



# Learning In Retirement

*Valdosta State University*

2014  
**SPRING**  
COURSE SCHEDULE

# Learning In Retirement

## COURSE CATALOG

### *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.



### *Announcements*

#### **Are You On Facebook? So is LIR!**

Become a member of the LIR Facebook group and get updates on classes and special offers for Continuing Education classes, view photos from events, post your ideas and opinions, and more! Search on Facebook for “Learning in Retirement at Valdosta State University,” or contact Suzanne Ewing at (229) 245-6484 for more information.

#### **What A Deal!**

There are no extra fees (above your membership fee) for any LIR classes except when noted in class description. Membership is \$45 per term (Fall, Winter, Spring), or \$120 for the year (available in the Fall only).

#### **LIR Needs You!**

Do you like what you see here? Well, LIR could not function without member volunteers! We particularly need folks to assist with: **CURRICULUM COMMITTEE & SOCIAL COMMITTEE**. Please contact Suzanne Ewing, Program Coordinator, and she will pass your name to the appropriate committee chair or officer.

#### **Got Photos?**

If you have pictures of LIR classes, events or trips, we want to see them! Post them on the LIR Facebook page (search on Facebook for “Learning in Retirement at Valdosta State University”) or email them to Suzanne Ewing at [sewing@valdosta.edu](mailto:sewing@valdosta.edu)



### *Continuing Education Staff*

Julie Halter, Ed.D.

*Online, Conferences, Certificate Programs, Teacher Recertification*

Sue Bailey

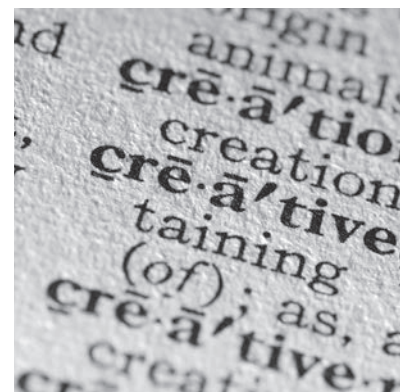
*Professional Development, Personal Enrichment, Contract Training*

Suzanne Ewing, *Learning in Retirement & Children’s Programs*

Annetta Taylor, *Registration Specialist*

Susan Bass, *Administrative Assistant*

Brooke Thomas, *Marketing Assistant*



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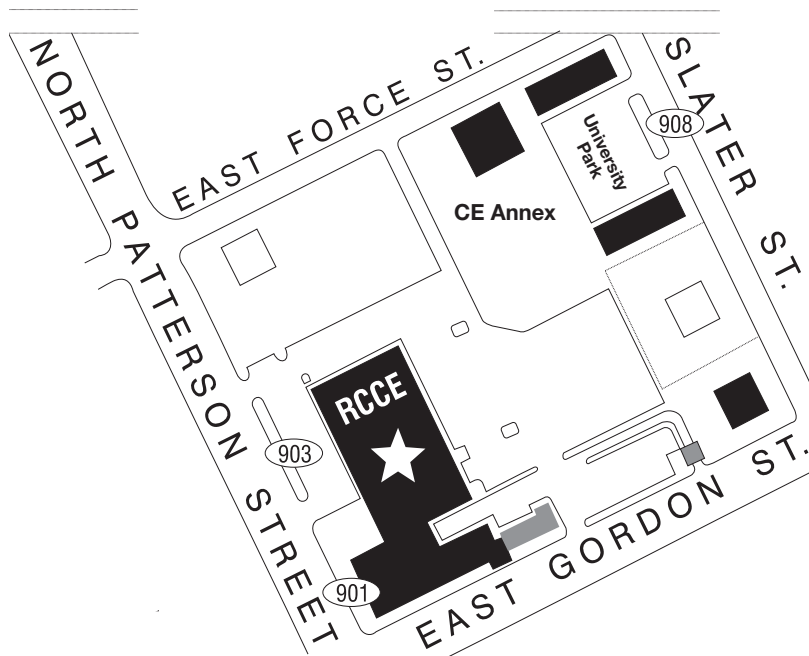
## LIR Officers & Committee Chairs

<b>PRESIDENT</b> .....	Carol Jennings
<b>VICE PRESIDENT</b> .....	Linda Crook
<b>SECRETARY</b> .....	Madonna Terry
<b>PAST PRESIDENT</b> .....	Tommy DeVane
<b>TREASURER</b> .....	Beverly Long
<b>HISTORIAN</b> .....	Carol Copeland
<b>PARLIAMENTARIAN</b> .....	Dan Kehoe
<b>SOCIAL COMMITTEE CHAIR</b> .....	Vacant
<b>PUBLICITY COMMITTEE CHAIR</b> .....	Joyce Aigen
<b>CURRICULUM COMMITTEE CHAIR</b> .....	Sandra Dickson
<b>FINANCIAL COMMITTEE CHAIR</b> .....	Beverly Long
<b>HISTORICAL COMMITTEE CHAIR</b> .....	Carol Copeland

### PAST PRESIDENTS:

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

2 blocks south of the University Center



**229.245.6484**  
**903 N. Patterson St. Valdosta, GA 31698**  
**www.valdosta.edu/conted**

[Link to map](#)

# Learning In Retirement

is designed to enhance the lives of area retirees by offering fun and exciting learning opportunities. Our goal is to keep our programs affordable for the largest possible audience while constantly seeking ways to expand opportunities available to the community. Your financial gift to the VSU Foundation, earmarked for Learning in Retirement, will provide the support necessary to keep fees low while continually enhancing the programs available. Please take a moment to reflect on what our programming means to you and then complete the form below and return it to the address indicated.

Yes, I want to help support Learning In Retirement with my financial gift of \$      .

PLEASE PRINT

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

- Please have someone from VSU Foundation contact me about the possibility of a stock gift or an estate gift to Learning in Retirement.

## Payment Type:

- CASH     CHECK # \_\_\_\_\_  CREDIT CARD (MasterCard / VISA / Discover)  
*(Make Payable to VSU Foundation Inc.)*

Card Holder \_\_\_\_\_  
*Print Name - Exactly as it appears on card*

VIN \_\_\_\_\_  
*3 Extra Digits on Reverse*

Billing Address \_\_\_\_\_  
*Same As Above? If Not, Print Address Here*

Signature of Card Holder \_\_\_\_\_

Date \_\_\_\_\_

Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_

Return to this form with payment to:  
VSU Foundation • Valdosta State University • 1500 N. Patterson St. Valdosta, GA 31698

# Frequently Asked Questions

## Q: *How do I register for LIR classes?*

Spring registration is now open! Registrations received on or before Friday, March 14 at 12 noon will be entered into a prize drawing. The grand prize is a pair of Peach State Summer Theatre season passes. Registration continues until the class begins or until classes are full. Please see page 15 for registration form.

## Q: *What are the limitations on the number of people in each class?*

Most classes do not have a limited enrollment. Only a few classes (those where an enrollment limitation is listed in the class description) are likely to fill. For everything else, you will most likely get a spot even if you register right before the class begins!



For more information visit our website:

[www.valdosta.edu/conted](http://www.valdosta.edu/conted)

or call our office at:

**229.245.6484**



## Q: *Where do I park for my classes? Do I need a parking permit?*

Parking is available adjacent to the Regional Center for Continuing Education building, where most classes are held. A visitor's parking permit, good for the current LIR term, will be sent with your receipt. If you forget or lose your permit, just stop in the Continuing Education office (Room 124) and pick one up. The LIR permit may be used to park elsewhere on campus while you are attending an LIR class or event. If you are visiting campus for something OTHER than an LIR class or event, you are responsible for obtaining a visitor's permit from the VSU Parking and Transportation office. Single day visitor permits are free; you may also purchase a permit good for an entire semester for a fee. Call Parking and Transportation at 229.293.7275 for details.

## Q: *How do I get more involved with LIR?*

There are many ways to get more involved! We need people to serve on our Curriculum, Social, or Publicity committees (see page 3). Please contact Carol Jennings, LIR President, at 229.292.2895 or email her at [jmcljenn@gmail.com](mailto:jmcljenn@gmail.com) if you are interested in serving on a committee.

## Q: *I would like to teach a class for LIR. Who do I contact?*

We always have a need for volunteer teachers who are willing to share their expertise with fellow members. Members teach classes in arts and crafts, languages, science, nature, computers, literature, health and fitness, social studies, and many other areas. We will be setting up our Fall 2014 term classes soon, so please let us know if you are interested in volunteering! Contact **Suzanne Ewing**, Program Coordinator at 229.245.6484 or at [sewing@valdosta.edu](mailto:sewing@valdosta.edu), and she will pass on your idea to the curriculum committee.

## Q: *Who do I contact with questions about LIR?*

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



## ***Bowling for Fun***

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 sent with receipt. You must have or rent bowling shoes. Bowling balls are available. Cost will be \$1.75 per game (to be paid on site).

**8 Wednesdays | 2 - 4PM**

**March: 26**

**April: 2, 9, 16, 23, 30**

**May: 7, 14**

**Betty Murchison, Facilitator**

## ***Stepping Out: Fall Prevention Program***

This class combines lecture, discussion, and strength/balance building exercise. Learn about risk factors that lead to falls including potential home and community hazards, vision, medications and footwear, and develop strategies to address them. An evidence-based study reported in the American Journal of Geriatrics and cited by the Center for Disease Control points to this program as reducing falls by 31%.

