

A sepia-toned photograph of a tree with white flowers and a building in the background. The tree is in the foreground, with its branches and leaves filling most of the frame. The building is visible in the background, slightly out of focus. The overall tone is warm and nostalgic.

Learning In Retirement

VALDOSTA STATE UNIVERSITY

2017
SPRING
course catalog

Learning In Retirement

COURSE CATALOG

Pardon Our Dust!

The Good News

The Regional Center for Continuing Education (home of Learning in Retirement) is having a new heating and air conditioning system installed.

The Change

Our main building will be closed during the Spring 2017 semester. We expect our offices and classrooms to be back up and running in the regular Continuing Education building by mid-May.

Spring 2017 Temporary LIR Classroom & Office Locations

Our annex building, which contains our computer lab and two classrooms, remains available during this period. Most classes will be scheduled there. There will be plenty of parking to accommodate the classes.

Other classes will be held at various locations on and off campus, and all locations are listed here in the catalog. The exercise classes will be held at several different locations: The Oak Street Parking Deck Atrium, the Little Actors' Theatre studio space on South Patterson Street, and Northside Baptist Church gym. We will include maps to these locations with receipts.

The Continuing Education offices (including the LIR program coordinator's office) will be temporarily located in Farbar Hall, which is adjacent to North Oak Street. For those of you who are VSU alums, that is the old Infirmary building. There are 45-minute timed parking spaces available directly outside the building, as well as several handicapped parking spots, so our office should remain easily accessible for members coming in to register. There is also a gravel parking lot directly across Oak Street from the building.

For more information, email Program Coordinator Suzanne Ewing (sewing@valdosta.edu) or call 229-245-6484. Thanks for your understanding!

A big THANK YOU to VSU Division of Information Technology, Little Actors' Theatre, and Northside Baptist Church for lending us space while our building is under renovation.



Farbar Hall



RCCE Annex

Click on a topic below to jump to the course section

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Our Mission

Learning in Retirement (LIR) is an organization that provides a unique opportunity for cultural growth, lifelong learning, and recreation for individuals 50 years of age and above. LIR is member-led and university-sponsored. Members are involved in determining curriculum, recruiting new members, managing the budget, and developing social programming.

How Much Does It Cost?

How Do I Register?

There are no extra fees (above your membership fee) for any LIR classes except when noted in class descriptions. Membership is \$75 per semester (Fall and Spring). See page 13 for registration form. You may register by phone, mail, or in person.

LIR Needs You!

We could not function without member volunteers! We need people to serve on all our committees including Curriculum, Social, and Publicity. Please contact Linda Crook, LIR President, at 229.247.8837 if you are interested in helping.

Who do I contact with questions?

Contact Suzanne Ewing, Program Coordinator at: 229.245.6484 or at sewing@valdosta.edu. Her hours are 8 AM - 2:30 PM.

Continuing Education Staff

Julie Halter, Ed.D.

Online, Conferences, Certificate Programs,
& Teacher Recertification

Sue Bailey

Professional Development, Personal Enrichment,
& Contract Training

Suzanne Ewing

Learning in Retirement
& Children's Enrichment Programs

Annetta Taylor, *Registration Specialist*

Susan Bass, *Marketing Assistant*

Elena Schmitt, *Office Assistant*

Officers & Committee Chairs

President.....	Linda Crook
Vice President.....	Sandra Dickson
Secretary.....	Ann Sturgeon
Past President.....	Carol Jennings
Treasurer.....	William Finney
Historian.....	Charlie Oliver
Parliamentarian.....	Marie Sooy
Social Committee Chair.....	Tammy Sears
Publicity Committee Chair.....	Joyce Aigen
Curriculum Committee Chair.....	Sandra Dickson

Past Presidents:

Tommy DeVane	Millie Chitwood
Diane Tovar	Faye Wisenbaker
Carol Feibush	Lois Retterbush (<i>Deceased</i>)
Dorothy Ard	Roberta Boyd
Joyce Aigen	Rita Henkels
Carol Jennings	

Swinging into Spring

SPRING 2017 KICK-OFF LUNCHEON

Kick off Spring term by getting together with old LIR friends and meeting new ones! Buffet lunch provided by VSU Catering.

Wednesday, January 25, 2017 • \$12 Fee

VSU University Center, Cypress Room

11:00 AM Business Meeting

11:30 AM Lunch

12:00 PM Program (*LIR Line Dancers*)

You do not need to be an LIR member to attend - bring a friend you would like to introduce to LIR! Sign up by close of business (3 PM) on Friday, January 20 by turning in your registration form or by calling 229.245.6484.

17SLIR002

Beach Party Potluck

Friday, May 12, 2017 • 11:30 AM - 1:00 PM

VSU University Center, Cypress Room

Celebrate another successful year of LIR with a beach-themed party. We will hold a brief business meeting and installation of 2017-2018 officers before the meal.

Bring a dish to share and break out the Hawaiian shirts and flip-flops!

Please register by close of business Wednesday, May 10.

Guests welcome and encouraged.

Exercise & Fitness

A big THANK YOU to VSU Division of Information Technology, Little Actors' Theatre, and Northside Baptist Church for lending us space for our fitness classes while our building is under renovation.

Beginning Tennis 17SLIR003

Get some fresh air and exercise while learning the basics of tennis: serving, volleying, and court etiquette. Class will be held at the **Harry B. Anderson Tennis Center at McKey Park**; directions mailed with registration confirmation.

12 Tues • Feb 7 - April 25 • 9 - 10 AM
Keith Childree & Tommy Cangelosi, Instructors

Bowling for Fun 17SLIR004

Join us for a little healthy exercise and (if there is enough interest) an LIR bowling league! Meet at **Jac's Lanes** on Connell Road. Map will be mailed with registration confirmation. You must have or rent bowling shoes. Bowling balls are available. Cost will be \$1.75 per game (to be paid on site).

15 Wed • Feb 1 - May 10 • 2 - 4 PM
Alice Bauza, Facilitator

Laugh for Your Health

17SLIR005

Want to try a really different form of exercise? No stretching... except your face, as you smile. No weights... except the one that gets lifted from your shoulders. No breathing exercises... except when you gasp for breath after bouts of laughter. Laughter? As exercise? Come try it. It's fun! **Little Actor's Theatre Studio, 1108 South Patterson Street**; directions mailed with registration confirmation.

15 Tuesdays & 15 Thursdays
Jan 31 - May 11 • 11:15 - 11:30 AM
Julie Ford, Leader

Yoga 17SLIR006

The instructor will show you how to improve muscle strength, increase flexibility and balance, and reduce stress with yoga. In Thursday classes there will be no postures in which you must put pressure on your knees. Students should bring a yoga "sticky" mat and cotton yoga strap to class. **Little Actor's Theatre Studio, 1108 South Patterson Street**; directions mailed with registration confirmation.

15 Tuesdays & 15 Thursdays • Jan 31 - May 11 • 10 - 11 AM
Kathleen Hamill, Instructor

Chair Yoga 17SLIR007

Think you can't do yoga? You are WRONG! If you can't get down on the floor (or are afraid you won't be able to get back up), you can join this class and reap the benefits of improved strength, flexibility, and stress reduction. **Little Actor's Theatre Studio, 1108 South Patterson Street**; directions mailed with registration confirmation.

15 Tuesdays • Jan 31 - May 9 • 2 - 2:45 PM
Susan Semmes, Instructor

Beginning Line Dance Fun & Fitness 17SLIR008

An aerobic dance class featuring popular line dances often featured at senior dances, weddings, reunions, and on cruises. **Northside Baptist Church Gym**; directions mailed with registration confirmation.

14 Fridays • Feb 3 - May 5 • 10 - 11 AM
Linda Crook & Jerry Morton, Instructors

Step 2: Line Dance Fun & Fitness 17SLIR009

If you've been line dancing and want more challenge, this class is for you! Follow up "Beginning Line Dance" with this class, or come just for this one. **Northside Baptist Church Gym**; directions mailed with registration confirmation.

14 Fridays • Feb 3 - May 5 • 11 - 11:45 AM
Linda Crook & Jerry Morton, Instructors

Range of Motion 17SLIR010

Begin with 10 minutes of warm-ups in a chair followed by standing balances, stretches, moving and marching, and cardio. Move at your own pace; breaks offered frequently. Adaptable for all fitness levels. **Oak Street Parking Deck Atrium**.

15 Mondays & 15 Wednesdays • Jan 30 - May 10 • 10 - 10:45 AM
Kathleen Hamill, Instructor

Fine Arts



VSU Theatre & Dance Preview 17SLIR011

Get a peak of Spring semester VSU Theatre & Dance productions. Learn about our students, our facilities, and everything that it takes to make the VSU productions come to life. RCCE Annex 108.

Wednesday, February 15 • 11 - 12 PM • Jacqueline Wheeler, Instructor

Theatre Guild Valdosta: *Last Night of Ballyhoo*

17SLIR012

The director of this upcoming TGV show will discuss the play, which opens March 30. Learn about the historical setting, the characters, the cast, and all about what goes into making a successful community theatre production. RCCE Annex 106.

Friday, March 17 • 1 - 2 pm • Andrea Thom, Instructor

Valdosta Symphony Orchestra Preview 17SLIR013

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 Spring. RCCE Annex 108.

Monday, February 13 • 10:30 - 11:30 AM • Howard Hsu, Instructor

“Brown Bag” Opera: *The Barber of Seville* 17SLIR014

Spend the morning - and bring a brown-bag lunch to enjoy - watching Rossini's *The Barber of Seville*, with an introduction by opera buff Roberta Magnasco. This opera is a light-hearted comedy, a classic example of *opera buffa*. The music is fast-paced with challenging solos, duets and quartets. Come and enjoy one of Rossini's most beloved operas - with a happy ending! RCCE Annex 108.

