

SPRING 2024



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, Entrance 1, 1215 N. Patterson St. The office is located in Room 3103. Class location information will be included on your receipt. Information on the new paperless parking permits will also be included.

SPECIAL EVENTS

“Happy New Year” Kick-off Lunch

Get together 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, Jan 17.

24SLIR001 | Wed, Jan 24 | 11 am - 1 pm

Cost: \$14 (free for Fall 2023 & Spring 2024 instructors)

Business Meeting 11 am

Lunch 11:30 am

Program 12:00 noon

University Center – UC Magnolia Room

Program/Speaker: TBA

Spring Pot Luck Lunch

Wind down the semester by enjoying food and fellowship with LIR members and friends! Bring a dish to share (beverages and paper goods provided). You do not need to be a current LIR member to attend. Entertainment TBA. Guests welcome and encouraged! No fee. **Location: UC Rose Room**

24SLIR002 | Fri, May 3 | 11:30 am - 1 pm

Registration Open House

Stop by **Wednesday, January 10 between 9 AM & 12 Noon** at our new location, VSU University Center, 1215 N Patterson Street. Enjoy some grab-and-go refreshments. This is a great chance to ask questions, meet the PACE staff, pick up LIR information, and get registered for Spring LIR! **Location: Room 3103 in the University Center North, 1215 N Patterson Street, Valdosta.**

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HEALTH & FITNESS



Yoga

Enjoy 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, cotton yoga strap, and yoga block. **Instructor: Kathleen Hamill**

**24SLIR401 | 13 Wed | Jan 31 - May 1 | 9:45 - 10:30 am
(No class Mar 13)**

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**

**24SLIR402 | 13 Tues & Thurs | Jan 30 - May 2 | 9:45 - 10:30 am
(No class Mar 12 & 14)**



Introduction to Tai Chi

Learn and perform some basic principles and movements of Tai Chi, which promotes relaxation and improves balance. The first hour is designed for both beginners and continuing students; continuing students are invited to stay for the last portion (11-11:30 pm). **Instructor: Luanna Goodwin**

**24SLIR403 | 14 Mon & Thurs,
Jan 29 - May 2 | 10 - 11:30 am**

Traditional Line Dancing

This class is for both novice and experienced dancers who wish to progress through new steps and dances each week; we will use floor splits to allow beginners and more advanced dancers to learn at the same time. Handouts provided to assist with learning the material. **Instructor: Jerry Morton**

24SLIR404 | 10 Wed | Jan 31 - Apr 3 | 11 am - 12:30 pm





Introduction to Meditation

In this 8-session, guided meditation class, you will explore what meditation is and how to do it. Each session will begin and end with a short discussion on different topics related to meditation. During the intervening 30 minutes, your instructor will guide you through a silent meditation practice.

Instructor: Matthew Mixon

**24SLIR405 | 8 Tues
Feb 6 - Mar 26 | 1:00 - 2:00 pm**

World of Dance with Marguerite

Have fun getting exercise and improving your balance with beautiful and inspiring music from around the world. We will alternate weeks between “Ballet for Balance” and “Hawaiian & Other Ethnic Dances,” starting with Ballet. Come to any or all sessions, whatever inspires you! **Instructor: Marguerite Gravlee**

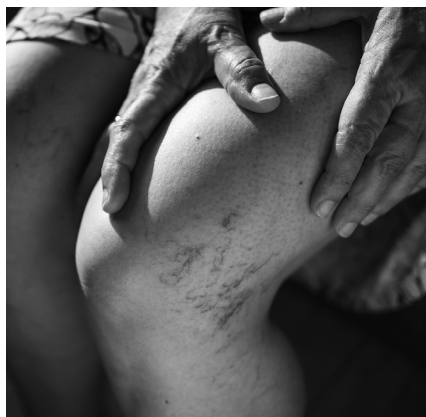
Ballet for Balance - Some simple ballet exercises may be helpful for lower back pain, uncertain balance, and stiff joints if done a few minutes each day. Utilizing core muscles can improve balance and decrease some lower back discomfort. Slow, deliberate stretching and flexing of the feet and legs can loosen joints so we can move with more comfort.



Hawaiian & Other Ethnic Dances - Learn some traditional Hawaiian dances and other dances from around the world. Activities are suitable for all fitness levels and can even be done from a chair.



24SLIR406 | 13 Tues, Feb 6 - Apr 30 | 11 am - 12 pm



Get Rid of Varicose and Spider Veins

Learn about state-of-the-art medical techniques that can improve your health and quality of life by eliminating pain, swelling, cramps, restlessness, and unsightliness in your legs. A member of Dr. Greg Martin's staff will discuss the procedures and benefits of getting rid of varicose and spider veins. Other services offered by Dr. Martin's office will also be shared.