**6 Tuesdays | 1 - 2 PM**

**March: 25**

**April: 1, 8, 15, 22, 29**

**Ann Kasun, Instructor**

## ***Yoga***

Improve muscle strength, increase flexibility and balance, and reduce stress. Tuesday classes will include standing and balancing postures. Thursday sessions will involve getting down on and up from the mat once, and there will be no postures in which you must put pressure on the knees. Students should bring a yoga "sticky" mat and strap to class.

**16 Tuesdays & Thursdays | 10 - 11 AM**

**March: 25 & 27 | April: 1, 3, 8, 10, 15, 17, 22, 24, 29**

**May: 1, 6, 8, 13, 15**

**Kathleen Hamill, Instructor**

## ***ZUMBA® Gold***

A dance aerobics class appropriate for active older adults. The easy-to-learn Latin dance moves are designed to elevate the heart rate without stressing joints and muscles. The class will consist of a warm up, 30 minutes of low impact aerobic dance, and a cool down. If you are interested in adding some variety to your fitness program, this class would be a perfect fit for you!

**23 Tuesdays, Thursdays & Fridays | 9 - 9:45 AM**

**March: 25, 27, 28 | April: 1, 3, 4, 8, 10, 11, 15, 17, 18, 22, 24, 25, 29**

**May: 1, 2, 6, 8, 9, 13, 15**

**Pat Hester, Instructor**

## ***Water Aerobics***

Water aerobics is a great way to get in shape. Using the water's resistance tones the muscles and creates definition. Maximum of 25 students. \$10 EXTRA FEE. *The VSU pool is maintained at a constant temperature of 82° F. It must occasionally be closed due to mechanical problems or lightning. We do our best to notify participants by telephone if we know ahead of time that classes must be cancelled, but we may not always be able to reach everyone. Makeup sessions are held subject to instructor and pool availability, and we cannot guarantee that makeup sessions will be held for all missed classes. Sorry, but we cannot provide refunds for cancelled classes.*

**16 Mondays & Wednesdays | 3 - 4PM**

**March: 24, 26, 31 | April: 2, 7, 9, 14, 16, 21, 13, 28, 30**

**May: 5, 7, 12, 14**

**Pat Hester, Instructor**

**VSU Student Recreation Center**

1300 Sustella Ave. (Map will be sent with receipt)

## ***Range of Motion***

Begin with 10 minutes of warm-ups in a chair followed by standing balances, stretches, moving, and marching, followed by ten minutes back in the chair for cool down.

**15 Mondays & Wednesdays | 10 - 10:45 AM**

**March: 24, 26, 31 | April: 2, 7, 14, 16, 21, 23, 28, 30**

**May: 5, 7, 12, 14 (No Class Wednesday, April 9)**

**Kathleen Hamill, Instructor**

## *LIR Players*

Join in the fun as we work on a short production to be performed at the end-of-year potluck on Friday, May 16. If you have ever wanted to be on stage, this is your chance!

No one is expected to be a professional—beginners welcome and expected. The play will be determined by the students who register.

**16 Tuesdays & Thursdays | 1 - 3 PM**

**March: 25 & 27 | April: 1, 3, 8, 10, 15, 17, 22, 24, 29**

**May: 1, 6, 8, 13, 15**

**Kathryn Smith, Instructor**

## *Backstage with the Valdosta Symphony Orchestra*

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 guest instructor will clear up mysteries and let you in on some secrets of the music world.

**Monday, March 24 | 10:30 - 11:30 AM**

**Maestro Howard Hsu, Instructor**

## *Dances with Evita: Tango*

Learn about the process of choreographing the upcoming VSU Theatre Department musical *Evita*, the story of Argentine first lady, Evita Peron.

**Tuesday, March 25 | 1 - 2 PM | Eric Nielsen, Instructor**



## *Peach State Summer Theatre Preview*

Get a sneak preview of the productions planned for this summer's Peach State Summer Theater, Georgia's official musical theater: *Mary Poppins*, *42nd Street*, and *Smokey Joe's Café*. Learn about what is involved in auditioning, hiring, and housing actors and production staff from across the country who perform here at VSU each year.

**Tuesday, April 22 | 1 - 2 PM**

**Duke Guthrie, Instructor**

## *Sculpture Tour*

Enjoy a tour of Wilby Coleman's metal sculptures displayed at his home. Over 200 of his sculptures can be viewed on 3 wooded acres. Carpooling from the Continuing Education building is encouraged; the home is located at 1203 Hickory Drive. Anyone wishing to carpool should meet at the Regional Center for Continuing Education for a 12:45 PM departure.

**Friday | April 4 | 1 - 3 PM**

**Wilby Coleman, Instructor**





## *Introduction to the Ukulele*

Learn the fundamentals of the ukulele and develop the skills to enjoy making music. Whether you enjoy folk, rock, country, jazz, classical, or Hawaiian music, you can play it on the ukulele! Instruments are available from Kilgard Instrument Repair for approximately \$40 (242-3444).

**7 Wednesdays | 1 - 2 PM**  
**March 26 | April: 2, 9, 16, 23, 29 | May 7**  
**Jacqui Pool, Instructor**

## *Ukulele Fun, Part 3*

This class is for anyone who has already taken "Intro to the Ukulele" or who already knows how to play. It will be a time for learning new skills, sharing, and jamming with your favorite tunes. There is a \$5 fee (paid directly to the instructor) for the instruction book given out at the first meeting. All other music is free. Come join us and make a joyful noise!

**7 Wednesdays | 2 - 3:30 PM**  
**March 26 | April: 2, 9, 16, 23, 30 | May 7**  
**Jacqui Pool, Instructor**

## *VSU Fine Arts Gallery: Student Competition*

Tour the Student Competition exhibition with VSU Gallery Director, Julie Bowland. Meet at the Fine Arts Gallery in the VSU Fine Arts Building (Brookwood at Oak Street). Parking is across Oak Street in the Oak Street lot or parking garage (handicapped spaces available adjacent to the Fine Arts Building). Map will be sent with your receipt.

**Tuesday | April 1 | 3 - 4 PM**  
**Julie Bowland, Instructor**

## *VSU Fine Arts Gallery: Senior Exhibition*

Enjoy a visit to the Senior Exhibition with VSU Gallery Director, Julie Bowland. Meet at the Fine Arts Gallery in the VSU Fine Arts Building (Brookwood at Oak Street). Parking is across Oak Street in the Oak Street lot or parking garage (handicapped spaces available adjacent to the Fine Arts Building). Map will be sent with your receipt.

**Tuesday | April 22 | 3 - 4 PM**  
**Julie Bowland, Instructor**

## *Australian Aboriginal Dot Painting*

Learn how to paint like the ancient Aboriginal artists. Using dots of varying colors and diameters, the Aborigines created artworks that represented ancient stories and iconography. You will be able to paint a design of your choosing. This is a fun and engaging way to create a beautiful artwork. The materials are inexpensive. Supply list sent with receipt. \$20 Extra Fee.

**5 Wednesdays | 11 AM - 12 PM**  
**March 26 | April: 2, 9, 16, 23**  
**Anna Waddell, Instructor**

Fine Arts Gallery  
VSU





## ***The Professor & the Madman: a Tale of Murder, Insanity, and the Making of the Oxford English Dictionary*** by **Simon Winchester**

*The Professor and the Madman* is a tale of how the *Oxford English Dictionary* came into being. The *OED*, beloved of those who wonder where words came from and how they were first used, is in itself a treasure trove. Many of the entries were researched by volunteers, one of the most interesting being Dr. W. C. Minor, confined to a cell at the Broadmoor Criminal Lunatic Asylum. This well-written work of historical journalism is multi-layered, placing the *OED* in the context of Victorian attitudes.

Wednesday | April 2 | 11 AM - 12 PM | Dr. Patricia Marks, *Reviewer*

## ***Wish You Well*** by **David Baldacci**

*Wish You Well* is a “coming of age” book, but much, much more. This best-selling author is known for his tight, gripping courtroom dramas. This story, set in the Appalachian Mountains in 1940, is also a struggle among big coal, big oil, and big gas companies vs. the farmers on the mountain. It is based in some degree on Baldacci’s family.

Thursday | April 3 | 1 - 2 PM | Dr. Mary Helen Watson, *Reviewer*

## ***Your Life Calling: Reimagining the Rest of Your Life*** by **Jane Pauley**

Jane Pauley, one of America’s most beloved and trusted broadcast journalists, gives voice to the opportunities of her generation – and the next one too – offering humor and insight about the journey forward. *Your Life Calling* is a fresh look at ideas successfully brought to fruition by those who have found out that there is more to come – and perhaps the best of all.

Thursday | April 10 | 11 AM - 12 PM | Gale Thomas Eger, *Reviewer*



## ***How the Scots Invented the Modern World*** by **Arthur Herman**

Herman describes how Scotland made crucial contributions to science, philosophy, literature, education, medicine, commerce, and politics during the 18th and 19th centuries that formed and nurtured the modern West.

Tuesday | May 13 | 11 AM - 12 PM | Bill Eger, *Reviewer*

## ***The Red Queen*** by **Philippa Gregory**

*The Red Queen* brings to life Margaret Beaufort—mother of Henry VII, grandmother of Henry VIII, and heiress to the red rose of Lancaster. Married four times, she still controlled her life and her goals, even requiring that her fourth spouse agree to her vow of chastity throughout their marriage. Setting her heart on putting her son, Henry, on the throne, she sends him into exile and pledges him in marriage to the daughter of her sworn enemy. She then masterminds one of the greatest rebellions of all time—all the while knowing that her son has grown to manhood, recruited an army, and awaits his opportunity to win the greatest prize.