Thursday, May 4 • 10 - 1 PM • Roberta Magnasco, Instructor

VSU Opera Program

17SLIR015

The VSU opera program director will discuss upcoming opera events, as well as the VSU Opera program in general, including everything that goes into making a successful production. RCCE Annex 108.

**Monday, March 20 • 11 - 12 PM
Dr. Tamara Hardesty, Instructor**

Macon Film Festival

17SLIR016

Surrounded by a rich musical and southern culture, the Macon Film Festival celebrates independent films while promoting filmmaking for entertainment, inspiration, education, and economic development. Learn about this exciting regional festival, listed as “one of the top 25 coolest film festivals in the world” by MovieMaker Magazine, along with the associated free workshops, activities, and volunteer opportunities. A possible trip to the festival this summer along with VSU film students will be discussed. RCCE Annex 106.

**Friday, March 31 • 1 - 2 PM
Jason Edward Brown, Instructor**

Paint Party: Paint a Spring Canvas 17SLIR017

Have fun while creating your own seasonal masterpiece! Everyone will paint their interpretation of the same picture, demonstrated and led by your instructor. All supplies included - you don't need to bring anything with you. \$15 fee, paid directly to instructor at time of class. RCCE Annex 106.

**Thursday, February 9 • 1 - 3 PM
Sherry Truby, Instructor**

Fine Arts

Turner Center for the Arts: *Drawproject* 17SLIR019

Enjoy a guided tour of the galleries, which will include the 2017 DRAWPROJECT, an annual exhibit which supports art scholarships for VSU students, as well as the Turner Center's permanent collection of East African artifacts and fine European porcelain. Meet at the Turner Center, 527 North Patterson Street.

Friday, February 3 • 1 - 2 PM • Bill Shenton, Instructor

Turner Center for the Arts: *Spring Into Art* 17SLIR020

Spring Into Art is an annual exhibition at the Annette Howell Turner Center for the Arts that invites visual artists working in two and three dimensional media to exhibit their work and compete for \$5,000 in awards. Enjoy a guided tour of the exhibit conducted by the Turner Center curator. Meet at the Turner Center, 527 North Patterson Street.

Friday, April 14 • 1 - 2 PM Bill Shenton, Instructor

Exhibit Tour: Prints and Textiles from Poland & Art Tour of Odum Library 17SLIR021

Enjoy a guided tour of "Prints and Textiles from Poland" at VSU's Dedo Maranville Fine Arts Gallery, conducted by gallery director and VSU art professor Julie Bowland. The exhibition showcases artworks by nineteen faculty members at the Strzemiński Academy of Fine Arts Łódź. Then the tour will "cross the creek" to Odum Library to see highlights of VSU's extensive art collection. Note: moderate walking required. Meet at the VSU Fine Arts Building first floor lobby. Suggested parking: Fine Arts lot or Oak Street lot.

Friday, February 17 • 1 - 2:30 PM • Julie Bowland, Instructor

Downtown Valdosta Public Art Tour 17SLIR022

Walk with the Public Art Project grant writer and project manager in beautiful downtown Valdosta and learn how and why each artist created each public art piece. The artworks, two ceramic murals and one metal and ceramic piece, represent the history, architecture, industry, and agriculture of the city and region. The works are centered in and around Benny's Alley, with one additional work, completed in May of 2016, in Smith Park for those up to a longer walk. Meet at 1:00 at Bennie's Alley by the 'Dosta Theatre entrance. Anyone interested in carpooling should meet at the RCCE Annex at 12:45 pm.

Friday, May 5 • 1 - 2:30 PM • Dr. J. Stephen Lahr, Instructor

Acrylic Landscapes 17SLIR018

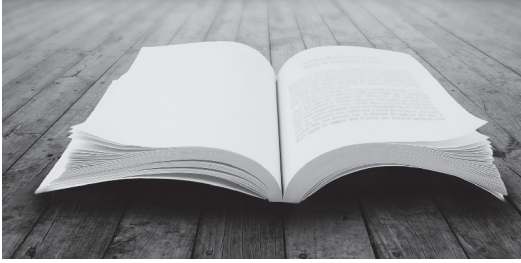
Learn the basics of landscape painting with acrylics. Bring photos, or work from your imagination and create loose, a loose, colorful, painterly work of art you will be proud to hang on your wall. Supply list sent with registration confirmation. \$15 extra fee. RCCE Annex 108.

**4 Wednesdays, March 1 - 22
11 - 12:30 PM**

Hunter Pope, Instructor



Book Reviews



I Freed Myself: African American Self-Emancipation in the Civil War Era

by H. David Williams 17SLIR023

For a century and a half, Abraham Lincoln's signing of the Emancipation Proclamation has been the dominant narrative of African American freedom in the Civil War era. However, author (and VSU History Professor) Dr. David Williams suggests that this portrayal marginalizes the role that African American slaves played in freeing themselves. By the second year of the war when the Union army was in desperate need of black support, former slaves who escaped to Union lines struck a bargain: they would fight for the Union only if they were granted their freedom. RCCE Annex 108.

Thursday, April 27 • 1 - 2:30 PM
Dr. David Williams, Author

John Wayne: The Life & Legend **by Scott Eyman** 17SLIR024

John Wayne, star of such classic westerns such as "She Wore a Yellow Ribbon" and "Stagecoach" and the wonderful film "The Quiet Man" was an invention of a young ambitious actor who worked to develop the John Wayne persona. Things you might not know - He was married three times (all latinas); had a long-running affair with Marlene Dietrich; and enjoyed a long and prolific relationship with director John Ford. This provides new and interesting insight into the movie icon who is still a beloved actor thirty years after his death. RCCE Annex 108.

Thursday, February 23 • 1 - 2 PM
Dr. Mary Helen Watson, Reviewer

The All-Girl Filling Station's Last Reunion

by Fannie Flagg 17SLIR025

Mrs. Sookie Poole of Point Clear, Alabama, has just married off the last of her daughters and is looking forward to relaxing and traveling with her husband, Earle. The only thing left to contend with is her formidable mother. When Sookie discovers a secret about her mother's past, suddenly everything she ever thought she knew about herself, her family, and her future are called into question. Sookie begins a search for answers that takes her to California, the Midwest, and back in time, to the 1940s, and the story of the All-Girl Filling Station. Learning about this chapter in her mother's past fills Sookie with new inspiration for her own life. RCCE Annex 108.

Tuesday, May 2 • 1-2 PM • Dr. Sandra Dickson, Reviewer

Fields of Battle by **Brian Curtis** 17SLIR026

In the wake of the bombing of Pearl Harbor, the 1942 Rose Bowl was moved from Pasadena to Duke University out of fear of further Japanese attacks on the West Coast. Shortly after this unforgettable game, many of the players and coaches left their respective colleges, entered the military, and went on to serve around the world in famous battlegrounds, from Iwo Jima and Okinawa to Normandy and the Battle of the Bulge, where fate and destiny would bring them back together on faraway battlefields, fighting on the same team. This powerful story sheds light on a little-known intersection of WWII and football. RCCE Annex 108.

Wednesday, May 10 • 11 AM - 12 PM • Bill Eger, Reviewer

Feathers in a High Wind by **Flossie Dean Craig** 17SLIR027

The author of this memoir was a long-time resident of Hahira and Valdosta. As a small-town newspaper reporter, she married a country school teacher and moved to a home deep in the swamps of Arkansas. After a valiant effort to cope with the local customs and primitive conditions, she returns home to have her first baby - only to suffer nearly unbearable criticism and humiliation at the hands of her in-laws. When she reunites with her husband she refuses to live with his parents, taking instead a two-room house kept for the transient labor, and struggles to make it a home. When the grueling business of bringing her second child into the world is accomplished, she realizes that, although baptized into the Baptist church at age 12, she does not feel close to God and must search until she finds Him. RCCE Annex 108.

Tuesday, May 9 • 1 -2 PM • Gale Eger, Reviewer



Good To Know

Fight or Flee 17SLIR032

Learn what to do if you come face-to-face with threatening people. Some weapons and how to use these weapons will be discussed, along with a few very basic self-defense moves to keep you out of danger whether you are at home or traveling. RCCE Annex 108

Tuesday, February 7 • 10 - 11:30 AM • Tommy DeVane, Instructor

Managing Pain on Your Own 17SLIR028

Learn techniques to manage pain without medication, and to prevent chronic pain from getting worse. (Maximum 15 students) Meet at Innovative Rehab Solutions, 3368 Greystone Way.

**Thursday, February 2 • 3 - 3:30 PM
Bikram Mohanty, Instructor**

Preventing Stroke & Heart Attack 17SLIR029

According to the American Heart Association, 80% of strokes can be prevented. Find out your risk score for stroke and heart attack, and ways to minimize that risk. (Maximum 15 students) Meet at Innovative Rehab Solutions, 3368 Greystone Way.

**Thursday, March 2 • 3 - 3:30 PM
Bikram Mohanty, Instructor**

How To Sleep More Without Medication 17SLIR030

Learn how our body and brain sleep (our brain actually never sleeps, even when we do), as well as the association between sleep, diabetes, and heart problems. (Maximum 15 students) Meet at Innovative Rehab Solutions, 3368 Greystone Way.

**Thursday, April 13 • 3 - 3:30 PM
Bikram Mohanty, Instructor**

Valdosta Orthopedic Associates Tour 17SLIR031

Tour the new facilities, including MRI facilities, physical therapy center, and ambulatory surgery center. Meet at the facility, 3527 North Valdosta Rd.

**Friday, March 3 • 1 - 2 PM
VOA Staff, Instructors**

Couponing for Beginners 17SLIR033

Want to save money on your grocery bill? Start couponing! Learn where to start, where to get coupons, where to shop and how to get the best deal from our own "coupon queen." RCCE Annex 107.

