

Spring 2025

# Learning In Retirement

VALDOSTA STATE UNIVERSITY

Learning in Retirement (LIR) is a university-sponsored organization for individuals 50 years of age and above that offers the opportunity for cultural growth, lifelong learning, and recreation. LIR is administered by the VSU Office of Professional & Community Education.

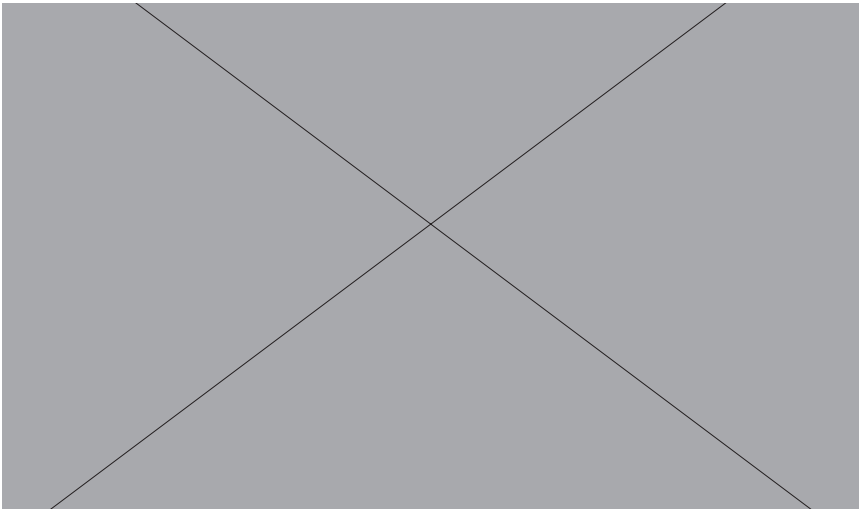
## Questions?

Call 229-245-6484 or email [pace@valdosta.edu](mailto:pace@valdosta.edu)

### **COST AND REGISTRATION:**

LIR memberships are \$75 per semester or a discounted yearly fee of \$135 (available during Fall semester only.) Instructors receive a discounted rate. Small extra fees for some classes are paid directly to instructor to cover supplies (see individual course descriptions). Register online at [www.valdosta.edu/pace](http://www.valdosta.edu/pace) or by phone with a credit card (229-245-6484).

Paying by check or cash? Stop in the office during business hours.



### **LOCATION:**

VSU's University Center North, 1215 N. Patterson Street (entrance closest to Drexel Park). The office is located in Room 3103. Class location information will be included on your receipt. Information on paperless parking permits will also be included.

# SPECIAL EVENTS

## “Welcome Back” Spring Kick-off Lunch

CANCELLED

## LIR Spring Lunch Social

Enjoy an afternoon of great conversation over lunch. Mix and mingle and get to know your fellow LIR members. Lunch provided. Facilitator: PACE Staff

25SLIR002 | Fri, Mar 14 | 12 - 1:30 pm

## Spring Pot Luck Lunch

Enjoy food and fellowship with LIR members and friends! Bring a dish to share (beverages and paper goods provided). You do not need to be a current LIR member to attend. Guests welcome and encouraged! No fee. Location: UC Rose Room

25SLIR003 | Fri, May 2 | 11:30 am - 1 pm

## Registration Open House

Wednesday, January 22 from 9 am - 12 noon.

Join us at our LIR Registration Open House. This is a great chance to ask questions, meet the PACE staff, pick up LIR information, and get registered for LIR! Enjoy some grab-and-go refreshments too. Location: Room 3103 in University Center North, 1215 N Patterson Street, Valdosta.