Thursday | April 24  
11 AM - 12 PM  
Dr. Sandra Dickson, *Reviewer*

## ***Keep Foolin’ Em’*** by **Billy Crystal**

Crystal, with his trademark blend of wit and heart, looks back at his most memorable moments and provides a road map to the absurdities and challenges that come with aging.

Tuesday | April 29  
11 AM - 12 PM  
Bill Eger, *Reviewer*

## ***An Echo Through the Snow*** by **Andrea Thalasio**

Andrea Thalasio’s debut novel is an inspiring story of how a single act of kindness can transform your life. Rosalie MacKenzie, from a struggling Chukchi family, is headed nowhere until she sees Smokey, a Siberian husky suffering from neglect. Rosalie finds the courage to rescue the dog, and—united by the bond of love that forms between them—they save each other. *An Echo Through the Snow* takes readers on a gripping, profound, and uplifting dogsled ride to the Iditarod and beyond, on a journey of survival and healing.

Tuesday | May 6  
11 AM - 12 PM  
Alice DeVane, *Reviewer*

# Good to Know

## *Tornado Safety*

Learn how to prepare for and cope with severe weather, including how to begin the recovery process if disaster should strike. Emphasis will be on tornado safety. Instructor is with the South Georgia Chapter of the American Red Cross.

**Wednesday | April 16 | 1 - 2 PM**  
**Jack Looney, Instructor**



# AARP<sup>®</sup>

## *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 to be paid directly to the instructor on the first day of class. These classes are open to the public - LIR membership not required.

**Monday & Tuesday**  
**April 14 & 15 | 1 - 4 PM**  
**Al & Mary Raines, Instructors**

## *Financial Planning*

Learn to get the most out of your retirement income! We will cover making smart choices in retirement, including the basics of investing, retirement on a fixed income, and income strategies for retirees.

**3 Tuesdays | April 22 & 29 | May 6 | 11 AM - 12 PM**  
**Mike Meeks, Instructor**

## *Nutrition for your Pet*

Proper feeding and nutrition are vital to your pet's overall health and quality of life. We will discuss the pros and cons of dry and moist food and the importance of selecting the right diet for your pet's nutritional needs and lifestyle. With so many food choices it can be confusing as to which food selection is the best, but it doesn't have to be!

**Wednesday | April 30 | 12 - 1 PM**  
**Dr. Myron Graham, Instructor**

## *Keep Lowndes / Valdosta Beautiful*

Learn about the work being done by the Lowndes County office of Keep America Beautiful, and how you can help!

**Wednesday | April 9 | 10 - 11 AM**  
**Aaron Strickland & Angela Bray, Instructors**

## *Safety Update*

Learn about protecting yourself from ID theft and credit card fraud and setting up a neighborhood watch program to help reduce residential crime in your neighborhood.

**Monday | March 24 | 10 - 11 AM**  
**Officer Vernotis Williams, Valdosta Police Department**

## *Restaurant Food Safety*

Worried about eating that potato salad that's been sitting out on the buffet table? Join us to learn about important issues in food safety and how the restaurant inspection process works.

**Friday | May 2 | 1:30 - 2:30 PM**  
**Sue Bailey, Instructor**



# Trips & Tours

## *Horse Creek Winery of Sparks*

Enjoy a wine tasting featuring Horse Creek's own wines plus a few others. Five generous pours for \$5, or 10 for \$10 (you keep the glass). Wine "slushies" are available. There are 17 different Horse Creek wines available for sale, as well as many other items. Map and directions sent with receipt. Anyone wishing to carpool/caravan should meet at the Regional Center for Continuing Education for a 12:30 pm departure.

**Friday | March 28 | 1 - 3 PM | Staff**

## *Wiregrass Quilters Exhibit*

Visit the Georgia Museum of Agriculture and Historical Village to see two quilt exhibits: the American Legacy Quilt Show at the Peanut Museum and "Her World in Quilts" featuring quilter Sue Turnquist in the museum gallery. For more information: [www.abac.edu/museum](http://www.abac.edu/museum). \$6 ADMISSION FEE TO BE PAID AT THE DOOR. Map and directions sent with receipt. Anyone wishing to carpool/caravan should meet at the Regional Center for Continuing Education for a 9 am departure.

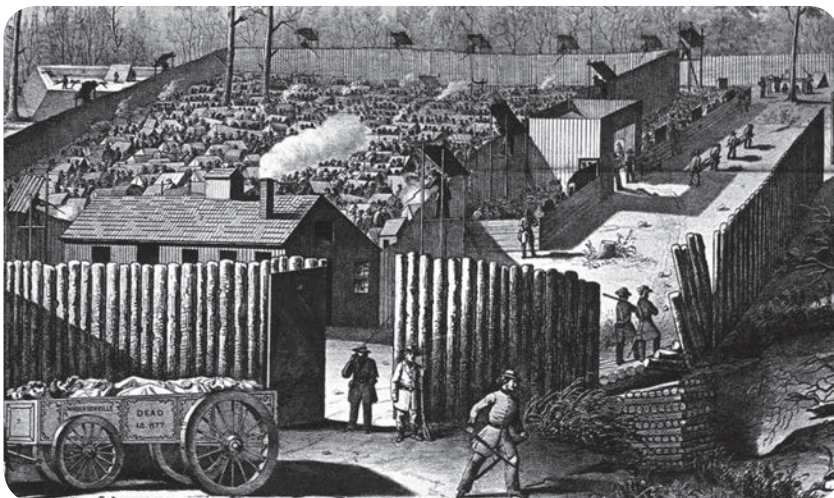
**Friday | April 4 | 10 AM - 12 PM | Self-Guided**

## *Andersonville National Historic Site*

In 1864 and 1865 a 26 acre site near Americus, Georgia housed 32,000 Union prisoners. See the site of the former prison (Camp Sumter), including "Providence Spring," which erupted from the ground within the stockade as the prisoners were dying of thirst. You will visit Andersonville National Cemetery and the National Prisoner of War Museum, which honors American prisoners from all conflicts. Special exhibits highlight Vietnam prison conditions. The "Avenue of Flags" will be flown on the day of this tour, which is National Former POW Recognition Day. Visitors may use a computer in the lobby to locate the burial plots of relatives.

For more information: <http://www.nps.gov/ande>. Map and directions sent with receipt. Anyone wishing to carpool/caravan should meet at the Regional Center for Continuing Education for an 8:30 am departure.

**Wednesday | April 9 | 11 AM - 3 PM | Self-Guided**



## *All Saints Episcopal Church of Thomasville*

This historic building was previously St. Augustine Roman Catholic Church and was attended by Jackie Kennedy during a six-week retreat to a Thomasville plantation following the assassination of President Kennedy. In the early 1980s it was saved from demolition, moved to its present site, and re-consecrated as an Episcopal church. Map and directions sent with receipt. Anyone wishing to carpool/caravan should meet at the Regional Center for Continuing Education for a 9:30 am departure.

**Tuesday | April 15 | 10:30 AM - 12 PM  
Self-Guided**

## *Blacksmith Shop*

Did you know that we have a blacksmith shop right here in Valdosta? Learn from the owner (an experienced blacksmith) about how tools were once fabricated, the materials used today, and the science behind it all. Map and directions sent with receipt. Meet at the shop, 1711 Madison Highway.

**Thursday | April 17 | 1 - 2:30 PM  
Daniel DeCristofaro, Instructor**

# Trips & Tours

## *Trip Info*

- Make sure we have your correct email address—reminders of trips with any pertinent instructions are sent by email several days before the event.
- If you want to carpool/caravan, please be at the Continuing Education building before the designated departure time. Carpool drivers and riders will be determined at that time.
- Call the office at 245-6484 if you are signed up but are UNABLE to attend.

## *Birdsong Nature Center*

This 565-acre Thomasville sanctuary has been a forest and a plantation, but now it is a center for conservation and learning. The property's wildflower meadows, old fields, and pine and hardwood forests are home to a great diversity of birds and other wildlife. Walk the trails through each habitat and visit the "bird window" and butterfly garden. For more information: <http://www.birdsongnaturecenter.org>. \$5 ADMISSION FEE TO BE PAID AT THE DOOR. Map and directions sent with receipt. Anyone wishing to carpool/caravan should meet at the Regional Center for Continuing Education for a 9:30 am departure.

**Wednesday | April 23 | 10:30 AM - 12:30 PM | Self-Guided**

## *WWII Flight Training Museum of Douglas*

This museum, housed in a restored aviation cadet barracks, tells the story of the 63rd Flying Training Detachment. View WWII aircraft flown by the cadets, as well as evasion and survival gear, and active restoration projects. The museum contains two hangars, a hospital and 10 other buildings. For more information: <http://wwiiflighttraining.org/>. \$3 ADMISSION FEE PER PERSON TO BE PAID AT THE DOOR. Map and directions sent with receipt. Anyone wishing to carpool/caravan should meet at the Regional Center for Continuing Education for a 9:30 am departure.

**Friday | April 25 | 11 AM - 12:30 PM | Self-Guided**

## *Coats & Clark Factory*

Learn how this Douglas, GA facility produces acrylic yarn for hand knitting that is sold under the brand name of Coats & Clark Red Heart hand knitting yarn and carried by Walmart, Michaels, and Hobby Lobby. A fair amount of walking is required. The facility is noisy, but protective ear and eye protection will be provided. Map and directions sent with receipt. Anyone wishing to carpool/caravan should meet at the Regional Center for Continuing Education for a 9 am departure.

