art and Design in Art History**

27FLIR204 | Tues, Sept 29 | 2 - 3 pm

Uncovering the History of VSU's Babylonian Clay Tablets

Did you know that the Valdosta State University Archives is home to 5000-year-old Babylonian clay tablets? History professor Dr. Melanie Byrd and retired Archivist Deborah Davis, joined by staff of the Archives, will present the history of the Babylonian Clay Tablets acquired by South Georgia State Normal College (VSU) in 1920. The story spans from empire building at the turn of the century, to issues relating to a 7-year-old girl's school in South Georgia, to details of life in an empire in ancient Mesopotamia. Uncovering the history of the tablets at VSU and exploring the life and career of early adventurer and archaeologist Edward James Banks is a fascinating story. The later translation of the tablets themselves opens a vivid picture of a long-ago world. We will meet in the William Mobley Reading Room on the 4th floor of Odum Library, part of the VSU Archives, where the 10 tablets owned by the university are on display. More information about this collection is available in the archives' online display: <https://archives.valdosta.edu/babylon/> **Instructors: Dr. Melanie Byrd, VSU History; Deborah Davis, Odum Library Archivist, Retired; VSU Archive Staff**



27FLIR205 | Wed, Oct 21 | 11 am - 1 pm



The Red Hat Society

Learn about the origins of the Red Hat Society and meet some of it's members. This is a social group for women 50 and over who like to meet people and have fun. See how easy it is to join and have fun with other women who like to kick up their heels. You will never meet (except at LIR) a nicer group

of women. **Hybrid class:** choice of Teams or in-person. **Instructor: Marie Sooy**

27FLIR206 | Thurs, Sept 3 | 1 - 2 pm

The Search for Florida's Old King's Road

Can a long-retired image maker and storyteller find a forgotten British-era road connecting Georgia and Florida? In this engaging presentation, 94-year-old historian and image maker Bill Ryan recounts the saga of searching for the Old King's Road, a once-famous route built when Florida was under British rule and nearly lost beneath modern development. Along the way, he uncovered remarkable stories that mirror the building of our nation, from the Spanish and French colonial periods and the American Revolution to the Seminole Wars, the Civil War, and beyond. Illustrated with videos, photographs, and historical images, Bill brings this fascinating chapter of regional and American history vividly to life. **Hybrid class:** choice of Teams or in-person. **Instructor: Bill Ryan**

27FLIR207 | Tues, Oct 13 | 2 - 3:30 pm

The First Amendment to the Constitution

The First Amendment remains one of the most discussed parts of the U.S. Constitution. This presentation will explore the freedoms of religion, speech, the press, assembly, and petition, and how these protections apply to current issues and public debate in today's America. Through historical context and contemporary examples, participants will gain a deeper understanding of the rights that continue to shape our civic life. **Hybrid class:** choice of Teams or in-person. **Instructor:** Dr. Fred Knowles, PhD, JD, VSU Sociology, Anthropology and Criminal Justice; Chairman of the Native American Studies Program

27FLIR208 | Tues, Sept 8 | 2 - 4 pm

Evidence in Criminal Justice

What makes evidence reliable, and how does it shape the outcome of a case? Join a professor of criminal justice for an introduction to the types of evidence used in investigations and trials, and gain insight into the principles that guide our justice system. Hybrid class: choice of Teams or in-person. **Instructor:** Dr. Fred Knowles, PhD, JD, VSU Sociology, Anthropology and Criminal Justice; Chairman of the Native American Studies Program

27FLIR209 | Mon, Oct 5 | 2 - 4 pm

Transportation Planning & Traffic Engineering for Beginners

This three-session course introduces the basics of transportation planning and the decisions that shape our roads and communities. Explore how traffic controls are selected, examine the role of traffic-calming measures in improving safety, and learn about the opportunities and challenges involved in designing better bicycle and pedestrian infrastructure.

Session 1: Traffic controls—intersections, signs, and signals

Session 2: Traffic calming—roundabouts, speed humps, and other safety measures

Session 3: Bicycle and pedestrian infrastructure and community design

Hybrid class: choice of Teams or in-person. **Instructor:** Ariel Godwin, Senior Transportation Planner with GTS

27FLIR210 | Thurs, Oct 8, 15 & 22 | 9:30 - 10:30 am



What Is Generative AI?