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## HEALTH & FITNESS

### Yoga

Enjoy 50 minutes of self-care with the practice of yoga to improve flexibility, increase muscle strength and help with balance. Some studies have shown that the practice of yoga helps to reduce stress and enhance breathing. Please bring a yoga sticky mat and cotton yoga strap to class. Instructors: Kathleen Hamill & Linda Crook

25SLIR401 | 13 Wed | Feb 5 - May 7 | 10:00- 10:50 am  
(No class March 19)

### Range of Motion

Begin with 10 minutes of warm-ups in a chair followed by standing cardio to include stretching, marching and some balancing. Frequent breaks; a chair is available during class. Instructor: Kathleen Hamill & Linda Crook

25SLIR402 | 13 Tues & 13 Thurs | Feb 4 - May 8 | 10:00 - 10:50 am  
(No class March 18 & 20)

### Tai Chi for Beginners

Learn about Tai Chi and practice some of the physical movements that help improve balance and promote relaxation. This class is limited to people who have taken no more than 2 semesters of Introduction to Tai Chi. First-time students will be given priority. Location: VSU Campus Recreation Center, 1300 Sustella Avenue. Instructor: Luana Goodwin

25SLIR403 | 13 Mon & Thurs, Feb 10 - May 8 | 10 - 11am

### Fundamentals of Tai Chi Practice

This class is a continuation of Tai Chi for Beginners. You must have completed at least one semester of Tai Chi for Beginners (formerly Introduction to Tai Chi) to enroll. Location: VSU Campus Recreation Center, 1300 Sustella Avenue. Instructor: Luana Goodwin

25SLIR404 | 13 Mon & Thurs, Feb 10 - May 8 | 11 - 12:30am

### Introduction to Meditation

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

25SLIR405 | 14 Tues, Feb 4 - May 6 | 1:00 - 2:00 pm

### Seated Resistance Band Exercise

Follow a 30 minute online video of a seated resistance band exercise routine with Lauren, an ACE (American Council on Exercise) certified fitness instructor. Lauren also holds a specialization in senior fitness. You'll build and tone your muscles as you move against the tension provided by your body weight which can help improve muscle strength, balance, coordination, flexibility, and range of motion. Bring an elastic resistance band to class. Instructor: PACE Staff

25SLIR406 | 14 Wed, Feb 5 - May 7 | 11 - 11:30 am

## Chair Yoga

Follow a 30 minute online video of a chair yoga routine with Lauren, an ACE (American Council on Exercise) certified fitness instructor. Lauren also holds a specialization in senior fitness. Suitable for all fitness levels. Facilitator: PACE Staff

25SLIR407 | 14 Tues & Thurs, Feb 4 - May 8 | 11 - 11:30 am

## Walk & Talk Group

Get outside and get some aerobic exercise by walking around VSU's beautiful main campus for approximately 30-40 minutes, weather permitting. Walkers will leave from the LIR Lobby area. Facilitator: PACE Staff

25SLIR408 | 10 Mon, Mar 3 - May 5 | 9:45 - 10:30 am

## Traditional Line Dancing

For both novice and experienced dancers who wish to progress through new steps and dances each week. Floor splits will be used to allow beginners and more advanced dancers to learn at the same time. Handouts provided to assist with learning the material. Location: VSU Campus Recreation Center, 1300 Sustella Avenue. Instructor: Jerry Morton

25SLIR409 | 14 Wed, Feb 5 - May 7 | 11 am - 12:30 pm

# HISTORY, SOCIAL STUDIES, & SCIENCE

## Views of the News

Come ready to discuss today's hot news topics and current events. All views are welcome! We will cover local, regional, and global events. Ideological persuasion of the course is determined by who attends and who comes back each semester. Hybrid class, choice of Zoom or in-person. Instructor: Dr. James LaPlant

25SLIR201 | 12 Fri, Feb 7 - Apr 25 | 10 am - 12 pm

## Birding with eBird and Merlin

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

25SLIR202 | Wed, Apr 2 | 1 - 2:30 pm

## Photo Journey: Canyons of the West

Join Judy Baxter on a photo journey of her travels to the Grand Canyon, Sedona, Monument Valley, Moab & Arches National Park, Bryce Canyon, Zion Canyon, Route 66, Las Vegas, and the Hoover Dam. Hybrid class: choice of Zoom or in-person. Instructor: Judy Baxter

25SLIR203 | Thurs, Feb 27 | 1 - 2:30 pm

## "We Are What We Eat" - Book Group

The group will discuss author Alice Walker's book on the intrinsic value of food. Instructor: Dennis Boygo