**Tuesday | April 29 | 10:30 AM - 12 PM | Rick Bradner, Tour Guide**

## *Tiger Stripes Animal Sanctuary*

Please note: this is a Saturday tour. This Brooks County facility houses tigers and other large cats as well as black bears, wolves, a few exotic birds and a petting zoo. You can "adopt" an animal to assist with its care for \$75 per year. \$10 ADMISSION FEE. (THE SANCTUARY DEPENDS ON DONATIONS AND TOURS FOR OPERATING EXPENSES). Map and directions sent with receipt. Anyone wishing to carpool/caravan should meet at the Regional Center for Continuing Education for a 12:30 pm departure, but keep in mind that the building will not be open when you depart and return.

**Saturday | May 3 | 1 - 2 PM | Self-Guided**



# Trips & Tours



## *Radium Springs Gardens*

Radium Springs, located in Albany, is one of Georgia's natural wonders.

The springs pump out 68 degree water at 70,000 gallons per minute. You can walk through the courtyard where Radium Springs Casino once stood, and enjoy the gardens and gazebos on the grounds. Have lunch at the park or eat at one of the many area restaurants...then head over to the Art Park On Pine (see below)! For more information: [www.albany.ga.us/content/1800/8032/29409/default.aspx](http://www.albany.ga.us/content/1800/8032/29409/default.aspx). Map and directions sent with receipt. Anyone wishing to carpool/caravan should meet at the Regional Center for Continuing Education for an 8 am departure.

**Tuesday | May 6 | 10:30 AM - 12 PM | Self-Guided**

## *Art Park on Pine*

Visit this unique downtown Albany park, where everyone is welcome to observe, create and/or perform all forms of art. It also serves as a venue for public and private events. The group will visit this site after the Radium Springs Gardens tour and lunch (see above). For more information: [artparkonpine.com](http://artparkonpine.com). Map and directions sent with receipt.

Anyone wishing to carpool/caravan to both Radium Springs Gardens and Art Park on Pine should meet at the Regional Center for Continuing Education for an 8 am departure.

**Tuesday | May 6 | 1:30 - 2:30 PM | Self-Guided**

## *Converse Dalton Ferrell House*

Home of the Valdosta Junior Service League, this house was built in 1902 and was restored to its original splendor in the 1980s. Originally the home of the Mr. and Mrs. Briggs Converse and their 13 children, it features 10 bedrooms and an impressive dining room, along with a third-floor ballroom.

**Date and Time to be Arranged in March**

## *Albany Civil Rights Institute*

View interactive exhibits, a digital history database, and a resource library—all showing the reality of life in SW Georgia prior to the modern Civil Rights Movement. The culture and conflicts of the 1960s helps a visitor experience the evolution of the activists of the Albany civil rights movement. For more information: <http://www.albanycivilrightsinstitute.org>. \$5 ADMISSION FEE TO BE PAID AT THE DOOR. Map and directions sent with receipt. Anyone wishing to carpool/caravan should meet at the Regional Center for Continuing Education for an 8 am departure.

**Tuesday | May 13 | 10:30 AM - 12 PM  
Self-Guided**

# "Spring Fling Thing"

Kick off LIR's Spring term with us. We will recognize all our super volunteer instructors who have donated time to teach classes throughout this year.

**Tuesday, March 18**

Regional Center for Continuing Education

11:00 AM - Business Meeting

11:30 AM - Lunch & Festivities

Buffet Lunch Catered by  
Azalea's Holiday Inn Conference Center

**\$12 Per Person**

Sign up by 12 noon on Friday, March 14 by turning in your registration form or by calling

**229.245.6484**

Everyone who registers for the Spring LIR term by noon on Friday, March 14 will be entered into a drawing for door prizes!  
Grand Prize: 2 Season Passes to Peach State Summer Theatre.

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# End of Year Potluck

& PERFORMANCE BY LIR PLAYERS

Bring a dish to share, and enjoy food and fellowship with your fellow LIR students, the installation of officers for the 2014-2015 year, and a one-act play presented by the LIR Players!

**Friday, May 16, 11:30 AM - 1:30 PM**

# Registration Form

SPRING 2014

# Learning In Retirement

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**

Everyone registering by

**12 Noon on Friday, March 14**

will be entered into a price drawing.

Grand Prize will be a pair of Peach State Summer Theatre Season Passes.

Legal Name \_\_\_\_\_ Preferred Name \_\_\_\_\_ SSN (Last 4 Digits) \_\_\_\_\_

Home 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    BROCHURE

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.)*

\$45 Spring Term Membership OR

\$10 Water Aerobics

\$20 Aboriginal Dot Painting

Yearly Membership Already Paid In Full

\$20 Beginning Bridge

\$40 Multistrand Necklace

\$12 Spring Fling Luncheon

\$20 Intermediate Bridge

\$30 Earrings, Earrings, Earrings!

Subtract \$10 if Volunteer Teacher for Spring 2014 Term.

Total Amount Enclosed:

(Add All 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*

VIN \_\_\_\_\_  
*3 Extra Digits on Reverse*

Billing Address \_\_\_\_\_  
*Same As Above? If Not, Print Address Here*

Signature of Card Holder \_\_\_\_\_

Date \_\_\_\_\_

Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_



# Course Selection

## Special Activities

- 14SLIR001 **Spring Fling Thing Lunch** | Tuesday, March 18 | 11 - 1 PM | \$12 Fee
- 14SLIR002 **End of Year Potluck** | Friday, May 16 | 11:30 - 1:30 PM

## Health & Fitness

- 14SLIR003 **Bowling for Fun**  
8 Wednesdays  
March 26 - May 14 | 2 - 4 PM
- 14SLIR005 **Yoga**  
16 Tuesdays & Thursdays  
March 25 - May 15 | 10 - 11 AM
- 14SLIR007 **Water Aerobics, \$10 Fee**  
16 Mondays & Wednesdays  
March 24 - May 14 | 3 - 4 PM
- 14SLIR004 **Stepping Out**  
6 Tuesdays  
March 25 - April 29 | 1 - 2 PM
- 14SLIR006 **Zumba Gold**  
23 Tuesdays, Thursdays, & Fridays  
March 25 - May 15 | 9 - 9:45 AM
- 14SLIR008 **Range of Motion**  
15 Mondays & Wednesdays  
March 24 - May 14 | 10 - 10:45 AM  
*No Class April 9*

## Fine Arts

- 14SLIR009 **LIR Players**  
16 Tuesdays & Thursdays  
March 25 - May 15 | 1 - 3 PM
- 14SLIR010 **Backstage with VSO**  
Monday, March 24 | 10:30 - 11:30 AM
- 14SLIR011 **Dances with Evita: Tango**  
Tuesday, March 25 | 1 - 2 PM
- 14SLIR012  
**Peach State Summer Theatre Preview**  
Tuesday, April 22 | 1 - 2 PM
- 14SLIR013 **Sculpture Tour**  
Friday, April 4 | 1 - 3 PM
- 14SLIR014 **Intro to Ukulele**  
7 Wednesdays | March 26 - May 7 | 1 - 2 PM
- 14SLIR015 **Ukelele Fun: Part 3**  
7 Wednesdays | March 26 - May 7 | 2 - 3:30 PM
- 14SLIR016  
**VSU Fine Arts Gallery: Student Competition**  
Tuesday, April 1 | 3 - 4 PM
- 14SLIR017 **VSU Fine Arts Gallery: Senior Exhibition**  
Tuesday, April 22 | 3 - 4 PM
- 14SLIR018 **Australian Aboriginal Dot Painting**  
5 Wednesdays | \$20 Fee  
March 26 - April 23 | 11 - 12 PM

## Book Reviews

- 14SLIR019  
**The Professor & The Madman**  
Wednesday, April 2 | 11 - 12 PM
- 14SLIR020 **Wish You Well**  
Thursday, April 3 | 1 - 2 PM
- 14SLIR021 **Your Life Calling**  
Thursday, April 10 | 11 - 12 PM
- 14SLIR022 **How The Scots...**  
Tuesday, May 13 | 11 - 12 PM
- 14SLIR023 **The Red Queen**  
Thursday, April 24 | 11 - 12 PM
- 14SLIR024 **Keep Foolin' 'Em**  
Tuesday, April 29 | 11 - 12 PM
- 14SLIR025  
**An Echo Through The Snow**  
Tuesday, May 6 | 11 - 12 PM

## Good To Know

- 14SLIR026 **Tornado Safety**  
Wednesday | April 16 | 1 - 2 PM
- 14SLIR027 **AARP Smart Driver**  
Monday & Tuesday | April 14 & 15 | 1 - 4 PM
- 14SLIR028 **Financial Planning**  
3 Tuesdays | April 22 - May 6 | 11 - 12 PM
- 14SLIR029 **Nutrition For Your Pet**  
Wednesday | April 30 | 12 - 1 PM
- 14SLIR030 **Keep Lowndes / Valdosta Beautiful**  
Wednesday | April 9 | 10 - 11 AM
- 14SLIR031 **Safety Update**  
Monday | March 24 | 10 - 11 AM
- 14SLIR033 **Restaurant Food Safety**  
Friday | May 2 | 1:30 - 2:30 PM



