



# THE BRIDGE

Professional and Community Programs

FALL 2018

## *Bridge the Gap with...*

- Career Development
- Leisure
- Learning in Retirement
- Online
- CampDISCOVERY



**Learning in Retirement**  
page 18

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(L-R): Susan Bass, Elena Schmitt, Sue Bailey, Annetta Taylor, and Suzanne Ewing

**Mission Statement**

Continuing Education at Valdosta State University enhances the quality of life in the region by providing educational, artistic, cultural, technological, and economic development activities and programs for children and adults of all ages.



*Dear Continuing Ed Community,*

*Welcome to the inaugural issue of our new combined catalog – **THE BRIDGE**. Our catalog now contains information and course scheduling for **ALL** of the areas Continuing Education supports –*

- Career Development
- Leisure
- Learning in Retirement
- Online
- CampDISCOVERY

*Our goal in merging previous catalogs into **ONE** comprehensive, all-inclusive publication is to present **ALL** the ways Continuing Education wants to be **THE BRIDGE** to new discoveries and learning experiences for you!*

*Thank you for traveling along with us on this bridge to the future.*

*Suzanne Ewing*

Interim Assistant Director/Program Coordinator

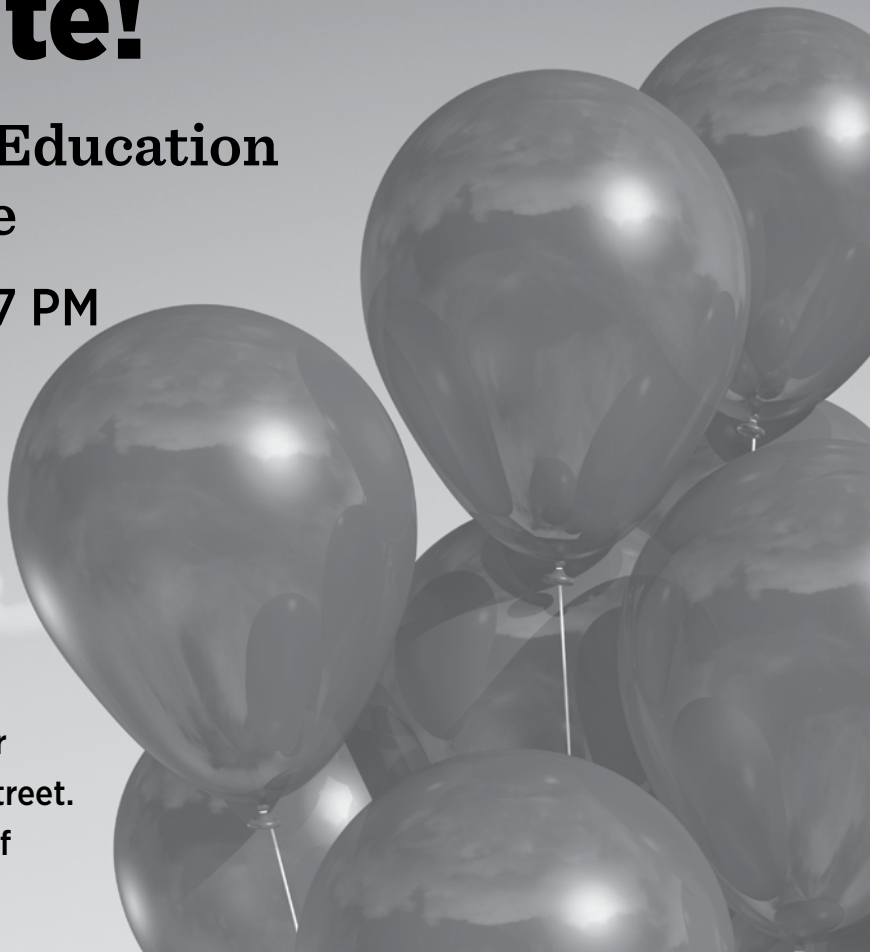
# Save the Date!

## Inaugural Continuing Education Open House/Showcase

**TUESDAY, AUGUST 14, 5 - 7 PM**

Drop by to celebrate with us and learn about **ALL** the programs that Continuing Education has to offer. Meet our instructors, enjoy refreshments, demonstrations, door prizes, and entertainment.

**We are located at The Regional Center for Continuing Education, 903 N Patterson Street. Plenty of parking is available in the rear of the building.**



## Preparation for PHR/SPHR Certification

Earn your PHR/SPHR designation to keep up-to-date, demonstrate your commitment to the HR profession, and set yourself apart as an expert in your field. (3.5 CEUs)

Fall 2018 training materials are not included and may be purchased at [www.hrcp.com](http://www.hrcp.com). The HRCI exam is not included.

Questions about course access, discount codes, and purchasing materials may be directed to Sue Bailey by calling 229-245-6484 or email [subailey@valdosta.edu](mailto:subailey@valdosta.edu).

19ABPD | ONLINE  
Sept 4 - Dec 14  
\$395 | After Aug 24, \$465  
(materials not included)

## Getting Paid To Talk

A Behind-The-Scenes Look at Professional Voice Acting



Perhaps you've been told you have a great speaking voice, or maybe you use your voice in your current profession. In this in-depth web-based class, go behind-the-scenes and into the studio to explore the enormous growth in professional voice acting. From commercials and training material to audiobooks, gaming, education, on-hold messaging, and more, you'll get an inside look at how ordinary people with clear communication skills pursue great voice acting opportunities. A one-on-one voice critique & tune-up with our producers via phone or video is included. Instructors are professional voice actors. (.5 CEU)

Available beginning September 10, 2019.  
Start when you want; 48 hour access. \$49

For complete details or to enroll online, visit [www.valdosta.edu/ce](http://www.valdosta.edu/ce). Instructions and a unique password for accessing the class will be provided upon registration with payment. Questions? Call Sue Bailey at 229.245.6484 or email [subailey@valdosta.edu](mailto:subailey@valdosta.edu).

## Food Safety Manager Certification

- One Day Training Session by a Certified Instructor (.85 CEU)
- Class Concludes with Administration of the Certification Exam
- You will see your Pass/Fail results immediately
- With a passing score, eCertificates will be available for printing within 24 - 48 hours
- Textbook and Exam Materials Included (multilingual materials available)

19ABPD  
Mon, Aug 20 | 9 AM - 6:30 PM  
\$189 | After Aug 6, \$229

19FBPD01  
Mon, Nov 5 | 9 AM - 6:30 PM  
\$189 | After Oct 22, \$229



## Exam-Only Sessions

Are you doing self-study or retaking the ServSafe exam?

- Purchase your study materials and exam voucher from [www.servsafe.com](http://www.servsafe.com)
- Register & pay the \$75 proctoring fee to VSU Continuing Education by Thursday, 4 PM the week before the exam date.
- Contact Sue Bailey at 229.245.6484 or email [subailey@valdosta.edu](mailto:subailey@valdosta.edu) with questions or if you need instructions on setting up your account or purchasing the exam voucher.

### EXAM-ONLY SCHEDULE:

Mon, Aug 20 | 4:30 - 6:30 PM  
Tues, Sept 11 | 9 - 11 AM  
Tues, Oct 9 | 9 - 11 AM  
Mon, Nov 5 | 4:30 - 6:30 PM  
Tues, Dec 11 | 9 - 11 AM



Register online at [www.valdosta.edu/ce](http://www.valdosta.edu/ce) under "Programs/Career Development" or by calling 229-245-6484



## When it comes to meeting your training needs, look no further!

Change in the workplace is today's reality and professionals must be ready to meet that change by enhancing current skills and/or learning new ones. VSU Continuing Education can help ensure your employees have what it takes to succeed in your workplace.

We can provide training in a variety of topics that include: management and supervision, leadership, computer skills, conflict resolution, team development, interpersonal communication, and many more.

### Why choose VSU Continuing Education?

- We work with you to develop training that meets your needs and your budget.
- We use qualified, experienced instructors.
- Classes and workshops can be held at your location or ours.



Call Sue Bailey at 229-245-6484 or email [subailey@valdosta.edu](mailto:subailey@valdosta.edu) to get started today!

## Creative Writing Certificate

Define, develop, and explore your writing abilities and enhance your writing skills and techniques on your way to becoming a published writer. All courses are online.

### CORE COURSES

- **Writeriffic: Creativity Training for Writers**
- **Grammar Refresher or Grammar Refresher II**
- **Research Methods for Writers**
- **Advanced Fiction Writing**

### ELECTIVE COURSES Minimum of Two

- **Mystery Writing**
- **The Craft of Magazine Writing**
- **Travel Writing**
- **Guide to Getting Published**
- Find [more elective options](http://www.valdosta.edu/ce) at [www.valdosta.edu/ce](http://www.valdosta.edu/ce) under “Special Interest Certificate Programs”



**Courses in these programs are \$119 unless otherwise noted.**

### To earn a certificate:

- Complete and submit a **Certificate Program Agreement Form** (available at [www.valdosta.edu/ce](http://www.valdosta.edu/ce) under “Special Interest Certificate Programs” ) before beginning your classes.
- Complete all required and elective courses within **18 months**.
- Earn **75%** or higher in each course.
- Submit the **Course Tracking & Certificate Request Form** to receive your program certificate.

### Additional certificate programs:

- **Administrative Assistant I & II**
- **Internet & Social Media Marketing**
- **Digital Photography**

*Find complete information at [www.valdosta.edu/ce](http://www.valdosta.edu/ce) under “Special Interest Certificate Programs.”*

## Grant Writing Certificate

Gain foundational skills and knowledge to write effective grant proposals. All courses are online.

### CORE COURSES

- **A to Z Grant Writing**
- **Writing Effective Grant Proposals**
- **A to Z Grant Writing II - Beyond the Basics**

### ELECTIVE COURSES Minimum of Two

- **Grammar Refresher or Grammar Refresher II**
- **Get Grants!**
- **Become a Grant Writing Consultant**
- **Advanced Grant Proposal Writing**

**Register online at [www.valdosta.edu/ce](http://www.valdosta.edu/ce) under “Online Courses/Instructor-Led, 6-Week Format”**



## Attention Military Spouses!

Don't forget about the \$4000 MyCAA Scholarship to train online in our Healthcare Career Training Programs.

*See page 12 to find out if you are eligible.*

### 6-Week Online Course Schedule

MONTH	START
June	6/13/18
July	7/18/18
August	8/15/18
September	9/12/18
October	10/17/18
November	11/14/18
December	12/12/18

Additional dates available at [www.valdosta.edu/ce](http://www.valdosta.edu/ce).

*Last minute registrations accepted for online courses.*

For complete information and to register for our Online Professional Healthcare Certificate & Career Training Programs, visit [www.valdosta.edu/ce](http://www.valdosta.edu/ce) under "Certificate Programs."

### Accredited by Allegra 6-week Certificate Programs

**Certificate in Healthy Aging**, 10 hrs \$69

**Certificate in Integrative Mental Health**, 20 hrs \$139

**Certificate in Food, Nutrition & Health**, 16 hrs \$99

**Certificate in Infectious Disease & Infection Control**, 13 hrs \$78

### Career Training Programs

Start when you are ready. All books & materials included. One-on-one mentor assistance.

#### Veterinary Assistant

GES118 | 225 hours | 6 months | \$1995

#### Certified Outpatient Coder (w/Test Voucher)

GES153 | 200 hours | 6 months | \$2895

#### Pharmacy Technician (w/Test Voucher)

GES117 | 400 hours | 12 months | \$2495

#### Administrative Dental Assistant

GES101 | 150 hours | 6 month | \$1795

# We have over 400 ways to Expand Your Horizons!

Here are some of our most popular courses...