Instructor: Staff, South Georgia Vein Center

24SLIR407 | Wed, Feb 21 | 10 - 11 am

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



24SLIR201 | 12 Fri, Feb 9 - Apr 26 | 10 am - 12 noon

“Troublesome Neighbors” - Native American Inhabitants of the Coastal Plain Region: Account of Militia and Residents Occupying the Wiregrass Regions

In the early to mid-1800s, militia and residents occupying the Wiregrass Regions wrote letters to officials in Milledgeville – Georgia’s capital. These letters offer a glimpse into what occurred as settlers moved into the region and state and federal governments enforced Indian Removal Policies. These correspondences, albeit limited to the settlers’ perspective, demonstrate how the Coastal Plain region became a transitional frontier and corridor of violence as one culture worked to establish itself and another society was forced to exit. (“Troublesome Neighbors” - A soldier used this phrase to describe Native Americans traveling through the region.) Hybrid class: choice of Zoom or in-person. **Instructor:**

Vickie Everitte, VSU Graduate Student, History

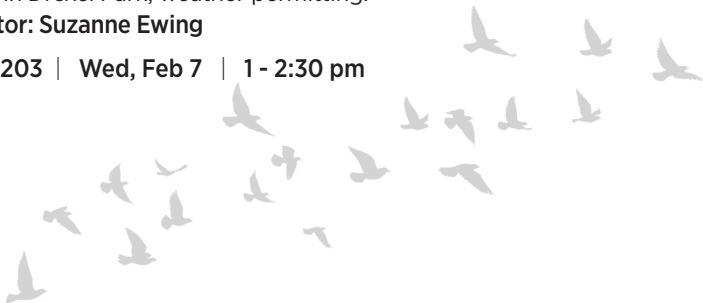
24SLIR202 | Tues, Feb 27 | 2:30 - 3:30 pm

Birding with eBird and Merlin

Do you enjoy watching backyard birds? The mobile app eBird (along with the identification app Merlin) makes birding more fun! As well as keeping track of your sightings, eBird can help you locate birding “hotspots” nearby, find out what birds you might be able to see when you travel, and sign up for alerts when unusual species are sighted in your area. As a bonus, the checklists you upload to eBird help researchers track trends in bird populations. Bring your mobile phone and binoculars (if you have them); we will demonstrate the apps by doing a little birding in Drexel Park, weather permitting.

Instructor: Suzanne Ewing

24SLIR203 | Wed, Feb 7 | 1 - 2:30 pm



Invasive Species and Ecosystem Health in Georgia

What are invasive species? What are their impacts on the health of ecosystems in our state and elsewhere? Get answers to these questions and more from Triston Hansford, Invasive Species and Ecology Specialist at the Center for Invasive Species and Ecosystem Health. The Center is involved in numerous grant-funded projects and cooperative agreements relating to invasive species, integrated pest management and forest health. Hybrid class: choice of Zoom or in-person. **Instructor: Triston Hansford**

24SLIR204 | Wed, Feb 21 | 1 - 2:30 pm

Photo Journey: Khabarovsk, Russia

Learn some basic facts about Russian history, culture and geography. Next, take an armchair tour of Khabarovsk, Russia—a city of almost 600,000 people in Southern Siberia near the Chinese border - guided by a native. Hybrid class: choice of Zoom or in-person. **Instructor: Elena Schmitt**

24SLIR205 | Thurs, Mar 21 | 1:30 - 3 pm

Our Fantastic Flora: A Pictorial Exploration of the Amazing Native Plants of Georgia

Dr. Carter will give an overview of Georgia's native plants. Emphasis will be on selected species of special interest including rare and endangered plants and their habitats, plants of striking beauty, and carnivorous plants. Hybrid class: choice of Zoom or in-person. **Instructor: Dr. Richard Carter, VSU Biology**

24SLIR206 | Mon, Feb 12 | 1 - 2:30 pm

Native Spiritual Beliefs and What the Puritans Got Wrong

The 17th century New England world experienced a clash of cross-cultural interactions between Indigenous and English peoples that dramatically changed the landscape of Native America. As English colonies settled and contested political boundaries in the 1630s and 1640s, Puritan missions took root within Native communities that led to cultural and religious misunderstandings. Both Puritan ministers and Native communities attempted to understand each other through their own traditional worldviews, which led to unique, fascinating, and sometimes strange narratives of religious encounters. We'll explore how Native religious perspectives sought to integrate Puritan Christianity into their Indigenous systems, and ways Puritans sought to explain Native religion from their own European Christian paradigm. Hybrid class: choice of Zoom or in-person. **Instructor: Tyler Daniels; VSU Graduate Student pursuing an MA in History**

24SLIR207 | Wed, Feb 28 | 11 am - 12 pm

Radical Evolution

Discuss how our three fastest growing technologies will change our culture. Continuing students from fall term, as well as new students, are welcome.