**3 Mondays, March 6, 13, 20 • 2:30 - 4 PM
Elena Schmitt, Instructor**

Coupon Club 17SLIR034

Meet with other coupon clippers to trade coupons and talk about ways to save money. Bring your unwanted coupons and share your couponing adventures! RCCE Annex 108.

**4 Thursdays, February 2, March 2, April 6, May 11 • 1 - 2 PM
Marie Sooy, Facilitator**

Fire Prevention 17SLIR035

This class will cover smoke alarm installation and maintenance, fire extinguishers, home escape plans, and fall prevention. RCCE Annex 106.

Friday, February 24 • 1 - 2 PM • Tangela Rowe, Instructor

AARP Smart Driver

You may be able to reduce your insurance rates with this 6-hour class which provides a review of driving skills and techniques, as well as strategies and tips to help you adjust to normal age-related physical changes that can affect your driving ability. There is a \$15 fee for AARP members (must have a current AARP card) and \$20 fee for non-members (fee covers certificate and paper work.) Students should bring their driver's licenses and AARP cards. Fees are to be paid directly to the instructors on the first day of class. This class is open to the public - LIR membership is not required.

SESSION A 17SLIR036 - RCCE ANNEX 106
Thursday & Friday, February 2 & 3 • 1 - 4 PM

SESSION B 17SLIR037 - RCCE ANNEX 108
**Monday & Tuesday, April 24 & 25 • 1 - 4 PM
Al & Mary Raines, Instructors**

Good To Know

What You Should Know About Estate Planning But Don't Know to Ask 17SLIR042

Learn about wills, revocable living trusts, living wills, and general powers of attorney. There will be a discussion on settlement of estates, including ways to avoid probate. We will also discuss long term care issues including the nursing home and how to pay for it. We will talk about personal property planning to help you consider distribution options, consequences, and how to manage conflicts. MAXIMUM OF 15 STUDENTS. \$15 charge for class materials to be paid directly to instructor at time of class. Class will be held at Bennett Watson Trust, Estate & Elder Law, 2502 North Oak Street, Valdosta.

3 Mondays, April 3, 10, 17 • 2 - 3:30 PM • John R. Bennett & Marnie H. Watson, Instructors

Retirement Planning for Baby Boomers 17SLIR043

Learn to avoid the five most common mistakes Baby Boomers make when planning for the second half of life. Don't allow your retirement plans and life savings to be wiped out by the cost of living as you age! RCCE Annex 108.

~~2 Tuesdays, March 7 & 14 • 2 - 4 PM • Bob Lambert, Instructor~~

Please Note: Dates/Time changed to Wednesday and Thursday, March 29 and 30

Pre-Planning: A Gift You Leave Your Family 17SLIR044

Have you been thinking about making your final arrangements? More people are finding that making arrangements in advance offers emotional and financial security. This class will provide practical advice to guide you through the planning process. We will discuss some of the 70+ decisions and/or questions that must be answered when death occurs. We will cover topics such as cremation vs. burial, how to financially secure your wishes, and veterans' benefits pertaining to final disposition. RCCE Annex 108.

Thursday, April 13 • 11 - 12 PM • Casey Music & Paula Sheffield, Instructors

Valdosta Fire Station Tour 17SLIR045

Visit Valdosta Fire Station #1 and see the living area, fire fighting equipment and engines. (Cannot be scheduled at press time; we will contact registrants when tour date is determined and confirm attendance.)

Date / Time TBA

Valdosta Daily Times Production Facility Tour 17SLIR046

Visit the production facility of our local newspaper. You will see and learn about the printing process, graphic arts, insertion, and more. 311 West Central Avenue.

Tuesday, February 28 • 9 - 10 AM
Vince Cribbs, Tour Guide

Traffic Management Center Tour

17SLIR047

See for yourself how Valdosta traffic is managed with state-of-the-art communication and coordination software. The signal coordination and other intelligent transportation system technologies are critical tools to maintaining optimum traffic flow. Maximum of 20 people. Meet at the Traffic Management Center, 310 E Adair Street, Valdosta.

Thursday, February 9 • 10 - 11 AM
Larry Ogden, Tour Guide

Healthy Traveling with your Pets 17SLIR038

A number of safety and health tips will be discussed, as well as "over the counter" medications that are a must for all pet owners to have on hand. This will be a great opportunity to ask questions about your own pet's care. RCCE Annex 108.

Wednesday, April 12 • 12 - 1 PM
Dr. Myron Graham, Instructor

Valdosta Police Department Tour 17SLIR039

You will visit patrol division, records, K9 officers, detectives, traffic, and support services (work load permitting). Maximum of 20 people. VPD Headquarters, 500 N. Toombs Street, Valdosta. Parking available.

Thursday, April 13 • 1 - 2 PM • VPD Staff

Tour of the Dasher Heart Center 17SLIR040

South Georgia Medical Center's Dasher Heart Center has grown from humble beginnings to a program with regional recognition over the last decade, providing care for cardiac and endovascular emergencies and diseases. Maximum 14 people.

Wednesday, February 22 • 10:30 - 11:30 AM • SGMC Staff

Pearlman Cancer Center Tour 17SLIR041

Includes a short lecture on genetic testing. Meet in the lobby, 209 Pendleton Avenue, Valdosta. Maximum 14 people.

Thursday, March 2 • 3:30 - 5 PM • SGMC Staff

Wreaths that Wow

Learn to make a grapevine wreath that WOWs in any spot. FEE OF \$15 TO BE PAID DIRECTLY TO INSTRUCTOR. Instructor will provide wreath base and a few other general supplies. Session A RCCE Annex 108; Session B RCCE Annex 106. Choose Session A OR Session B, not both.

SESSION A 17SLIR048A **Tues, March 21 • 10:30 - 12 PM**
SESSION B 17SLIR048B **Thurs, March 30 • 1:30 - 3 PM**

Tammy Sears, Instructor

Plant Swap 17SLIR061

Do you have flower, herb or vegetable transplants or seedlings you would be willing to share? 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. RCCE Annex 108.

Thursday, April 20 • 1 - 3 PM

Linda Crook & Madonna Terry, Facilitators

Survival Sewing Skills 17SLIR056

Learn basic hand sewing techniques to sew on buttons, repair a hem, and other basic mending. Bring clothing which needs some kind of repair and learn to fix it yourself instead of discarding it or paying someone else to do it. No experience necessary. RCCE Annex 106.

2 Thursdays, March 9 & 16 • 11 - 12 PM

Marie Sooy, Instructor

Yarn Crafts 17SLIR050

Learn to wet felt using 100% wool fiber, crochet a rag rug, and needle felt. \$10 materials fee (paid directly to instructor at class) covers all three projects. Class held at Naked Sheep Yarns, 406 W. Main Street, Hahira.

3 Tuesdays, Feb 14, March 14, April 11 • 2 - 4 PM

Annette Peebles, Cathy Quarterman, Brenda Griffis, & Debbie Broomberg, Instructors

Knitting & Crocheting 17SLIR051

Both beginners and pros are welcome! Beginning knitters will need Size 8 needles and worsted weight yarn; beginning crocheters will need Size "G" crochet hook and any yarn. RCCE Annex 108.

6 Wednesdays, Feb 1 - March 8 • 2 - 3:30 PM

Rita Booker & Mary Ventura, Instructors

Make a Decorative Glass Plate 17SLIR052

Use fabric to make a decorative glass plate for your home, as a gift, or for any occasion. Supplies needed (bring to first class): CLEAR glass plate, light weight cotton fabric, Mod Podge gloss luster glue, foam paint brush, razor blade, butter tub, and scissors. RCCE Annex 108.

2 Wednesdays, Feb 8 & 15 • 1 - 2 PM

Glenna Peter, Instructor

Chemo Cap Brigade

Crafters create caps that are donated to the Pearlman Cancer Center and to SGMC for distribution to patients. Bring your crochet hook (4.5 mm) or knitting needles (#10 and #13 or #7 circular) and spend some time getting a start on caps for the next meeting.

SESSION A 17SLIR053 **Thurs, Feb 23 • 10 - 12 PM**

SESSION B 17SLIR054 **Thurs, March 23 • 10 - 12 PM**

SESSION C 17SLIR055 **Thurs, April 27 • 10 - 12 PM**

Pearlman Cancer Center, SGMC, 209 Pendleton Ave.

Meet in the Lobby

Annette Woodruff, Instructor

Make A Quilted Mug Rug 17SLIR057

Gain an introduction to machine quilting, including basic piecing, quilting, and binding. Bring your own sewing machine, scissors, and a neutral colored thread to class. \$15 materials fee (paid directly to the instructor at class) covers all other supplies. Class held at Pinwheels, 361 Northside Dr., Valdosta.

Wednesday, March 15 • 1 - 4 PM

Ginger Valenti, Instructor

Basic Bridge 17SLIR065

A continuation of beginning bridge. Designed for those players who know beginning bridge and want to improve their skills. Must have at least 12 students registered by Monday, Jan 30 for class to be held. \$35 EXTRA FEE. After class ends, individuals are welcome to come play at the Wednesday class time until May 10. RCCE Annex 106.

9 Wednesdays • Feb 1 - March 29 • 12:30 - 2:30 PM

Dan Deany, Instructor

Scrapbooking 17SLIR049

Some scrapbooks and scrapbook materials will be discussed at the first class. The remaining time will be spent creating scrapbook pages. RCCE Annex 106.

15 Mondays, January 30 - May 8 • 11 - 12 PM

Madonna Terry, Instructor

Mah-Jongg 17SLIR066

The object of the game is to make a "hand" based on the tiles you draw and the options on the card. Mah-Jongg is a challenging game of skill, strategy, and chance. RCCE Annex 106.

15 Mondays, Jan 30 - May 8 • 12:30 - 3 PM

Elizabeth Burnette, Instructor

Cake Decorating SERIES

Instructor: Shelley Potter

Each 4-session class has an additional fee of \$20, to be paid directly to the instructor on the first day. There is a required book and kit for each class (cost approximately \$20 if you use coupons), as well as some basic kitchen supplies. Text and supply information sent with receipt. RCCE Annex 108.