**6-WEEK  
ONLINE  
CLASSES\***

## **Business**

Project Management Fundamentals  
Keys to Effective Communication  
Purchasing Fundamentals

## **Grant Writing**

A to Z Grant Writing  
Get Grants!  
Become a Grant Writing Consultant

## **Job Search**

Resume Writing Workshop  
Twelve Steps to a Successful Job Search

## **Healthcare & Medical**

Spanish for Medical Professionals  
Human Anatomy & Physiology  
Medical Math

## **College Readiness**

Grammar Refresher  
SAT / ACT / LSAT/ GRE prep  
Introduction to Chemistry

## **QuickBooks**

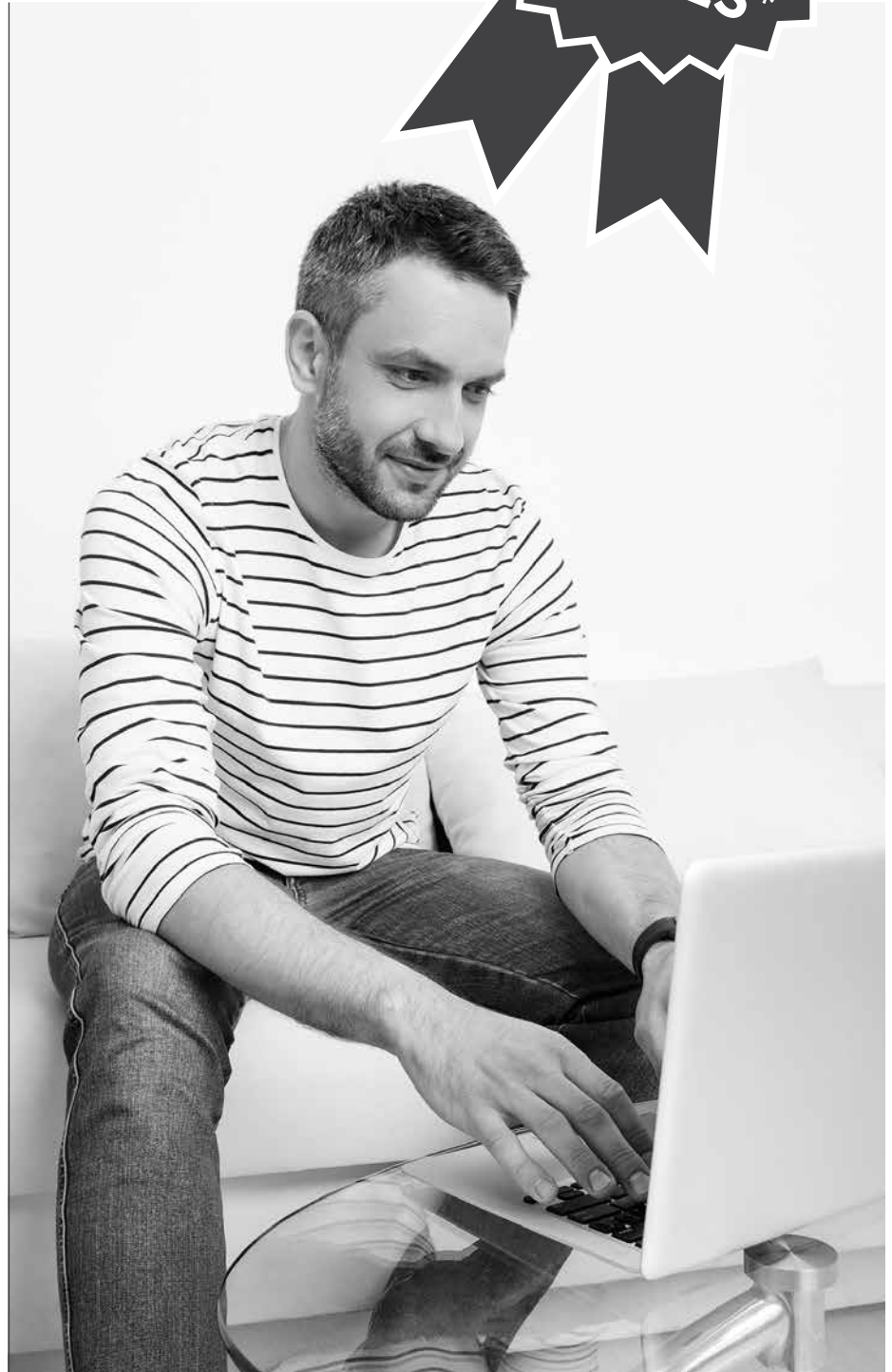
Introduction to QuickBooks 2015, 2016, 2017  
Quickbooks 2015 for Contractors  
Performing Payroll in QuickBooks 2013, 2014, 2015

## **Web Technology**

Blogging & Podcasting for Beginners  
Introduction to Google Analytics  
Designing Effective Websites

## **Business Writing**

Fundamentals of Technical Writing  
Writing Essentials



Complete course listing and  
online registration available  
at [www.ed2go.com/valdosta](http://www.ed2go.com/valdosta)

\*Courses on this page \$119 unless otherwise noted.



# •••• Career Training Certificate Programs •••• Online

Prepare for employment in the high demand career fields related to Hospitality, Information Technology, Healthcare, Project Management and Cyber-Security.

**Features include**

- Self-paced, start anytime, 24/7 access
- Books and materials included
- Financial assistance available
- Student Advisors Included
- Industry Recognized Certifications



Register today, or for more information visit:  
[careertraining.ed2go.com/Valdosta](http://careertraining.ed2go.com/Valdosta)

**Project Management Essentials w/ CAPM® Prep**  
Gain knowledge and skills essential to project managers and those who work on projects in support roles.  
GES248 | 6 months | 100 hours | \$1195

**Administrative Professional with MS Office Specialist 2016** *With Vouchers*  
Learn skills to support an organization, manage stressful situations, and excel in an administrative career.  
GES871 | 6 Months | 455 hours | \$3195

**Certificate in Mediation and Restorative Justice**  
Learn how to help others negotiate and collaborate through the most difficult disputes.  
GES432 | 6 Months | 240 hours | \$3895

**AF COOL**  
**Air Force Credentialing Opportunities On-Line**   
**AF COOL** provides funding of \$4500 per lifetime per Airman for credentialing in your AF job AND provides an avenue to prepare for employment when you re-enter civilian life.  
For complete information and to apply, visit [afvec.langley.af.mil/afvec/Public/COOL/](http://afvec.langley.af.mil/afvec/Public/COOL/)  
Call VSU Continuing Education at 229.245.6484 to find out how we can help.

For complete information on ALL of our Career Training Certificate Programs visit: <http://careertraining.ed2go.com/valdosta/>

# •• Programas de •• Entrenamiento Profesional Por Internet en Español

**Distintivos**

- Autónomo, comience en cualquier momento, acceso 24/7
- Libros y materiales incluidos
- Asistencia financiera disponible
- Consejeros estudiantiles incluidos
- Certificaciones reconocidas por la industria

Inscríbete hoy, o para más informes visita:  
[careertraining.ed2go.com/Valdosta](http://careertraining.ed2go.com/Valdosta)

**Programa de Certificado de Conocimiento Básico de Hvacr Nate Core**

 **Fundamentos de Preston Bailey Para el Diseño Floral**  
**Diseños Florales de Lujo**

**Plan de Estudios del Curso de Certificación de Organización de Bodas y Eventos** 

**El Curso Especializado de Diseño de Bodas y Eventos de Preston Bailey**

# Course Spotlight

## Georgia Sales Prelicense - 75 hrs

Study when and where you want with our online mobile- and tablet-ready course which prepares you to take the state licensing exam. 100% state-approved. (Starting at \$165)

“Valdosta State University Continuing Education” is partnering with Career WebSchool to offer online real estate courses.”

### Our courses are:

- ✓ Self-paced
- \$ Cost-effective
- 🕒 Available 24/7
- % 100% state-approved
- 📊 Specially designed to maximize retention

## Register Today!

[www.careerwebschool.com/real-estate/georgia/new-license/?partner=ValdostaSU](http://www.careerwebschool.com/real-estate/georgia/new-license/?partner=ValdostaSU)



In partnership with

**Career Webschool**  
OnCourse Learning



**The Bureau of Labor Statistics projects 15% growth in employment for paralegals and legal assistants through 2026 - faster than the growth for all occupations.**

VSU Continuing Education partners with The Center for Legal Studies to bring you high quality and up-to-date Paralegal and Legal Support training programs! Complete details and registration available at [www.legalstudies.com/vendor/valdosta](http://www.legalstudies.com/vendor/valdosta).

Paralegals provide support to lawyers. Their work is more technically advanced than that of clerical workers and legal secretaries. Paralegals often specialize in one specific area of the law and there are many to choose from including: bankruptcy, corporate, criminal law, immigration, litigation, personal injury, and real estate law.

**Paralegal Certificate Course<sup>®</sup>**

**The Center for Legal Studies' flagship program.**

Competition for jobs in the paralegal field will be strong. This intensive, rigorous program is designed to produce well-trained paralegals with strong computer and database management skills. The 14 week program includes both Paralegal 1 and Paralegal 2, each a 7-week session.

**A variety of formats are available:**

- ONLINE \$1,289
- DVD \$1,329
- TEXT \$1,289
- LIVE \$1,289



**MyCAA & Sallie Mae Funding**

Valdosta State University Continuing Education is one of the select partner schools approved by The Center for Legal Studies to utilize **Sallie Mae Career Training Loan<sup>SM</sup>** funding.

**MyCAA** funding is also accepted.

Contact The Center for Legal Studies at 800-522-7737 for complete details.

Additional legal education courses including employment law, victim advocacy, legal secretary, and law school preparation are available. Find out more at [www.legalstudies.com/vendor/valdosta](http://www.legalstudies.com/vendor/valdosta).



## ATTENTION MILITARY SPOUSES

# You can receive a \$4,000 MyCAA Scholarship to TRAIN ONLINE FOR A NEW CAREER

MyCAA is the Military Spouse Career Advancement Accounts program, offered by the Department of Defense. It allows military spouses to train for in-demand careers at little or no cost.

Each online program allows you to learn at your convenience and enables you to move your career **wherever you are stationed.**

### WHO IS ELIGIBLE?

- Spouses of an active duty Army, Navy, Air Force, or Marine service member in pay grades E1-E5, W1-W2, or O1-O2
- If your spouse is in the National Guard or is an AGR Member, they must be on federal Title 10 active duty orders.

*Note: You must finish your program within 18 months of starting*

### POPULAR PROGRAMS

- Pharmacy Technician
- Medical Transcription
- Web Database Developer
- Administrative Dental Assistant
- And more

For complete information about MyCAA scholarship funding, call 855-534-3690 or visit [careertraining.ed2go.com/valdosta/military-information](http://careertraining.ed2go.com/valdosta/military-information)

## Do I have to formally apply through VSU to take Continuing Education classes?

No. All of our classes are open to the public and our registration process is simple.

## How will I know if a class is confirmed or cancelled?

A confirmation receipt will be mailed or emailed upon processing your registration. If a course is cancelled, you will be notified by email or phone.

## What is our refund/cancellation/transfer policy?

Unless otherwise stated, full refunds minus \$5 or 5%, whichever is greater, will be given by calling 229.245.6484 at least three working days (Sat/Sun not included) prior to the beginning of the program. No refunds for cancellations less than three working days prior to the beginning of a class, but registrants may send a substitute. No partial refunds for classes missed. Full refunds for classes cancelled by VSU.