25SLIR204 | 8 Mon, Feb 10 - Mar 31 | 9 - 10 am

## The East Roman Empire & the Roman West in the Middle Ages

Imperial Byzantium was a direct successor to Greco-Roman civilization, when the ancient Roman state no longer existed. It developed a distinct identity, especially in religion and political practice, that Roman Catholic Europe neither particularly appreciated nor understood. This course outlines the relations between the Greek Orthodox East and the Catholic West in the Middle Ages. Hybrid class, choice of Zoom or in-person. Instructor: Dr. Sebastian Bartos, VSU History Department

25SLIR205 | Tues, Feb 11 | 3 - 4:30 pm

## Wiregrass Georgia Parkway and US 84: 30 Years "Down the Road"

Learn all about the history of the Wiregrass Georgia Parkway. The parkway was conceptualized by Learning in Retirement member Donald Davis of Valdosta beginning in 1988. It was approved by the Georgia DOT in 1994. Hybrid class, choice of Zoom or in-person. Instructor: Donald Davis, Newsletter Editor/Senior Advisor, Lowndes County Historical Society & Museum

25SLIR206 | Tues, Feb 18 | 2 - 3:30 pm

## Harold Bennett: Valdosta's Preservationist of the Century

Learn about "Harold Bennett: Valdosta's Preservationist of the Century." Bennett is considered the father of historic preservation in Valdosta. Learn about Bennett's contributions to Valdosta. Hybrid class: choice of Zoom or in-person. Instructor: Donald Davis, Newsletter Editor/Senior Advisor, Lowndes

County Historical Society & Museum

25SLIR207 | Thurs, Mar 20 | 10 -11 am

### The Joro Spider

Afraid of spiders? Hopefully after this class you won't be. Dr. Grabarczyk will share her knowledge of the Joro Spider, an invasive species that is spreading in the Southeast US. Learn about her work with the Joro Watch Team and information on becoming a citizen scientist. Hybrid class: choice of Zoom or in-person. Instructor: Dr. Erin Grabarczyk, Professor of Biology at VSU

25SLIR208 | Thurs, Mar 6 | 1 - 2 pm

### Aigen: One Man's War

View a short film, "Aigen: One Man's War" about the late George Aigen and his experience in WWII, including the liberation of Dachau concentration camp. Discussion to follow. Hybrid class: choice of Zoom or in-person. Facilitators: Joyce Aigen & John Brown

25SLIR209 | Thurs, Mar 13 | 1 - 2:30 pm

### Meet Mathew Brady: Our First Photojournalist

Bill Ryan will share images from the Ansco image collection from the Civil War, taken by Mathew Brady. In the 1839, photography was a new thing. Mathew Brady became an early student of the amazing photography school that opened at New York University. Bill Ryan has possession of the Ansco collection of direct prints from the Brady glass plate negatives. Learn about this unique collection and Bill's association with Ansco. Hybrid class: choice of Zoom or in-person. Instructor: Bill Ryan

25SLIR210 | Wed, Mar 5 | 2 - 3:30 pm

## GOOD TO KNOW

### The Georgia Court System

Get an overview of the Georgia Court System and jury duty with Attorney J. Converse Bright whose legal career spans 50+ years. Hybrid class: choice of Zoom or in-person. Instructor: J. Converse Bright, Partner in Coleman Talley's Valdosta Law Office

25SLIR301 | Wed, Feb 19 | 2 - 3:30 pm

## Gardening with Native Plants

What is a “native” plant and what are the advantages of using native plants in the garden? Learn about including native plants in your landscape design. We will explore a variety of beautiful native plants that will enhance any garden. Ethical issues surrounding the use of native plants will be discussed, especially as they pertain to rare and endangered flora and removing plants from their natural habitats. We will also consider reliable sources in our area that propagate and sell native plants. Hybrid class: choice of Zoom or in-person. Instructor: Dr. Richard Carter, VSU Biology, retired