Building Buttercream Skills 17SLIR058
4 Tuesdays, February 7 - 28 • 1 - 3 PM

Flowers & Cake Design 17SLIR059
4 Tuesdays, March 7 - 28 • 1 - 3 PM

Fondant & Gum Paste 17SLIR060
4 Tuesdays, April 4 - 25 • 1 - 3 PM



Gardening SERIES

Instructor: Staff

Whether you have a big vegetable patch, or just a couple of containers on your front porch, you will learn something you can put to good use. Sessions will be held at Dasher's Nursery, 2327 S. Patterson Street, Valdosta.

What & When to Plant for the Spring 17SLIR062

Thursday, February 23 • 10 - 11:30 AM

Organic Insect & Disease Control
17SLIR063

Thursday, March 2 • 10 - 11:30 AM

Gardening in Small Spaces 17SLIR064
Thursday, April 6 • 10 - 11:30 AM

Crafts for a Rainy Day SERIES

Instructor: Elaine Southall

You will have a finished product to take home after each session. Materials will be provided for each session for a \$5 fee (paid directly to the instructor at class). RCCE Annex 106.

Pens in a Pot 17SLIR067
Tuesday, January 31 • 2 - 3:30 PM

Seashell Decor 17SLIR068
Tuesday, February 28 • 2 - 3:30 PM

Beading 17SLIR069
Tuesday, March 7 • 2 - 3:30 PM

Registration Form

SPRING 2017

Learning In Retirement

Everyone who registers for SPRING TERM classes by close of business on Monday, January 23, 2017 will be entered into a prize drawing. Prize winners will be drawn at the kick-off lunch on JANUARY 25. REGISTRATIONS WILL NOT BE PROCESSED WITHOUT PAYMENT. We will hold your registration for you if you wish to pay later; however, a place in your class(es) will NOT be held for you until payment is received.

If mailing in your registration and payment, please send to:

Learning in Retirement
Valdosta State University
Valdosta, GA 31698-0998

To register by phone with credit card payment call:
229.245.6484

Registration confirmations/receipts, parking permits, and any associated maps and materials will be mailed.

Preferred Name	Legal Name (If Different)	SSN (Last 4 Digits)	
Mailing Address	City	State	Zip
Primary Phone	Alternate Phone	Email	

Check here if you do NOT wish to be contacted about upcoming LIR events or sent reminders by email.

Is this your first time ever participating in Learning in Retirement? YES NO

If you are new to LIR, how did you hear about us? Please circle one:

RADIO NEWSPAPER WEBSITE SENIOR SHOWCASE FRIENDS PICKED UP CATALOG OR FLYER
OTHER _____

If you would like to teach a class, please state topic: _____

Fees: Check All That Apply

Some classes not listed here require an extra fee to be paid directly to the instructor, as noted in the class description.

\$75 Spring Semester Membership OR Yearly Membership Paid in Fall \$12 Spring Kick-Off Luncheon

\$15 Acrylic Landscapes \$35 Bridge Subtract \$15 if Volunteer Teacher for Spring 2017 Term

(Other class fees may be collected by instructor as noted in class description)

Total Fees: \$

Payment Type:

CASH RECEIPT # _____

CHECK # _____

Make Payable to VSU-LIR

CREDIT CARD (MasterCard / VISA / Discover)

Card Holder _____
Print Name - Exactly as it appears on card

Sec. Code _____
3 Extra Digits on Reverse

Billing Address _____
Same As Above? If Not, Print Address Here

Card # _____

Exp. Date _____

Course Selection

Special Events PAGE 4

- 17SLIR001 **Swinging Into Spring Kick-off Luncheon** Wednesday, January 25, 11 - 1 PM \$12 FEE
- 17SLIR002 **Beach Party Potluck** Friday, May 12, 11 AM - 1 PM

Health & Fitness PAGE 5

- 17SLIR003 **Beginning Tennis**
12 Tuesdays, Feb 7 - Apr 25, 9 - 10 AM
- 17SLIR004 **Bowling for Fun**
15 Wednesdays, Feb 1 - May 10, 2 - 4 PM
- 17SLIR005 **Laugh for your Health**
15 Tuesdays & 15 Thursdays
Jan 31 - May 11, 11:15 - 11:30 AM
- 17SLIR006 **Yoga**
15 Tuesdays & 15 Thursdays,
Jan 31 - May 11, 10 - 11 AM
- 17SLIR007 **Chair Yoga**
15 Tuesdays, Jan 31 - May 9, 2 - 2:45 PM
- 17SLIR008 **Beginning Line Dance**
14 Fridays, Feb 3 - May 5, 10 - 11 AM
- 17SLIR009 **Step 2: Line Dance**
14 Fridays, Feb 3 - May 5, 11 - 11:45 AM
- 17SLIR010 **Range of Motion**
15 Mondays & 15 Wednesdays
Jan 30 - May 10, 10 - 10:45 AM

Fine Arts PAGE 6 - 7

- 17SLIR011 **VSU Theatre & Dance**
Wednesday, Feb 15, 11 - 12 PM
- 17SLIR012 **Theatre Guild:**
Last Night of Ballyhoo
Friday, March 17, 1 - 2 PM
- 17SLIR013 **VSO Preview**
Monday, Feb 13, 10:30 - 11:30 AM
- 17SLIR014 **Brown Bag Opera**
Thursday, May 4, 10 - 1 PM
- 17SLIR015 **VSU Opera Program**
Monday, March 20, 11 - 12 PM
- 17SLIR016 **Macon Film Festival**
Friday, March 31, 1 - 2 PM
- 17SLIR017 **Paint Party**
Thursday, Feb 9, 1 - 3 PM
- 17SLIR018 **Acrylic Landscapes**
\$15 EXTRA FEE
4 Wednesdays, March 1 - 22, 11 - 12:30 PM
- 17SLIR019 **Drawproject**
Friday, Feb 3, 1 - 2 PM
- 17SLIR020 **Spring Into Art**
Friday, April 14, 1 - 2 PM
- 17SLIR021 **VSU Library Art Tour**
Friday, Feb 17, 1 - 2:30 PM
- 17SLIR022 **Downtown Valdosta
Public Art Tour**
Friday, May 5, 1 - 2:30 PM

Book Reviews PAGE 8

- 17SLIR023 *I Freed Myself* Thursday, April 27, 1 - 2:30 PM
- 17SLIR024 *John Wayne: The Life & Legend*
Thursday, February 23, 1 - 2 PM
- 17SLIR025 *The All Girls Filling Station* Tuesday, May 2, 1 - 2 PM
- 17SLIR026 *Fields of Battle* Wednesday, May 10, 11 - 12 PM
- 17SLIR027 *Feathers in the Wind* Tuesday, May 9, 1 - 2 PM

Good To Know PAGE 9 - 10

- 17SLIR028 **Managing Pain**
Thursday, Feb 2, 3 - 3:30 PM
- 17SLIR029 **Preventing Stroke**
Thursday, March 2, 3 - 3:30 PM
- 17SLIR030 **How to Sleep**
Thursday, April 13, 3 - 3:30 PM
- 17SLIR031 **Valdosta Orthopedics**
Friday, March 3, 1 - 2 PM
- 17SLIR032 **Fight or Flee**
Tuesday, Feb 7, 10 - 11:30 AM
- 17SLIR033 **Couponsing**
3 Mondays, March 6 - 20, 2:30 - 4 PM
- 17SLIR034 **Coupon Club** 4 Thursdays,
Feb 2, Mar 2, April 6, May 11, 1 - 2 PM
- 17SLIR035 **Fire Prevention**
Friday, Feb 24, 1 - 2 PM
- 17SLIR036 **AARP Smart Driver A**
Thursday & Friday, Feb 2 & 3, 1 - 4 PM
- 17SLIR037 **AARP Smart Driver B**
Monday & Tuesday, April 24 & 25, 1 - 4 PM
- 17SLIR038 **Healthy Traveling w/Pets**
Wednesday, April 12, 12 - 1 PM
- 17SLIR039 **Valdosta Police Dept**
Thursday, April 13, 1 - 2 PM
- 17SLIR040 **Dasher Heart Center**
Wednesday, Feb 22, 10:30 - 11:30 AM
- 17SLIR041 **Pearlman Cancer Center**
Thursday, March 2, 3:30 - 5 PM
- 17SLIR042 **Estate Planning**
3 Mondays, April 3 - 17, 2 - 3:30 PM
- 17SLIR043 **Retirement Planning**
2 Tuesdays, March 7 & 14, 2 - 4 PM
- 17SLIR044 **Pre-Planning**
Thursday, April 13, 11 - 12 PM
- 17SLIR045 **Valdosta Fire Dept**
TBA
- 17SLIR046 **VDT Production Facility**
Tuesday, Feb 28, 9 - 10 AM
- 17SLIR047 **Traffic Mgmt Center**
Wednesday, Feb 8, 10 - 11 AM