## *Trips & Tours*

- 14SLIR034 **Horse Creek Winery of Sparks**  
Friday, March 28 | 1 - 3 PM
- 14SLIR035 **Wiregrass Quilters Exhibit**  
Friday, April 4 | 10 - 12 PM
- 14SLIR036 **Andersonville National Historic Site**  
Wednesday, April 9 | 11 - 3 PM
- 14SLIR037 **All Saints Episcopal Church of Thomasville**  
Tuesday, April 15 | 10:30 - 12 PM
- 14SLIR038 **Blacksmith Shop**  
Thursday, April 17 | 1 - 2:30 PM
- 14SLIR039 **Birdsong Nature Center**  
Wed., April 23 | 10:30 - 12:30 PM
- 14SLIR040 **WWII Flight Training Museum of Douglas**  
Friday, April 25 | 11 - 12:30 PM
- 14SLIR041 **Coats & Clark Factory**  
Tuesday, April 29 | 10:30 - 12 PM
- 14SLIR042 **Tiger Stripes Animal Sanctuary**  
Saturday, May 3 | 1 - 2 PM
- 14SLIR043 **Radium Springs Gardens**  
Tuesday, May 6 | 10:30 - 12 PM
- 14SLIR044 **Art Park on Pine**  
Tuesday, May 6  
1:30 - 2:30 PM
- 14SLIR045 **Converse Dalton Ferrell House**  
Date TBA
- 14SLIR046 **Albany Civil Rights Institute**  
Tuesday, May 13  
10:30 - 12 PM

## *Leisure*

- 14SLIR047 **Plant A Flower Container**  
Monday, March 31 | 11 - 12 PM
- 14SLIR048 **LIR Plant Swap**  
Monday, April 14 | 11 - 12 PM
- 14SLIR049 **Making Garden Totems**  
2 Mondays  
April 28 & May 5 | 1 - 3 PM
- 14SLIR050 **Make A Ribbon Wreath**  
Monday, May 12 | 10 - 12 PM
- 14SLIR051 **Dutch Treat Lunch: The Egg & I**  
Monday, March 24  
11:30 - 12:30 PM
- 14SLIR052 **Dutch Treat Lunch: Friends Grille & Bar**  
Monday, April 14 | 11:30 - 12:30 PM
- 14SLIR053 **Dutch Treat Lunch: Coyoacan Mexican Restaurant**  
Thursday, May 8 | 11:30 - 12:30 PM
- 14SLIR054 **Multistrand Beaded Necklace**  
Monday, April 7  
12 - 4 PM | \$40 Fee
- 14SLIR055 **Earrings, Earrings, Earrings!**  
Monday, April 21  
12 - 4 PM | \$30 Fee
- 14SLIR056 **Beginning Bridge**  
6 Tuesdays, April 8 - May 13  
1 - 3 PM | \$20 Fee
- 14SLIR057 **Intermediate Bridge**  
6 Wednesdays, April 9 - May 14  
1 - 3 PM | \$20 Fee
- 14SLIR058 **Mah-Jongg**  
8 Mondays, March 24 - May 12  
12:30 - 3 PM
- 14SLIR059 **Knit A Felted Bag & Bowl**  
8 Wednesdays, March 26 - May 14  
11 - 1 PM
- 14SLIR060 **Chemo Cap Brigade**  
2 Thursdays, March 27 & April 24  
10 - 12 PM
- 14SLIR061 **Knitting & Crocheting**  
6 Wednesdays, April 9 - May 14  
2 - 3:30 PM

## *History & Social Studies*

- 14SLIR062 **Views of the News**  
6 Fridays  
March 28 - May 2  
10 - 12 PM
- 14SLIR063 **Solitary & Communal Quests for God in the Middle Ages**  
Tuesday, April 15  
1 - 2:30 PM
- 14SLIR064 **Genealogy at the Library**  
Tuesday, May 13 | 4 - 5:30 PM
- 14SLIR065 **African American Family Research**  
3 Thursdays  
April 10 & 24, May 15 | 10 - 11 AM
- 14SLIR066 **Photo Journey: Vintage Travel Adventure**  
Tuesday, April 15 | 1 - 2:30 PM
- 14SLIR067 **Photo Journey to West Africa**  
Monday, April 28  
9 - 10:30 AM
- 14SLIR068 **Photo Journey to Hoover Dam & Lake Mead**  
Thursday, March 27  
1 - 3 PM



## Science & Nature

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> 14SLIR069<br><b>A Closer Look at Sea Urchins</b><br>Friday, March 28<br>10 - 11 AM                     | <input type="checkbox"/> 14SLIR071<br><b>One Lousy Lecture</b><br>Tuesday, April 29<br>11 - 12 PM | <input type="checkbox"/> 14SLIR073<br><b>Water Conservation: Section A</b><br>Wednesday, March 26<br>11 - 12 PM |
| <input type="checkbox"/> 14SLIR070<br><b>Pathogens, GMOs,<br/>&amp; The Food Supply</b><br>2 Tuesdays, April 1 & 15<br>4 - 5 PM | <input type="checkbox"/> 14SLIR072<br><b>More Than Stingers</b><br>Tuesday, May 13<br>11 - 12 PM  | <input type="checkbox"/> 14SLIR074<br><b>Water Conservation: Section B</b><br>Wednesday, May 7<br>11 - 12 PM    |

## Computer Classes

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> 14SLIR075 <b>Basic Computers</b><br>6 Tuesdays, March 25 - April 29<br>10 - 11 AM | <input type="checkbox"/> 14SLIR080 <b>Surfing The Web</b><br>6 Tuesdays, March 25 - April 29<br>11:30 - 12:30 PM | <input type="checkbox"/> 14SLIR085 <b>Creating Booklets</b><br>6 Thursdays, March 27 - May 1<br>10 - 11:30 AM           |
| <input type="checkbox"/> 14SLIR076 <b>File Management</b><br>5 Thursdays, March 27 - April 24<br>2 - 3 PM  | <input type="checkbox"/> 14SLIR081 <b>Facebook Q &amp; A</b><br>5 Thursdays, March 27 - April 24<br>12 - 1 PM    | <input type="checkbox"/> 14SLIR086<br><b>Intro to Google Drive</b><br>Friday, March 28   9 - 10 AM                      |
| <input type="checkbox"/> 14SLIR077 <b>Windows 7</b><br>6 Wednesdays, March 26 - April 30<br>2 - 3 PM       | <input type="checkbox"/> 14SLIR082 <b>Creating A Blog</b><br>6 Wednesdays, March 26 - April 30<br>10 - 11:30 AM  | <input type="checkbox"/> 14SLIR087<br><b>Downloading Free eBooks<br/>from Overdrive</b><br>Friday, April 11   9 - 10 PM |
| <input type="checkbox"/> 14SLIR078<br><b>Computer Troubleshooting A</b><br>Monday, April 14   9 - 10 AM    | <input type="checkbox"/> 14SLIR083 <b>Intermediate Word</b><br>6 Wednesdays, March 26 - April 30<br>12 - 1 PM    | <input type="checkbox"/> 14SLIR088 <b>Intro to Yahoo Mail</b><br>Friday, April 25   9 - 10 AM                           |
| <input type="checkbox"/> 14SLIR079<br><b>Computer Troubleshooting B</b><br>Monday, April 21   9 - 10 AM    | <input type="checkbox"/> 14SLIR084 <b>Uploading Photos</b><br>5 Mondays, March 24 - May 5<br>11 - 12 PM          | <input type="checkbox"/> 14SLIR089<br><b>Advanced Google Searching</b><br>Friday, May 9   9 - 10 PM                     |

### Valdosta State University Release, Waiver of Liability, and Covenant Not to Sue (Read Carefully Before Signing)

I hereby acknowledge my awareness that my participation in some activities of Valdosta State University's Learning in Retirement Program ("Program") may subject me to the risks of bodily injury or property damage and I hereby assume any and all such risks.

For sole consideration of Valdosta State University allowing me to participate in this Program, I hereby release and forever discharge Valdosta State University, the Board of Regents of the University System of Georgia, their members individually and their officers, agents, and employees from any and all claims, demands, rights and causes of actions of whatever kind that I may have arising from or in any way connected with my participation in the Program, absent gross negligence on behalf of Valdosta State University. I understand that the acceptance of this Release, Waiver of Liability and Covenant Not to Sue by the Board of Regents of the University System of Georgia shall not constitute a waiver, in whole or in part, of sovereign immunity by the Board of Regents of the University System of Georgia, to its members, officers, agents and employees. I certify that I have read and understood the above.

Signature

Printed Name

Date

## *Plant A Flower Container*

Bring a container to plant, or purchase one when you arrive. Soil and fertilizer will be furnished. Choosing plants with compatible water and sun needs will be discussed. Meet at Lowe's Garden Center.

**Monday | March 31 | 11 AM - 12 PM**  
**Pam McInnes, Instructor**

## *LIR Plant Swap*

Whether you want to share house or outdoor plants, bring plants, cuttings, or seeds to swap with LIR members. Please identify your items.

**Monday | April 14 | 11 AM - 12 PM**  
**Madonna Terry, Facilitator**



## *Making Garden Totems*

Learn to create a garden totem by recycling glass dishes (with a flat surface). The first session will include an introduction, material list and design selection. In the second session, we will assemble our totems.

**2 Mondays | April 28 & May 5 | 1 - 3 PM**  
**Carol Jennings & Madonna Terry, Instructors**

## *Make A Ribbon Wreath*

Participants will make and take home a ribbon wreath in one session. Supplies needed (bring to class): 10-inch straw wreath; 2 different kinds of 2" or wider wired ribbon (8 yards of one and 10 yards of another); scissors; greening pins.

**Monday | May 12 | 10 AM - 12 PM**  
**Madonna Terry, Instructor**



## *Dutch Treat Lunch Series*

Enjoy lunch with your fellow LIR members! Meet at the restaurants. Non-LIR friends are welcome, but let us know if you are bringing a guest so that we can tell the restaurant how many to expect.