Instructor: Dennis Boygo

24SLIR208 | 8 Mon, Jan 29 - Mar 18 | 9 - 10 am

Combat Aircraft of WWII, Korea, and Vietnam Conflicts

Learn about military combat aircraft including development, mission, performance, and comparison to adversary aircraft. The presentation will include photographs, videos, and, if possible, guest speakers. Hybrid class: choice of Zoom or in-person. **Instructor: Jim McNab**

24SLIR209 | 4 Tues, Mar 5 - 26 | 11 am - 12:30 pm

Osceola - Seminole War Leader

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

24SLIR210 | Wed, Apr 17 | 11 am - 12 pm

Joseph Marion Hernandez - First Hispanic Member of Congress

Joseph Marion Hernandez was a successful leader of soldiers in the Seminole War and a plantation owner in North Florida. His story provides an interesting view of the times when Spain was departing Florida and the young United States was taking on a new territory that would become a state. He was the first Hispanic American to serve in the United States Congress. Hybrid class: choice of Zoom or in-person. **Instructor: Bill Ryan**

24SLIR211 | Tues, Feb 20 | 2 - 3 pm



GOOD TO KNOW

Living with Dementia

Have you ever wondered what it is like to live with dementia? If so, join Dr. Debra Tann and her friends to explore dementia from a lived perspective. Dr. Tann's guests will be those living with dementia and/or their caregivers/partners. Learn how those living with dementia wish to be perceived, acknowledged, and appreciated. It will be a time of educational illumination. Come, engage with us! Hybrid class: choice of Zoom or in-person. **Instructor: Dr. Debra Tann**

24SLIR301 | Fri, Mar 1 | 1 - 2:30 pm

Pain Management & Quality of Life

Learn about how pain management improve functionality and quality of life. This class is free and open to the public. **Instructor: Dr. Ghari Richardson, MD**

24SLIR302 | Fri, Apr 26 | 1 - 2 pm

Caring for Senior Pets

Is your furry companion slowing down? Caring for an elderly dog or cat requires a little more thoughtfulness. Dr. Purvis will share ways to make your senior pet's life safer, easier and more comfortable. Hybrid class: choice of Zoom or in-person. **Instructor: Dr. Amy Purvis, Northside Animal Hospital**

24SLIR303 | Tues, Feb 13
11:30 am - 12:30 pm



Pet Safety: Toxic Foods & Foreign Body Ingestion

Pets swallow things they shouldn't. Help keep your furry friends safe. Learn what foods are toxic to them and how to deal with ingestion of foreign bodies. Hybrid class: choice of Zoom or in-person. **Instructor: Dr. Amy Purvis, Northside Animal Hospital**

24SLIR304 | Thurs, Mar 14 | 1 - 2 pm

Face It or Flee? Self-Defense Tips for Seniors

Every day, without knowing it, we do things that can attract predators. Learn common sense methods of staying out of harm's way. With awareness and some changes in our daily habits, we can lessen the chance of getting caught in common dangerous situations. By learning to be proactive, we can be equipped to decide whether we should 'face the situation or flee.' (Not a hands-on physical defense class). **Instructor: Tommy DeVane**

24SLIR305 | Wed, Feb 28 | 1 - 2:30 pm

Introduction to Genealogy

Are you interested in finding out more about your family and where you came from? If so, please join us for an introduction to Genealogy. Learn how to start and build your family tree; the best websites to do research; genealogy resources at nearby libraries; what you can learn from your DNA; any other topics you would like to discuss. **Instructor: Debbie Radabaugh**

24SLIR306 | 4 Thurs, Feb 1 - 22 | 10 - 11 am

Building a Family Tree

The family tree is a fun and easy way to introduce your family history, culture and relatives. There are several ways to create a family tree. We will learn how to create your family tree using on-line tools and paper journals. Both methods will be discussed. You will choose which path you want to use. **Instructor: Debbie Radabaugh**

24SLIR307 | 4 Thurs, Feb 1 - 22 | 1 - 2 pm

Lineage Societies

Learn what lineage societies are, who can join them, and how to and how to learn if you qualify to become a member. We'll explore some of the more well-known societies and talk about who to contact if you are interested in joining, how to fill out an application and document lineage, and how to cite sources. The societies that we will explore are the Daughters of the American Revolution, United Daughters of the Confederacy, Daughters of the American Colonists, the Continental Society Daughters of Indian Wars, First Families of Georgia, Southern Dames, the Jamestown Society, the Mayflower Society, National Society United States Daughters of 1812, Order of Steel Magnolias, and Colonial Dames. **Instructor: Daphne Wright**

24SLIR308 | 4 Fri | Feb 2 - 23 | 10 am - 12 pm

Advanced Techniques in Genealogy

Learn how to overcome some common problems in genealogy: Dealing with Brick Walls; Differentiating Between 2 People with the Same Name; Burned Courthouses; Searching Unindexed Records; Different Ages or Locations Given; When You Cannot Find a Record Online; Mis-spelled Names; Finding Female Ancestors; and Looking for Ancestors Before 1850. **Instructor: Daphne Wright**

24FLIR309 | 3 Mon, Mar 4 - 18 | 10 am - 12 pm

Active Shooter

Active shooter situations are unpredictable and evolve quickly. Learn tips to be prepared mentally and physically to deal with an active shooter situation. Hybrid class: choice of Zoom or in-person. **Instructor: Officer Randall Hancock, Valdosta Police Department**

24SLIR310 | Thurs, Mar 7 | 1 - 2 pm



What to Do with Elementary Age Grandkids

Do you need ideas to keep your grandchildren busy? Ms. Penland can suggest activities, games, and books to keep you involved and enrich your time with your grandchildren. Hybrid class: choice of Zoom or in-person.