## What is a CEU?

A Continuing Education Unit (CEU) is a standardized method of recording participation in continuing education classes designed to improve occupational skills or knowledge. Check with your occupation's licensing agency to find out if a particular course will meet your requirements.

## Are there financial aid opportunities available?

Participants in certain career and professional development courses may be eligible for financial aid from private lenders. The Hope Scholarship and Federal Financial Aid are not applicable to non-credit courses. Funding for active duty Airmen and spouses of active duty service members is available (AF COOL and MyCAA). Call our office at 229.245.6484 for more information.

## Where will my course be held? What about parking?

Except where noted, classes are held at the Regional Center for Continuing Education, 903 N Patterson Street, Valdosta or in the Annex classrooms adjacent to our building. Temporary parking passes will be provided.

## 3 Ways to Register...

**1 ONLINE**  
[www.valdosta.edu/ce](http://www.valdosta.edu/ce)

**2 PHONE**  
229.245.6484

**3 IN PERSON**  
Regional Center for Continuing Education Building at 903 N. Patterson Street, Valdosta  
(across from *The Crescent*)

Make your check or money order payable to "VSU Continuing Education."

Connect with us on social media!

Search "VSU Cont Ed"



### OFFICE HOURS:

**MONDAY - THURSDAY**  
8 AM - 5:30 PM

**FRIDAY**  
8 AM - 3 PM

## Our TOP 3 MOST POPULAR self-paced, 6-month courses.

Full list of courses & registration available at [www.valdosta.edu/ce](http://www.valdosta.edu/ce) under "Teacher Recertification."

### Behavior Is Language

Discover what students are trying to tell you through the "language" of their behavior. Learn behavioral techniques and intervention strategies that remediate disruptive behaviors and reduce power struggles to increase classroom control.

4.5 CEU / 4 PLU \$209

### Autism & Asperger's Disorder

Understand why individuals with Autism spectrum disorders behave the way they do, and what you can do to enhance more appropriate behavior.

3 CEU / 3 PLU \$189

### Attention Deficit/Hyperactivity Disorder

Understand why individuals with Autism spectrum disorders behave the way they do, and what you can do to enhance more appropriate behavior.

3 CEU / 3 PLU \$189



### Spanish in the Classroom

Whether you took a Spanish class 20 years ago and just want to brush up a bit, or you have never taken a Spanish class, you'll learn the essential Spanish for teachers and bridge the communication gap with your Spanish-speaking students and parents.

2.4 CEU/2 PLU \$129

### Ready, Set, Read!

Take this opportunity to find out how children really learn to read and write. Explore current research that cuts through the media messages about reading wars and the right way to teach children. Learn by reading stories about children, doing interactive assignments, and exploring the latest in parent and childcare information.

2.4 CEU/2 PLU \$129

### Teaching Math: Grades 4 - 6

Reinvent math instruction by bringing hands-on learning, inexpensive manipulatives, and real-world connections into your classroom. Whether you're a new teacher or a seasoned pro, this course will help you get your students excited about math!

2.4 CEU/2 PLU \$129

### Attention Teachers

It is your responsibility to ensure that our online teacher recertification classes are accepted by your state or local education agency BEFORE you register. **GA teachers:** contact GaPSC ([www.gapsc.com](http://www.gapsc.com)) or your school/district for complete information.

Register online for our 6-week, instructor-led courses at [www.ed2go.com/valdosta/](http://www.ed2go.com/valdosta/) or by calling 229-245-6484

## Drawing Basics

Stop telling yourself and everyone else that you cannot draw. Drawing is about learning how to see. Pick up your pencil and get ready to learn the basics: shape, shading, form, light source, color, perspective, composition, pencil, and pen and ink techniques. Keep practicing and soon you'll find yourself saying, "I CAN draw!" Instructor **Ray Noll** teaches art at Valdosta State University.

You will need: 9" X 12" or larger sketch book; small set of colored pencils; .07 mm lead pencil (BIC); 6B lead pencil (soft lead); sharpie fine point pen; sharpener, eraser, and ruler or straight edge.

19FPELO4

5 Mon | Oct 1 - 29 | 6 - 8 PM | \$109



## Acrylic Paint Pouring

Instructor **Casey Cole Corbin** introduces you to the FUN and fabulous world of Acrylic Pouring Art mediums, materials, and methods. Explore fundamental flow art techniques and create several art pieces to take home at each workshop. All materials are provided. Pictures can be found at our website [www.valdosta.edu/ce](http://www.valdosta.edu/ce) under "Programs/Leisure."

**Take individual sessions for \$99 each or all four workshops for \$355.**

### SESSION #1

**Learn the FUNDamentals of Clean Pour, Puddle Pour, Dirty Pour, and Manipulatives!** Explore new techniques: Clock Album, Marbling Comb, and String Pull. Enjoy some open studio time to experiment using your new skills.

19APELO1

Thurs, Sept 13 | 6 - 8:30 PM | \$99 (all materials included)

### SESSION #2

**Learn the FUNDamentals of Dips: Twist, Tulip, and Pikes & Smash!** Explore new techniques: Injectibles, Trough, and Spinning. Get creative and do what you want during open studio time.

19FPELO1

Thurs, Oct 11 | 6 - 8:30 PM | \$99 (all materials included)

### SESSION #3

**Learn the FUNDamentals of Swirling Dirty Pour, Flip Cup, and Flip-N-Drag!** Explore new techniques: Balloon, Open Tube, Tree Pour, and Tornado. Open studio is the time to stretch your skills and come up with new creations.

19FPELO2

Thurs, Nov 8 | 6 - 8:30 PM | \$99 (all materials included)

### SESSION #4

**Learn the FUNDamentals of Dips: Swiping!** Explore new techniques for Christmas Ornaments: Pendulum, Structured Swiping, and Funnel. Use your imagination to create unique ornaments and holiday gifts during open studio.

19FPELO3

Thurs, Dec 6 | 6 - 8:30 PM | \$99 (all materials included)

*More "Arts & Leisure" on next page!*



## Fundamentals of Digital Photography

Learn how to manipulate your camera's features and controls to improve your photography skills and get the shots you want. Explore the rules of composition, get creative, and develop your eye. SLR digital camera with interchangeable lenses is recommended. An advanced digital camera with a zoom lens and aperture and shutter priorities is acceptable. Instructor **Paul Leavy** is VSU's staff photographer and a past winner of Photo of the Year from the GA Associated Press. **Note: This is not an absolute beginner course. Participants must have basic operational skills for their camera.**

19APELO2 | 4 Tues | Sept 11 - Oct 2 | 6 - 8 PM | \$119

## Everyday Spanish

Learn Spanish for fun, work, or travel. Whether you are a beginner or need a refresher, increase your vocabulary and improve your ability to communicate. You'll learn words and phrases for use in everyday life and travel. Instructor **Vivian Vargas** is an International Business major at VSU and is from Columbia, South America.



19APELO3 | 6 Thurs | Sept 20 - Oct 25 | 6 - 8 PM | \$99

## Survival Sign Language

You will be introduced to Deaf culture and etiquette as you practice finger-spelling, basic signs, common phrases, and learn general concepts and structure of American Sign Language (ASL). Instructor **Christina Ogden** is President of South Georgia Deaf Community.

19APELO4 | 6 Tues | Sept 25 - Oct 30 | 6 - 8 PM | \$99

## Foxtrot & Swing: The Next Step

Learn the steps and patterns of Foxtrot and Swing so you will be ready to hit the dance floor at your next wedding or other social gathering. Instructor **Janice Blanchard** is a member of USA Dance - Tallahassee and a lifelong teacher of dance.

19APELO5

6 Thurs | Sept 20 - Oct 25 | 6:30 - 7:45 PM | \$99

*Couples and any pairs of friends registering & paying together receive \$15 off the second registration.*



## Let's Talk Wine - Intro to Wine Tasting

Let us help you uncork the mystery of wine-speak! Learn about grape varieties, blends, food pairings and more. Practice proper wine-tasting techniques as you sample a variety of wines. Instructor **John Magnasco** has attended numerous wine institutes and programs in the U.S. and Europe.

**Please note: The refreshments provided are intended to cleanse the palate between wines. We strongly recommend eating a meal before attending the class.**

19FPELO5

Wed, Oct 24 | 6 - 8:30 PM

\$35 Per Person | \$59 Per Couple

**LOCATION: Unitarian Universalist Fellowship Hall,  
1951 E Park Avenue, Valdosta**

**Register online at [www.valdosta.edu/ce](http://www.valdosta.edu/ce)  
or by calling 229-245-6484**



# CampDISCOVERY

*Youth Programs at VSU Continuing Education*

There's NO PLACE like CampDISCOVERY for your kids to expand their horizons, make friends, and grow academically, artistically, and physically.



## CampDISCOVERY: After School Edition 2018

- One afternoon per week for 4 weeks from 4:00 - 5:45 PM
- Fall Dates are TBA

## CampDISCOVERY: Spring Break Edition 2019

- Week-long camps run morning, afternoon, or all day, April 1 - 5.
- Morning & afternoon snacks provided; supervised lunch period for all-day campers.
- Early drop-off (7:45 AM) available at no extra charge.

## CampDISCOVERY: Summer Edition 2019

- Week-long camps run morning, afternoon, or all day from June 3 - July 26, 2019.
- Morning & afternoon snacks provided; supervised lunch period for all-day campers.
- Early drop-off (7:45 AM) available at no extra charge.

## Testimonials from CampDISCOVERY

*“Coach G was awesome! I loved hearing his positive cues for the children to listen, motivate, and speak kindly to one another.”* —Tennis Fun parent

*“My son loved the camp and came home everyday with adorable crafts that he was very excited to show us and play with!”* —Pet Lovers parent

*“Loved all the things we created! I really liked my teacher too! I definitely want to go back next summer!”* —Awesome Artists student

*“I learned how to decorate and will try it at home.”* —Sweet Treats: Fun with Fondant student

## These are just some of the summer camps we offer...

- |                    |                  |                           |
|--------------------|------------------|---------------------------|
| Arts & Crafts      | Cooking          | Tennis                    |
| LEGO building      | Theater          | Science & Math            |
| Outdoor recreation | Horseback Riding | Technology & Digital Arts |

Full schedules and complete details will be available on our website, [www.valdosta.edu/ce](http://www.valdosta.edu/ce), so check back often. Call us at 229-245-6484 or email [continuinged@valdosta.edu](mailto:continuinged@valdosta.edu) to get on our mailing list to receive your CampDISCOVERY catalog and announcements throughout the year.



# *About Learning in Retirement*

## **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) or \$135 for the full year (yearly membership only available in the Fall). See page 25 - 26 for tear-out registration form and class checklist.

## **Where are LIR classes held?**

LIR is headquartered in the Regional Center for Continuing Education (RCCE), 903 N Patterson Street. Most classes are held in the RCCE building, or in the adjacent Continuing Education Annex. Any exceptions will be noted in the catalog description.

## **LIR Needs You!**

We could not function without member volunteers! We need people to teach classes and to serve on all our committees including Curriculum, Social, and Publicity. Please contact Sandra Dickson, LIR President, at [merlinsmom2013@yahoo.com](mailto:merlinsmom2013@yahoo.com) 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](mailto:sewing@valdosta.edu).