Course Selection

Leisure PAGE 11 - 12

- 17SLIRO48A **Wreaths That Wow A**
Tuesday, March 21, 10:30 - 12 PM
- 17SLIRO48B **Wreaths That Wow B**
Thursday, March 30, 10:30 - 12 PM
- 17SLIRO49 **Scrapbooking**
15 Mondays, Jan 30 - May 8, 11 - 12 PM
- 17SLIRO50 **Yarn Crafts**
3 Tues, Feb 14, Mar 14, April 11, 2 - 4 AM
- 17SLIRO51 **Knitting & Crocheting**
6 Weds, Feb 1 - Mar 8, 2 - 3:30 PM
- 17SLIRO52 **Decorative Glass Plate**
2 Wednesdays, Feb 8 & 15, 1 - 2 PM
- 17SLIRO53 **Chemo Cap Brigade A**
Thursday, Feb 23, 10 - 12 PM
- 17SLIRO54 **Chemo Cap Brigade B**
Thursday, March 23, 10 - 12 PM
- 17SLIRO55 **Chemo Cap Brigade C**
Thursday, April 27, 10 - 12 PM
- 17SLIRO56 **Survival Sewing Skills**
2 Thursdays, March 9 & 16, 11 - 12 PM
- 17SLIRO57 **Quilted Mug Rug**
Wednesday, March 15, 1 - 4 PM
- 17SLIRO58 **Buttercream Skills**
4 Tuesdays, Feb 7 - 28, 1 - 3 PM
- 17SLIRO59 **Flowers & Cake Design**
4 Tuesdays, March 7 - 28, 1 - 3 PM
- 17SLIRO60 **Fondant & Gum Paste**
4 Tuesdays, April 4 - 25, 1 - 3 PM
- 17SLIRO61 **Plant Swap**
Thursday, April 20, 1 - 3 PM
- 17SLIRO62 **What & When to Plant**
Thursday, Feb 23, 10 - 11:30 AM
- 17SLIRO63 **Insects & Disease Control**
Thursday, March 2, 10 - 1:30 AM
- 17SLIRO64 **Gardening in Small Spaces**
Thursday, April 6, 10 - 11:30 AM
- 17SLIRO65 **Basic Bridge**
\$35 EXTRA FEE
9 Weds, Feb 1 - March 29, 12:30 - 3:30 PM
- 17SLIRO66 **Mah-Jongg**
15 Mondays, Jan 30 - May 8, 12:30 - 3 PM
- 17SLIRO67 **Pens in a Pot**
Tuesday, January 31, 2 - 3:30 PM
- 17SLIRO68 **Seashell Decor**
Tuesday, Feb 28, 2 - 3:30 PM
- 17SLIRO69 **Beading**
Tuesday, March 7, 2 - 3:30 PM

Computers & Technology PAGE 16

- 17SLIRO70 **Computer Basics**
5 Tuesdays, March 7 - April 4, 12 - 1 PM
- 17SLIRO71 **File Management**
5 Tues, Jan 31 - Feb 28, 1 - 2 PM
- 17SLIRO72 **Surfing the Net**
5 Tues, Jan 31 - Feb 28, 2:30 - 3:30 PM
- 17SLIRO73 **Mail Merge Using Word**
5 Tuesdays, March 7 - April 4, 10 - 11:30 AM
- 17SLIRO75 **Beginning Excel**
5 Tuesdays, March 7 - April 4, 2 - 3 PM
- 17SLIRO74 **Facebook Q & A**
Tuesday, April 11, 10 - 12 PM
- 17SLIRO76 **Intermediate Word**
5 Tues, Jan 31 - Feb 28, 10 - 11:30 AM
(No class Feb 23)
- 17SLIRO77 **Google Docs**
6 Thurs, Feb 2 - March 16, 10 - 11:30 AM
(No class Feb 23)
- 17SLIRO78 **Google Blogger**
6 Thurs, Feb 2 - March 16, 12 - 1:30 PM
(No class Feb 23)
- 17SLIRO79 **Google Searching**
Friday, April 7, 10 - 11 PM
- 17SLIRO80 **Free Legal Forms**
Friday, April 21, 10 - 11 AM
- 17SLIRO81 **Store it in Google Drive**
Friday, April 28, 10 - 11 AM
- 17SLIRO82 **Phishing Awareness**
Wednesday, May 10, 1 - 2 PM
- 17SLIRO83 **Uploading Photos w/Flickr**
4 Mondays, Jan 30 - Feb 27, 11 - 12 PM
(No class Feb 13)

Trips & Tours PAGE 17 - 18

- 17SLIRO84 **Serenity Acres Goat Farm**
Thursday, Feb 9, 11 AM, **Depart 10am**
- 17SLIRO85 **Treasure Hunt Adventure**
Wednesday, Feb 22, 2:15 PM, **Depart 9:30am**
- 17SLIRO86 **Castillo San Marcos**
Thursday, Feb 23, **Depart 7am**
- 17SLIRO87 **Wolf Creek Trout Lily**
Thursday, Feb 16, **Depart 12pm**
- 17SLIRO88 **Pebble Hill Plantation**
Tuesday, March 14, **Depart 8:45am**
- 17SLIRO89 **Still Pond Vineyard**
Thursday, March 23, **Depart 9am**
- 17SLIRO90 **Civil War Naval Museum**
Wednesday, March 29, **Depart 7:30am**
- 17SLIRO91 **Pasaquan**
Thursday, March 30, **Depart 8am**
- 17SLIRO92 **Letchworth Love Mounds**
Tuesday, April 4, **Depart 9am**
- 17SLIRO93 **Lost Creek Forest**
Wednesday, April 19, **Depart 12:30pm**
- 17SLIRO94 **Five Acre Farm**
Saturday, April 29, 10 AM, **Depart 9:15am**
- 17SLIRO95 **Hofwyl Broadfield**
Wednesday, May 3, **Depart 8am**

History, Social Studies, & Science PAGE 19 - 20

- 17SLIRO96 **Views of the News**
8 Fridays, Feb 10 - March 31, 10 - 12 PM
- 17SLIRO97 **Tour of Downtown**
Tuesday, March 14, 10 - 12 PM
- 17SLIRO98 **A Soldier's Story**
Thursday, Feb 16, 1:30 - 3 PM
- 17SLIRO99 **History of Courthouse**
Thursday, March 16, 1 - 2 PM
- 17SLIR100 **Crime Lab**
Tuesday, March 9, 2 - 4 PM
- 17SLIR101 **Flora at Lake Louise**
Tuesday, May 9, 9 - 2 PM, **Depart 8:30am**
- 17SLIR102 **Genomic Evolution**
Friday, Feb 10, 1 - 2 PM
- 17SLIR103 **Whose Genes?**
Tuesday, Feb 28, 3 - 4:30 PM
- 17SLIR104 **Genealogy Club** 4 Thurs,
Feb 2, Mar 2 & 16, April 20, 10 - 12 PM
- 17SLIR105 **Family History Research**
2 Tuesdays, Feb 7 & 14, 8:30 - 10:30 PM
- 17SLIR106 **Research Trip Moultrie**
Tuesday, Feb 21, 9 - 4 PM, **Depart 8am**
- 17SLIR107 **Research Trip Homerville**
Tuesday, March 28, 9 - 4 PM, **Depart 8am**
- 17SLIR108 **Impact of Travel**
Tuesday, Jan 31, 1 - 2:30 PM
- 17SLIR109 **Planetarium Show** TBA

Computers & Technology

Our computer lab is currently running Windows 2007 / Office 2013. Unless otherwise noted, all computer classes will be held in the Continuing Education Computer Lab, RCCE Annex 107. **Unless otherwise noted, instructor is Debbie Seko.**



Computer Basics for Beginners 17SLIR070

This is a “must” class for beginning desktop computer users! Learn the basic functions to be able to use and enjoy your computer.

5 Tuesdays, March 7 - April 4 • 12 - 1 PM

File Management 17SLIR071

Essential information for all computer users. Learn to set up a useful and effective filing system on your computer for the files, documents and photos you create.

5 Tuesdays • Jan 31 - Feb 28 • 1 - 2 PM

Surfing the Net 17SLIR072

Harness the power of the Internet to find, manage, and share information. You will learn to narrow your search, download and upload documents, and determine if a website is legitimate.

5 Tuesdays • Jan 31 - Feb 28 • 2:30 - 3:30 PM

Mail Merge Using Word 17SLIR073

Mail merge is a process to create personalized letters and pre-addressed envelopes for mass mailings.

5 Tuesdays, March 7 - April 4 • 10 - 11:30 AM

Beginning Excel 17SLIR075

Learn to create simple spreadsheets that can perform automatic calculations such as addition, subtraction, and multiplication.

5 Tuesdays • March 7 - April 4 • 2 - 3 PM

Facebook Q & A 17SLIR074

Get your Facebook questions answered, and learn about privacy settings, sharing photos, and tagging.

Tuesday • April 11 • 10 - 12 PM

Intermediate Word/Track Changes

17SLIR076

Explore some of the more advanced functions of Word, including columns, you will use when creating multi-page documents. We will include the “track changes” function, which is useful when multiple users are collaborating on a document.

5 Tuesdays, Jan 31 - Feb 28 • 10 - 11:30 AM

Google Docs 17SLIR077

Users can import, create, edit, and update documents from any computer with an Internet connection - it's a great way to share and collaborate. You must have a Google account to access Google Docs.

6 Thurs, Feb 2 - March 16 (no class Feb 23) • 10 - 11:30 AM

Google Blogger 17SLIR078

Learn about the types of blogs (personal, collaborative, corporate or organizational, etc.) and how to create and share, and manage your own. You must have a Google account to access Google Blogger.

6 Thurs, Feb 2 - March 16 (no class Feb 23) • 12 - 1:30 PM

Phishing Awareness 17SLIR082

Learn what the term “phishing” means and ways you can identify it in emails, websites, and even phone calls. You'll also learn how to protect your personal information and computer files from malicious intentions.

Wednesday, May 10 • 1 - 2 PM

Chad Vantine, Instructor

Uploading Photos Using Flickr 17SLIR083

Bring your digital camera and some photos on a memory card (bring a card reader) or on a jump drive. A few digital cameras and card readers will be available to use in class. Please have a Yahoo account set up before the class, and know your password.

4 Mon, Jan 30 - Feb 27 (no class Feb 13) • 11 - 12 PM

Judy Baxter, Instructor

Computer classes at the library.

Instructor Eric Mathis teaches the following LIR Computer Classes at the South Georgia Regional Library, located at 300 Woodrow Wilson Drive.