### **The Egg And I**

**Monday | March 24 | Meet at 11:30 AM**  
2953 N. Ashley Street

### **Friends Grille and Bar**

**Monday | April 14 | Meet at 11:30 AM**  
3338-B Country Club Road

### **Coyoacan Mexican Restaurant**

**Thursday | May 8 | Meet at 11:30 AM**  
515 North St. Augustine Road

## *Multistrand Beaded Necklace*

Learn a foolproof technique for making a multistrand beaded necklace that won't unwind! Pendants and beads in a multitude of spring colors will be provided, and no previous experience is necessary.

**\$40 EXTRA FEE.**

**Monday | April 7 | 12 - 4 PM**

**Lou Schneider, Instructor**

## *Earrings, Earrings, Earrings!*

There's no such thing as too many earrings! Beef up your collection by learning to make 4 types of beaded earrings: stack-a-stick, chain links, teardrop, and wraps-n-hats. You will fabricate your own earwires and learn several headpin and embellishment techniques. No experience necessary, and many bead colors will be provided.

**\$30 EXTRA FEE**

**Monday | April 21 | 12 - 4 PM**

**Lou Schneider, Instructor**

## *Beginning Bridge*

Designed for students who have little or no playing experience, the focus of this class will include bidding and playing of the hand. Must have at least 12 students registered by Monday, April 7 for class to be held. \$20 EXTRA FEE.

**6 Tuesdays | 1 - 3 PM**  
**April: 8, 15, 22, 29 | May 6 & 13**  
**Dan Deany, Instructor**

## *Intermediate Bridge*

Designed for those players who know basic bridge and want to improve their skills. The focus will include bidding and playing of the hand. Structured teaching will be reinforced by playing hands related to the concepts taught. Must have at least 12 students registered by Tuesday, April 8 for class to be held. \$20 EXTRA FEE.

**6 Wednesdays | 1 - 3 PM**  
**April: 9, 16, 23, 30 | May 7 & 14**  
**Dan Deany, Instructor**

## *Mah-Jongg*

Mah-Jongg is an ancient Chinese game designed to be played with four players.

This group follows the rules of Modern American Mah-Jongg. The object of the game is to make the tiles match up with a hand on a Mah-Jongg card. The cards are from the National Mah-Jongg League.

Cards and game sets are provided.  
Newcomers are welcome!

**8 Mondays | 12:30 - 3 PM**  
**March: 24, 31 | April: 7, 14, 21, 28**  
**May 5 & 12**  
**Elizabeth Burnette, Instructor**



## *Knit a Felted Bag and Bowl*

For adventurous beginners or experienced knitters! Make a unique felted bag and bowl to keep for yourself or to give as a gift. You will be using worsted weight 100% wool (not washable). For the bowl you will need 200-250 yards, and for the bag 400 yards, and you will use size 10 circular needles. Materials will be discussed (and may be purchased) at the first class meeting.

**8 Wednesdays | 11 - 1 PM**  
**March 26 | April: 2, 9, 16, 23, 30 | May 7 & 14**  
**Location: Rabbit Moon Yarn Shop, Hahira**  
**(receive 10% discount on supplies purchased there)**  
**Kim Shock, Instructor**



## *Chemo Cap Brigade*

Whether you knit, crochet, or sew, come join the Brigade! Meetings are the last Thursday of each month. Crafters create adult caps, premie caps, and lapghans that are donated to the Pearlman Cancer Center and to SGMC for distribution to patients. See what other crafters have done, make donations, and get patterns and/or donated yarn. 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. (The Chemo Cap Brigade works throughout the year during this time slot. This is a special introduction to the group.)

**2 Thursdays | 10 AM - 12 PM**  
**March 27 | April 24**  
**Location: Rabbit Moon Yarn Shop, Hahira**  
**Annette Woodruff, Instructor**

## *Knitting and Crocheting*

Both beginners and pros welcome! Instructor can help with any problem or pattern, whether using English or Continental method. New patterns and ideas will be presented. Beginning first step instructions will be available. Beginning knitters will need Size 8 needles and worsted weight yarn; beginning crocheters will need Size "G" crochet hook and any yarn.

**6 Wednesdays | 2 - 3:30 PM**  
**April: 9, 16, 23, 30 | May 7 & 14**  
**Rita Booker & Mary Ventura, Instructors**

# History & Social Studies



## *Photo Journey to West Africa*

Journey to two West African countries, Nigeria (the most populous country in Africa) and Ghana. Learn about their cultures, customs and people, including ethnic groups and languages. An introduction to African dance will be included.

**Monday, April 28**  
**9 - 10:30 AM**  
**Dr. Elizabeth Omiteru &**  
**Dr. Tolulope Salami,**  
*Instructors*

## *Views of the News*

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

**6 Fridays | March 28 | April: 4, 11, 18, 25 | May 2 | 10 AM - 12 PM**  
**Dr. James LaPlant, Instructor**

## *Solitary and Communal Quests for God in the Middle Ages*

Seeking God in isolation from the perceived evils of the world has been one of the oldest Christian traditions. Religious orders of monks and nuns practiced a spiritual life of prayer, contemplation and voluntary poverty both for their individual salvation and for the welfare of the people around them. This lecture will narrate the development of monastic ideas and practices from late Antiquity to the late Middle Ages.

**Tuesday | April 15 | 1 - 2:30 PM | Dr. Sebastian P. Bartos, Instructor**

## *Genealogy at the Library (Print Material)*

Visit the Genealogy Room at the South Georgia Regional Library and learn about the tools available for research. The head of Genealogy Unlimited will discuss helpful print resources. Class will be held at the South Georgia Regional Library at 300 Woodrow Wilson Drive.

**Tuesday | May 13 | 4 - 5:30 PM | Dorothy Neisen, Instructor**

## *African American Family Research*

Learn the basic information you will need to start research on your African American family, including family history book, family video components, etc. The techniques have been developed from over 10 years of first-hand experience.

**3 Thursdays | April 10 & 24 | May 16 | 10 - 11 AM**  
**(note non-consecutive dates) | Darlene Meyers, Instructor**

## *Photo Journey: Vintage Travel Adventure*

Travel back to 1978, as the Pruden family journeyed in the style of the 1920s from Bangkok to Singapore by narrow gauge railway, spent 5 days at the Raffles Hotel (made famous by Somerset Maugham), and took a 3-day tramp steamer passage to Borneo (Sultanate of Brunei and Sarawak).

**Tuesday, April 15 | 1 - 2:30 PM | Jack Pruden, Instructor**

## *Photo Journey to Hoover Dam and Lake Mead*

Take an armchair trip to Hoover Dam, once known as Boulder Dam, a concrete archgravity dam in the Black Canyon of the Colorado River, on the border between Arizona and Nevada. We will also view photos of Boulder City, Boulder Dam Hotel & Museum, and the Mike O'Callaghan - Pat Tillman Memorial Bridge. Photos from 2004 - 2011.

**Thursday, March 27 | 1 - 3 PM | Judy Baxter, Instructor**

## *A Closer Look at Sea Urchins*

Learn about sea urchin anatomy, physiology and reproduction, the ecological role of sea urchins in the ocean, and their use as a research model. You will have the opportunity to view sea urchin fertilization and early embryo development through the microscope.

**Friday | March 28 | 10 - 11 AM**  
**Dr. Christina Calestani, Instructor**



## *Pathogens, GMO's, and the Food Supply*

Learn how fungi and other microscopic organisms cause serious damage to food crops every year. Learn how genetically modified organisms (GMOs), among other strategies, can help reduce this crop loss and reduce pesticide use.

**2 Tuesdays | April 1 & 15 | 4 - 5 PM**  
**Dr. Carol Stiles, Instructor**

## *One Lousy Lecture*

Learn about human lice, including their biology and impact on human history.

**Tuesday | April 29 | 11 AM - 12 PM**  
**Dr. Mark Blackmore, Instructor**

## *More than Stingers*

Most people regard bees, ants and wasps only as stinging nuisances. This class will introduce you to other aspects of some of nature's most fascinating insects.

**Tuesday | May 13 | 11 AM - 12 PM**  
**Dr. Mark Blackmore, Instructor**



## *Water Conservation*

Find out how to capture the rain in a rain barrel and use it to reduce your water bill. As well as helping you save money, use of rain barrels can help preserve our groundwater supplies and provide your garden plants with chemical-free water.

**Section A: Wednesday | March 26 | 11 AM - 12 PM**  
**Section B: Wednesday | May 7 | 11 AM - 12 PM**  
**Marilyn Dye, Instructor**

# Computer Classes

## Are You A Beginner? We've Got A Class For That!

### ***Basic Computers: For Absolute Beginners***

A hands-on course that will teach you to use your computer, mouse, keyboard, and software programs. Learn about right and left clicking, where and how to save files, how to open and close programs, and much more!

**6 Tuesdays | 10 - 11 AM**  
**March 25 | April: 1, 8, 15, 22, 29**  
**Debbie Seko, Instructor**

### ***File Management***

A "must" course for all computer users! Learn to properly set up a filing system on your computer for the files, documents and photos you create. No more lost pictures or documents! Practice moving, copying, saving, and deleting files and folders.

**5 Thursdays | 2 - 3 PM**  
**March 27 | April: 3, 10, 17, 24**  
**Debbie Seko, Instructor**



## Already A Computer User?

All of the following computer classes assume the following knowledge of the computer: using a mouse, using a keyboard, and selecting items from a menu. Any other course pre-requisites are listed in the description.