Are you curious, cautious, or skeptical when it comes to using Generative AI? Learn what it is, how it can be useful to seniors and how you can mitigate risks associated with using it. **Hybrid class:** choice of Teams or in-person. **Instructors:** Jacob Bachrach and Tyler Horne

27FLIR214 | Tues, Sept 22 | 2:30 - 4 pm



Botanicals of the Southeast Part 1

Explore the fascinating world of Southeastern botanicals in this engaging presentation. Learn about a variety of native plants, trees, shrubs, and wildflowers that shape the region's landscapes, and ecosystems. Gain a deeper appreciation for the rich botanical diversity of the Southeast. Register for one or both sessions in this series. **Hybrid class:** choice of Teams or in-person. **Instructor:** Dr. Richard Carter, Retired, VSU Biology Department

27FLIR211 | Tues, Nov 3 | 1 - 2 pm

Botanicals of the Southeast Part 2

Continue exploring the fascinating world of Southeastern botanicals with Dr. Carter. He'll continue sharing fascinating facts about the native plants, trees, shrubs, and wildflowers that shape the region's landscapes, and ecosystems. Gain a deeper appreciation for the rich botanical diversity of the Southeast. Register for one or both sessions in this series. **Hybrid class:** choice of Teams or in-person. **Instructor:** Dr. Richard Carter, Retired, VSU Biology Department

27FLIR212 | Tues, Nov 10 | 1 - 2 pm

Historic Millionaire's Row - Valdosta

The North Patterson Street Historic District showcases 14 "grand homes" on North Patterson Street in Valdosta. It was listed on the National Register of Historic Places in 1984. The district is 8.3 acres and has 14 contributing buildings, all one-story or two-story residences, along 1003 to 1111 N. Patterson Street. A century ago, the mile long stretch was considered "Millionaire's Row" and featured dozens of homes demolished in the 1950s-early 1970s. Location: Historic Courthouse, 100 E Central Ave, Valdosta. **Instructor:** Jessica Ganas, Facilities and Marketing Coordinator for the Historic Courthouse

27FLIR213 | Thurs, Sept 3 | 2:30 - 3:30 pm

GOOD TO KNOW

Medicare: The Changing Landscape

Medicare offers different options and choices for health care coverage. Learn about the ever changing landscape that is Medicare. Find out how Medicare works so you'll be prepared to make the best decisions about your coverage options. Due to recent rule changes, after the class your instructor will be able to schedule one-on-one enrollment meetings with anyone who is interested. This class is open to the public. Bring a friend or family member. **Hybrid class:** choice of Teams or in-person. **Instructor:** Donald Bay, Insurance Agent, MSIS, Inc.

27FLIR301 | Tues, Oct 6 | 11 am - 12 pm

How to Make Money with an Air B&B

Need some extra money? Do you have a room in your house with an outside entrance or any kind of extra space attached to your house? Turn it into an AirB&B and you will be surprised how much money you can make. Learn how it's done. **Hybrid class:** choice of Teams or in-person. **Instructor:** Marie Sooy

27FLIR302 | Tues, Nov 3 | 11:30 - 12:30 pm

Planning a Trip to Yellowstone

Dr. Donald Roberson, an avid traveler and author of "School of Travel," will guide you in planning a trip to Yellowstone.

Hybrid class: choice of Teams or in-person.

Instructor: Dr. Donald Roberson

27FLIR303 | Thurs, Nov 19 | 1 - 2 pm



Sugar & Spice: Not Always So Nice

Explore the health impacts of different types of sugars and learn why some may be more harmful than others. The session will also discuss sugar's potential addictive qualities and the importance of moderation for overall health.

Hybrid class: choice of Teams or in-person. **Instructor:** Jessica Arnett, Opioid Prevention Analyst, South Georgia Health District (GADPH)

27FLIR304 | Thurs, Oct 8 | 1 - 2 pm

Harm Reduction: When Is Too Much Too Much

Explore the concept of harm reduction and how moderation can help reduce risks in everyday life. Through common examples such as sun exposure, hydration, and other daily activities, this session examines when healthy habits can make a meaningful difference in protecting our well-being. **Hybrid class:**

choice of Teams or in-person. **Instructor:** Jessica Arnett, Opioid Prevention Analyst, South Georgia Health District (GADPH)

27FLIR305 | Tues, Sept 15 | 2 - 3 pm

Homeowners Insurance 101

Gain a better understanding of your homeowners insurance policy and the protection it provides. Learn what is typically covered, what may be excluded, and how to review your policy with confidence. Explore optional coverages and endorsements that can help customize your insurance to better fit your needs and circumstances. **Hybrid class:** choice of Teams or in-person. **Instructor:** Leshoya Macon, Freeway Insurance