# Learning In Retirement

VALDOSTA STATE UNIVERSITY

## Learning in Retirement **Officers & Committee Chairs**

- President**.....Sandra Dickson
- Vice President**..... Vicki Gay
- Secretary**.....Holly Gougeon
- Past President**..... Linda Crook
- Treasurer** .....Lynn Ross
- Historian** ..... Carol Jennings
- Social Committee Chair**..... Marie Sooy
- Publicity Committee Chair** ..... Vacant
- Curriculum Committee Chair** .....Sandra Dickson

## “Falling For LIR”

**Fall 2018 Kick-Off Luncheon** 19FLIR01

**WEDNESDAY, AUGUST 22**

Regional Center for Continuing Education Auditorium

Kick off the Fall term by getting to know your fellow LIR members better with some interactive activities, and enjoy a buffet lunch.

**\$12 ADMISSION**

**11:00 AM Business Meeting • 11:30 AM Lunch • 12:00 Noon Program**

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 on Tuesday August 14 by turning in your registration form or by calling 229.245.6484.

## **Murder Mystery Pot “Luck”** 19FLIR02

**FRIDAY, DECEMBER 14, 11:30 - 1 PM**

VSU Regional Center for Continuing Education Auditorium

Enjoy LIR’s own own mystery dinner theatre and help determine who killed the cook! You will be given clues to help solve the murder. Bring a dish to share - beverages and paper goods provided. You do not need to be a current LIR member to attend; guests welcome and encouraged!

**No fee to attend** | Please register by close of business on Wednesday, December 12 so we can have enough supplies on hand.

## **Save the Date!**

### **Inaugural Continuing Education Open House/Showcase**

**TUESDAY, AUGUST 14, 5 - 7 PM**

Learn more about LIR and ALL the programs that Continuing Education has to offer. Enjoy refreshments, demonstrations, door prizes, and entertainment. See page 3 for details.

## Bead Stringing & Simple Jewelry Repair

Learn how to string beads to make a bracelet or necklace using a clasp, wire, and crimp beads. The instructors will cover simple do-it-yourself jewelry repairs (such as clasp replacement) as well. **\$5 supply fee paid to instructor.**

19FLIR53 | **Tues, Sept 4** | **1 - 3 PM** | **Vicki Gay & Elaine Southall, Instructors**

## Make a Decorative Glass Plate

Use fabric to make a decorative glass plate for your home, as a gift, or for any occasion. Supplies needed (bring to first class): new CLEAR glass plate, light weight cotton fabric, Mod Podge gloss luster glue, foam paint brush, razor blade, plastic butter dish to be used as a pedestal for the plate, and scissors.

19FLIR54 | **2 Wed** | **Oct 31 - Nov 7** | **1 - 2 PM** | **Glenna Peter, Instructor**

## Operation Christmas Child



Learn about this relief project for children (a project of Samaritan's Purse) at the first session, then fill boxes with items you have purchased at the second session.

19FLIR55 | **2 Thurs** | **Nov 1 & 8** | **1 - 3 PM**  
**Vicki Gay & Elaine Southall, Instructors**

## Basic Bridge

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 Friday, Aug. 31 for class to be held. **\$35 EXTRA FEE.** After class ends, individuals are welcome to come play at the Wednesday class time until December 12.

19FLIR56 | **9 Wed** | **Sept 5 - Oct 31** | **1 - 3 PM** | **Dan Deany, Instructor**

## Mah-Jongg

Unlock the mysteries of this ancient Oriental game played with tiles. Popular to this day, played all across America, this challenging game blends skill, strategy, and chance. We use the National Mahjongg League Card. Appropriate for everyone, from beginners to players just looking to enhance their skills.

19FLIR57 | **14 Mon** | **Aug 27 - Dec 10** (no class Sept 3 or Thanksgiving week)  
**12:30 - 3 PM** | **Elizabeth Burnette, Instructor**

## Elegant Tea Party



Enjoy tea and accompaniments at your host's home...but you have to dress for the occasion! Women should wear their best vintage (or vintage-style) dresses, long or short; men should wear suits or sports jackets. And hats are a must! Maximum of 12 participants. Directions will be sent to those who register. Instructor will collect \$5 from each participant.

19FLIR58 | **Tues, Sept 18** | **12 - 1 PM** | **Marie Sooy, Hostess**

## Easy Holiday Cookies

Impress your family and friends this season with some homemade cookies: both baked and no-bake. This is a hands-on demonstration. Maximum of 15 students. Instructor will collect \$5 from each participant.

19FLIR59 | **Thurs, Oct 18** | **1 - 3 PM**  
**Marie Sooy, Instructor**

## Knitting & Crocheting

Both beginners and pros are welcome! Knitters will need Size 8 needles and worsted weight yarn; crocheters will need Size "G" crochet hook and any yarn.

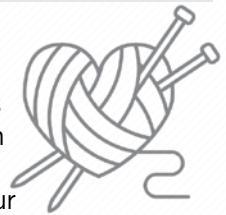
19FLIR60 | **6 Wed**  
**Oct 17 - Nov 28** (no class Nov 21) | **2 - 3:30 PM**  
**Rita Booker, Instructor**

## Sew for a Cause

If you can cut and pin fabric, sew on a button, or just organize items, we can use your help making items for charities. Come for an hour, or all day. Materials and sewing machines provided.

19FLIR61 | **Tues, Oct 9** | **10 - 3 PM**  
**Vicki Gay, Elaine Southall, & Marie Sooy, Instructors**

## Chemo Cap Brigade



Crafters create caps and lapghans 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.

**Meet in the lobby of the Pearlman Cancer Center, SGMC**

### SESSION A

19FLIR62A | **Thurs, Aug 30** | **10 AM - 12 PM**

### SESSION B

19FLIR62B | **Thurs, Sept 27** | **10 AM - 12 PM**

### SESSION C

19FLIR62C | **Thurs, Oct 25** | **10 AM - 12 PM**

**Annette Woodruff, Instructor**



## Views of the News

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

19FLIR22 | 10 Fri | Sept 7 - Nov 9 | 10 AM - 12 PM  
**Dr. James LaPlant and Dr. Dick Saeger, Facilitators**

## Photo Journey: Beautiful Hawaii

The Hawaiian Islands are one of the most beautiful places on earth, a distant tropical paradise of white sandy beaches, mountains rising from the blue waters of the Pacific, gardens of orchids growing wild, and trade winds blending into a perfect year-round climate. Highlights of our armchair tour will include Waikiki Beach, Pearl Harbor, Punch Bowl Tour, Oahu Tour, Kauai and Waimea Canyon, Fern Grotto, Maui, Lahaina, Haleakala, and a luau.

19FLIR23 | Thurs, Nov 15 | 1 - 3 PM | **Judy Baxter, Instructor**

## Photo Journey: Khabarovsk, Russia

Learn some basic facts about Russian history, culture and geography. Next, take an armchair tour of Khabarovsk, Russia—a city of almost 600,000 people in Southern Siberia near the Chinese border - guided by a native.

19FLIR24 | Thurs, Nov 29 | 1 - 3 PM | **Elena Schmitt, Instructor**

## Whitehead Camellia Trail/Historical Plants at VSU

View two videos showcasing the beauty and historical/horticultural significance of the VSU campus: the Jewell Whitehead Camellia Trail Video Tour and the Historical Plants Video Tour.

The Camellia Trail was established in the 1940s and 50s by Mrs. Jewel Whitehead, who planted over 400 camellias along the trail, including some of the most prized varieties of her time: Alba Plena, Elegans, Pink Perfection, and Ville de Nantes.

The Historical Plants video tour was created by students as a service learning project to highlight the plants and plant-related places that make VSU one of the most beautiful campuses in Georgia. View the videos at Bailey Science Center, then (weather permitting) stroll the nearby Whitehead Camellia Trail in person. Bring your camera!

19FLIR30 | Thursday, Dec 6 | 2-3 pm | **Emily Cantonwine, Instructor**



## Genealogy Brick Walls

*"I have not failed. I've just found 10,000 ways that won't work."* — THOMAS EDISON

Your instructors will show both beginners and advanced researchers ways to batter down, go under, climb over, or go around those genealogy brick walls. Class will include both lecture and hands-on computer research for your personal obstacle. Bring any information you are working on, including a thumb drive, and don't forget to bring your user name/password for any ancestry or genealogy program that you have used.

19FLIR25 | 3 Thurs | Oct 4 - 18 | 9 - 11 AM  
**Alice DeVane & Carol McLeod, Instructors**



## LIR Genealogy Club

The sessions will consist of discussion and information-sharing, where beginners will be able to pick up hints and clues. The class is designed to be a support group/share group for beginning, intermediate, and advanced genealogy researchers.

19FLIR26A  
 3 Tues | Sept 25, Oct 16, & Nov 6 | 11 AM - 12 PM  
**Dr. Sandra Dickson, Facilitator**



### Backyard Flock

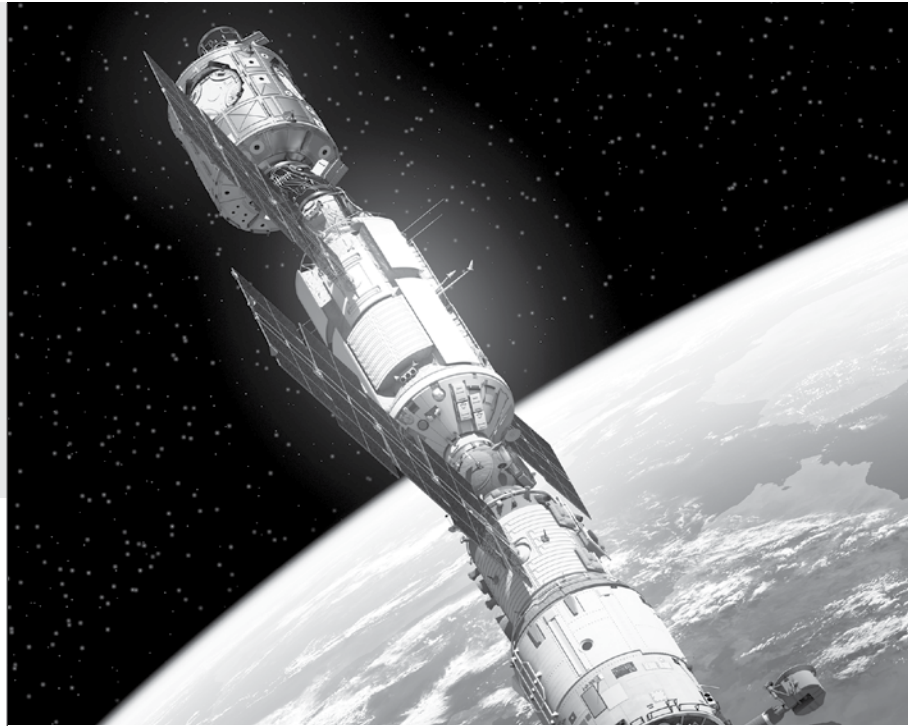
Learn to take care of your own chickens and other poultry. We will discuss shelter, nutrition and general care.

19FLIR27  
**Tues, Oct 30**  
**11 AM - 12 PM**  
**Michasia Dowdy,**  
**Instructor**

### Landscaping for Butterflies, Hummingbirds and Pollinators

Learn what plants will attract and provide the perfect habitat for butterflies, hummingbirds and pollinators. We will also discuss some of the common butterflies and hummingbirds you may see in your yard.

19FLIR28 | **Tues, Nov 27** | **11 AM - 12 PM**  
**Michasia Dowdy, Instructor**



### Planetarium Show

Enjoy a special planetarium show just for our LIR group. Please plan to arrive 15 minutes before the show is scheduled to begin. The Planetarium is located in Nevins Hall on main campus; campus map and parking instructions will be mailed/mailed to registrants.