25SLIR302 | Fri, Mar 7 | 1 - 2:30 pm

## Improve Your Cybersecurity

Being online has a lot to offer, but it is crucial that you take precautions to ensure you stay safe and secure while enjoying what the web has to offer. Seniors can be particularly vulnerable to cyber-attacks. Learn about cyber-threats you need to be aware of and how you can protect yourself. Hybrid class: choice of Zoom or in-person. Instructor: Cathy Sowa, VSU Director of Information Security

25SLIR303 | Mon, Mar 3 | 10 - 11 am

## Medicare Choices & Options

Medicare offers different options and choices for health care coverage. Learn the basics and find out how Medicare works so you'll be prepared to look at your coverage options. This class is open to the public. Hybrid class: choice of Zoom or in-person. Instructor: Donald Bay, Insurance Agent with MSIS, Inc.

25SLIR304 | Fri, Feb 7 | 1 - 2 pm

## Travel With VSU Study Abroad

Learn about international travel opportunities for seniors with VSU's Study Abroad programs. Hybrid class: choice of Zoom or in-person. Instructor: Irina McClellan, Assistant Director of VSU Study Abroad & Exchanges

25SLIR305 | Thurs, Feb 6 | 1 - 2 pm

## The Haven

The Haven is a non-profit organization in Valdosta that provides 24 hour temporary shelter and services to victims of domestic violence, sexual assault, and Human Trafficking. Learn about the history and mission of The Haven as well as donation and volunteer opportunities. Hybrid class: choice of Zoom or in-person. Instructor: Laila Loman, Volunteer Coordinator and Sexual Assault Advocate

25SLIR306 | Wed, Feb 19 | 11 am - 12 pm



## **Pain Management**

Learn about how pain management improves functionality and quality of life. This class is free and open to the public. Hybrid class: choice of Zoom or in-person. Instructor: Dr. Ghari Richardson, MD

25SLIR307 | Fri, Mar 21 | 12:30 - 2 pm

## **FAST: Family Autism Support Team**

Gain a clearer understanding about autism and learn some strategies to interact and communicate with grandchildren, nieces, nephews, family friends, and others who are on the spectrum. Hybrid class: choice of Zoom or in-person. Instructor: Torri Pittman, FAST (Family Autism Support Team)

25SLIR308 | Tues, Mar 4 | 2:30 - 3:30 pm

## **Estate Planning Workshop**

In this workshop, learn about the many facets of planning what happens to your belongings when you die. Give yourself and your family peace of mind by ensuring you have a well-designed estate plan to avoid the state of Georgia making the decisions for you. This class is open to the public. Hybrid class: choice of Zoom or in-person. Instructor: Paul Hamilton, Attorney & Counselor at Law

25SLIR309 | Mon, Feb 3 | 10 am - 12 pm

## **GA Center of the Deaf and Hard of Hearing**

GCDHH staff will provide an overview of the services available. The Telecommunications Equipment Distribution Program provides equipment at no cost to individuals with hearing loss. This class is open to the public. Hybrid class: choice of Zoom or in-person. Instructor: Dan Bowland, GCDHH Outreach Specialist

25SLIR310 | Fri, Feb 28 | 1 - 2 pm

## **Tornado Preparedness**

This program, offered by the American Red Cross, will help you understand, prepare for, and respond appropriately to the hazards of tornadoes. Bring a friend. This class is open to the public. Hybrid class: choice of Zoom or in-person. Instructor: Jacqueline Shoemaker, American Red Cross

25SLIR311 | Thurs, Feb 13 | 1 - 2:30 pm

## **What Will I Do Tomorrow?**

In this seminar on retirement planning based on research with retired people, we will discuss various issues of aging as well as popular activities of seniors. Hybrid class: choice of Zoom or in-person. Instructor: Dr. Donald Roberson, retired

25SLIR312 | Fri, Feb 14 | 12:30 - 1:30 pm

## Active Shooter

Active shooter situations are unpredictable and evolve quickly. Learn tips to be prepared mentally and physically to deal with an active shooter situation. Hybrid class: choice of Zoom or in-person. Instructor: Officer Randall Hancock, Valdosta Police Department  
25SLIR313 | Thurs, Mar 27 | 1 - 2:30 pm

