



# LIR Lite

## Summer 2026

June 1 – July 24

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.

### **COST AND REGISTRATION** - Summer Program:

LIR Lite Summer Semester memberships are \$39. Instructors who taught in fall/spring 2026 or are teaching summer 2026 receive a discount of \$5 off. Register online at [www.valdosta.edu/pace](http://www.valdosta.edu/pace) or by phone with a credit card at 229-253-2985. Paying by check or cash? Office hours are Monday-Friday, 8 AM - 5 PM.

**For the 2026 Summer and Fall terms**, we will be back in the **University Center, 1215 N Patterson Street** at the corner of Brookwood and Patterson Streets. **Our tentative move dates are May 12 & 13.** We expect to return to the newly renovated Terry Center for Experiential Learning (formerly the STEAM Center) in Jan 2027.

### **Important Notes**

- **Please make note of our phone number: 229-253-2985.** Our prior phone number, 229-245-6484, is no longer in service.
- **Parking:** LIR parking permits expire July 31, 2026. Please renew by completing a parking permit application available in the LIR office or request one by email from [subailey@valdosta.edu](mailto:subailey@valdosta.edu).
- Your permit allows you to park in **Reserved, Staff or unmarked spaces anywhere on campus.**
- For urgent issues—such as accessing Teams for an online class or finding a classroom—call the office at 229-253-2985 for immediate assistance. Please do not email Sue Bailey, as she is often away from her desk and may not see your message promptly.
- The STEAM Center email address will be suspended on or about May 15. Please begin using the new email address: [terrycenter@valdosta.edu](mailto:terrycenter@valdosta.edu) effective immediately.

## Special Events

### LIR Lite Registration Open House Wednesday, May 20, 10 am – 1 pm

This is a great chance to ask questions, meet the PACE staff , pick up LIR information, and get registered for LIR Lite! Enjoy some grab-and-go refreshments. Location: University Center, Room 3103, 1215 N Patterson Street, Valdosta. Registration is not required.

### Summer Potluck Luncheon

Bring a dish to share. Please label your dish if it contains common allergens such milk, eggs, soy, tree nuts, peanuts, sesame, fish/shellfish, etc. Plates, cups, utensils and beverages will be provided.

26SXLIR001 | Fri, Jun 26 | 11:30 am – 1 pm

## Health & Fitness

### Chair Range of Motion

Follow 45-minutes of online video chair range of motion and leg-strengthening exercises (including sit-to-stand).

Facilitator: PACE Staff

26SXLIR401 | Wed, Jun 3 – Jul 22 | 10 – 10:45 am

### Chair Yoga

Follow a 30-minute online video of a chair yoga routine. Facilitator: PACE Staff

26SXLIR402 | Tues & Thurs, Jun 2 – Jul 23 | 10 – 10:30 am

## History, Science & Social Studies

### Summer Food Safety

Foodborne illnesses tend to increase during the summer months. Learn the basics of food safety to prevent foodborne illness and how to look up food scores and read food safety inspection reports for restaurants in our area. Hybrid class: choice of Teams or in-person. Instructor: Sue Bailey

26SXLIR201 | Thurs, Jun 4 | 11 am - 12 pm

### Photo Journey: Southern Caribbean Cruise

Highlights from Judy Baxter's travels aboard the Holland America Nieuw Amsterdam. Explore stunning stops including Half Moon Cay in the Bahamas, Willemstad in Curaçao, and the picturesque capital of Aruba, Oranjestad. Hybrid class: choice of Teams or in-person. Facilitator: Judy Baxter

26SXLIR202 | Thurs, Jun 25 | 1 - 2:30 pm

### Writing & Publishing Your Own Book

Join Bill Ryan, author of more than 10 print and digital books, for an inside look at self-publishing. He'll discuss common challenges, unexpected hurdles, and lessons learned along the way. Bill will also highlight how Learning in Retirement provides some wonderful possibilities for new authors. Hybrid class: choice of Teams or in-person.

Facilitator: Bill Ryan

26SXLIR203 | Thurs, Jun 18 | 11am – 12:30 pm

## Good to Know

### Hypnosis for Stress Reduction & Motivation to Change/Break Habits

Learn how hypnotherapy can help you manage everyday stress or help change habits. Each session is limited to 8 people. Register for one or more of the session of your choice. Facilitator: Pam Hartley, National Guild of Hypnotists Certified

Session A: Eliminate sugar intake	26SXLIR301   Thurs, Jun 4   1 - 2:30 pm
Session B: Healthy eating – eating the right kind of foods, eating slowly, not overeating	26SXLIR302   Thurs, Jun 18   1 - 2:30 pm
Session C: Increase motivation to exercise	26SXLIR303   Thurs, Jul 2   1 - 2:30 pm
Session D: Stress reduction	26SXLIR304   Thurs, Jul 16   1 - 2:30 pm