27FLIR306 | Tues, Sept 29 | 11:30 am - 12:30 pm

Creating an Estate Plan

Learn the basics of creating an estate plan - account registration, wills, living trusts, beneficiaries, power of attorney and more. Handouts will be provided. **Hybrid class:** choice of Teams or in-person. **Instructor:** Crystal Royals, Edward Jones Financial Advisor

27FLIR307 | Thurs, Oct 15 | 1 - 2 pm

Understanding Blood Pressure: Why It Matters

Learn how blood pressure affects your body and why uncontrolled high blood pressure can lead to serious health problems. This informative presentation will explain how blood pressure works and the damage it can cause over time. Free blood pressure checks will be available at the conclusion of the presentation. **Hybrid class:** choice of Teams or in-person. **Instructor:** Alanna Lewis, Community Health Worker, South Health District, Georgia Department of Public Health

27FLIR308 | Thurs, Oct 15 | 2:30 - 3:30 pm

Clear Space, Clear Mind: The Joy of Letting Go

Do you ever feel overwhelmed by the amount of stuff in your home? This interactive workshop explores practical, manageable approaches to decluttering and organizing living spaces. Through a series of at-home challenges, you'll get the practical tips and encouragement needed to finally tackle that closet, room, garage, or more — and create a more comfortable, functional, and intentional living environment. At the first meeting, participants will discuss options for additional meetings, receiving challenges, sharing photos and encouraging each other. **Hybrid class:** choice of Teams or in-person. **Instructor:** Jessica Pope, VSU Communications Specialist

27FLIR309 | Fri, Sept 18 | 12 - 1 pm



EXCURSIONS & TOURS



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: 27FLIR504 | Fri, Sept 25 | 7:00 - 10:00 pm

Session B: 27FLIR505 | Fri, Oct 23 | 7:00 - 10:00 pm

Lunch Bunch

Enjoy lunch and socialize with fellow LIR members. It's a great 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**

Marco's Pizza 4320 Kings Way, Valdosta

Marco's Pizza Valdosta makes pizza the authentic Italian way, with dough made fresh in-store every day, a special three-cheese blend, and a sauce recipe that hasn't changed since our founding in 1978. They also serve calzones, subs, salads and more.

27FLIR501 | Tues, Sept 15 | 11:30 am - 1:00 pm | Separate checks

Sonny's BBQ 1701 Norman Drive, Valdosta

This beloved Southern chain is known for its slow-smoked BBQ, warm hospitality, and commitment to community involvement.

27FLIR502 | Tues, Oct 13 | 11:30 - 1:00 pm | Separate checks

Wildflower Cafe 401 E Northside Drive, Valdosta

Discover a cozy local gem known for fresh ingredients, creative dishes, and bold flavors.

27FLIR503 | Tues, Nov 3 | 11:30 am - 1:00 pm | Separate checks

The Grove Museum - Tallahassee

Discover Florida history from slavery through the civil rights era on a guided tour of The Grove Museum. Learn about the people who lived and worked at this historic Tallahassee home and the stories that shaped the state's past. Tours last 40 minutes and begin on the hour - last tour starts at 3 pm. Members will make a group decision on when and where to stop for lunch. No entry fee. If you are willing to be a carpool driver, please let the LIR office know. **Location:** 902 N Monroe Street, Tallahassee

27FLIR506 | Thurs, Oct 22 | Depart 9 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: Harriet Messcher Jansen**

27FLIR601 | Tues, Sept 22 - Nov 10 | 1 - 2 pm

Drama Group

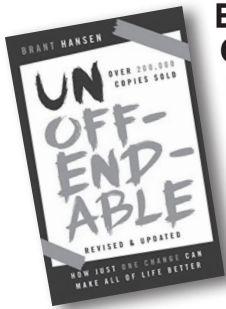
Participants will hone their acting skills for an end-of-semester performance for an LIR audience. Must have a minimum of 6 participants to hold class. **Facilitator: Marie Sooy**

27FLIR602 | Fri, Sept 11 - Nov 20 | 1 - 2 pm

Drama Group Presentation

Members of the LIR Drama Group will hold their presentation. LIR members are welcome to bring friends and family. The performance follows the end of semester pot luck lunch.

27FLIR603 | Fri, Nov 20 | 1 - 2 pm



Book Review: “Un-off-end-able: How Just One Change Can Make All of Life Better” by Brant Hansen

The book encourages readers to let go of anger and offense through forgiveness, humility, and grace. Written from a Christian perspective, the book combines humor, personal stories, and biblical references to challenge how people respond to conflict and criticism. Although faith-based, non-Christians may also appreciate its insights on relationships, stress, and emotional well-being. **Hybrid class:** choice of Zoom or in-person.

