



VALDOSTA STATE UNIVERSITY

Office of Professional & Community Education

SUMMER 2026 LIR PHONE/WALK-IN REGISTRATION FORM

Intake Initials and date

Name _____

Address _____

Best Phone _____ Alternate Phone _____

Email _____ First time LIR member? ___ Yes ___ No

Please help us get the word out about LIR! Tell us what made you register for LIR today?

___ I am an LIR "regular" ___ Referred by someone ___ Saw Facebook post ___ Found LIR from Web search

___ Got an email announcement ___ Got TheBRIDGE catalog in the mail ___ Got LIR class flyer in the mail

___ Picked up catalog somewhere (where?) _____ Other _____

Payment: \$39 Summer 2026 _____

-\$5 instructor discount _____

CHECK # _____

CASH-RECEIPT # _____

CREDIT CARD _____

TOTAL _____

(Staff—staple credit card form face-down here)

SPECIAL EVENTS		
Select		
	26SXLIR001	Pot Luck Lunch Social

HEALTH & FITNESS		
	26SXLIR401	Chair Range of Motion
	26SXLIR402	Chair Yoga

HISTORY, SCIENCE & SOCIAL STUDIES		
	26SXLIR201	Summer Food Safety
	26SXLIR202	Photo Journey: Southern Caribbean Cruise
	26SXLIR203	Writing & Publishing Your Own Book

GOOD TO KNOW		
	26SXLIR301	Hypnosis: Eliminate Sugar Intake
	26SXLIR302	Hypnosis: Healthy Eating
	26SXLIR303	Hypnosis: Increase Motivation to Exercise
	26SXLIR304	Hypnosis: Stress Reduction

Excursions & Tours		
	26SXLIR501	Mallory Blueberry Farm
	26SXLIR502	Lunch Bunch: Fancy Girl Farm
	26SXLIR503	Lunch Bunch: Southern Shores Seafood
	26SXLIR504	Nature Walk at Grand Bay
	26SXLIR505	VSU Copeland African American Museum
	26SXLIR506	Lowndes County Historical Society Museum Tour

Fine Arts & Literature		
	26SXLIR601	Book Review: "I, Robot"
	26SXLIR602	Book Review: "The Jane Austen Society"
	26SXLIR603	Book Review: "The Walk"
	26SXLIR604	Paint a Summer Sun and Flowers
	26SXLIR605	Floral Mixed Media Artwork
	26SXLIR606	PSST: Joseph and the Amazing Technicolor Dreamcoat

GAMES & LEISURE		
	26SXLIR101	Partnership Auction Pinochle
	26SXLIR102	Ice Cream Social
	26SXLIR103	Play Cards with Friends
	26SXLIR104	Movie Matinee: The Strange Love of Martha Ivers
	26SXLIR105	Movie Matinee: Adam's Rib
	26SXLIR106	Bowling for Fun

Arts & Crafts		
	26SXLIR801	Faux Stained-Glass Craft
	26SXLIR802	Ceramic Painting at Studio Imagination
	26SXLIR803	Marie's Sewing Clinic
	26SXLIR804	Make a Patriotic Fabric Yoyo Wreath
	26SXLIR805	Make a Garden Sock Gnome
	26SXLIR806	Paint a Watercolor Card