### Dawn of the Space Age

From the launch of Sputnik, Earth's first artificial satellite, to the manned lunar landings of the 1960s, to man's permanent presence in space aboard the International Space Station of today, Dawn of the Space Age recreates our first steps into space.

19FLIR29 | **Tues, Sept 11** | **11 - 11:45 AM**

**Please see the “Excursions & Tours” section on pages 28 and 29 for history/science related events:**

- Gulf Specimen Aquarium
- Rural Telephone Museum
- Lake Jackson Indian Mounds
- Georgia Veterans Memorial State Park
- Historic Homes on Patterson Street



## Beauty Tips for Over 50

Learn some handy tricks of the trade for looking younger as you gracefully age. Learn from a master cosmetologist. Hair, makeup and skin care included.

19FLIR12 | **Tues, Oct 30** | 1-2 PM  
**Sherry Truby, Instructor**

## The A, B, C, & D of Medicare - Made Easy!

Learn the basics of Medicare parts A, B, C, and D, including Medigap coverage.

19FLIR13 | **Tues & Thurs, Sept 11 & 13** | 1-2 PM  
**Linda Gail, 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 paperwork) paid directly to instructor. Students should bring their driver's licenses and AARP cards. This class is open to the public for anyone age 18 or over - LIR membership is not required.

19FLIR14 | **Tues & Wed, Sept 11 & 12** | 1-4 PM  
**Al & Mary Raines, Instructors**

## Untreated Hearing Loss & Dementia

Hearing loss can negatively impact every part of your life; people with untreated hearing loss experience a 30 to 40% decline in cognitive abilities. Learn about modern advancements in hearing aid technology so you don't have to "just put up" with hearing loss anymore.

19FLIR15 | **Wed, Sept 19** | 1-2 PM  
**Chris Youngblood, Instructor**

## Getting the Most from Social Security

When should you take Social Security? A common question, but not always the easiest to answer. Get the answers to common Social Security questions such as:

- Should I take it at 62 or wait until later?
- Will my Social Security income be taxable?
- Can I draw off of my spouse?

19FLIR16 | **Tues, Aug 28** | 11 AM - 12 PM  
**Kent Patrick, CRPC, Bush Wealth Management, Instructor**

## Investing 101

Do you have investments, but don't fully understand what you are invested in? Learn about investing from the ground up, covering the some of the most common types of investments.

19FLIR17 | **Tues, Sept 18** | 11 AM - 12 PM  
**Kent Patrick, CRPC, Bush Wealth Management, Instructor**

## Women and Investing

**Women face some special financial challenges:**

- 60% of women worry about having enough money through retirement;
- Only 47% of women feel comfortable talking with a financial professional about money and investing;
- 21% of women do not know if their workplace retirement plan provider offers financial guidance.



This session will cover some of the special financial challenges facing women, and suggest some strategies to help you work toward a comfortable retirement.

19FLIR18 | **Tues, Oct 23** | 11 AM - 12 PM  
**Kent Patrick, CRPC, Bush Wealth Management, Instructor**

## Estate Planning: Preserving Money

Learn ways to preserve your wealth, including managing your financial affairs during your lifetime, as well as distributing your money after your death in the most tax efficient manner.

19FLIR19 | **Tues, Nov 13** | 11 AM - 12 PM  
**Kent Patrick, CRPC, Bush Wealth Management, Instructor**

## Mindfulness

An experience of mind and body and moment-by-moment awareness in the present, incorporating all the senses.

19FLIR20 | **3 Wed, Sept 19 - Oct 3** | 3-5 PM | **Dr. Ari & Pat Santas, Instructors**

## Preventing Falls

Learn about risk factors that lead to falls including potential home and community hazards, vision, medications, and footwear.

19FLIR21 | **Thurs, Oct 11** | 1-2:30 PM | **Ann Kasun, Instructor**



# Registration Form

## for Learning In Retirement

FALL 2018

Everyone who registers for FALL TERM classes by close of business on TUESDAY, AUGUST 14, 2018 will be entered into a prize drawing. Prize winners will be drawn at the kick-off lunch on AUGUST 22. REGISTRATIONS WILL NOT BE PROCESSED WITHOUT PAYMENT; 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

**TO PROTECT YOUR PERSONAL INFORMATION,  
PLEASE DO NOT EMAIL CREDIT CARD PAYMENTS!**

REGISTRATION CONFIRMATIONS/RECEIPTS WILL BE EMAILED, along with a link to any associated maps and materials lists, if we have an email address on file for you. If you would like your receipt sent by U.S. mail, please check the box below.

Please MAIL my registration confirmation/receipt, parking permit, and any associated maps and materials lists.

Preferred Name \_\_\_\_\_

Legal Name (If Different) \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Primary Phone \_\_\_\_\_

Alternate Phone \_\_\_\_\_

Email \_\_\_\_\_

Check here if you do NOT wish to be added to our email newsletter list.

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

\$75 Fall Membership    **OR**     Yearly Membership \$135

\$12 Fall Kick-Off Lunch

\$35 Bridge

Subtract \$15 if Volunteer Teacher for Fall 2018 Term

**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

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

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

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

Sec. Code \_\_\_\_\_  
(3 Digits on Reverse)

# LIR – Course Selection

## Special Events

PAGE 20

- 19FLIR01 **Fall Kick-off Luncheon**  
Wed, Aug 22, 11 AM - 1 PM \$12 FEE
- 19FLIR02 **Murder Mystery Pot “Luck”**  
Friday, Dec 14, 11:30 AM - 1:30 PM

## Leisure & Crafts

PAGE 21

- 19FLIR53 **Bead Stringing/Jewelry Repair**  
Tues, Sept 4, 1 - 3 PM
- 19FLIR54 **Make a Decorative Glass Plate**  
2 Wed, Oct 31 - Nov 7, 1 - 2 PM
- 19FLIR55 **Operation Christmas Child**  
2 Thurs, Nov 1 & 8, 1 - 3 PM
- 19FLIR56 **Basic Bridge**  
9 Wed, Sept 5 - Oct 31, 1 - 3 PM  
(\$35 EXTRA FEE)
- 19FLIR57 **Mahjongg**  
14 Mon, Aug 27 - Dec 10  
(No class Sept 3 or Thanksgiving week),  
12:30 - 3 PM
- 19FLIR58 **Elegant Tea Party**  
Tues, Sept 18, 12 - 1 PM
- 19FLIR59 **Easy Holiday Cookies**  
Thurs, Oct 18, 1 - 3 PM
- 19FLIR60 **Knitting & Crocheting**  
6 Wed, Oct 17 - Nov 28  
(no class Nov 21), 2 - 3:30 PM
- 19FLIR61 **Sew for a Cause**  
Tues, Oct 9, 10 AM - 3 PM
- 19FLIR62A **Chemo Cap Brigade A**  
Thurs, Aug 30, 10 AM - 12 PM
- 19FLIR62B **Chemo Cap Brigade B**  
Thurs, Sept 27, 10 AM - 12 PM
- 19FLIR62C **Chemo Cap Brigade C**  
Thurs, Oct 25, 10 AM - 12 PM

## History, Social Studies, & Science

PAGE 22-23

- 19FLIR22 **Views of the News**  
10 Fri, Sept 7 - Nov 9, 10 AM - 12 PM
- 19FLIR23 **Photo Journey: Beautiful Hawaii**  
Thurs, Nov 15, 1 - 3 PM
- 19FLIR24 **Photo Journey: Khabarovsk, Russia**  
Thurs, Nov 29, 1 - 3 PM
- 19FLIR25 **Genealogy Brick Walls**  
3 Thurs, Oct 4 - 18, 9 - 11 AM
- 19FLIR26A **LIR Genealogy Club**  
3 Tues, Sept 25, Oct 16, & Nov 6, 11 AM - 12 PM
- 19FLIR27 **Backyard Flock**  
Tues, Oct 30, 11 AM - 12 PM
- 19FLIR28 **Landscaping for Butterflies,  
Hummingbirds & Pollinators**  
Tues, Nov 27, 11 AM - 12 PM
- 19FLIR29 **Planetarium Show: “Dawn of the  
Space Age”**  
Tues, Sept 11, 11 - 11:45 AM
- 19FLIR30 **Whitehead Camellia  
Trail/Historical Plants at VSU**  
Thurs, Dec 6, 2 - 3 PM

## Good To Know

PAGE 24

- 19FLIR12 **Beauty Tips for Over 50**  
Tues, Oct 30, 1 - 2 PM
- 19FLIR13 **The A, B, C, & D of Medicare - Made Easy**  
Tues & Thurs, Sept 11 & 13, 1 - 2 PM
- 19FLIR14 **AARP Smart Driver**  
Tues & Wed, Sept 11 & 12, 1 - 4 PM
- 19FLIR15 **Untreated Hearing Loss & Dementia**  
Wed, Sept 19, 1 - 2 PM
- 19FLIR16 **Getting the Most from Social Security**  
Tues, Aug 28, 11 AM - 12 PM
- 19FLIR17 **Investing 101**  
Tues, Sept 18, 11 AM - 12 PM
- 19FLIR18 **Women & Investing**  
Tues, Oct 23, 11 AM - 12 PM
- 19FLIR19 **Estate Planning: Preserving Money**  
Tues, Nov 13, 11 AM - 12 PM
- 19FLIR20 **Mindfulness**  
3 Wed, Sept 19 - Oct 3, 3 - 5 PM
- 19FLIR21 **Preventing Falls**  
Thurs, Oct 11, 1 - 2:30 PM

## Health & Fitness

PAGE 27

- 19FLIR03 **Bowling for Fun**  
15 Wed, Aug 29 - Dec 12, 2 - 4 PM  
(no class Thanksgiving week)
- 19FLIR04 **Tai Chi®**  
7 Mon & 8 Thurs, Aug 27 - Oct 18, 11:15 AM - 12 PM
- 19FLIR05 **Move It! Dance Aerobics**  
15 Wed, Aug 29 - Dec 12, 1 - 1:45 PM  
(no class Thanksgiving week)
- 19FLIR06 **Hawaiian Dance**  
2 Thurs, Oct 25 & Nov 8, 11:15 AM - 12:15 PM
- 19FLIR07 **Yoga**  
15 Tues & 15 Thurs, Aug 28 - Dec 13, 10 - 11 AM  
(No class Thanksgiving week)
- 19FLIR08 **Chair Yoga**  
15 Tues, Aug 28 - Dec 11, 2 - 2:45 PM  
(no class Thanksgiving week)
- 19FLIR09 **Beginning Line Dance**  
14 Fri, Aug 31 - Dec 7, 10 - 11 AM  
(no class Thanksgiving week)
- 19FLIR10 **Step 2: Line Dance**  
14 Fri, Aug 31 - Dec 7, 11 - 11:45 AM  
(no class Thanksgiving week)
- 19FLIR11 **Range of Motion**  
14 Mon & 15 Wed, Aug 17 - Dec 12, 10 - 10:45 AM  
(no class Thanksgiving week)

## Excursions & Tours

PAGE 28-29

- 19FLIR63A **Historic Homes on Patterson**  
Tues, Nov 6, 3 - 4:30 PM
- 19FLIR63 **Gulf Specimen Aquarium**  
Thurs, Aug 30, Depart 8 AM
- 19FLIR64 **Rural Telephone Museum/Yoders  
Restaurant**  
Mon, Sept 17, Depart 8:30 AM
- 19FLIR65 **Turner Center for the Arts Exhibit Tour**  
Thurs, Sept 20, 2 - 3 PM
- 19FLIR66 **Raisin' Cane**  
Fri, Nov 2, 2 - 4 PM