## What Is A Film Festival?

SGFF celebrates the art and industry of film across the region. Learn what a film festival is and find out about the South Georgia Film Festival hosted each year by Valdosta State University. Hybrid class: choice of Zoom or in-person. Instructor: Jason Brown, Associate Professor of Mass Media & South Georgia Film Festival Director  
25SLIR313 | Wed, Feb 5 | 11 am - 12 pm

## South Georgia Film Festival

LIR members are invited to attend a seminar being held at the South Georgia Film Festival on Friday, March 7. The specific topic and speaker is TBA; however, the topic will generally be about the growing film industry in Georgia. Facilitator: Jason Brown, Associate Professor of Mass Media & South Georgia Film Festival Director  
25SLIR314 | Fri, Mar 7 | 12 noon

## EXCURSIONS & TOURS

### Lunch Bunch

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

Jack's Chophouse, 4479 N Valdosta Rd, Valdosta, GA 31602

25SLIR501 | Tues, Feb 18 | 11:30 am - 1:00 pm | (Dutch treat)

Cheddar's, 270 Norman Dr, Valdosta, GA 31601

25SLIR502 | Tues, Mar 18 | 11:30 - 1:00 pm | (Dutch treat)

Hog & Bones, 1001 St Augustine Rd, Valdosta, GA 31601

25SLIR503 | Tues, Apr 15 | 11:30 am - 1:00 pm | (Dutch treat)

## Bingo Nights (Kennedy Center, Valdosta)

Let's play Bingo!! Bingo is always fun and even more so with friends. Bingo cards: \$1.00 each Meet at the Kennedy Center, 306 St. Augustine Rd, Valdosta. Facilitator: Marie Sooy

25SLIR504 | Section A: Fri, Feb 28 | 7:00 - 10:00 pm

25SLIR505 | Section B: Fri, Mar 28 | 7:00 - 10:00 pm

25SLIR506 | Section C: Fri, Apr 25 | 7:00 - 10:00 pm

## Monticello Opera House Tour

Enjoy a tour of the Monticello Opera House. Built in 1890 the Opera house has a long and storied history. It is listed on the U.S. Register of Historic Places and has been designated as Landmark of American Music by the National Music Council. Walking into the Opera House is like taking a step back in time. Location: 1 Courthouse Circle, Monticello, FL. We'll have lunch first at Johnston's Southern Style Restaurant at 1480 W. Washington Street. If you are willing to be a carpool driver, please let the office know a week in advance of the trip so we have confirmed drivers for those who wish to carpool. Facilitator: Marie Sooy

25SLIR507 | Fri, Apr 11 | Departure time - 11 am

## VSU's Copeland African American Museum

VSU's Copeland African American Museum is dedicated to preserving and uplifting the stories of African American history. In 2016 Roy and Cheryl Copeland gifted their entire African American memorabilia collection to VSU's Harley Langdale Jr. College of Business Administration. That gift inspired the creation of the Copeland African American Museum, a destination for anyone seeking inspiration, knowledge, a change of perspective, and food for conversation. Location: Thaxton Hall, VSU North Campus, intersection of Patterson Street and Pendleton Drive across from SGMC. Guide: Museum Staff

25SLIR508 | Fri, Feb 21 | 11 am - 12 pm

## Spring Into Art Tour

Enjoy a guided tour of the annual "Spring Into Art" exhibit at our local museum. The group will meet in the lobby of the Annette Howell Turner Center for the Arts, 527 N Patterson St. Parking behind the building. Location: 122 N. Ashley Street. On street parking available. Guide: Madison Caldwell

25SLIR509 | Fri, Apr 25 | 12 - 1 pm

## Valdosta's Historic Courthouse Tour

Enjoy a tour of the historic site, located in downtown Valdosta at the heart of the Valdosta historic district. Learn about the restoration, and area history surrounded by the magnificent architecture. Location: 100 E Central Ave, Valdosta. On-street parking. Meet at the front steps of the courthouse. Guide: Jessica Ganas