Make Google Searching Work for You

17SLIR079 Friday, April 7 • 10 - 11 AM

Find Free Legal Forms 17SLIR080

Friday, April 21 • 10 - 11 AM

Store it in Google Drive! 17SLIR081

Friday, April 28 • 10 - 11

Trips & Tours

Maps and directions will be mailed to registrants with receipt, and will be emailed to the registrants the week prior to trip. Anyone wishing to carpool should meet at the Regional Center for Continuing Ed Annex Building for departure. Time for carpool departures indicated in individual trip descriptions.

Serenity Acres Goat Farm

17SLIR084

Serenity Acres Farm is a small sustainable organic farm located in Pinetta, Florida. You will meet the Nubian, Alpine, Toggenburg, and LaMancha goats, play with the “kids,” visit with the chickens, and see how milk, cheese, yogurt and soap are processed (all of which are available for purchase). Walking tour begins at 11 am and lasts 1.5 hours; dress as if you were going hiking and be sure to wear closed-toe shoes. Cost is \$15.00 per adult at the door. Lunch arrangements will be determined by the group. More information www.serenityfarmfl.com.

**Thursday, February 9 • 11 AM Tour
10 AM Departure**

Wolf Creek Trout Lily Preserve

17SLIR087

This 140 acre conservation area near Cairo, GA was established in 2009, and provides protected habitat for tens of millions of beautiful yellow and maroon dimpled trout lilies and thousands of maroon spotted trillium, as well as bloodroot, green fly orchids, and violets. www.wolfcreektroutlilypreserve.com. Terrain is rugged and can be slippery, so dress appropriately for hiking. There are no bathroom facilities at the site.

**Thursday, February 16
12 PM Departure**

SEE MORE LOCAL TOURS
IN “GOOD TO KNOW” AND
“HISTORY, SOCIAL STUDIES
AND SCIENCE” SECTIONS.

The Treasure Hunt Adventure

17SLIR085

History comes alive in in this St. Augustine, FL adventure cruise! When Blackbeard the pirate boards the your ship, the Black Raven, and steals your treasure, his ship is pursued by the Black Raven and a battle ensues. After a successful sea battle, the Black Raven’s crew defeats Blackbeard and commandeers his ship, setting sail to a hidden, mysterious oasis for a celebratory feast. The treasure hunt and feast (included in the ticket price) will last approximately 1.5 hours. 1-877-578-5050 to reserve tickets (\$35); MUST be purchased in advance, and you MUST pick up a boarding pass at the Black Raven store prior to boarding. Departure is at 2:15 pm; but you MUST BE CHECKED IN BY 2 PM AT THE LATEST OR YOU WILL BE CONSIDERED A NO-SHOW; ticket fees are not refundable if you are a no-show.

Wednesday, February 22 • 9:30 AM Departure

Castillo San Marcos

17SLIR086

This St. Augustine, FL structure is the oldest masonry Fort in the United States and the only standing 17th century military construction. It is also one of two forts built of coquina, a soft limestone composed of broken shells. This native material gave the Spanish a special advantage. Instead of cracking or collapsing, coquina walls absorbed or deflected enemy projectiles allowing the Spanish to guard their possessions and keep their people safe. Built in 1695, The fort was declared a National Monument in 1924. Tour is self-guided with park rangers available. \$10.00/ person (at gate). Parking in the fort’s parking lot is free. City parking is one block away at \$1.50 per hour.

Thursday, February 23 • 7 AM Departure

Pebble Hill Plantation

17SLIR088

A former Thomasville, GA cotton farm dating from 1827, the current 1936 main residence was built after the original residence burned. The interior is decorated with 19th century furnishings, featuring Audubon lithographs and sporting art; the beautiful grounds contain animal shelters, a tack room, pump house, nurse’s station firehouse, carriage house, hospital, kitchen, firehouse, gardens, and a 1901 log cabin school. Snacks and drinks are available in the Visitors Center. Admission: \$15 at the door to enter main house; additional \$5 for plantation tour.

Tuesday, March 14 • 10 AM Tour • 8:45 AM Departure

Still Pond Vineyard & Winery

17SLIR089

30 miles south of Albany Ga, discover acres and acres of Muscadine grape vines, also known as Scuppernongs or Swamp Grapes and Still Pond which was born there during the height of the Civil War. Sitting on the banks of an isolated pond was a still, turning out peach brandy to provide comfort, relaxation, and escape for exhausted Confederate soldiers. Today, Still Pond has become one of the largest commercial vineyards in Georgia - offering a wide variety of Muscadine products.

Thursday, March 23 • 9 AM Departure

Trips & Tours

National Civil War Naval Museum 17SLIR090

Located in Columbus, GA, this is the nation's only museum dedicated solely to the story of the Civil War at sea. You will find 40,000 square feet of cutting edge exhibits, including original Civil War ships, many artifacts, flags, weapons, and uniforms. Visitors are welcomed by a full scale Civil War sidewheel ship reconstruction located in front of the museum. The museum also features rebuilt portions of the USS Hartford and Monitor and CSS Albermarle, including a dramatic battle theater, and houses the largest surviving Confederate warship, the CSS Jackson, as well as the wreckage of the CSS Chattahoochee. Cost is \$6.50 per senior adult.

Wednesday, March 29 • 7:30 AM Departure

Pasaquan 17SLIR091

Located in Buena Vista, GA, Pasaquan is a 7-acre internationally renowned art environment which consists of six major structures, over 900 feet of painted masonry fence, painted totems, decorative walkways, sculptures, steel forms, and other artifacts. Pasaquan is the work of Marion County native and folk artist Eddie Owens Martin (1908-1986), who called himself St. EOM. Martin was influenced by many artistic cultures as well as personal visions and life experiences. His collection includes jewelry, decorations, clothes, and original music. In 2015, after a two-year renovation, the Kohler foundation gifted Pasaquan to Columbus State University. Today, Pasaquan is listed on the National Register of Historic Places and is considered among the most important visionary art environments in the United States. Admission cost is \$3 for senior adults.

Thursday, March 30 • 8 AM Departure

Letchworth-Love Mounds Archaeological State Park 17SLIR092

This state park, between Tallahassee and Monticello, holds the oldest Native American ceremonial mound complex in Florida, dating back to the Weeden Island period (300 to 900 AD). Visit the 3D hands-on interactive model of the mound with an audio narrative, a depiction of the people of the Weeden Island Culture, and a map of other mounds, native cultures and historic sites in the area. Trip is approximately 75 minutes. \$3 per vehicle; correct change required.

Tuesday, April 4 • 9 AM Departure

Lost Creek Forest 17SLIR093

A remnant of the area's natural heritage, Lost Creek Forest is an old growth hardwood forest located on publicly owned land near the airport in Thomas County, Georgia. The forest is in much the same condition as it would have been when Europeans first visited the Americas. It is a wonderful combination of slope forest, seep, floodplain, creeks and several different ecosystems. Meet at Thomasville airport off Hwy 122. Tour guide will meet the group.

Wednesday, April 19 • 12:30 PM Departure
Beth Grant, Tour Guide

Five Acre Farm 17SLIR094

Visit Five Acre Farm in Madison, FL which produces a diverse variety of organically grown foods and plants. The owner grows shiitake mushrooms on hardwood logs and will share how to build a 30' mushroom cave. Dried mushrooms will be for sale, as well as annuals, perennials, seeds and scarecrows.

Saturday, April 29 • 10 AM Tour • 9:15 AM Departure

Hofwyl Broadfield Plantation 17SLIR095

Visit this beautiful plantation near Brunswick which showcases the history and culture of Georgia's rice coast. In the early 1800's, William Brailsford of Charleston carved a rice plantation from the marshes along the Altamaha River. The family continued to grow rice until 1913. A museum features silver from the family collection, Cantonese china, 19th century furniture, and other family heirlooms. This is a stop along the Colonial Coast Birding Trail. Admission charge for seniors (62+) is \$7; under age 62, \$8.

Wednesday, May 3 • 8 AM Departure

History, Social Studies, & Sciences

Views of the News 17SLIR096

Come ready to discuss today's hot news topics and current events. We will cover local, regional, and global events. Class participation is encouraged. RCCE Annex 106.

8 Fridays, February 10 - March 31 • 10 - 12 PM Dr. James LaPlant, Instructor

Historic Walking Tour of Downtown Valdosta

17SLIR097

Let the Historic Preservation Planner for the City of Valdosta lead you on a walking tour of downtown. Participants may want to finish the tour by making a lunch stop. Meeting location TBA; will be sent to participants with registration receipt.

Tuesday, March 14 • 10 AM - 12 PM • James A. Horton, Tour Leader

A Soldier's Story 17SLIR098

The instructor will discuss pre-WWII life and how he was inducted into the army. He will share his adventures in France and Germany and the liberation of the Holocaust survivors. RCCE Annex 106.

Thursday, February 16 • 1:30 - 3 PM • George Aigen, Instructor

History of our Courthouse 17SLIR099

Our old court house opened in 1905 (at a cost to Lowndes County taxpayers of \$52,000) and served until 2010, when the new Judicial Complex was completed. Learn the history of this venerable old Neoclassical Revival building, which is listed with the National Registry of Historic Places, and enjoy a great view of the old courthouse. Meet in the lobby of the Lowndes County Judicial Complex, 327 North Ashley Street, Valdosta. Parking is adjacent to the building.

Thursday, March 16 • 1 - 2 PM • Lowndes County Staff, Instructors

Valdosta/Lowndes Regional Crime Lab 17SLIR100

Learn the background and history of this regional laboratory, including evidence intake and security and all the aspects of crime scene analysis: latent print comparisons, processing of evidence, drug chemistry, firearms, tool marks, and crime scene processing. Meet at the lab: 1708 N Ashley Street, Valdosta (map sent with registration receipt). Maximum of 20 participants.