Instructor: Holly Penland, Pine Grove Elementary 2nd Grade Teacher

24SLIR311 | Mon, Apr 1 | 1 - 2 pm

Service Offered by the Red Cross

The Red Cross does more than take your blood. They provide emergency assistance, disaster relief, and disaster preparedness education in the United States. Learn how the Red Cross helps people in need, prevents and relieves suffering, and delivers vital services at home and around the world. **Instructor: Jackie Shoemaker & Marlene Thrawley**

24SLIR312 | Tues, Jan 30 | 1 - 2 pm

Final Arrangements: What You Need to Know

Preplanning is truly a gift that offers relief to your family because it ensures that there are no questions about your final wishes. Prefunding eliminates questions and allows your family to focus on supporting each other instead of making final arrangements. This class will provide practical advice to guide you through the planning process. Hybrid class: choice of Zoom or in-person. **Instructor: Jack Hartley, McLane Funeral & Cremation Services**

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24SLIR313 | Tues, Feb 6 | 10 - 11 am

The Mailbox Club

Have you ever seen The Mailbox Club sign on Eager Road in Valdosta and wondered what it was? Learn how this local nonprofit Christian organization got started and what they do. Hybrid class: choice of Zoom or in-person.

Instructor: Shawna Meinbresse, Outreach Coordinator

24SLIR314 | Thurs, Feb 8 | 1 - 2 pm

Long Term Care Facility - Admission Process

Learn the process of placing a loved one in a LTC facility (memory care, assisted living, nursing home). You'll find out about evaluations, medical requirements, furniture needs, doctors' forms, and more. (The same information will be presented at both sessions.) Hybrid class: choice of Zoom or in-person.

Instructor: Tammy Gozier, Executive Director of Canopy at Azalea Grove and 2021-2022 Teacher of the Year at Sallas Mahone Elementary School

Session A 24SLIR315, Wed, Feb 7 | 11 am - 12 pm

Session B 24SLIR316, Wed, Apr 10 | 11 am - 12 pm

EXCURSIONS & TOURS

Classic Movie with Dinner

Plan a great time out for dinner and a movie with your fellow LIR members. Members will meet at the University Center on January 29th to discuss and choose a movie, a date/time, and a dinner location. After this meeting, everyone will meet at the designated date and time at the Cinema, 1680 Baytree Rd, Valdosta. Cost: Dutch Treat. Coordinator: Marie Sooy

24SLIR501 | Mon, Jan 29 | 10:00-11:00 am

Wisembaker-Wells-Roberts House and Grounds

Tour the Wisembaker-Wells-Roberts House and Grounds, located at 206 Wells Street, which is currently being renovated as a Bed & Breakfast by the Valdosta Heritage Foundation. This home was built between 1840 and 1845 and is Valdosta's oldest house. It has a unique and distinct history that predates Valdosta and is fundamental in telling the story of our community's development. The house is in the Fairview Historic District and was listed on the National Register of Historic Places in 1984. The Wisembaker Oak at Fairview, which is directly in front of the house, was registered with The Live Oak Society in October 2021 in recognition of being over 100 years old and to honor the family who built the original home. Meet at the home, 206 Wells Street. On-street parking; you may wish to gather at the University Center and carpool to the location. **Facilitator: Vickie Everitte**

24SLIR502 | Tues, Mar 19 | 2:30 - 3:30 pm

Lunch Bunch

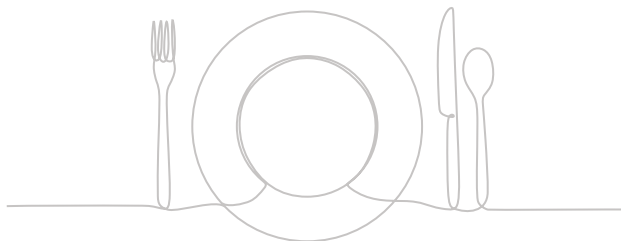
Join other LIR members for lunch and socialization. This a a good way to meet new people. Meet at the restaurant at 11:30 am. If you sign up, please be sure to attend as the restaurants are making special accommodations for LIR. Try to arrive a few minutes early to be seated. **Facilitator: Marie Sooy**

Southern Shores Seafood, 958 St. Augustine Road: This is a popular seafood restaurant that we are sure you'll enjoy.

24SLIR503 | Thurs, Feb 15 | 11:30 am - 1:00 pm | (Dutch treat)

Friends Grille & Bar, 3338-B Country Club Rd: This restaurant specializes in contemporary southern fare.

24SLIR504 | Thurs, Mar 21 | 11:30 am - 1:00 pm | (Dutch treat)



Swamp Gravy Theater Group

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. These volunteers bring to life the stories that have helped shape our community. 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 online at <https://www.etix.com/ticket/v/6385/cotton-hall> as soon as you register. Don't wait or they will be sold out. Meet at the University Center LIR parking area by 11:15 am to car pool. **Coordinator: Marie Sooy**

24SLIR505 | Sat, Mar 2 | Departure time: 11:30 AM | Travel time: 2 hours

Bingo Nights (Kennedy Center, Valdosta)

Let's play Bingo!! 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**



24SLIR506 | Section A: Fri, Feb 16 | 7:00 - 10:00 pm

24SLIR507 | Section B: Fri, Mar 22 | 7:00 - 10:00 pm

24SLIR508 | Section C: Fri, Apr 12 | 7:00 - 10:00 pm



Raisin' Cane Country Store

Raisin' Cane is a multi-faceted business that centers around agriculture. The market is located on a corner of their farm just south of Valdosta on HWY 41. They carry a variety of Georgia-grown products such as jams, jellies, honey and specialty nuts. Other popular items include homemade casseroles, main dishes, sides, and desserts. Let's go for lunch at Kim's Kitchen and browse the store. You might just find something you can't go home without! Meet at Raisin' Cane. Location: 3350 Newsome Rd, Valdosta, GA 31606.