- 19FLIR67 **Lake Jackson Indian  
Mounds/Bread Wagon**  
Wed, Oct 10, depart 9 AM
- 19FLIR68 **GA Veterans SP/Stripling's Meat Market**  
Wed, Nov 7, Depart 8:30 AM
- 19FLIR69 **Tallahassee City Hall Art Gallery**  
Thurs, Sept 13, Depart 9 AM
- 19FLIR70 **Lunch at Frogtown Winery**  
Thurs, Dec 6, Depart 11:15 AM
- 19FLIR71 **Stephen Foster Quilt Show**  
Fri, Oct 19, Depart 9 AM

## Fine Arts & Literature

PAGE 30-31

- 19FLIR31 **Lost Mural of Ellis Island**  
Mon, Aug 27, 1 - 2 PM
- 19FLIR32 **VSU Theatre & Dance Season Preview**  
Mon, Aug 27, 11 AM - 12 PM
- 19FLIR33 **Theatre Guild Valdosta Season Preview**  
Thurs, Sept 27, 3 - 4 PM
- 19FLIR34 **Valdosta Symphony Orchestra Season  
Preview**  
Tues, Sept 4, 11 AM - 12 PM
- 19FLIR35 **The Art of Life**  
Tues, Sept 6, 3 - 4 PM
- 19FLIR36 **Author Talk: *H: A Picaresque Novel in Verse***  
Thurs, Sept 6, 1 - 2 PM
- 19FLIR37 **Book Review: *The Woman in Cabin 10***  
Tues, Oct 2, 11 AM - 12 PM
- 19FLIR38 **Author Talk: *Gardening with Susan Grooms***  
Mon, Nov 5, 3 - 4 PM
- 19FLIR39 **Tissue Art**  
Tues, Sept 25, 1 - 3 PM
- 19FLIR40 **Learning to Paint**  
Tues, Aug 28, 1 - 4 PM
- 19FLIR41 **Painting Fruit**  
Tues, Sept 4, 1 - 4 PM
- 19FLIR42 **Painting Vegetables**  
Tues, Sept 18, 1 - 4 PM
- 19FLIR43 **Paint a Proud Rooster**  
Tues, Oct 2, 1 - 4 PM
- 19FLIR44 **Paint Pumpkins & Gourds**  
Tues, Oct 16, 1 - 4 PM
- 19FLIR45 **Painting Sunflowers**  
Tues, Nov 6, 1 - 4 PM
- 19FLIR46 **Painting Holly, Pine Cones & Redbirds**  
Tues, Dec 4, 1 - 4 PM
- 19FLIR47 **Painting Christmas Ornaments**  
Tues, Dec 11, 1 - 4 PM

## Computers & Technology

PAGE 32

- 19FLIR48 **Social Media Overview**  
2 Tues, Sept 11 & 18, 11 AM - 12 PM
- 19FLIR49 **iPhone Basics**  
2 Thurs, Oct 4 & 11, 1 - 2:30 PM
- 19FLIR50 **Google Maps**  
Thurs, Oct 25, 1 - 2:30 PM
- 19FLIR51 **Uploading Photos Using Flickr**  
3 Mon, Oct 15 - 29, 11 AM - 12 PM
- 19FLIR52 **Computer Basics For Beginners**  
3 Fri, Oct 12 - 26, 10 AM - 12 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 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).**

19FLIR03 | **15 Wed**  
**Aug 29 - Dec 12** (no class Thanksgiving week)  
**2 - 4 PM** | **Karen Morris, Facilitator**

## Tai Chi®

Learn about Taoist Tai Chi®, and practice a series of slow, gentle movements to improve your balance.

19FLIR04 | **7 Mon & 8 Thur**  
**August 27 - Oct 18** | **11:15 AM - 12 PM**  
**Luana Goodwin, Instructor**

## Move It! Dance Aerobics

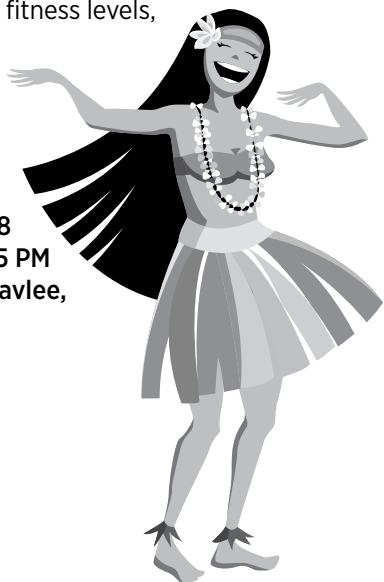
Incorporate Latin dance steps into a great aerobic workout set to oldies tunes and Latin music.

19FLIR05 | **15 Wed**  
**Aug 29 - Dec 12** (no class Thanksgiving week)  
**1 - 1:45 PM** | **Sherry Truby, Instructor**

## Hawaiian Dance

Learn some traditional Hawaiian dances and the history behind them. The instructor will bring Hawaiian attire for you to try out. Activities are suitable for all fitness levels, and can even be done from a chair.

19FLIR06  
**2 Thurs**  
**Oct 25 & Nov 8**  
**11:15 AM - 12:15 PM**  
**Marguerite Gravlee, Instructor**



## Yoga

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.

19FLIR07  
**15 Tues & 15 Thurs** | **Aug 28 - Dec 13** (no class Thanksgiving week) | **10 - 11 AM**  
**Kathleen Hamill/Susan Semmes, Instructors**

## Chair Yoga

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.

19FLIR08  
**15 Tues** | **Aug 28 - Dec 11** (no class Thanksgiving week) | **2 - 2:45 PM**  
**Susan Semmes/Kathleen Hamill, Instructors**

## Beginning Line Dance Fun & Fitness

An aerobic dance class featuring popular line dances often featured at senior dances, weddings, reunions, and on cruises.

19FLIR09  
**14 Fri** | **Aug 31 - Dec 7** (no class Thanksgiving week) | **10 - 11 AM**  
**Linda Crook & Jerry Morton, Instructors**

## Step 2: Line Dance Fun & Fitness

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.

19FLIR10  
**14 Fri** | **Aug 31 - Dec 7** (no class Thanksgiving week) | **11 - 11:45 AM**  
**Jerry Morton, Instructor**

## Range of Motion

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.

19FLIR11  
**14 Mon & 15 Wed** | **Aug 27 - Dec 12** (no class Sept 3 or Thanksgiving week)  
**10 - 10:45 AM** | **Kathleen Hamill, Instructor**

Maps and directions will be mailed or emailed to registrants with registration receipt, and an email reminder sent prior to trip. Anyone wishing to carpool should meet at the Regional Center for Continuing Ed for departure at the time indicated.



## Raisin' Cane

Get down on the farm at Raisin' Cane! See the farm animals, go on a hayride (handicap accessible), and try to find your way out of the corn maze (there is a small maze for the faint of heart). **\$10 per person admission** includes all Raisin' Cane Activities (Corn Maze, Pumpkin Patch, Hay Rides, Farm Animals). Meet at the facility at 2 PM (3350 Newsome Rd., Valdosta, GA) or meet at the Continuing Education building for a 1:45 PM departure.

19FLIR66 | Fri, Nov 2 | 2 - 4 PM

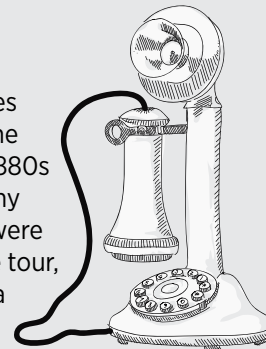
## Historic Homes on Patterson

View a Powerpoint presentation on the historic homes along Patterson Street, then take a walking tour of some of the nearby homes. Meet at the Herndon Company office at 1100 N. Patterson Street, just down the street from the Continuing Education building.

19FLIR63A | Tuesday, Nov 6 | 3 - 4:30 PM  
James Horton, Valdosta City Planner, Instructor

## Georgia Rural Telephone System Museum & Yoder's Mennonite Restaurant

The Georgia Rural Telephone Museum in Leslie, GA houses the largest collection of antique telephones and telephone memorabilia in the world. Over 2000 items back to the 1880s are on display. The Carter phone system used when Jimmy Carter was president is part of the collection. The items were collected over a 50-year period. **Admission: \$5.** After the tour, head north to Montezuma (approx. 45 minute drive) for a delicious lunch at Yoder's Mennonite Restaurant.



19FLIR64 | Mon, Sept 17 | Depart 8:30 AM from Continuing Education building (approximately 2 hour drive to first stop) | Self-Guided

## Turner Center for the Arts Exhibit Tour: Faces•Vases•Places

Enjoy a guided tour of a retrospective exhibit of art by Dr. Ron Zaccari, sculptor (and president of VSU from 2002 - 2008). The exhibit includes works produced from 1968 to 2018. Meet at the Turner Center, 527 N. Patterson St.

19FLIR65 | Thurs, Sept 20 | 2 - 3 PM | Bill Shenton, Tour Guide



## Gulf Specimen Aquarium

View the largest collection of touch tanks in the continental U.S. and see the abundant animal and plant life found in the Gulf of Mexico come to life in Technicolor. While most aquariums focus on large specimens, this facility focuses on the small. A constantly changing flow of plant and animal life means the exhibits are never the same. A wide variety of specimens are collected and shipped to schools and labs. Between one and two hundred species are present at any given time. Visitors are encouraged to pick up and touch many of the animals. **\$8.95 admission fee for seniors.** Lunch arrangements to be determined by the group.

19FLIR63 | Thurs, Aug 30  
Depart 8 AM from Continuing Education building (approximately 2.25 hour drive)  
Museum Staff

## Lake Jackson Indian Mounds & The Bread Wagon

More than 800 years ago, Native Americans lived around Lake Jackson, just north of Tallahassee. The area was originally known as the “southeastern ceremonial complex.” Lake Jackson is one of the least excavated Indian sites in the southeast.

Today, four earthen temples remain, with two for self-guided viewing by the public. The area includes interactive exhibits and a grist mill, and the area is good for bird watching. **Admission: \$3 per vehicle.** Lunch arrangements to be determined by the group.



On the way home the group will stop in Thomasville at The Bread Wagon Amish Mennonite bakery. Everything is made from scratch with no preservatives. Cakes, pies and cookies are available.

19FLIR67 | **Wed, Oct 10** | **Depart 9 AM from Continuing Education building** (approximately 2 hour drive to first stop) | **Self-Guided**

## Georgia Veterans Memorial State Park & Stripling’s Meat Market

One of Georgia’s true treasures, Georgia Veterans State Park near Cordele (originally the Georgia Veterans Memorial State Park) was established in 1946 as a memorial to U.S. veterans. This beautiful 1,308 acre park pays tribute to veterans from the Revolutionary War through the present day. The museum (open 8-5) displays medals, uniforms, weapons, vehicles, aircraft and other items that span the time from the Revolutionary War through the Gulf War.

The park has picnic tables and shelters, grills, an 18-hole golf course, and a sandy swimming beach on the shores of 8700 acre Lake Blackshear. Also, there are cottages for rent, free Wi-Fi, a camp store, and putt putt golf, as well as trails and hummingbird and butterfly gardens to explore. **\$5 parking fee per car.** The group will determine lunch arrangements.