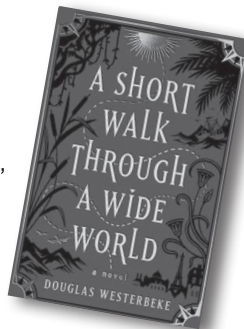
Reviewer: Marguerite Gravlee

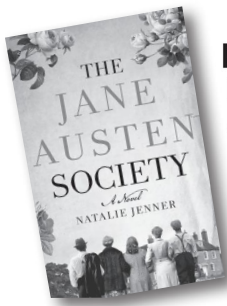
27FLIR604 | Tues, Sept 22 | 11:30 am - 12:30 pm

Book Review: “A Short Walk Through a Wide World” by Douglas Westerbeke

The novel begins in 1885 Paris and follows Aubry Tourvel, a young girl afflicted with a mysterious illness that forces her to keep moving, never staying in one place for long. As she travels across the globe over the course of a lifetime, Aubry encounters remarkable people and places while exploring themes of connection, belonging, curiosity, and what it means to truly live. **Hybrid class:** choice of Teams or in-person. **Reviewer: Marie Sooy**

27FLIR605 | Tues, Nov 17 | 11:30 am - 12:30 pm





Book Review: “The Jane Austen Society” by Natalie Jenner

After World War II, a group in Chawton unites to preserve Jane Austen’s legacy and home. Amid personal struggles, their shared love of literature fosters friendship, healing, and hope. Hybrid class, choice of Teams or in-person. **Reviewer: Mary Helen Watson**

27FLIR606 | Tues, Oct 20 | 11:30 am - 12:30 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**

27FLIR607 | Thurs, Sept 10 | 11:30 am - 12:30 pm

Paint an Acrylic Pumpkin

Explore your creative side and paint an acrylic pumpkin to decorate your home for Halloween or Thanksgiving. Bring an 8x10 stretched or board canvas.. All other supplies provided. **Instructor: Brooke Bailey**

27FLIR608 | Mon, Oct 19 | 1 - 3 pm

Mixed Media Art for Everyone

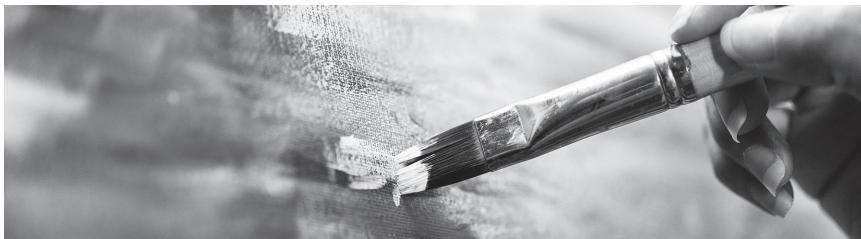
Get your creative juices flowing in this no-rules art class. Mixed media allows you to explore your imagination and create something beautiful. Bring an 11x14 board or stretched canvas (board canvas is recommended). All other supplies provided. **Instructor: Brooke Bailey**

27FLIR609 | Mon, Sept 14 | 1 - 3 pm

Paint a Halloween Bookcase with Acrylics

Paint an adorable, Halloween-themed bookcase using acrylics in this fun, creative class. Registration is required by October 7 so we can provide an accurate count of the number of canvases the instructor will need to prepare. Please bring \$5 to class to pay the instructor for your pre-prepared canvas. All other supplies are included. Limit of 12 participants. **Instructor: Hunter Pope**

27FLIR610 | Mon, Oct 12 | 1 - 4 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). Limit of 12 participants. **Instructor: Elizabeth Burnette**

27FLIR101 | Wed, Sept 2 - Oct 7 | 10:30 am - 12 pm

Mah Jongg Rookies

This class is for members who have taken Mah Jongg for Newcomers but do not feel ready to join the regular Mah Jongg class. **Limit of 24 participants.**

Instructor: Elizabeth Burnette

27FLIR102 | Mon, Aug 31 - Nov 30 | 10:30 am - 12 pm

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. Limit of 48 participants. **Instructor: Elizabeth Burnette**

27FIR103 | Mon, Aug 31 - Nov 30 | 12:45 - 3:15 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 & Staff**

27FLIR104 | Sept 2 - Dec 2 | 12:30 - 3 pm

Let's Play Musical Bingo!