24SLIR509 | Wed, Mar 6 | 11:30 am - 1:00 pm

Spring Into Art at the Turner Center

Enjoy a guided tour of the annual “Spring Into Art” exhibit at our local museum. The group will meet in the lobby of the Annette Howell Turner Center for the Arts, 527 N Patterson St. Parking behind the building.

Guide: Bill Shenton

**24SLIR510 | Fri, Apr 19
1 - 2 pm**



Music, Movement and Memory-Making at the Turner Center for the Arts

Explore all the offerings available on the expanded arts Campus, as well as all the many life -enriching benefits. Learn about the art gallery receptions, music events, art class schedule, and the new Meta Shaw Coleman Children's Imagination Station. Meet at the Turner Center, 527 N Patterson Street.

Instructor: Sementa Mathews, Executive Director of the Annette Howell Turner Center for the Arts

24SLIR511 | Tues, Jan 30 | 11 am - 12 pm

Exploring VSU's Herbarium

Come tour the Valdosta State University Herbarium! This scientific archive of dried plant specimens documents the plants of the southeastern United States with special emphasis on the flora of southern Georgia. Supporting student learning, public outreach, and research, this museum collection has been an integral feature of VSU for more than 75 years. Meet in the parking lot of the University Center to carpool to Bailey Science Center, Room 1040. We recommend parking in the Admissions Office parking lot across from Main Campus.

24SLIR512 | Mon, Apr 8 | 1 - 2:30 pm

Valdosta Crime Lab Tour

This facility assists law enforcement by examining evidence using the most up-to-date scientific equipment, technologies, and methodologies. Tasks include crime scene investigation; evidence collection and preservation; ballistic investigation; toxicology; friction ridge (fingerprint) identification; and chemical analysis to detect the presence of controlled substances. Meet at the Regional Crime Lab, 1712 N Ashley St (west side of Ashley Street, between E Moore and E Alden Streets). Map will be sent with registration receipt. **Guide: Lt. Selena Pinney or Staff**

24SLIR513 | Thurs, Apr 11 | 1 - 3 pm

FINE ARTS & LITERATURE

Basic Drawing for Beginners

Have you ever said, “I can’t draw!” Yes, you can because drawing is a learned skill. You’ll have fun practicing exercises from the book, *Drawing on the Right Side of the Brain* by Betty Edwards as you develop your drawing skills. You’ll need a set of soft drawing pencils and a sketch pad. **Instructor: Debra Kantelis**

24SLIR601 | 3 Wed, Mar 13 - 27 | 1 - 2 pm

Book Review: “The Exchange”

What became of Mitch and Abby McDeere after they exposed the crimes of Memphis law firm Bendini, Lambert & Locke and fled the country? Find out in the riveting sequel to *The Firm*, the blockbuster thriller that launched the career of John Grisham. It is now fifteen years later, and Mitch and Abby are living in Manhattan, where Mitch is a partner at the largest law firm in the world. When a mentor in Rome asks him for a favor that will take him far from home, Mitch finds himself at the center of a sinister plot that has worldwide implications—and once again endangers his colleagues, friends, and family. Mitch has become a master at staying one step ahead of his adversaries, but this time there’s nowhere to hide. Hybrid class: choice of Zoom or in-person. **Reviewer: Dr. Mary Helen Watson**

24SLIR602 | Wed, Mar 6 | 1:30 - 2:30 pm

Have Fun with Ukulele Strum

Absolutely no musical knowledge needed! Have fun accompanying vocal melodies with the “strummed” chords of the soprano, concert, tenor, or baritone uke. If you already have a ukulele, great; but there is no need to own or purchase a ukulele before taking this class. Loaner and “for sale” ukuleles of all sizes will be available to help you decide which size suits you. Music provided; \$4 charge for music notebook (if you do not already have one) to be paid directly to instructor. Maximum of 12 participants. **Instructor: Joan Shephard**

24SLIR603 | 14 Mon, Jan 29 - Apr 29 | 2 - 3:30 pm

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 your LIR friends. **Facilitator: Harriet Messcher Jansen**

24SLIR604 | 8 Tues, Feb 6 - Mar 26 | 1 - 2 pm

Drama Group

Participants will hone their acting skills for a future performance for an LIR audience. (Must have a minimum of 6 participants to hold the class.) **Facilitator: Marie Sooy**

24SLIR605 | 13 Fri, Feb 2 - Apr 26 | 1-3 pm



LEISURE & CRAFTS

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" (24FLIR102). **Instructor: Elizabeth Burnette**