### ***Windows 7***

Learn to locate and use the different programs that come pre-installed with Windows 7 and how to search for files. We will examine and discuss the programs you can download, such as Windows Essentials (which includes Windows Mail, Movie Maker, and more).

**6 Wednesdays | 2 - 3 PM**  
**March 26 | April: 2, 9, 16, 23, 30**  
**Debbie Seko, Instructor**

### ***Computer Troubleshooting, Repair & Security***

Megabytes, gigabytes, speed, memory, hard drive... learn what these terms mean and other important concepts to help you select a new computer or understand the one you already have. You will learn to solve simple computer problems, how to set up your computer, and how to install more memory. Learn how to recognize and avoid scams and "spams" and how to clean your computer.

**Section A: Monday | April 14 | 9 - 10 AM**  
**Section B: Monday | April 21 | 9 - 10 AM**  
**Dr. Elizabeth Omiteru & Dr. Tolulope Salami, Instructors**

### ***Facebook Q & A Workshop***

You must have an existing Facebook account **and know your password**. Come prepared with questions about using Facebook! You will have the opportunity to ask questions and get feedback and instruction.

**5 Thursdays | 12 - 1 PM**  
**March 27 | April: 3, 10, 17, 24**  
**Debbie Seko, Instructor**

### ***Surfing the Web***

Search the web more effectively: narrow your searches, and use your history, bookmarks and favorites. We will use Google and other search engines, and learn about the differences between uploading, downloading, and more.

**6 Tuesdays | 11:30 AM - 12:30 PM**  
**March 25 | April: 1, 8, 15, 22, 29**  
**Debbie Seko, Instructor**



# Google™

# Computer Classes

## *Creating a Blog*

You must have an existing Google or Gmail account **and know your password**. Learn hands-on how to create your own blog using Blogger, a free, easy source for creating a web presence to share with family, friends, or the world. Have a special talent, hobby, or interest? It's easy to create a blog to share your knowledge and information with others.

**6 Wednesdays | 10 - 11:30 AM**  
**March 26 | April: 2, 9, 16, 23, 30**  
**Debbie Seko, Instructor**

## *Intermediate Word 2010*

For Word users who want to learn more, including inserting and formatting text, paragraph alignments, saving and naming documents, and much more.



**6 Wednesdays | 12 - 1 PM**  
**March 26**  
**April: 2, 9, 16, 23, 30**  
**Debbie Seko, Instructor**

## *Uploading Photos Online*

Learn to make better use of that digital camera! Create a free account at FLICKR (using a Yahoo login), upload photos to the website, and add titles, descriptions and tags to each picture. 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 begins, and know your password.** Former students are welcome to learn about the changes to FLICKR.

**5 Mondays | 11 AM - 12 PM**  
**March 24 & 31 | April: 7 & 28 | May 5**  
**(note non-consecutive weeks: no class April 14 and 21)**  
**Judy Baxter, Instructor**

## *Creating Booklets Using Publisher*

For current Publisher users or those who have taken a beginning Publisher class. Learn to use Publisher to lay out and create multipage manuscripts such as books and booklets.

**6 Thursdays | 10 - 11:30 AM**  
**March 27 | April: 3, 10, 17, 24 | May 1**  
**Debbie Seko, Instructor**

## LIR 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. Classes will be held in the Folsom Room. Enter through the west door. (*Patterson St. Side*)

### *Introduction to Google Drive*

An overview of Google Drive and its many uses, including creation and instant back-up of spreadsheets and text documents. This program is very simple to use and ties in easily with other Google services.

**Friday | March 28 | 9 - 10 AM**

### *Downloading Free eBooks from OverDrive*

Learn to download free eBooks to your ereaders, using OverDrive's lending service. You must have a Pines library card to be able to participate.

**Friday | April 11 | 9 - 10 AM**

### *Introduction to Yahoo Mail*

An overview of Yahoo's email functions and features.

**Friday | April 25 | 9 - 10 AM**



### *Advanced Google Searching*

Learn to better structure your queries and use some of Google's advanced searching features to supercharge your online searches.

**Friday | May 9 | 9 - 10 AM**



# March

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

17

18

**SPRING FLING  
KICK-OFF LUNCH**  
11-1

19

20

21

24

**Range of Motion**  
10 - 10:45  
**Safety Update** 10 - 11  
**Backstage with the VSO**  
10:30 - 11:30  
**Uploading Photos Online**  
11 - 12  
**Dutch Treat Lunch:  
The Egg & I**  
11:30 - 12:30  
**Mah-Jongg** 12:30 - 3  
**Water Aerobics** 3 - 4

25

**Zumba Gold** 9 - 9:45  
**Yoga** 10 - 11  
**Basic Computer**  
10 - 11  
**Surfing the Web**  
11:30 - 12:30  
***Dances with Evita: Tango***  
1 - 2  
**Stepping Out** 1 - 2  
**LIR Players** 1 - 3

26

**Range of Motion**  
10 - 10:45  
**Create A Blog** 10 - 11:30  
**Australian Aboriginal  
Dot Painting** 11 - 12  
**Water Conservation  
Section A** 11 - 12  
**Knit A Felted Bag & Bowl**  
11 - 1  
**Intermediate Word 2010**  
12 - 1  
**Windows 7** 2 - 3  
**Intro to Ukulele** 1 - 2  
**Ukulele Fun: Part 3** 2 - 3:30  
**Bowling for Fun** 2 - 4  
**Water Aerobics** 3 - 4

27

**Zumba Gold** 9 - 9:45  
**Yoga** 10 - 11  
**Creating Booklets**  
10 - 11:30  
**Facebook Q & A** 12 - 1  
**File Management** 2 - 3  
**Photo Journey: Hoover  
Dam/Lake Mead** 1 - 3  
**LIR Players** 1 - 3  
**Chemo Cap Brigade**  
10 - 12

28

**Zumba Gold** 9 - 9:45  
**Google Drive** 9 - 10  
**Sea Urchins** 10 - 11  
**Views of the News**  
10 - 12  
**Horse Creek Winery**  
1 - 3

31

**Range of Motion**  
10 - 10:45  
**Plant A Flower Container**  
11 - 12  
**Uploading Photos** 11 - 12  
**Mah-Jongg** 12:30 - 3  
**Water Aerobics** 3 - 4

# April

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

**Zumba Gold** 9 - 9:45  
**Yoga** 10 - 11  
**Basic Computer** 10 - 11  
**Surfing the Web**  
11:30 - 12:30  
**Stepping Out** 1 - 2  
**LIR Players** 1 - 3  
**Pathogens, GMOs,  
& the Food Supply** 4 - 5  
**VSU Fine Arts  
Gallery Tour** 3 - 4

2

**Range of Motion**  
10 - 10:45  
**Create A Blog** 10 - 11:30  
**Intermediate Word** 12 - 1  
**Windows 7** 2 - 3  
**Knit A Felted Bag & Bowl**  
11 - 1  
**Intro to Ukulele** 1 - 2  
**Ukulele Fun: Part 3** 2 - 3:30  
**Aboriginal Painting** 11 - 12  
***The Professor &  
The Madman*** 11 - 12  
**Bowling for Fun** 2 - 4  
**Water Aerobics** 3 - 4

3

**Zumba Gold** 9 - 9:45  
**Yoga** 10 - 11  
**Creating Booklets**  
10 - 11:30  
**Facebook Q & A** 12 - 1  
***Wish You Well*** 1 - 2  
**LIR Players** 1 - 3  
**File Management** 2 - 3

4

**Zumba Gold** 9 - 9:45  
**Views of the News**  
10 - 12  
**Wiregrass Quilters Exhibit**  
10 - 12  
**Sculpture Tour** 1 - 3