## Excursions & Tours

### Mallory Blueberry Farm

Pick pesticide-free blueberries by the gallon from the farm's bushes. U-pick blueberries are approximately \$10 per bucket (2025 price). Each person pays for their own blueberries. Location: 5131 Bemiss Road, Valdosta. Meet at the farm at 10 AM. Let the office know if you would prefer to ride with someone. Facilitator: PACE Staff  
26SXLIR501 | Fri, Jun 5 | 10 – 11:30 am (Departure time from UC: 9:30 am)

### Lunch Bunch

Join fellow LIR members for lunch and conversation. Meet at the restaurant at 11:30 am. If you sign up, please be sure to attend as the restaurants are providing special accommodation for LIR. Try to arrive a few minutes early to be seated. Each person pays for their own meal. Facilitator: Marie Sooy

### Fancy Girl Farms

Farm-to-Table Restaurant, Coffee Shop, Garden, and Retail Shop. Location: 112 S Newsom Street, Hahira.  
26SXLIR502 | Tues, Jun 16 | 11:30 am – 1 pm

### Southern Shores Seafood

Popular seafood restaurant that we are sure you'll enjoy. Location: 958 St. Augustine Road, Valdosta  
26SXLIR503 | Tues, Jul 14 | 11:30 am – 1 pm

### Nature Walk at Grand Bay

Take an early morning stroll (1.1-mile round trip) on the new boardwalk and see what flora and fauna we can spot along the way. Bring binoculars if you have them. Enjoy the view from the five-story observation tower. No need to climb to the top. Meet at the boardwalk parking area (left where the access road dead ends) to be ready to start walking at 8 a.m. Bring sun protection and water. **Restroom facilities are NOT available.** Location: Grand Bay Wildlife Management Area, 4649 Knight Academy Rd #4641, Valdosta. Facilitator: Suzanne Ewing  
26SXLIR504 | Tues, Jun 2 | 8 - 9:30 am (Meet at Grand Bay to begin walking at 8 am.)

**Rain Date:** Mon, Jun 8, 8 – 9:30 am

### **Copeland African American Museum Tour**

Roy and Cheryl Copeland began collecting African American memorabilia in 1989, starting with an autographed pair of Muhammad Ali boxing gloves. In 2016, they donated their 125+ piece collection—spanning 150 years—to Valdosta State University's Harley Langdale Jr. College of Business. About one-third is displayed at a time, with exhibits rotating twice a year, so there's always something new to see. Guide: Museum Staff

26SXLIR505 | Thurs, Jun 18 | 1 – 2

### **Lowndes County Historical Society Museum Tour**

Take a guided tour of the Lowndes County Historical Society and Museum which showcases textiles, military equipment, archives and scrapbooks, which narrate the history of Valdosta and the rest of Lowndes County. Also view World War II albums and memoirs. Meet at the museum, 305 W Central Ave. Facilitator: Museum Staff

26SXLIR506 | Wed, Jun 24 | 1 – 2

## **Fine Arts & Literature**

### **Book Review: “I, Robot” - Part of Isaac Asimov’s Robot Series – Let’s Talk About AI**

Considering today’s advances in AI, join a discussion of Isaac Asimov’s Robot series, focusing on I, Robot. Explore the positronic brain and its implications for human–machine relationships. Reviewer: Deborah Davis, VSU Archivist, Retired

26SXLIR601 | Thurs, July 9 | 1 - 2 pm

### **Book Review: The Jane Austen Society**

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

26SXLIR602 | Wed, Jun 10 | 11 am - 12 pm

### **Book Review: “The Walk” by Richard Paul Evans**

After losing his job, home, and the love of his life, Alan Christoffersen falls into despair and nearly ends his life. Instead, he chooses to walk from Seattle to Key West, meeting people along the way whose stories and lessons ultimately help him heal and find hope again. Hybrid class, choice of Teams or in-person. Reviewer: Marie Sooy

26SXLIR603 | Thurs, Jun 25 | 11 am - 12 pm

### **Paint a Summer Sun and Flowers with Acrylics**

Paint a bright and cheery summer sun and flowers on a hillside in acrylic paint using brushes and bubble wrap. Bring an 11"X14" stretched or board canvas. All other supplies included. Class is limited to 14. Instructor: Sue Bailey

26SXLIR604 | Thurs, July 16 | 11 am - 12 pm

### **Make a Floral Mixed Media Work of Art**

Create a mixed-media floral artwork using paper, scissors, and glue, personalized with photos or embellishments. Bring an 11×14 stretched or board canvas and any photos; all other supplies are provided, with optional extras brought from home welcome. Class is limited to 14. Instructor: Brooke Bailey

26SXLIR605 | Mon, Jun 8 | 1:30 – 3:30 pm

## **Peach State Summer Theater: Joseph and the Amazing Technicolor Dreamcoat**

Join LIR members for PSST's musical at VSU's Sawyer Theater (Saturday matinee, Pay-What-You-Can); purchase tickets early as they sell out quickly. Contribute any amount (min. \$7 each for 5+ tickets; regular \$25), cash/check only, no phone reservations; box office opens ~May 23, 2026.