24SLIR101 | 6 Mon, Feb 5 - Mar 11 | 11 am - 12 pm



Mah Jongg

Unlock the mysteries of this 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. Appropriate for everyone, from beginners to players just looking to enhance their skills. **Instructor: Elizabeth Burnette**

24SLIR102 | 14 Mon, Jan 29 - Apr 29 | 12:30 - 3 pm

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 the Pearlman Cancer Center, SGMC. Ask for directions at the check-in counter. **Facilitator: Annette Woodruff**

24SLIR103 | Section A | Thurs, Feb 29 | 10 am - 12 pm

24SLIR104 | Section B | Thurs, Mar 28 | 10 am - 12 pm

24SLIR105 | Section C | Thurs, Apr 25 | 10 am - 12 pm

Pine Needle Basket

Learn how to make a basket with pine needles. All supplies are provided. All craft skill levels welcome. Class is limited to 14. **Instructor: Marie Sooy**

24SLIR106 | 2 Tues, Apr 16 & 23 | 1 - 3 pm

Make a Decorative Plate

Use fabric to make a decorative plate for your home or to give as a gift. Friends will be amazed! All craft skill levels welcome. Please bring: 1 large, clear glass plate and Mod Podge gloss luster glue. Everything else will be provided. Class is limited to 14. **Instructor: Marie Sooy**

24SLIR107 | 2 Thurs, Apr 25, 1 - 3 pm & May 2, 1 - 2 pm

Victorian Tea Party

Enjoy tea and accompaniments at your host's home...but you have to dress for the occasion! Women please wear your best vintage or vintage-style dresses, long or short. A hat is a MUST! Host has dresses and hats which may be borrowed for the event. Men please wear suits or sport jackets. Directions will be sent to those who register. Maximum of 12 participants.
Host: Marie Sooy



24SLIR108 | Mon, Apr 22 | 11:30 am - 1:30 pm

Spring Critter Mixed Media Picture

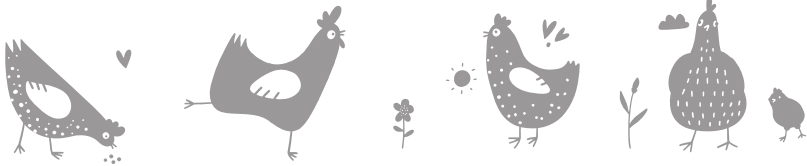
Make a bird, a butterfly, a bee, or another spring creature using mixed media materials. All craft skill levels welcome. Supplies provided. Class is limited to 14.
Instructor: Holly Gougeon

24SLIR109 | Tues, Apr 9 | 1 - 2 pm

Book Folding Art

If you can fold paper, you can make a vase and flowers from old books. Makes a great gift! All craft skill levels welcome. Supplied included. Class is limited to 14.
Instructor: Holly Gougeon

24SLIR110 | Thurs, Feb 29 | 1 - 2 pm



Whimsical Fabric Hens

Use fabric scraps to make cute hens and chicks. No sewing required. They make great spring decorations! All craft skill levels welcome. Supplies included but bring fabric scraps if you have some you want to upcycle. Class is limited to 14.
Instructor: Holly Gougeon

24SLIR111 | Thurs, Mar 7 | 2 -3 pm

Pulled String Flower Art

Learn the technique of making beautiful flowers with string and paint on paper. All supplies included. Optional: you may bring the size canvas of your choosing. Class is limited to 14. **Instructor: Lynn Ross**

24SLIR112 | Thurs, Apr 4 | 1 - 2 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**

24SLIR113 | Thurs, Mar 28 | 1 - 2 pm

Whimsical Multi-Media Painting on Burlap

Bring out the whimsical artist in you as you create a delightful multimedia painting on burlap. Supplies included. Class is limited to 14. **Instructor: Madonna Terry**

24SLIR114 | Tues, Feb 20 | 11:30 am - 12:30 pm

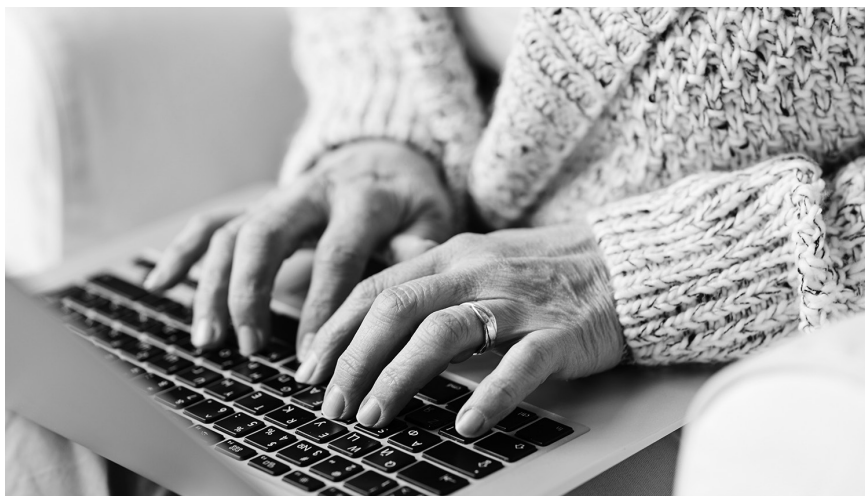
String Art with Artificial Flowers

String art is fun and easy way to make your own artwork. Learn the basics in this class. All skill levels welcome. Supplies included. Class is limited to 14.