Thursday, March 9 • 2 - 4 PM • Becky Parker-Hall, Tour Guide

Genealogy Research Trip to Moultrie 17SLIR106

For the seasoned researcher, take a day trip to the Ellen Payne Odom Library in Moultrie, GA. You may bring a digital camera and your laptop to use with the library's wireless network. A hand scanner is also permitted. We will leave at 8:00 am, have a Dutch treat lunch at one of Moultrie's restaurants, and return at 4 PM. Please meet us at the Continuing Education Annex by 7:45 if you are carpooling.

**Tuesday, February 21 • 8 AM - 4 PM
Alice Devane & Carol McLeod, Instructor**

Spring Flora at Lake Louise

17SLIR101

The Lake Louise Field Station is a 170-acre outdoor teaching and research laboratory owned and maintained by VSU. The station is centered on Lake Louise, near Lake Park, a 13-acre blackwater karst (lime-sink) pond surrounded by a bayswamp forest embedded in a matrix of upland plant communities. After the trip to Lake Louise you will visit the VSU Herbarium to learn more about the significance of biological research collections in supporting research and teaching.

**Tuesday, May 9 (Rain Date May 11)
9 - 2 PM • 8:30 AM Departure
Dr. Richard Carter, Instructor**

Human Genomic Evolution & Health 17SLIR102

Since the release of the first human genome sequence in 2001, many advances in human health and our own evolution have been uncovered. Topics of discussion include the recent 1,000 human genomes initiative, how our genome compares to our primate relatives, and ancient DNA genomes of Neanderthals and other hominids. RCCE Annex 106.

**Friday, February 10 • 1 - 2 PM
Dr. Brian Ring, Instructor**

LIR Genealogy "Club"

17SLIR104

The sessions will consist of discussion and information-sharing. Beginners will be able to pick up hints and clues in an open discussion setting. The class is designed to be a "support group"/share group for beginning, intermediate, and advanced genealogy researchers. RCCE Annex 106.

**4 Thursdays, February 2,
March 2 & 16, April 20 • 11 - 12 PM
Dr. Sandra Dickson, Facilitator**

History, Social Studies, & Sciences

Whose Genes

Do You Have? 17SLIR103

Census, railroad, and CCC records can be valuable research tools. Learn how to access these records and many others. Ancestry.com is discussed, as well as how to determine your relationship to a relative. Class will be held at the South Georgia Regional Library at 300 Woodrow Wilson Drive.

Tuesday, February 28 • 3 - 4:30 PM
Dot Neisen, Instructor

How to Begin Your Family History Research 17SLIR105

Have you ever wanted to learn about your ancestors but don't know where to look? Join us in the search, with a step-by-step plan. Bring along what you already know about your family. RCCE Annex 107.

2 Tuesdays, February 7 & 14
8:30 - 10:30 AM
Alice Devane & Carol McLeod, Instructors

Genealogy Research Trip to Homerville 17SLIR107

For the seasoned researcher, take a day trip to the Huxford Spears Genealogy Library in Homerville, GA. You may bring your laptop to use. Cost of copies are 25 cents each. We will leave at 8:00 am, have a Dutch treat lunch at one of Homerville's restaurants. Please meet us at the Continuing Education Annex by 7:45 if you are carpooling.

Tuesday, March 28 • 8 AM - 4PM
Alice DeVane & Carol McLeod, Instructors

The Transformative Impact of Travel 17SLIR108

Your instructor, a Berrien County native, currently teaches in the Recreation and Education department at Palacky University in Olomouc, Czech Republic. He will discuss the transformative impact of travel, as well as the possibilities of the Czech Republic and Central Europe as a travel destination. Come share stories of how travel has changed you. RCCE Annex 106.

Tuesday, January 31 • 1 - 2:30 PM
Dr. Donald N. Roberson, Jr., Instructor

Planetarium Show 17SLIR109

Enjoy a special planetarium show just for our LIR group. Show TBA. Please plan to arrive 15 minutes before the show is scheduled to begin.

Date / Time TBA: Register to receive a notice when scheduled.

20 January 17

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

23	24	25 Spring Kick-off Lunch	26	27
30 Range of Motion 10 - 10:45 Scrapbooking 11 - 12 Uploading Photos 11 - 12 Mah-Jongg 12:30 - 3	31 Yoga 10 - 11 Int. Word 10 - 11:30 Laugh/Health 11:15 - 11:30 File Mgmt 1 - 2 Impact of Travel 1 - 2:30 Chair Yoga 2 - 2:45 Crafts 2 - 3:30 Surfing the Net 2:30 - 3:30			

20 February 17

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1</p> <p>Range of Motion 10 - 10:45 Basic Bridge 12:30 - 2:30 Knit & Crochet 2 - 3:30 Bowling for Fun 2 - 4 Managing Pain 3 - 4</p>	<p>2</p> <p>Yoga 10 - 11 Google Docs 10 - 11:30 Laugh/Health 11:15 - 11:30 Genealogy Club 11 - 12 Blogger 12 - 1:30 Coupon Club 1 - 2 Smart Driver 1 - 4 Managing Pain 3 - 3:30</p>	<p>3</p> <p>Beginning Line Dance 10 - 11 Step 2: Line Dance 11 - 11:45 Draw Project Tour 1 - 2 Smart Driver 1 - 4</p>
<p>6</p> <p>Range of Motion 10 - 10:45 Scrapbooking 11 - 12 Uploading Photos 11 - 12 Mah-Jongg 12:30 - 3</p>	<p>7</p> <p>Family History Research 8:30 - 10:30 Beginning Tennis 9 - 10 Yoga 10 - 11 Int. Word 10:30 - 11:30 Fight or Flee 10 - 11:30 Laugh/Health 11:15 - 11:30 File Mgmt 1 - 2 Buttercream Skills 1 - 3 Chair Yoga 2 - 2:45 Surfing the Net 2:30 - 3:30</p>	<p>8</p> <p>Range of Motion 10 - 10:45 Study Abroad 11 - 12 Decorative Plate 1 - 2 Basic Bridge 12:30 - 2:30 Knit & Crochet 2 - 3:30 Bowling for Fun 2 - 4</p>	<p>9</p> <p>Goat Farm Trip Yoga 10 - 11 Traffic Mgmt 10 - 11 Google Docs 10 - 11:30 Laugh/Health 11:15 - 11:30 Genealogy Club 11 - 12 Blogger 12 - 1:30 Paint Party 1 - 3</p>	<p>10</p> <p>Beginning Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45 Genomic Evolution 1 - 2</p>
<p>13</p> <p>Range of Motion 10 - 10:45 VSO Preview 10:30 - 11:30 Scrapbooking 11 - 12 Mah-Jongg 12:30 - 3</p>	<p>14</p> <p>Family History Research 8:30 - 10:30 Beginning Tennis 9 - 10 Yoga 10 - 11 Int. Word 10:30 - 11:30 Laugh/Health 11:15 - 11:30 File Mgmt 1 - 2 Buttercream Skills 1 - 3 Chair Yoga 2 - 2:45 Yarn Crafts 2 - 4 Surfing the Net 2:30 - 3:30</p>	<p>15</p> <p>Range of Motion 10 - 10:45 VSU Theatre & Dance 11 - 12 Decorative Plate 1 - 2 Basic Bridge 12:30 - 2:30 Knit & Crochet 2 - 3:30 Bowling for Fun 2 - 4</p>	<p>16</p> <p>Wolf Creek Trout Lily Preserve Yoga 10 - 11 Google Docs 10 - 11:30 Laugh/Health 11:15 - 11:30 Blogger 12 - 1:30 <i>Soldier's Story</i> 1:30 - 3</p>	<p>17</p> <p>Beginning Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45 VSU Exhibit Tour 1 - 2:30</p>
<p>20</p> <p>Range of Motion 10 - 10:45 Scrapbooking 11 - 12 Uploading Photos 11 - 12 Mah-Jongg 12:30 - 3</p>	<p>21</p> <p>Geneology Research Trip to Moultrie 8 - 4 Beginning Tennis 9 - 10 Yoga 10 - 11 Int. Word 10:30 - 11:30 Laugh/Health 11:15 - 11:30 File Mgmt 1 - 2 Buttercream Skills 1 - 3 Chair Yoga 2 - 2:45 Surfing the Net 2:30 - 3:30</p>	<p>22</p> <p>Treasure Hunt Adventure Depart 9:30 Range of Motion 10 - 10:45 Dasher Heart Center Tour 10:30 - 11:30 Basic Bridge 12:30 - 2:30 Knit & Crochet 2 - 3:30 Bowling for Fun 2 - 4</p>	<p>23</p> <p>Castillo San Marcos Depart 9:30 Yoga 10 - 11 What & When to Plant 10 - 11:30 Chemo Cap A 10 - 12 Laugh/Health 11:15 - 11:30 <i>John Wayne</i> 1 - 2</p>	<p>24</p> <p>Beginning Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45 Fire Prevention 1 - 2</p>
<p>27</p> <p>Range of Motion 10 - 10:45 Scrapbooking 11 - 12 Uploading Photos 11 - 12 Mah-Jongg 12:30 - 3</p>	<p>28</p> <p>Valdosta Daily Times 9 - 10 Beginning Tennis 9 - 10 Yoga 10 - 11 Int. Word 10:30 - 11:30 Laugh/Health 11:15 - 11:30 File Mgmt 1 - 2 Buttercream Skills 1 - 3 Chair Yoga 2 - 2:45 Crafts 2 - 3:30 Surfing the Net 2:30 - 3:30 Whose Genes? 3 - 4:30</p>			