After the park visit, the group will head across the road to Stripling’s Meat Market to purchase some of the best sausage in South Georgia. Other meats available. (Bring your coolers).

19FLIR68 | **Wed, Nov 7** | **Depart 8:30 AM from Continuing Education building** (approximately 1.75 hour drive) | **Self-Guided**

## Tallahassee City Hall Art Gallery

Housed on the second floor of city hall, managed by the Council on Culture & Arts, and part of the City of Tallahassee’s Art in Public Places Program, this intriguing gallery offers a diverse selection of works by both regional and local artists. Exhibits change every six to eight weeks, and feature all media from contemporary to traditional paintings, drawings, photographic works and sculptures. Approximately 60 pieces. **Admission: free.**

19FLIR69 | **Thurs, Sept 13** | **Depart 9 AM from Continuing Education building** (approximately 1.75 hour drive) | **Self-Guided**

## Stephen Foster Quilt Show

Visit the annual quilt show at White Springs, FL and view the hundreds of quilts on display, some of which are for sale. The bed quilts, art quilts, children’s quilts and antique quilts are housed in several buildings, so moderate walking is involved. There is a gift shop on the grounds. While you are there, be sure to stick your toes in the Suwannee River! **Admission: \$5/person.**

19FLIR71 | **Fri, Oct 19**  
**Depart 9 AM from Continuing Education building** (approximately 50 minute drive)

## Lunch at Frogtown Winery

Frogtown Winery started in Dahlonega, and now has a local vineyard which is located at old Hwy 41 and Hall Rd in Hahira.

Frogtown South offers Panini sandwiches, wine, and wine tastings; whether you prefer dry, sweet or Muscadine wines, Frogtown has an award winner to please your palate.

The group will plan for lunch at 12 noon. (If you don’t have GPS, pay close attention to the signs; Frogtown South is located in a big white house you can see from I-75.)

19FLIR70 | **Thurs, Dec 6**  
**Depart 11:15 AM from Continuing Education building** (approximately 25 minute drive)



**Tissue Art**

Using colored tissue paper, Mod Podge, and a canvas, create a beautiful piece of abstract art for your wall. We will use fall colors for this project. All supplies will be provided. **\$10 fee, paid directly to instructor at time of class.**

19FLIR39 | **Tues, Sept 25** | 1 - 3 PM | **Sherry Truby, Instructor**

**The Lost Mural of Ellis Island**

In 1935, an artist named Edward Laning painted a mural titled “The Role of Immigrants in the Industrial Development of America” on the wall of an Ellis Island dining facility. Few people (other than new immigrants themselves) ever saw the mural, and it was destroyed in a storm in the 1950s. Recently Andrew Sabori, a Lakeland, GA based artist, learned of the mural’s existence and recreated it from an old photograph and historical accounts. The recreated mural has been exhibited in several museums. Learn the story behind the re-creation of the mural from the artist himself.

19FLIR31 | **Mon, Aug 27** | 1 - 2 PM | **Andrew Sabori, Instructor**

**VSU Theatre & Dance Season Preview**

Get a sneak peek at this year’s upcoming VSU Theatre & Dance productions. Learn about our students, facilities, and everything that it takes to make the VSU productions come to life.

19FLIR32 | **Monday, August 27** | 11 AM - 12 PM  
**Jacqueline Wheeler, Instructor**



**Decorative Painting with Acrylics SERIES**

Each class in this series introduces a different technique; you will complete a project each session. These projects can be painted on any surface--the only limit is your imagination! All supplies are included. Each class is limited to 10 students. **Instructor: Marilyn Dye. \$20 fee for each session, to be paid directly to the instructor at the class.**



**Learning to Paint**

Experiment with a variety of backgrounds, birds, bees, & butterflies.

19FLIR40 | **Tues, Aug 28** | 1 - 4 PM

**Paint Fruit**

Strawberries, cherries, pears, and plums.

19FLIR41 | **Tues, Sept 4** | 1 - 4 PM

**Paint a Vegetable Garden**

Corn, carrots, cabbage, turnips, and onions.

19FLIR42 | **Tues, Sept 18** | 1 - 4 PM

**Paint a Proud Rooster**

19FLIR43 | **Tues, Oct 2** | 1 - 4 PM

**Paint Pumpkins and Gourds**

19FLIR44 | **Tues, Oct 16** | 1 - 4 PM

**Paint Beautiful Sunflowers**

19FLIR45 | **Tues, Nov 6** | 1 - 4 PM

**Paint Holly, Pine Cones & Redbirds**

19FLIR46 **Tues, Dec 4** | 1 - 4 PM

**Paint Christmas Ornaments**

19FLIR47 | **Tues, Dec 11** | 1 - 4 PM

## Theatre Guild Valdosta Season Preview

Learn about what is planned for the upcoming Theatre Guild Valdosta (TGV) season, and about what goes into making a successful community theatre production. You will find out how TGV plays are selected, cast, and produced, as well as ways you can get involved if you choose.

19FLIR33 | Thurs, Sept 27 | 3 - 4 PM  
Patti Cook Robertson, Instructor

## Valdosta Symphony Orchestra Season Preview

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 season.

19FLIR34  
Tues, Sept 4 | 11 AM - 12 PM  
Howard Hsu, Instructor



## The Art of Life

Learn how to positively impact your life—and others—with the colorful events at the Turner Center for the Arts this year: from art exhibits, adult and youth art classes, concerts, special events, to numerous volunteer opportunities, and so much more. Also, be one of the first to learn about the shows scheduled for the 2018-2019 Presenter Series.

19FLIR35 Tues, Sept 6 • 3 - 4 PM • Sementa Mathews, Instructor

Please see the “Excursions & Tours” section on pages 28 and 29 for fine arts related off-campus events:

- Stephen Foster Quilt Show
- Turner Center for the Arts Gallery Tour
- Tallahassee City Hall Art Gallery



## Author Talk: *H: A Picaresque Novel in Verse* by Matt Flumerfelt

The author will read and discuss his recently published epic poem about Hercules. He will discuss the writing process and will also share some of his shorter poems.

19FLIR36 | Thurs, Sept 6 | 1 - 2 PM  
Matt Flumerfelt, author

## Book Review: *The Woman in Cabin 10* by Ruth Ware

In this psychological thriller, travel journalist Jo Blacklock gets the assignment of a lifetime - to travel on the maiden voyage of *The Aurora*, a luxurious ship. What could possibly go wrong in a week of luxury? When Jo hears the sound of someone or something hitting the water from Cabin 10, things get increasingly peculiar and dangerous.

19FLIR37 | Tues, Oct 2 | 11 AM - 12 PM  
Dr. Mary Helen Watson, Reviewer



## Author Talk: *Gardening with Susan Grooms*

Local Master Gardener, master flower show judge, and long-time garden columnist for the Valdosta Daily Times will discuss her recent publication from Snake Nation Press. The book is full of tips specifically for growing and caring for plants in our South Georgia climate, and includes landscaping, propagation, and suggested tasks for each month of the year. The author's own photos illustrate the book. Copies will be available for purchase for anyone who is interested.

19FLIR38 | Mon, Nov 5 | 3 - 4 PM  
Susan Grooms, Author

## Social Media Overview

It's time to get social...  
and we're making it simple!

Utilizing social media is a great way to gather information and keep in touch with others. In this class, you will learn about the following main social media platforms being used today: Facebook, Twitter, and Instagram. While you're learning about these platforms, you will also discover the benefits of utilizing social media and the ways in which you can keep your personal information safe within those platforms.



The first meeting will be a classroom session/introduction; the second meeting will be a hands-on session in the computer lab where you can receive assistance in setting up accounts and settings, if you wish (bring your mobile devices if you like).

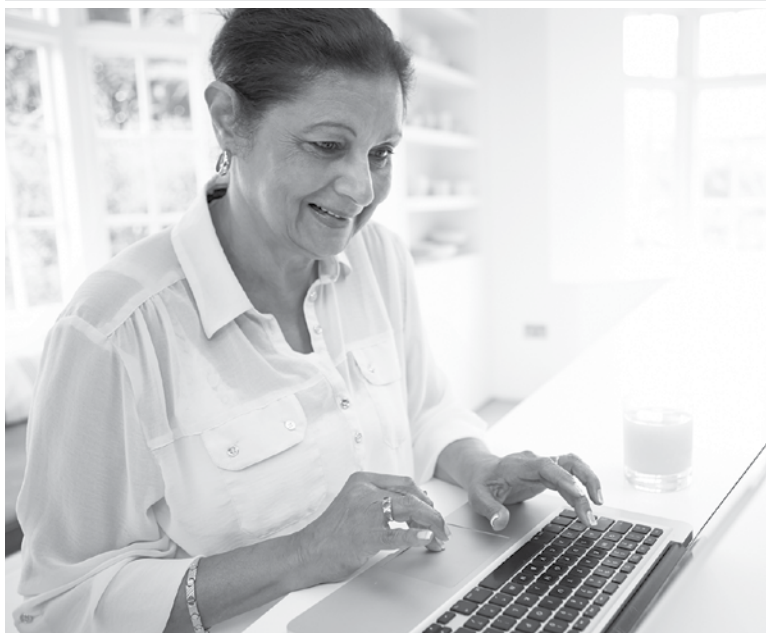
19FLIR48 | 2 Tues, Sept 11 & 18 | 11 AM - 12 PM  
Halle Zimmerman, Instructor

## Computer Basics for Beginners

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

19FLIR52 | 3 Fri, Oct 12 - 26 | 1 - 3 PM  
Eric Mathis, Instructor

LOCATION: South GA Regional Library,  
2906 Julia Drive, Valdosta



## iPhone Basics

You can do so much more than call and text with your iPhone! This session (*specifically for iPhone users*) will cover organizing your home screens, screenshots, and cloud-based photo-sharing among other handy topics.

19FLIR49 | 2 Mon, Oct 4 & 11 | 1 - 2:30 PM  
Elena Schmitt, Instructor



## Google Maps

Learn to get where you need to go using Google Maps on your phone. Search for and locate businesses, restaurants, etc.; plan a trip with several stops; avoid traffic jams and construction slow-downs with up-to-the-minute data (and find alternate routes when necessary); and much more! This information is appropriate for both Apple and Android phone users.

19FLIR50 Thurs, Oct 25 • 1 - 2:30 PM  
Elena Schmitt, Instructor

## Uploading Photos Using Flickr

Create a free account at Flickr (using a Yahoo login), upload photos to the website, add titles and descriptions, and make albums. Bring a digital camera or 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 for use in class. Please have a Yahoo account set up before the class begins, and know your password.