Musical Bingo is a fun twist on traditional bingo. Players listen to songs and mark them off their bingo cards when they recognize them. **There will be prizes!**

Facilitator: Marie Sooy

27FLIR111 | Tues, Oct 27 | 2 - 3 pm



Plant Swap

Do you have flower, herb, houseplant, or winter vegetable seedlings to share? What about seeds, cuttings, divisions, propagations, trees, or shrubs? Bring your extras and exchange them with fellow gardeners while discovering new plants for your fall and winter gardens. Even if you don't have anything to swap, you're welcome to come, browse, and enjoy the conversation. Please label any plants, seeds, or cuttings you bring to share and, if possible, include basic care instructions.

Facilitator: Suzanne Ewing

27FLIR106 | Fri, Oct 30 | 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**

27FLIR107 | Wed, Sept 2 - Dec 2 | 3 - 4 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**



Detour (1945) 27F LIR108 | Wed, Sept 16 | 2 - 3:15 pm

New York nightclub pianist Al Roberts hitchhikes to Hollywood to join his girl Sue. On a rainy night, the sleazy gambler he's riding with mysteriously dies. Afraid of the police, Roberts takes the man's identity. But thanks to a blackmailing woman, Roberts' every move plunges him deeper into trouble. (Public domain-1 hr 10 min) (Crime Drama/Film Noir)

Last Man on Earth (1964) 27FLIR109 | Wed, Oct 14 | 2 - 3:15 pm

This Halloween season wouldn't be complete without another film starring Vincent Price, this time being stalked by zombies! This movie is based on the "I Am Legend" by Richard Matheson, first published in 1954. (Public domain - 1 hr 15 min) (Horror/Science Fiction)

Safety Last! (1923) (Silent Film) 27FLIR110 | Wed, Nov 11 | 2 - 3:15 pm

A boy (Harold Lloyd) moves to New York City to make enough money to support his loving girlfriend (Mildred Davis), but soon discovers that making it in the big city is harder than it looks. When he hears that a store manager will pay \$1,000 to anyone who can draw people to his store, he convinces his friend, the "human fly," (Bill Strother) to climb the building and split the profit with him. But when his pal gets in trouble with the law, he must complete the crazy stunt on his own. (Public domain - 1 hr 15 min) (Romantic Comedy)

ARTS & CRAFTS

Make a Grapevine Hanger for Suet Dumplings for Birds

Create a decorative grapevine wreath hanger and fill with suet ball “dumplings” to attract backyard birds. Perfect for bird lovers and crafters, this versatile hanger can also be used for other purposes. All supplies are provided, and you’ll receive a recipe for making suet balls at home. Class is limited to 12.

Instructor: Madonna Terry

27FLIR801 | Thurs, Oct 29 | 1 - 2:30 pm

Make a Wood Plant Stand

Build a simple and stylish wooden plant stand. Create a functional stand perfect for displaying your favorite plants indoors or outdoors. All supplies are included. Please bring a Phillips head screwdriver if you have one. Class is limited to 12.

Instructor: Madonna Terry

27FLIR802 | Thurs, Sept 10 | 1 - 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 12. **Instructor: Marie Sooy**

27FLIR803 | Thurs, Nov 5 | 1 - 3 pm



Make a Folded Book Angel

Learn how to turn an old paperback book into an angel just by folding pages. This is an easy Christmas craft for adults you can make in about an hour. All supplies provided. Class is limited to 12. **Instructor: Holly Gougeon**

27FLIR804 | Tues, Nov 10 | 11:30 am - 12:30 pm

Make a Ribbon Angel

Learn how to make an adorable angel from ribbon and other bits and bobs that will brighten your home for the holidays. All supplies provided. Class is limited to 12.

Instructor: Holly Gougeon

27FLIR805 | Tues, Oct 27 | 11:30 am - 12:30 pm



Make a Festive Fabric Christmas Tree

No sewing required! Make a festive Christmas tree out of fabric and a styrofoam cone. All supplies included. Class is limited to 12. **Instructor: Holly Gougeon**

27FLIR806 | Thurs, Nov 12 | 1 - 2 pm

Marie's Sewing Clinic

Do you have hems that need shortening, buttons that need sewing, or seams that need repairing? Bring your items to Marie's Sewing Clinic, where Marie will help fix them. If interested, she'll show you how to do it yourself next time. Please note: Participants must remain present while their item is being worked on. **Facilitator: Marie Sooy**

27FLIR807 | Tues, Oct 6 | 1 - 3 pm



Making Paper from Dryer Lint

What can you do with dryer lint besides throw it away? Make paper, of course! Learn how to turn dryer lint into handmade paper. Any color lint will work—just be sure to remove any debris, especially hair. Separate the lint by colors if you don't want a variety of colors in your finished paper. Please bring a quart-sized bag of lint which should be enough to make two 5x7" pieces of paper.