25SLIR510 | Fri, Mar 21 | 2 - 3 pm

## Tour of The Crescent

Construction started on The Crescent in 1898, built by United States Congressman William Stanley West. Learn some of the history of the building and the surrounding area while touring the mansion and grounds. Limited parking available on the grounds. The Crescent is a short, 3-block walk down Patterson Street from the University Center. Location: is 904 N Patterson St. Tour Guide: The Crescent Staff

25SLIR511 | Fri, Mar 28 | 11 am - 12:30 pm

## FINE ARTS & LITERATURE

### Writers Meet-Up

Writing is a lonely job and sometimes we need the company and feedback of others to keep us in the groove. This writers/readers workshop is for people who yearn for inspiration from others and for an audience to listen to their work. It is not a "how to" workshop, but rather a support group to keep us going. You will not be required to write. We welcome anyone who just wants to sit back and listen to the talents and work of LIR friends. Facilitator: Harriet Messcher Jansen

25SLIR601 | 8 Tues, Mar 11 - Apr 29 | 1 - 2 pm

### Book Review: "Flashpoint" by Catherine Coulter

Flashpoint by Catherine Coulter is a thriller about an English aristocrat who seeks help from the FBI after multiple attempts on her life. The story brings back Coulter's Agent Savich and Agent Sherlock in this new action-packed novel. Hybrid class: choice of Zoom or in-person. Reviewer: Dr. Mary Helen Watson

25SLIR602 | Wed, Mar 19 | 1 - 2 pm

### Painting Sailboats on a Busy Lake

Explore your artistic side! Let your creativity flow as you work on a fun painting of sailboats on a busy lake. Please bring a 10" or 12" square canvas. All other supplies will be provided. Class is limited to 14. Instructor: Debra Kantelis

25SLIR603 | Fri, Mar 28 | 1 - 3 pm

## Have Fun With Ukulele Strum

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

25SLIR604 | 14 Mon, Feb 3 - May 5 | 1 - 3 pm  
(If there is interest, class will be extended through May.)

## GAMES & LEISURE

### Mah Jongg for Newcomers

Have you wondered why so many people love playing Mah Jongg? Have you asked yourself, “Would I like it?” Now you can find out! In this 6-session course, you will learn the basics of the game. You are then invited to continue playing by joining the regular Mah Jongg class. If you have played before, please sign up for “Mah Jongg” (25FLIR102). Instructor: Elizabeth Burnette

25SLIR101 | 6 Mon, Feb 10 - Mar 17 | 11 am - 12 pm

### Mah Jongg

Unlock the mysteries of the ancient Oriental game played with tiles. Popular to this day and played all across America, this challenging game blends skill, strategy, and chance. We use the National Mah Jongg League Card. (Beginners should take “Mah Jongg for Newcomers.” Upon completion of the newcomer’s class, you are invited to join this class.) Instructor: Elizabeth Burnette

25SLIR102 | 14 Mon, Feb 3 - May 5 | 12:30 - 3 pm

### Let’s Play Bunco!

Bunco is a social, group dice game that requires no skill but it’s a lot of fun! Players, traditionally in groups of 4, attempt to roll specific numbers on the dice depending on the round. For example, rolling three 3’s in Round 3, earns the player points. It may seem like a dry game, but it is far from it. Get ready for lots of dice rolling, socializing, competing, and celebrating in a spirit of fun and friendship! Facilitator: Beth Farrens & Friends

25SLIR103 | 6 Thurs, Feb 6 & 20, Mar 6 & 20, Apr 3 & 17 | 2 - 3:30 pm

### UNO

UNO is the world’s #1 card game, invented in 1971 by Ohio barber Merle Robbins. It’s easy to learn and play in groups. The goal is to get rid of all your cards. When you get down to just one, don’t forget to yell “Uno!” Facilitator: PACE Staff

25SLIR104 | 3 Wed, Feb 5, Mar 19 & Apr 16 | 2:15 - 3:45 pm

## Bananagrams

Bananagrams is a word game where players race against each other to use all their letter tiles to build crossword grids. Players take turns placing letter tiles into their own intersecting grid to form words. The first player to use all their tiles wins. Facilitator: PACE Staff