# April

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>7</p> <p>Range of Motion 10 - 10:45</p> <p>Multistrand Necklace 12 - 4</p> <p>Uploading Photos Online 11 - 12</p> <p>Mah-Jongg 12:30 - 3</p> <p>Water Aerobics 3 - 4</p>	<p>8</p> <p>Zumba Gold 9 - 9:45</p> <p>Yoga 10 - 11</p> <p>Basic Computer 10 - 11</p> <p>Surfing the Web 11:30 - 12:30</p> <p>Stepping Out 1 - 2</p> <p>Beginning Bridge 1 - 3</p> <p>LIR Players 1 - 3</p>	<p>9</p> <p>Keep L/V Beautiful 10 - 11</p> <p>Create A Blog 10 - 11:30</p> <p>Intermediate Word 12 - 1</p> <p>Windows 7 2 - 3</p> <p>Knit Bag &amp; Bowl 11 - 1</p> <p>Andersonville Trip 11 - 3</p> <p>Intro to Ukulele 1 - 2</p> <p>Intermediate Bridge 1 - 3</p> <p>Knitting &amp; Crocheting 2 - 3:30</p> <p>Ukulele Fun: Part 3 2 - 3:30</p> <p>Aboriginal Painting 11 - 12</p> <p>Bowling for Fun 2 - 4</p> <p>Water Aerobics 3 - 4</p>	<p>10</p> <p>Zumba Gold 9 - 9:45</p> <p>Yoga 10 - 11</p> <p>African American Family Research 10 - 11</p> <p>Creating Booklets 10 - 11:30</p> <p><i>Your Life Calling</i> 11 - 12</p> <p>Facebook Q &amp; A 12 - 1</p> <p>LIR Players 1 - 3</p> <p>File Management 2 - 3</p>	<p>11</p> <p>Zumba Gold 9 - 9:45</p> <p>eBooks 9 - 10</p> <p>Views of the News 10 - 12</p>
<p>14</p> <p>Computer Troubleshooting: Section A 9 - 10</p> <p>Range of Motion 10 - 10:45</p> <p>LIR Plant Swap 11 - 12</p> <p>Dutch Treat Lunch: Friends Grille &amp; Bar 11:30 - 12:30</p> <p>Mah-Jongg 12:30 - 3</p> <p>AARP Smart Driver 1 - 4</p> <p>Water Aerobics 3 - 4</p>	<p>15</p> <p>Zumba Gold 9 - 9:45</p> <p>Yoga 10 - 11</p> <p>Basic Computer 10 - 11</p> <p>All Saints Church 10:30 - 12</p> <p>Surfing Web 11:30 - 12:30</p> <p>Stepping Out 1 - 2</p> <p>Quest/God: Middle Ages 1 - 2:30</p> <p>Vintage Travel 1 - 2:30</p> <p>Beginning Bridge 1 - 3</p> <p>LIR Players 1 - 3</p> <p>AARP Smart Driver 1 - 4</p> <p>Pathogens, GMOs, &amp; the Food Supply 4 - 5</p>	<p>16</p> <p>Range of Motion 10 - 10:45</p> <p>Create A Blog 10 - 11:30</p> <p>Intermediate Word 12 - 1</p> <p>Windows 7 2 - 3</p> <p>Knit Bag &amp; Bowl 11 - 1</p> <p>Tornado Safety 1 - 2</p> <p>Intro to Ukulele 1 - 2</p> <p>Intermediate Bridge 1 - 3</p> <p>Knitting &amp; Crocheting 2 - 3:30</p> <p>Ukulele Fun: Part 3 2 - 3:30</p> <p>Aboriginal Painting 11 - 12</p> <p>Bowling for Fun 2 - 4</p> <p>Water Aerobics 3 - 4</p>	<p>17</p> <p>Zumba Gold 9 - 9:45</p> <p>Yoga 10 - 11</p> <p>Blacksmith Shop 1 - 2:30</p> <p>Creating Booklets 10 - 11:30</p> <p>Facebook Q &amp; A 12 - 1</p> <p>LIR Players 1 - 3</p> <p>File Management 2 - 3</p>	<p>18</p> <p>Zumba Gold 9 - 9:45</p> <p>Views of the News 10 - 12</p>
<p>21</p> <p>Range of Motion 10 - 10:45</p> <p>Computer Troubleshooting Section B 9 - 10</p> <p>Earrings, Earrings, Earrings! 12 - 4</p> <p>Mah-Jongg 12:30 - 3</p> <p>Water Aerobics 3 - 4</p>	<p>22</p> <p>Zumba Gold 9 - 9:45</p> <p>Yoga 10 - 11</p> <p>Basic Computer 10 - 11</p> <p>Surfing Web 11:30 - 12:30</p> <p>Stepping Out 1 - 2</p> <p>Financial Planning 11 - 12</p> <p>PSST! Preview 1 - 2</p> <p>Beginning Bridge 1 - 3</p> <p>LIR Players 1 - 3</p> <p>VSU Art Gallery 3 - 4</p>	<p>23</p> <p>Range of Motion 10 - 10:45</p> <p>Birdsong Nature Center 10:30 - 12:30</p> <p>Create A Blog 10 - 11:30</p> <p>Intermediate Word 12 - 1</p> <p>Windows 7 2 - 3</p> <p>Knit Bag &amp; Bowl 11 - 1</p> <p>Intro to Ukulele 1 - 2</p> <p>Intermediate Bridge 1 - 3</p> <p>Knitting &amp; Crocheting 2 - 3:30</p> <p>Ukulele Fun: Part 3 2 - 3:30</p> <p>Aboriginal Painting 11 - 12</p> <p>Bowling for Fun 2 - 4</p> <p>Water Aerobics 3 - 4</p>	<p>24</p> <p>Zumba Gold 9 - 9:45</p> <p>Yoga 10 - 11</p> <p>African American Family Research 10 - 11</p> <p>Creating Booklets 10 - 11:30</p> <p><i>The Red Queen</i> 11 - 12</p> <p>Facebook Q &amp; A 12 - 1</p> <p>LIR Players 1 - 3</p> <p>File Management 2 - 3</p> <p>Chemo Cap Brigade 10 - 12</p>	<p>25</p> <p>Zumba Gold 9 - 9:45</p> <p>Yahoo Mail 9 - 10</p> <p>Views of the News 10 - 12</p> <p>WWII Flight Training Museum 11 - 12:30</p>

# April

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>28</p> <p>Range of Motion 10 - 10:45</p> <p>Photo Journey: West Africa 9 - 10:30</p> <p>Uploading Photos Online 11 - 12</p> <p>Mah-Jongg 12:30 - 3</p> <p>Gardem Totems 1 - 3</p> <p>Water Aerobics 3 - 4</p>	<p>29</p> <p>Zumba Gold 9 - 9:45</p> <p>Yoga 10 - 11</p> <p>Basic Computer 10 - 11</p> <p>Coats &amp; Clark 10:30 - 12</p> <p>Financial Planning 11 - 12</p> <p>Surfing Web 11:30 - 12:30</p> <p>Stepping Out 1 - 2</p> <p>One Lousy Lecture 11 - 12</p> <p><i>Keep Foolin' Em'</i> 11 - 12</p> <p>Beginning Bridge 1 - 3</p> <p>LIR Players 1 - 3</p>	<p>30</p> <p>Range of Motion 10 - 10:45</p> <p>Create A Blog 10 - 11:30</p> <p>Intermediate Word 12 - 1</p> <p>Pet Nutrition 12 - 1</p> <p>Windows 7 2 - 3</p> <p>Knit Bag &amp; Bowl 11 - 1</p> <p>Intro to Ukulele 1 - 2</p> <p>Intermediate Bridge 1 - 3</p> <p>Knitting &amp; Crocheting 2 - 3:30</p> <p>Ukulele Fun: Part 3 2 - 3:30</p> <p>Bowling for Fun 2 - 4</p> <p>Water Aerobics 3 - 4</p>		
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# May

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			<p>1</p> <p>Zumba Gold 9 - 9:45</p> <p>Yoga 10 - 11</p> <p>Creating Booklets 10 - 11:30</p> <p>LIR Players 1 - 3</p>	<p>2</p> <p>Zumba Gold 9 - 9:45</p> <p>Views of the News 10 - 12</p> <p>Restaurant Safety 1:30 - 2:30</p> <hr/> <p>3 SATURDAY</p> <p>Tiger Stripes</p> <p>Animal Sanctuary 1 - 2</p>
<p>5</p> <p>Range of Motion 10 - 10:45</p> <p>Uploading Photos Online 11 - 12</p> <p>Mah-Jongg 12:30 - 3</p> <p>Gardem Totems 1 - 3</p> <p>Water Aerobics 3 - 4</p>	<p>6</p> <p>Zumba Gold 9 - 9:45</p> <p>Yoga 10 - 11</p> <p>Radium Springs Garden 10:30 - 12</p> <p>Financial Planning 11 - 12</p> <p>Art Park on Pine 1:30 - 2:30</p> <p><i>Echo Through The Snow</i> 11 - 12</p> <p>Beginning Bridge 1 - 3</p> <p>LIR Players 1 - 3</p>	<p>7</p> <p>Range of Motion 10 - 10:45</p> <p>Water Conservation Section B 11 - 12</p> <p>Knit Bag &amp; Bowl 11 - 1</p> <p>Intro to Ukulele 1 - 2</p> <p>Intermediate Bridge 1 - 3</p> <p>Knitting &amp; Crocheting 2 - 3:30</p> <p>Ukulele Fun: Part 3 2 - 3:30</p> <p>Bowling for Fun 2 - 4</p> <p>Water Aerobics 3 - 4</p>	<p>8</p> <p>Zumba Gold 9 - 9:45</p> <p>Yoga 10 - 11</p> <p>Dutch Treat Lunch: Coyoacan 11:30 - 12:30</p> <p>LIR Players 1 - 3</p>	<p>9</p> <p>Zumba Gold 9 - 9:45</p> <p>Advanced Google Search 9 - 10</p>
<p>12</p> <p>Range of Motion 10 - 10:45</p> <p>Make A Ribbon Wreath 10 - 12</p> <p>Mah-Jongg 12:30 - 3</p> <p>Water Aerobics 3 - 4</p>	<p>13</p> <p>Zumba Gold 9 - 9:45</p> <p>Yoga 10 - 11</p> <p>Albany Civil Rights Institute 10:30 - 12</p> <p>More Than Stingers 11 - 12</p> <p><i>How The Scots Invented The Modern World</i> 11 - 12</p> <p>Beginning Bridge 1 - 3</p> <p>LIR Players 1 - 3</p> <p>Genealogy / Library 4 - 5:30</p>	<p>14</p> <p>Range of Motion 10 - 10:45</p> <p>Knit Bag &amp; Bowl 11 - 1</p> <p>Intermediate Bridge 1 - 3</p> <p>Knitting &amp; Crocheting 2 - 3:30</p> <p>Bowling for Fun 2 - 4</p> <p>Water Aerobics 3 - 4</p>	<p>15</p> <p>Zumba Gold 9 - 9:45</p> <p>Yoga 10 - 11</p> <p>African American Family Research 10 - 11</p> <p>LIR Players 1 - 3</p>	<p>16</p> <p>End Of Year Potluck &amp; LIR Players Performance 11:30 - 1:30</p>



**Learning In Retirement  
Continuing Education**  
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