While your paper dries, you'll have the opportunity to decorate it using stamps and markers provided in class. You'll also learn about other creative mark-making techniques that can be used to enhance handmade paper. If additional time is needed for drying and decorating, the art room will be reserved from 1:00-3:00 p.m. on Friday, October 23, for participants to complete their papermaking projects. All supplies except lint are included. **Instructor: Charlie Oliver**

27FLIR808 | Tues & Thurs, Oct 20 & 22 | 1 - 3 pm

NOTES

SEPT 2026

SUNDAY	MONDAY	TUESDAY
	August 31 • Walk & Talk Group 10-10:45 • Mah Jongg Rookies 10:30-12 • Mah Jongg 12:45-3:15	1 • Range of Motion/Balance 10-10:45 • Chair Yoga 11-11:30
6	7 LABOR DAY OFFICE IS CLOSED	8 • Range of Motion/Balance 10-10:45 • Chair Yoga 11-11:30 • First Amendment 2-4
13	14 • Walk & Talk Group 10-10:45 • Tai Chi for Beginners 9:45-10:45 • Tai Chi 10:45-12:15 • Mahjongg Rookies 10:30-12 • Mahjongg 12:45-3:15 • Mixed Media Art 1-3	15 • Range of Motion/Balance 10-10:45 • Chair Yoga 11-11:30 • Lunch Bunch: Marco's Pizza 11:30-1 • Hawaiian Dance 12-1 • Harm Reduction 2-3
20	21 • Walk & Talk Group 10-10:45 • Tai Chi for Beginners 9:45-10:45 • Tai Chi 10:45-12:15 • Mah Jongg Rookies 10:30-12 • Mah Jongg 12:45-3:15	22 • Range of Motion/Balance 10-10:45 • Chair Yoga 11-11:30 • Book Review: Un-Off-End-Able 11:30-12:30 • Writers Meet-Up 1-2 • Generative AI 2:30-4
27	28 • Walk & Talk Group 10-10:45 • Tai Chi for Beginners 9:45-10:45 • Tai Chi 10:45-12:15 • Mah Jongg Rookies 10:30-12 • Mah Jongg 12:45-3:15	29 • Range of Motion/Balance 10-10:45 • Chair Yoga 11-11:30 • Homeowners Insurance 101 11:30-12:30 • Writers Meet-Up 1-2 • Golden Years of Athens 2-3

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 • Newcomers Mahjongg 10:30-12 • Yoga 10-10:45 • Line Dance Non-Dancers 10-10:45 • Line Dance for Beginners 11-12 • Pinochle 12:30-3 • Bowling 3-4	3 • Range of Motion/Balance 10-10:45 • Chair Yoga 11-11:30 • Red Hat Society 1-2 • Historic Millionaire's Row 2:30-3:30	4 • Drama Group 1-2	5
9 • Newcomers Mahjongg 10:30-12 • Yoga 10-10:45 • Line Dance Non-Dancers 10-10:45 • Line Dance for Beginners 11-12 • Pinochle 12:30-3 • Bowling 3-4	10 • Range of Motion/Balance 10-10:45 • Chair Yoga 11-11:30 • Tai Chi for Beginners 9:45-10:45 • Tai Chi 10:45-12:15 • Symphony Preview 11:30-12:30 • Make a Plant Stand 1-2:30	11 • Views of the News 10-12 • Drama Group 1-2	12
16 • Newcomers Mahjongg 10:30-12 • Yoga 10-10:45 • Line Dance Non-Dancers 10-10:45 • Line Dance for Beginners 11-12 • Pinochle 12:30-3 • Movie: Detour 2-3:15 • Bowling 3-4	17 • Range of Motion/Balance 10-10:45 • Chair Yoga 11-11:30 • Tai Chi for Beginners 9:45-10:45 • Tai Chi 10:45-12:15 • Imperial Church & Christian Empire 3-4:30	18 • Views of the News 10-12 • Drama Group 1-2 • Clear Space, Clear Mind 12-1	19
23 • Newcomers Mahjongg 10:30-12 • Yoga 10-10:45 • Line Dance Non-Dancers 10-10:45 • Line Dance for Beginners 11-12 • Pinochle 12:30-3 • Bowling 3-4	24 • Range of Motion/Balance 10-10:45 • Chair Yoga 11-11:30 • Tai Chi for Beginners 9:45-10:45 • Tai Chi 10:45-12:15 • Photo Journey-Columbia & Snake Rivers 1-2:30	25 • Views of the News 10-12 • Drama Group 1-2 • Bingo Nights A 7-10	26
30 • Newcomers Mahjongg 10:30-12 • Yoga 10-10:45 • Line Dance Non-Dancers 10-10:45 • Line Dance for Beginners 11-12 • Pinochle 12:30-3 • Bowling 3-4			