25SLIR105 | 4 Tues, Feb 25, Mar 25, Apr 15, May 6 | 2:15 - 3:45 pm

## Scattergories

Get ready for some fast-paced fun! In this game, each player fills out a category list with answers that begin with the letter the spinner lands on. You score points when you come up with words that nobody else does. Facilitator: PACE Staff

25SLIR106 | 3 Wed, Feb 26, Mar 26 & Apr 23 | 2:15 - 3:35 pm

## Partnership Auction Pinochle

Pinochle is a popular melding and trick-taking card game, typically for two to four players and played with a 48-card deck. The version you'll be learning/playing is Partnership Auction Pinochle. Experienced pinochle players and those new to the game are welcome. We encourage those familiar with the game to help newcomers learn. Facilitator: Pam Hartley

25SLIR107 | 8 Wed, Feb 3 - Mar 26 | 12 - 2 pm

## Left, Middle, Right

Left, Middle, Right, also known as Left Center Right, is a thrilling and fast-paced dice game that challenges players' luck and decision-making skills. The suspenseful nature of the game and its unpredictable outcomes make it a popular choice for game nights and gatherings. Roll the dice, watch your chips move, and see if you can be the last player standing! Facilitator: Marie Sooy

25SLIR108 | Fri, Feb 21 | 12:30 - 2:30 pm

## Plant Swap

Do you have flower, herb or vegetable transplants or seedlings you would be willing to share? How about cuttings or divisions of some of your favorite plants. Even if you don't have any to swap, come on and join us. If you are bringing plants or seeds to share, please identify your items. Facilitator: Suzanne Ewing

25SLIR109 | Fri, April 4 | 1 - 2 pm

## Wednesday Movie Matinee

Join your fellow LIR members each month this spring for an afternoon at the movies, complete with popcorn and beverages.  
Facilitator: PACE Staff

His Girl Friday (1940)      25SLIR110 | Wed, Feb 12 | 2 - 3:45 pm

In this screwball comedy, when hard-charging New York newspaper editor Walter Burns discovers that his ex-wife, investigative reporter Hildy Johnson, has gotten engaged to milquetoast insurance agent Bruce Baldwin, he unsuccessfully tries to lure her away from tame domestic life with a story about the impending execution of convicted murderer Earl Williams. But when Hildy discovers Williams may be innocent, her reporter instincts take over. 1 hr 32 min. (Public domain)

Our Town (1940)      25SLIR111 | Wed, Mar 12 | 2 - 3:30 pm

For the residents of Grover's Corners, daily life proceeds at a predictable pace. The milkman (Stuart Erwin) arrives like clockwork, the neighbors perpetually gossip about nothing and children contemplate their future. Two of these children, George (William Holden) and Emily (Martha Scott), fall in love as adults and, despite last-minute nerves, get married. Their happiness does not last, however, as Emily dies during the birth of a child. Returning as a ghost, she ponders her existence. 1 hr 30 min. (Public domain)

DOA (1949)      25SLIR112 | Wed, Apr 9 | 2 - 3:30 pm

Frank Bigelow (Edmond O'Brien) is about to die, and he knows it. The accountant has been poisoned and has only 24 hours before the lethal concoction kills him. Determined to find out who his murderer is, Frank, with the help of his assistant and girlfriend, Paula (Pamela Britton), begins to trace back over his last steps. As he frantically tries to unravel the mystery behind his own impending demise, his sleuthing leads him to a group of crooked businessmen and another murder.