20 March 17

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1</p> <p>Range of Motion 10 - 10:45 Landscapes 11 - 12:30 Basic Bridge 12:30 - 2:30 Knit & Crochet 2 - 3:30 Bowling for Fun 2 - 4</p>	<p>2</p> <p>Yoga 10 - 11 Insect & Disease Control 10 - 11:30 Google Docs 10 - 11:30 Genealogy Club 11 - 12 Laugh/Health 11:15 - 11:30 Blogger 12 - 1:30 Coupon Club 1 - 2 Preventing Stroke 3 - 3:30 Cancer Center 3:30 - 5</p>	<p>3</p> <p>Beginning Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45 Valdosta Orthopedic Associates 1 - 2</p>
<p>6</p> <p>Range of Motion 10 - 10:45 Scrapbooking 11 - 12 Mah-Jongg 12:30 - 3 Couponing for Beginners 2:30 - 4</p>	<p>7</p> <p>Beginning Tennis 9 - 10 Yoga 10 - 11 Mail Merge 10 - 11:30 Laugh/Health 11:15 - 11:30 Computer Basics 12 - 1 Flowers in Icing 1 - 3 Chair Yoga 2 - 2:45 Excel 2 - 3 Beading 2 - 3:30 Retirement Planning 2 - 4 Yarn Crafts 2 - 4</p>	<p>8</p> <p>Range of Motion 10 - 10:45 Landscapes 11 - 12:30 Basic Bridge 12:30 - 2:30 Knit & Crochet 2 - 3:30 Bowling for Fun 2 - 4</p>	<p>9</p> <p>Yoga 10 - 11 Google Docs 10 - 11:30 Laugh/Health 11:15 - 11:30 Survival Sewing 11 - 12 Blogger 12 - 1:30 Crime Lab Tour 2 - 4</p>	<p>10</p> <p>Beginning Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45</p>
<p>13</p> <p>Range of Motion 10 - 10:45 Scrapbooking 11 - 12 Mah-Jongg 12:30 - 3 Couponing for Beginners 2:30 - 4</p>	<p>14</p> <p>Pebble Hill Plantation Beginning Tennis 9 - 10 Yoga 10 - 11 Mail Merge 10 - 11:30 Historic Tour 10 - 12 Laugh/Health 11:15 - 11:30 Computer Basics 12 - 1 Flowers in Icing 1 - 3 Chair Yoga 2 - 2:45 Excel 2 - 3 Retirement Planning 2 - 4 Yarn Crafts 2 - 4</p>	<p>15</p> <p>Range of Motion 10 - 10:45 Landscapes 11 - 12:30 Basic Bridge 12:30 - 2:30 Mug Rug 1 - 4 Bowling for Fun 2 - 4</p>	<p>16</p> <p>Yoga 10 - 11 Google Docs 10 - 11:30 Survival Sewing 11 - 12 Genealogy Club 11 - 12 Laugh/Health 11:15 - 11:30 Blogger 12 - 1:30 History of Old Courthouse 2 - 4</p>	<p>17</p> <p>Beginning Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45 <i>Last Night of Ballyhoo</i> 1 - 2</p>
<p>20</p> <p>Range of Motion 10 - 10:45 VSU Opera 11 - 12 Scrapbooking 11 - 12 Mah-Jongg 12:30 - 3 Couponing for Beginners 2:30 - 4</p>	<p>21</p> <p>Beginning Tennis 9 - 10 Yoga 10 - 11 Mail Merge 10 - 11:30 Wreaths A 10:30 - 12 Laugh/Health 11:15 - 11:30 Computer Basics 12 - 1 Flowers in Icing 1 - 3 Chair Yoga 2 - 2:45 Excel 2 - 3</p>	<p>22</p> <p>Range of Motion 10 - 10:45 Landscapes 11 - 12:30 Basic Bridge 12:30 - 2:30 Bowling for Fun 2 - 4</p>	<p>23</p> <p>Still Pond Vineyard Yoga 10 - 11 Chemo Cap B 10 - 12 Laugh/Health 11:15 - 11:30</p>	<p>24</p> <p>Beginning Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45</p>
<p>27</p> <p>Range of Motion 10 - 10:45 Scrapbooking 11 - 12 Mah-Jongg 12:30 - 3</p>	<p>28</p> <p>Homerville Trip 8 - 4 Beginning Tennis 9 - 10 Yoga 10 - 11 Mail Merge 10 - 11:30 Laugh/Health 11:15 - 11:30 Computer Basics 12 - 1 Flowers in Icing 1 - 3 Chair Yoga 2 - 2:45 Excel 2 - 3</p>	<p>29</p> <p>Civil War Naval Museum Range of Motion 10 - 10:45 Basic Bridge 12:30 - 2:30 Bowling for Fun 2 - 4</p>	<p>30</p> <p>Pasaquan Art Yoga 10 - 11 Laugh/Health 11:15 - 11:30 Wreaths B 1:30 - 3</p>	<p>31</p> <p>Beginning Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45 Macon Film Festival 1 - 2</p>

20 April 17

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 Range of Motion 10 - 10:45 Scrapbooking 11 - 12 Mah-Jongg 12:30 - 3 Estate Planning 2 - 3:30</p>	<p>4 Love Mounds Beginning Tennis 9 - 10 Yoga 10 - 11 Mail Merge 10 - 11:30 Laugh/Health 11:15 - 11:30 Computer Basics 12 - 1 Fondant & Gum Paste 1 - 3 Chair Yoga 2 - 2:45 Excel 2 - 3</p>	<p>5 Range of Motion 10 - 10:45 Basic Bridge 12:30 - 2:30 Knit & Crochet 2 - 3:30 Bowling for Fun 2 - 4</p>	<p>6 Yoga 10 - 11 Gardening in Small Spaces 10 - 11:30 Laugh/Health 11:15 - 11:30 Coupon Club 1 - 2</p>	<p>7 Google Searching 10 - 11 Beginning Line Dance 10 - 11 Step 2: Line Dance 11 - 11:45</p>
<p>10 Range of Motion 10 - 10:45 Scrapbooking 11 - 12 Mah-Jongg 12:30 - 3 Estate Planning 2 - 3:30</p>	<p>11 Beginning Tennis 9 - 10 Yoga 10 - 11 Facebook Q & A 10 - 12 Laugh/Health 11:15 - 11:30 Fondant & Gum Paste 1 - 3 Chair Yoga 2 - 2:45 Yarn Crafts 2 - 4</p>	<p>12 Range of Motion 10 - 10:45 Traveling w/Pets 12 - 1 Basic Bridge 12:30 - 2:30 Knit & Crochet 2 - 3:30 Bowling for Fun 2 - 4</p>	<p>13 Yoga 10 - 11 Laugh/Health 11:15 - 11:30 Pre-Planning 11 - 12 Valdosta Police Dept 1 - 2 How to Sleep 3 - 3:30</p>	<p>14 Beginning Line Dance 10 - 11 Step 2: Line Dance 11 - 11:45 Turner Center: Spring Into Art 1 - 2</p>
<p>17 Range of Motion 10 - 10:45 Scrapbooking 11 - 12 Mah-Jongg 12:30 - 3 Estate Planning 2 - 3:30</p>	<p>18 Beginning Tennis 9 - 10 Yoga 10 - 11 Laugh/Health 11:15 - 11:30 Fondant & Gum Paste 1 - 3 Chair Yoga 2 - 2:45</p>	<p>19 Range of Motion 10 - 10:45 Lost Creek Forest Bridge Playing 12:30 - 2:30 Bowling for Fun 2 - 4</p>	<p>20 Yoga 10 - 11 Genealogy Club 11 - 12 Laugh/Health 11:15 - 11:30 Plant Swap 1 - 3</p>	<p>21 Legal Forms 10 - 11 Beginning Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45</p>
<p>24 Range of Motion 10 - 10:45 Scrapbooking 11 - 12 Mah-Jongg 12:30 - 3 AARP Smart Driver 1 - 4</p>	<p>25 Beginning Tennis 9 - 10 Yoga 10 - 11 Laugh/Health 11:15 - 11:30 Fondant & Gum Paste 1 - 3 AARP Smart Driver 1 - 4 Chair Yoga 2 - 2:45</p>	<p>26 Range of Motion 10 - 10:45 Peach State 11 - 12 Bridge Playing 12:30 - 2:30 Bowling for Fun 2 - 4</p>	<p>27 Yoga 10 - 11 Chemo Cap C 10 - 12 Laugh/Health 11:15 - 11:30 I Freed Myself 1 - 2:30</p>	<p>28 Google Drive 10 - 11 Beginning Line Dance 10 - 11 Step 2: Line Dance 11 - 11:45</p>

20 May 17

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 Range of Motion 10 - 10:45 Scrapbooking 11 - 12 Mah-Jongg 12:30 - 3</p>	<p>2 Yoga 10 - 11 Laugh/Health 11:15 - 11:30 All-Girl Filling Station's Last Reunion 1 - 2 Chair Yoga 2 - 2:45</p>	<p>3 Hofwl Broadfield Plantation Range of Motion 10 - 10:45 Bridge Playing 12:30 - 2:30 Knit & Crochet 2 - 3:30 Bowling for Fun 2 - 4</p>	<p>4 Yoga 10 - 11 Barber of Seville 10 - 1 Laugh/Health 11:15 - 11:30 Fire Safety 1 - 2:30</p>	<p>5 Beginning Line Dance 10 - 11 Step 2: Line Dance 11 - 11:45 Public Art Tour 1 - 2:30</p>
<p>8 Range of Motion 10 - 10:45 Scrapbooking 11 - 12 Mah-Jongg 12:30 - 3</p>	<p>9 Lake Louise Depart 8:30 Yoga 10 - 11 Laugh/Health 11:15 - 11:30 Feathers in High Wind 1 - 2 Chair Yoga 2 - 2:45</p>	<p>10 Range of Motion 10 - 10:45 Fields of Battle 11 - 12 Bridge Playing 12:30 - 2:30 Phishing Awareness 1 - 2 Knit & Crochet 2 - 3:30 Bowling for Fun 2 - 4</p>	<p>11 Yoga 10 - 11 Laugh/Health 11:15 - 11:30 Coupon Club 1 - 2</p>	<p>12 Beach Party Potluck 11:30 - 1</p>



**Learning In Retirement
Continuing Education
Office of Extended Learning**

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