OCT 2026

SUNDAY	MONDAY	TUESDAY
4	5 • Walk & Talk Group 10-10:45 • Tai Chi for Beginners 9:45-10:45 • Tai Chi 10:45-12:15 • Mah Jongg Rookies 10:30-12 • Mah Jongg 12:45-3:15 • Evidence in Criminal Justice 2-4	6 • Range of Motion/Balance 10-10:45 • Chair Yoga 11-11:30 • Medicare 11-12 • Writers Meet-Up 1-2 • Marie's Sewing Clinic 1-3
11	12 • Walk & Talk Group 10-10:45 • Tai Chi for Beginners 9:45-10:45 • Tai Chi 10:45-12:15 • Mah Jongg Rookies 10:30-12 • Mah Jongg 12:45-3:15 • Paint Halloween Bookcase 1-4	13 • Range of Motion & Balance 10-10:45 • Chair Yoga 11-11:30 • Lunch Bunch: Sonny's BBQ 11:30-1 • Writers Meet-Up 1-2 • King's Road 2-3:30
18	19 • Walk & Talk Group 10-10:45 • Tai Chi for Beginners 9:45-10:45 • Tai Chi 10:45-12:15 • Mah Jongg Rookies 10:30-12 • Mah Jongg 12:45-3:15 • Acrylic Pumpkin 1-3	20 • Range of Motion & Balance 10-10:45 • Chair Yoga 11-11:30 • Book Review: Jane Austen 11:30-12:30 • Writers Meet-Up 1-2 • Papermaking 1-3
25	26 • Walk & Talk Group 10-10:45 • Tai Chi for Beginners 9:45-10:45 • Tai Chi 10:45-12:15 • Mah Jongg Rookies 10:30-12 • Mah Jongg 12:45-3:15	27 • Range of Motion & Balance 10-10:45 • Chair Yoga 11-11:30 • Ribbon Angel 11:30-12:30 • Writers Meet-Up 1-2 • Musical Bingo 2-3

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 • Range of Motion & Balance 10-10:45 • Chair Yoga 11-11:30 • Tai Chi for Beginners 9:45-10:45 • Tai Chi 10:45-12:15 • Reflexology 12:30-2:45	2 • Views of the News 10-12 • Drama Group 1-2	3
7 • Newcomers Mahjongg 10:30-12 • Yoga 10-10:45 • Line Dance Non-Dancers 10-10:45 • Line Dance for Beginners 11-12 • Pinochle 12:30-3 • Bowling 3-4	8 • Transportation Planning 9:30-10:30 • Range of Motion & Balance 10-10:45 • Chair Yoga 11-11:30 • Tai Chi for Beginners 9:45-10:45 • Tai Chi 10:45-12:15 • Sugar & Spice: Not Always So Nice 1-2	9 • Views of the News 10-12 • Drama Group 1-2	10
14 • Yoga 10-10:45 • Line Dance Non-Dancers 10-10:45 • Line Dance for Beginners 11-12 • Pinochle 12:30-3 • Movie: Last Man on Earth 2-3:15 • Bowling 3-4	15 • Transportation Planning 9:30-10:30 • Range of Motion & Balance 10-10:45 • Chair Yoga 11-11:30 • Tai Chi for Beginners 9:45-10:45 • Tai Chi 10:45-12:15 • Edward Jones 1-2 • Understanding Blood Pressure 2:30-3:30	16 • Views of the News 10-12 • Drama Group 1-2	17
21 • Yoga 10-10:45 • Line Dance Non-Dancers 10-10:45 • Line Dance for Beginners 11-12 • Babylonian Clay Tablets 11-1 • Pinochle 12:30-3 • Bowling 3-4	22 • The Grove Museum Depart 9 AM • Transportation Planning 9:30-10:30 • Range of Motion & Balance 10-10:45 • Chair Yoga 11-11:30 • Tai Chi for Beginners 9:45-10:45 • Tai Chi 10:45-12:15 • Papermaking 1-3	23 • Views of the News 10-12 • Drama Group 1-2 • Bingo Nights B 7-10	24
28 • Yoga 10-10:45 • Line Dance Non-Dancers 10-10:45 • Line Dance for Beginners 11-12 • Pinochle 12:30-3 • Bowling 3-4	29 • Range of Motion & Balance 10-10:45 • Chair Yoga 11-11:30 • Tai Chi for Beginners 9:45-10:45 • Tai Chi 10:45-12:15 • Grapevine Wreath 1-2:30	30 • Views of the News 10-12 • Drama Group 1-2 • Plant Swap 1-2	31