26SXLIR606 | Sat, Jun 20 | 1:30 pm performance (meet in the Fine Arts lobby by 1:15 to find your seats)

## **Games & Leisure**

### **Partnership Auction Pinochle**

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

26SXLIR101 | Wed, June 3 - July 22 | 12:30 – 3 pm

### **Ice Cream Social**

You're invited to a refreshing summertime Ice Cream Social! Come enjoy a variety of flavors and fun toppings with your LIR friends. We'll have dairy-free and sugar-free options too so everyone can cool off with a delightful summer treat. Facilitators: Penelope Schmitt & Kay Thomerson

26SXLIR102 | Mon, Jun 15 | 3:30 – 4:30 pm

### **Play Cards with Friends**

Gather on Tuesday afternoons to play a variety of card games. Begin with *Kings in the Corner*, an easy-to-learn, multiplayer game where the goal is to be the first to play all your cards while keeping your score low. Additional games—such as Rummy, Uno, and others—can be played based on group preference. Facilitator: PACE Staff

26SXLIR103 | Tues, Jun 2 – July 21 | 1:30 – 3 pm

### **Wednesday Movie Matinee**

Enjoy popcorn and a movie at LIR's Wednesday Movie Matinee.

#### **1. The Strange Love of Martha Ivers (1946)**

Childhood friends Martha, Walter, and Sam share a dark secret, but Martha and Walter grow into a powerful, corrupt couple who control their city. When Sam suddenly returns, his presence threatens both their dominance and their carefully constructed lives. (Film Noir/Drama/Romance)

26SXLIR104 | Wed, Jun 17 | 2 - 4 pm

#### **2. Adam's Rib (1949)**

In Adam's Rib, a married pair of lawyers—played by Spencer Tracy and Katharine Hepburn—face off in court when she defends a woman accused of attacking her husband, putting their own relationship to the test. Inspired by a real-life legal case involving two married attorneys whose professional rivalry ultimately led to their own divorce and remarriages. (Screwball Comedy/Romance)

26SXLIR105 | Wed, Jul 8 | 2 – 3:45 pm

## **Bowling for Fun**

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 is \$2.25 per game (to be paid on site).*

26SXLIR106 | Wed, Jun 3 – Jul 22 | 3 - 4 pm

## **Arts & Crafts**

### **Mock Stained-Glass Craft**

Color a picture frame to make it look like stained glass. It makes a great addition to your home decor. Please bring an 8 X 10 glass picture frame. All other supplies provided. All supplies will be provided. Instructor: Marie Sooy

26SXLIR801 | July 9 | 11 am – 12:30 pm

### **Ceramic Painting at Studio Imagination**

Paint pottery using studio glazes, then have it fired for dishwasher-, oven-, and microwave-safe use. You may also paint non-functional pieces with acrylics to take home the same day. Participants choose their pottery; larger pieces may require 2–3 additional visits. Pieces cost \$18–\$36, payable to the studio owner. Location: 1917 Baytree Place, Remerton (Valdosta) Facilitator: Studio Owner, Barbara

26SXLIR802 | Fri, July 10 | 11 am – 1 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

26SXLIR803 | Thurs, June 11 | 10 am - 3 pm

### **Make a Patriotic Fabric Yoyo Wreath for the 4<sup>th</sup> of July**

Make a festive red, white and blue 4<sup>th</sup> of July wreath from simple fabric yo-yos you'll hand-sew. No prior sewing experience required. All supplies included. Instructor: Sue Bailey

26SXLIR804 | Tues, Jun 30 | 11 am – 12 pm

### **Make a Garden Sock Gnome**

Make a cute summer garden gnome from socks. All supplies included. Instructor: Holly Gougeon

26SXLIR805 | Tues, Jun 23 | 11 am – 12 pm

### **Paint a Watercolor Card**

Paint a lovely watercolor card that you can give to someone you love. All supplies included. Instructor: Holly Gougeon

26SXLIR806 | Tues, Jul 7 | 11 am – 12 pm