Instructor: Madonna Terry

24SLIR115 | Tues, Apr 23 | 11:30 am - 12:30 pm

COMPUTERS & TECHNOLOGY



Facebook Basics

Bring your device (if you choose), or use our lab computers to learn the “ins and outs” of Facebook, including settings, security features, and posting photos. The first session will be a general overview. The second session will be Q&A so bring your questions. If you plan to set up a new account, you MUST know your email and email password. If you plan to use our computers to access your current account, you MUST know your email, email password, and Facebook password. (Note: if you are used to accessing Facebook on your own device you might not have to sign in each time; but you will need your password to sign into your account on our computers.) Location: Computer Lab location is TBA. **Instructor: Elena Schmitt**

24SLIR701 | 2 Wed, Apr 3 & 10 | 1 - 2:30 pm

JAN

2024

SUNDAY	MONDAY	TUESDAY
	1 NEW YEAR'S DAY HOLIDAY VSU CLOSED	2
7	8	9
14	15 MLK DAY HOLIDAY VSU CLOSED	16
21	22	23
28	29 LIR CLASSES BEGIN • Radical Evolution 9-10 • Tai Chi 10-11:30 • Classic Movie 10-11 • Mah Jongg 12:30-3 • Ukulele 2-3:30	30 • Range of Motion 9:45-10:30 • Turner Art Center Talk 11-12 • Red Cross Services 1-2

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6
10 • Registration Open House 9-12	11	12	13
17	18	19	20
24 • "Happy New Year" Kick-Off Lunch 11-1	25	26	27
31 • Yoga 9:45-10:30 • Traditional Line Dance 11-12:30			

FEB

2024

SUNDAY	MONDAY	TUESDAY
4	5 <ul style="list-style-type: none"> • Radical Evolution 9-10 • Tai Chi 10-11:30 • Newcomers Mah Jongg 11-12 • Mah Jongg 12:30-3 • Ukulele 2-3:30 	6 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • Final Arrangements 10-11 • World of Dance/Ballet 11-12 • Writers Meet-Up 1-2 • Meditation 1-2
11	12 <ul style="list-style-type: none"> • Radical Evolution 9-10 • Tai Chi 10-11:30 • Newcomers Mah Jongg 11-12 • Mah Jongg 12:30-3 • Fantastic Flora 1-2:30 • Ukulele 2-3:30 	13 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • World of Dance/Hawaiian 11-12 • Senior Pets 11:30-12:30 • Writers Meet-Up 1-2 • Meditation 1-2
18	19 <ul style="list-style-type: none"> • Radical Evolution 9-10 • Tai Chi 10-11:30 • Newcomers Mah Jongg 11-12 • Mah Jongg 12:30-3 • Ukulele 2-3:30 	20 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • World of Dance/Ballet 11-12 • Painting Burlap 11:30-12:30 • Writers Meet-Up 1-2 • Meditation 1-2 • Hernandez-Congress 2-3
25	26 <ul style="list-style-type: none"> • Radical Evolution 9-10 • Tai Chi 10-11:30 • Newcomers Mah Jongg 11-12 • Tai Chi 11-12:30 • Mah Jongg 12:30-3 • Ukulele 2-3:30 	27 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • World of Dance/Hawaiian 11-12 • Writers Meet-Up 1-2 • Meditation 1-2 • Troublesome Neighbors 2:30-3:30

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • Tai Chi 10-11:30 • Intro Genealogy 10-11 • Family Tree 1-2 	2 <ul style="list-style-type: none"> • Lineage Societies 10-12 • Drama 1-3 	3
7 <ul style="list-style-type: none"> • Yoga 9:45-10:30 • Long Term Care A 11-12 • Traditional Line Dance 11-12:30 • eBird & Merlin 1-2:30 	8 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • Tai Chi 10-11:30 • The Mailbox Club 1-2 • Intro Genealogy 10-11 • Family Tree 1-2 	9 <ul style="list-style-type: none"> • Views of the News 10-12 • Lineage Societies 10-12 • Drama 1-3 	10
14 <ul style="list-style-type: none"> • Yoga 9:45-10:30 • Traditional Line Dance 11-12:30 	15 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • Tai Chi 10-11:30 • Southern Shores 11:30-1:00 • Intro Genealogy 10-11 • Family Tree 1-2 	16 <ul style="list-style-type: none"> • Views of the News 10-12 • Lineage Societies 10-12 • Drama 1-3 • Bingo Nights A 7-10 	17
21 <ul style="list-style-type: none"> • Yoga 9:45-10:30 • Varicose/Spider Veins 10-11 • Traditional Line Dance 11-12:30 • Invasive Species 1-2:30 	22 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • Tai Chi 10-11:30 • Intro Genealogy 10-11 • Family Tree 1-2 	23 <ul style="list-style-type: none"> • Views of the News 10-12 • Lineage Societies 10-12 • Drama 1-3 	24
28 <ul style="list-style-type: none"> • Yoga 9:45-10:30 • Native Spiritual Beliefs 11-12 • Traditional Line Dance 11-12:30 • Face It or Flee? 1-2:30 	29 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • Tai Chi 10-11:30 • Chemo Cap A 10-12 • Book Folding Art 1-2 		