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2026

SUNDAY	MONDAY	TUESDAY
1	2 • Walk & Talk Group 10-10:45 • Tai Chi for Beginners 9:45-10:45 • Tai Chi 10:45-12:15 • Mah Jongg Rookies 10:30-12 • Mah Jongg 12:45-3:15	3 • Range of Motion & Balance 10-10:45 • Lunch Bunch: Wildflower Café 11:30-1 • Start An Airbnb 11:30-12:30 • Writers Meet-Up 1-2 • Botanicals Southeast Part 1 1-2
8	9 • Walk & Talk Group 10-10:45 • Tai Chi for Beginners 9:45-10:45 • Tai Chi 10:45-12:15 • Mah Jongg Rookies 10:30-12 • Mah Jongg 12:45-3:15	10 • Range of Motion & Balance 10-10:45 • Chair Yoga 11-11:30 • Go4Life 1-2:30 • Folded Book Angel 11:30-12:30 • Writers-Meet-Up 1-2 • Botanicals Southeast Part 2 1-2
15	16 • Walk & Talk Group 10-10:45 • Tai Chi for Beginners 9:45-10:45 • Tai Chi 10:45-12:15 • Mah Jongg Rookies 10:30-12 • Mah Jongg 12:45-3:15	17 • Range of Motion & Balance 10-10:45 • Chair Yoga 11-11:30 • Book Review: Short Walk 11:30-12:30 • Go4Life 1-2:30
22	23 • Walk & Talk Group 10-10:45 • Tai Chi for Beginners 9:45-10:45 • Tai Chi 10:45-12:15 • Mah Jongg Rookies 10:30-12 • Mah Jongg 12:45-3:15	24 • Chair Yoga 11-11:30
29	30 • Walk & Talk Group 10-10:45 • Tai Chi for Beginners 9:45-10:45 • Tai Chi 10:45-12:15 • Mah Jongg Rookies 10:30-12 • Mah Jongg 12:45-3:15	

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 • Yoga 10-10:45 • Line Dance for Beginners 11-12 • Pinochle 12:30-3 • Bowling 3-4	5 • Range of Motion & Balance 10-10:45 • Chair Yoga 11-11:30 • Tai Chi for Beginners 9:45-10:45 • Tai Chi 10:45-12:15 • No Bake Cookies 1-3	6 • Views of the News 10-12 • Drama Group 1-2	7
11 • Yoga 10-10:45 • Line Dance for Beginners 11-12 • Pinochle 12:30-3 • Movie: Safety Last! 2-3:30 • Bowling 3-4	12 • Range of Motion & Balance 10-10:45 • Chair Yoga 11-11:30 • Tai Chi for Beginners 9:45-10:45 • Tai Chi 10:45-12:15 • Fabric Christmas Tree 1-2	13 • Views of the News 10-12 • Drama Group 1-2	14
18 • Yoga 10-10:45 • Line Dance for Beginners 11-12 • Pinochle 12:30-3 • Bowling 3-4	19 • Range of Motion & Balance 10-10:45 • Chair Yoga 11-11:30 • Tai Chi for Beginners 9:45-10:45 • Tai Chi 10:45-12:15 • Planning a Trip to Yellowstone 1-2	20 • Views of the News 10-12 • Holiday Pot Luck 11:30-1 • Drama Group Presentation 1-2	21
25 No Classes	26 27 CLOSED THANKSGIVING BREAK		28

23

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 • Yoga 10-10:45 • Traditional Line Dancing 11-12:30 • Pinochle 12:30-3 • Bowling 3-4	3 • Range of Motion & Balance 10-10:45 • Chair Yoga 11-11:30 • Tai Chi for Beginners 9:45-10:45 • Tai Chi 10:45-12:15	4 Last Day of Fall LIR No Classes	5
9 No Classes	10 No Classes	11 No Classes	12
16 No Classes	17 No Classes	18 CLOSED FOR VSU HOLIDAY BREAK <i>See you in January!</i>	19
23	24	25	26
30	31		



Learning in Retirement
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