1 hr 23 min. (Public domain)

Cyrano de Bergerac (1950)      25SLIR113 | Wed, Apr 30 | 2 - 3:55 pm

France, 1640: Cyrano, the charismatic swordsman-poet and provocateur with the absurd nose, hopelessly loves the beautiful Roxane; she, in turn, confesses to Cyrano her love for the handsome but tongue-tied Christian. The chivalrous Cyrano sets up with Christian an innocent deception, with tragic results. 1 hr 53 min. (Public domain)

## ARTS & CRAFTS

### Chemo Cap Crew

If you knit, crochet, or sew and have a desire to do something to benefit area cancer patients, consider joining the Chemo Cap Crew, a group of volunteers active for more than 10 years. Volunteers hand-make caps and lapghans to gift to cancer patients at the Pearlman Cancer Center. For more information, call facilitator Annette Woodruff at 229-560-4343. Bring a crochet hook (4.5 mm) or knitting needles (#10 and #13 or #7 circular). Yarn and patterns are available at the meetings. Meet in the Conference Room of the Pearlman Cancer Center, SGMC. Ask for directions at the check-in counter. Facilitator: Annette Woodruff

25SLIR801 | Section A | Thurs, Feb 27 | 10 am - 12 pm

25SLIR802 | Section B | Thurs, Mar 27 | 10 am - 12 pm

25SLIR803 | Section C | Thurs, Apr 24 | 10 am - 12 pm

### Crochet Basics

In this beginners' crochet class, learn the fundamental techniques and understand the tools you will use to ensure that you can crochet smoothly and efficiently and your crochet projects turn out correctly. Bring a size J or K crochet hook, 1 skein of 4 ply yarn (not black or white), a small pair of scissors, and a project bag (small shopping bag) to class. Class is limited to 14. Instructor: Debbie Altobello

25SLIR804 | 10 Wed, Feb 12 - Apr 16 | 10 am - 12 pm

### String Pull Flower Art

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

25SLIR805 | Tues, Mar 18 | 2 - 3:30 pm

### Rectangular Wreath for Spring

Create a non-traditional rectangular wreath with a springtime theme. Please bring a glue gun and glue sticks. Some glue guns and sticks will be available. All other supplies will be provided. Class is limited to 14. Instructor: Madonna Terry

25SLIR806 | Fri, Mar 14 | 1 - 3 pm

### Patriotic Rectangular Wreath

Create a non-traditional rectangular wreath with a patriotic theme. Please bring a glue gun and glue sticks. Some glue guns and sticks will be available. All other supplies will be provided. Class is limited to 14. Instructor: Madonna Terry

25SLIR807 | Fri, Apr 25 | 1 - 3 pm



## Decoupage Easter Eggs

Make beautiful eggs to add to your springtime or Easter decor. You will use a decoupage process to create your one-of-a-kind eggs. Supplies provided. Class is limited to 14. Instructor: Holly Gougeon

25SLIR808 | Wed, Apr 2 | 2-3 pm

## Whimsical Painted Cards

Paint your own cards with watercolors to give for any occasion. Supplies provided. Class is limited to 14. Instructor: Holly Gougeon

25SLIR809 | Wed, Apr 23 | 11:30 am - 12:30 pm

## Mock Stained Glass

Color a picture frame to make it look like stained glass. Please bring an 8 X 10 glass picture frame. All other supplies provided. Class is limited to 14. Instructor: Marie Sooy

25SLIR810 | Wed, Apr 16 | 1 - 2 pm

## Ceramic Painting at Valdosta Studio Imagination

Join fellow LIR members at Studio Imagination in Remerton for pottery painting using glazes that you will have to leave for firing. Your items will then be safe to use in the dishwasher, oven, and microwave. You can also do non-functional ware with acrylics so you can take it home the same day. Choose the pottery form you wish to paint. Large pieces may require you to come back 2-3 times to finish. Pieces range from \$18 - \$36, paid directly to the owner. Location: 1917 Baytree Place, Remerton (Valdosta). Facilitator: Barbara, Owner of Studio Imagination

25SLIR811 | Fri, Apr 18 | 1 - 3 pm

## COMPUTERS & TECHNOLOGY

### Introduction to Word

Learn how to create and save a Word document; enter and format text; create and edit bulleted lists, columns, and tables; and illustrate documents with images. You'll also learn how to proof your document for spelling, grammar, and writing errors, and how to set Autocorrect preferences to help you save time.

Location: Dewar Education Building, Room 2112. Instructor: Elena Schmitt

25SLIR701 | 3 Thurs, Apr 3, 10 & 17 | 1:30 - 2:30 pm