19FLIR51 | 3 Mon, Oct 15 - 29 | 11 AM - 12 PM  
Judy Baxter, Instructor



# 20 AUGUST 18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20	21	22 "Falling for LIR" Kick-off Lunch 11 - 1	23	24
27 Range of Motion 10 - 10:45 VSU Theatre & Dance 11-12 Tai Chi 11:15 - 12 Mahjongg 12:30 - 3 Lost Mural of Ellis Island 1-2	28 Yoga 10 - 11 Getting the Most from Social Security 11 - 12 Learn to Paint 1 - 4 Chair Yoga 2 - 2:45	29 Range of Motion 10 - 10:45 Move It! 1 - 1:45 Bowling for Fun 2 - 4	30 Gulf Specimen Aquarium (depart 8 am) Yoga 10 - 11 Chemo Cap A 10-12 Tai Chi 11:15 - 12	31 Beg. Line Dance 10 - 11 Step 2: Line Dance 11 - 11:45

# 20 SEPTEMBER 18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 LABOR DAY HOLIDAY VSU CLOSED	4 Yoga 10 - 11 Valdosta Symphony 11 - 12 Bead Stringing/Jewelry Repair 1-3 Painting Fruit 1-4 Chair Yoga 2 - 2:45	5 Range of Motion 10 - 10:45 Basic Bridge 1 - 3 Move It! 1 - 1:45 Bowling for Fun 2 - 4	6 Yoga 10 - 11 Tai Chi 11:15 - 12 Author Talk: H 1 - 2 Art of Life 3 - 4	7 Beg. Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45
10 Range of Motion 10 - 10:45 Tai Chi 11:15 - 12 Mahjongg 12:30 - 3	11 Yoga 10 - 11 Social Media 11 - 12 Medicare Made Easy 1 - 2 Chair Yoga 2 - 2:45 AARP Smart Driver 1-4 Dawn of the Space Age 11 - 11:45	12 Range of Motion 10 - 10:45 Basic Bridge 1 - 3 Move It! 1 - 1:45 AARP Smart Driver 1-4 Bowling for Fun 2 - 4	13 Tallahassee City Hall Art Gallery (depart 9 am) Yoga 10 - 11 Tai Chi 11:15 - 12 Medicare Made Easy 1 - 2	14 Beg. Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45
17 Rural Telephone Museum/Yoders Restaurant (depart 8:30 am) Range of Motion 10 - 10:45 Tai Chi 11:15 - 12 Mahjongg 12:30 - 3	18 Yoga 10 - 11 Investing 101 11 - 12 Social Media 11 - 12 Elegant Tea Party 12 - 1 Painting Vegetables 1-4 Chair Yoga 2 - 2:45	19 Range of Motion 10 - 10:45 Basic Bridge 1 - 3 Move It! 1 - 1:45 Hearing Loss & Dementia 1-2 Bowling for Fun 2 - 4 Mindfulness 3-5	20 Yoga 10 - 11 Tai Chi 11:15 - 12 Turner Center Exhibit Tour 2 - 3	21 Beg. Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45
24 Range of Motion 10 - 10:45 Tai Chi 11:15 - 12 Mahjongg 12:30 - 3	25 Yoga 10 - 11 Genealogy Club 11 - 12 Tissue Art 1-3 Chair Yoga 2 - 2:45	26 Range of Motion 10 - 10:45 Basic Bridge 1 - 3 Move It! 1 - 1:45 Bowling for Fun 2 - 4 Mindfulness 3-5	27 Yoga 10 - 11 Chemo Cap B 10-12 Tai Chi 11:15 - 12 Theatre Guild Valdosta 3 - 4	28 Beg. Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><b>Range of Motion</b> 10 - 10:45  <b>Tai Chi</b> 11:15 - 12  <b>Mahjongg</b> 12:30 - 3</p>	<p>2</p> <p><b>Yoga</b> 10 - 11  <b>Book Review:</b>  <b>Woman in Cabin 10</b> 11-12  <b>Paint a Rooster</b> 1-4  <b>Chair Yoga 2</b> - 2:45</p>	<p>3</p> <p><b>Range of Motion</b> 10 - 10:45  <b>Basic Bridge</b> 1 - 3  <b>Move It!</b> 1 - 1:45  <b>Bowling for Fun</b> 2 - 4  <b>Mindfulness</b> 3-5</p>	<p>4</p> <p><b>Genealogy Brick Walls</b> 9-11  <b>Yoga</b> 10 - 11  <b>Tai Chi</b> 11:15 - 12  <b>iPhone Basics</b> 1 - 2:30</p>	<p>5</p> <p><b>Beg. Line Dance</b> 10 - 11  <b>Views of the News</b> 10 - 12  <b>Step 2: Line Dance</b> 11 - 11:45</p>
<p>8</p> <p><b>Range of Motion</b> 10 - 10:45  <b>Tai Chi</b> 11:15 - 12  <b>Mahjongg</b> 12:30 - 3</p>	<p>9</p> <p><b>Yoga</b> 10 - 11  <b>Sew for a Cause</b> 10 - 3  <b>Chair Yoga 2</b> - 2:45</p>	<p>10</p> <p><b>Lake Jackson Indian Mounds/ Bread Wagon</b> (Depart 9 am)  <b>Range of Motion</b> 10 - 10:45  <b>Basic Bridge</b> 1 - 3  <b>Move It!</b> 1 - 1:45  <b>Bowling for Fun</b> 2 - 4</p>	<p>11</p> <p><b>Genealogy Brick Walls</b> 9-11  <b>Yoga</b> 10 - 11  <b>Tai Chi</b> 11:15 - 12  <b>iPhone Basics</b> 1 - 2:30  <b>Preventing Falls</b> 1-2:30</p>	<p>12</p> <p><b>Beg. Line Dance</b> 10 - 11  <b>Views of the News</b> 10 - 12  <b>Step 2: Line Dance</b> 11 - 11:45  <b>Computer Basics</b> 10 - 12</p>
<p>15</p> <p><b>Range of Motion</b> 10 - 10:45  <b>Tai Chi</b> 11:15 - 12  <b>Mahjongg</b> 12:30 - 3  <b>Uploading Photos</b> 11-12</p>	<p>16</p> <p><b>Yoga</b> 10 - 11  <b>Genealogy Club</b> 11 - 12  <b>Painting Pumpkins &amp; Gourds</b> 1-4  <b>Chair Yoga 2</b> - 2:45</p>	<p>17</p> <p><b>Range of Motion</b> 10 - 10:45  <b>Basic Bridge</b> 1 - 3  <b>Move It!</b> 1 - 1:45  <b>Knit &amp; Crochet</b> 2 - 3:30  <b>Bowling for Fun</b> 2 - 4</p>	<p>18</p> <p><b>Genealogy Brick Walls</b> 9-11  <b>Yoga</b> 10 - 11  <b>Tai Chi</b> 11:15 - 12  <b>Easy Holiday Cookies</b> 1-3</p>	<p>19</p> <p><b>Stephen Foster Quilt Show</b> (depart 9 am)  <b>Beg. Line Dance</b> 10 - 11  <b>Views of the News</b> 10 - 12  <b>Step 2: Line Dance</b> 11 - 11:45  <b>Computer Basics</b> 10 - 12</p>
<p>22</p> <p><b>Range of Motion</b> 10 - 10:45  <b>Mahjongg</b> 12:30 - 3  <b>Uploading Photos</b> 11-12</p>	<p>23</p> <p><b>Yoga</b> 10 - 11  <b>Women &amp; Investing</b> 11 - 12  <b>Chair Yoga 2</b> - 2:45</p>	<p>24</p> <p><b>Range of Motion</b> 10 - 10:45  <b>Basic Bridge</b> 1 - 3  <b>Move It!</b> 1 - 1:45  <b>Knit &amp; Crochet</b> 2 - 3:30  <b>Bowling for Fun</b> 2 - 4</p>	<p>25</p> <p><b>Yoga</b> 10 - 11  <b>Chemo Cap C</b> 10-12  <b>Hawaiian Dance</b> 11:15 - 12  <b>Google Maps</b> 1 - 2:30</p>	<p>26</p> <p><b>Beg. Line Dance</b> 10 - 11  <b>Views of the News</b> 10 - 12  <b>Step 2: Line Dance</b> 11 - 11:45  <b>Computer Basics</b> 10 - 12</p>
<p>29</p> <p><b>Range of Motion</b> 10 - 10:45  <b>Uploading Photos</b> 11-12  <b>Mahjongg</b> 12:30 - 3</p>	<p>30</p> <p><b>Yoga</b> 10 - 11  <b>Backyard Flock</b> 11 - 12  <b>Beauty Tips</b> 1 - 2  <b>Chair Yoga 2</b> - 2:45</p>	<p>31</p> <p><b>Range of Motion</b> 10 - 10:45  <b>Basic Bridge</b> 1 - 3  <b>Move It!</b> 1 - 1:45  <b>Decorative Glass Plate</b> 1-2  <b>Knit &amp; Crochet</b> 2 - 3:30  <b>Bowling for Fun</b> 2 - 4</p>		

# 20 NOVEMBER 18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Yoga 10 - 11 Operation Christmas Child 1 - 3	2 Beg. Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45 Raisin' Cane 2-4
5 Range of Motion 10 - 10:45 Mahjongg 12:30 - 3 Author Talk: Gardening w/Susan Grooms 3 - 4	6 Yoga 10 - 11 Genealogy Club 11 - 12 Painting Sunflowers 1-4 Chair Yoga 2 - 2:45 Historic Homes 3-4:30	7 GA Veterans Park/Striping Meat Market (Depart 8:30) Range of Motion 10 - 10:45 Bridge Playing 1 - 3 Move It! 1 - 1:45 Decorative Glass Plate 1-2 Knit & Crochet 2 - 3:30 Bowling for Fun 2 - 4	8 Yoga 10 - 11 Hawaiian Dance 11:15 - 12:15 Operation Christmas Child 1 - 3	9 Beg. Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45
12 Range of Motion 10 - 10:45 Mahjongg 12:30 - 3	13 Yoga 10 - 11 Estate Planning 11 - 12 Chair Yoga 2 - 2:45	14 Range of Motion 10 - 10:45 Bridge Playing 1 - 3 Move It! 1 - 1:45 Knit & Crochet 2 - 3:30 Bowling for Fun 2 - 4	15 Yoga 10 - 11 Photo Journey: Hawaii 1-3	16 Beg. Line Dance 10 - 11 Step 2: Line Dance 11 - 11:45
19	20	21 VSU closed	22 VSU Closed Thanksgiving 	23 VSU Closed
26 Range of Motion 10 - 10:45 Mahjongg 12:30 - 3	27 Yoga 10 - 11 Landscaping for Butterflies 11 - 12 Chair Yoga 2 - 2:45	28 Range of Motion 10 - 10:45 Bridge Playing 1 - 3 Move It! 1 - 1:45 Knit & Crochet 2 - 3:30 Bowling for Fun 2 - 4	29 Yoga 10 - 11 Photo Journey: Russia 1-3	30 Beg. Line Dance 10 - 11 Step 2: Line Dance 11 - 11:45

# 20 DECEMBER 18

3 Range of Motion 10 - 10:45 Mahjongg 12:30 - 3	4 Yoga 10 - 11 Painting Holly, Pine Cones & Redbirds 1-4 Chair Yoga 2 - 2:45	5 Range of Motion 10 - 10:45 Bridge Playing 1 - 3 Move It! 1 - 1:45 Bowling for Fun 2 - 4	6 Yoga 10 - 11 Lunch at Frogtown Winery (Depart 11:15) Camellia Trail/Historical Plants at VSU 2 - 3	7 Beg. Line Dance 10 - 11 Step 2: Line Dance 11 - 11:45
10 Range of Motion 10 - 10:45 Mahjongg 12:30 - 3	11 Yoga 10 - 11 Painting Christmas Ornaments 1-4 Chair Yoga 2 - 2:45	12 Range of Motion 10 - 10:45 Bridge Playing 1 - 3 Move It! 1 - 1:45 Bowling for Fun 2 - 4	13 Yoga 10 - 11	14 Murder Mystery Pot Luck 11:30 - 1:30



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# Save the Date!

Inaugural Continuing Education  
Open House/Showcase

**TUESDAY, AUGUST 14, 5 - 7 PM**

Help us celebrate as we showcase our new course catalog, **THE BRIDGE**, and **ALL** the programs that Continuing Education has to offer. Enjoy refreshments, demonstrations, door prizes, and entertainment.

*See page 3 for details.*