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <ul style="list-style-type: none"> • Views of the News 10-12 • Drama 1-3 • Dementia 1-2:30 	2 <ul style="list-style-type: none"> • Swamp Gravy 2:00 (Depart 11:30am)
6 <ul style="list-style-type: none"> • Yoga 9:45-10:30 • Traditional Line Dance 11-12:30 • Raisin' Cane 11:30-1:00 • Book Review: The Exchange 1:30-2:30 	7 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • Tai Chi 10-11:30 • Active Shooter 1-2 • Fabric Hens 2-3 	8 <ul style="list-style-type: none"> • Views of the News 10-12 • Drama 1-3 	
13 <ul style="list-style-type: none"> • Traditional Line Dance 11-12:30 • Drawing Beginners 1-2 	14 <ul style="list-style-type: none"> • Tai Chi 10-11:30 • Pet Safety/Toxic Foods 1-2 	15 <ul style="list-style-type: none"> • Views of the News 10-12 • Drama 1-3 	
20 <ul style="list-style-type: none"> • Yoga 9:45-10:30 • Traditional Line Dance 11-12:30 • Drawing Beginners 1-2 	21 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • Tai Chi 10-11:30 • Friends Grille 11:30-1:00 • Khabarovsk 1:30-3 	22 <ul style="list-style-type: none"> • Views of the News 10-12 • Drama 1-3 • Bingo Nights B 7-10 	
27 <ul style="list-style-type: none"> • Yoga 9:45-10:30 • Traditional Line Dance 11-12:30 • Drawing Beginners 1-2 	28 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • Tai Chi 10-11:30 • Chemo Cap B 10-12 • Plant Swap 1-2 	29 <ul style="list-style-type: none"> • Views of the News 10-12 • Drama 1-3 	

APR 2024

SUNDAY	MONDAY	TUESDAY
	1 <ul style="list-style-type: none">• Tai Chi 10-11:30• Mah Jongg 12:30-3• What to Do with Grandkids 1-2• Ukulele 2-3:30	2 <ul style="list-style-type: none">• Range of Motion 9:45-10:30• World of Dance/Ballet 11-1
7	8 <ul style="list-style-type: none">• Tai Chi 10-11:30• Mah Jongg 12:30-3• Herbarium Tour 1-2:30• Ukulele 2-3:30	9 <ul style="list-style-type: none">• Range of Motion 9:45-10:30• World of Dance/Hawaiian 11-12• Spring Mixed Media 1-2
14	15 <ul style="list-style-type: none">• Tai Chi 10-11:30• Mah Jongg 12:30-3• Ukulele 2-3:30	16 <ul style="list-style-type: none">• Range of Motion 9:45-10:30• World of Dance/Ballet 11-12• Pine Needle Basket 1-3
21	22 <ul style="list-style-type: none">• Tai Chi 10-11:30• Victorian Tea Party 11:30-1:30• Mah Jongg 12:30-3• Ukulele 2-3:30	23 <ul style="list-style-type: none">• Range of Motion 9:45-10:30• World of Dance/Hawaiian 11-12• String Art 11:30-12:30• Pine Needle Basket 1-3
28	29 <ul style="list-style-type: none">• Tai Chi 10-11:30• Mah Jongg 12:30-3• Ukulele 2-3:30	30 <ul style="list-style-type: none">• Range of Motion 9:45-10:30• World of Dance/Ballet 11-12

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 <ul style="list-style-type: none"> • Yoga 9:45-10:30 • Traditional Line Dance 11-12:30 • Facebook 1-2:30 	4 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • Tai Chi 10-11:30 • Pulled String Art 1-2 	5 <ul style="list-style-type: none"> • Views of the News 10-12 • Drama 1-3 	6
10 <ul style="list-style-type: none"> • Yoga 9:45-10:30 • Long Term Care B 11-12 • Facebook 1-2:30 	11 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • Tai Chi 10-11:30 • Crime Lab Tour 1-3 	12 <ul style="list-style-type: none"> • Views of the News 10-12 • Drama 1-3 • Bingo Nights C 7-10 	13
17 <ul style="list-style-type: none"> • Yoga 9:45-10:30 • Osceola-Seminole 11-12 	18 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • Tai Chi 10-11:30 	19 <ul style="list-style-type: none"> • Views of the News 10-12 • Spring Into Art Tour 1-2 • Drama 1-3 	20
24 <ul style="list-style-type: none"> • Yoga 9:45-10:30 	25 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • Chemo Cap C 10-12 • Tai Chi 10-11:30 • Decorative Plate 1-3 	26 <ul style="list-style-type: none"> • Views of the News 10-12 • Pain Management 1-2 • Drama 1-3 	27
MAY 2024	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	
1 <ul style="list-style-type: none"> • Yoga 9:45-10:30 	2 <ul style="list-style-type: none"> • Range of Motion 9:45-10:30 • Tai Chi 10-11:30 • Decorative Plate 1-2 	3 <ul style="list-style-type: none"> • Pot Luck 11:30-1 	



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