

FALL 2024



Learning In Retirement

VALDOSTA STATE UNIVERSITY

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

Questions?

Call **229-245-6484** or email **pace@valdosta.edu**

COST AND REGISTRATION:

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

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



LOCATION:

VSU's University Center 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” Fall Kick-off Lunch

Get together with old and new friends and enjoy a catered lunch. You do not need to be an LIR member to attend – bring a friend you would like to introduce to LIR! To ensure an accurate meal count, please register by close of business on Wednesday, Aug 21.

25FLIR001 | Wed, Aug 28 | 11 am - 1 pm

Cost: \$15 (free for Spring 2024 & Fall 2025 instructors)

Business Meeting - 11 am

Lunch - 11:30 am

Program - 12:00 noon

University Center – Cypress Room

Program - TBA

Holiday Pot Luck Lunch

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

25FLIR002 | Fri, Dec 13 | 11:30 am - 1 pm

Registration Open House

Wednesday, August 21 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 Fall 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**

25FLIR401 | 14 Wed | Sept 11 - Dec 18 | 10:00- 10:50 am
(No class Thanksgiving week)

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**

25FLIR402 | 14 Tues & 13 Thurs | Sept 10 - Dec 17 | 10:00 - 10:50 am
(No class Thanksgiving week)

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: Luanna Goodwin**

25FLIR403 | 12 Mon & Thurs, Sept 16 - Dec 12 | 10 - 11am
(No class Thanksgiving week)

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: Luanna Goodwin**

25FLIR404 | 12 Mon & Thurs, Sept 16 - Dec12 | 11 - 12:30am
(No class Thanksgiving week)

Traditional Line Dancing

This class is for both novice and experienced dancers who wish to progress through new steps and dances each week; we will use floor splits to allow beginners and more advanced dancers to learn at the same time. Handouts provided to assist with learning the material. Location: VSU Campus Recreation Center, 1300 Sustella Avenue. **Instructor: Jerry Morton**

25FLIR405 | 8 Wed | Sept 11 - Oct 30 | 11 am - 12:30 pm
(No class Thanksgiving week)

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**

25FLIR406 | 14 Tues, Sept 10 - Dec 17 | 1:00 - 2:00 pm
(No class Thanksgiving week)

World of Dance with Marguerite

Have fun getting exercise and improving your balance with beautiful and inspiring music from around the world while you learn simple movements from ballet and other ethnic dances. Some moves can even be done from a chair.

Instructor: Marguerite Gravlee

25FLIR407 | 4 Wed, Sept 25, Oct 23, Nov 6, Dec 4 | 11:15 am - 12:15 pm

Chair Yoga

Follow a 30 minute online 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**

25FLIR408 | 14 Tues, Sept 10 - Dec 17 | 11 - 11:30 am

(No class Thanksgiving week)

Walking Workout

Follow a 30 minute online walking workout 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**

25FLIR409 | 13 Thurs, Sept 12 - Dec 12 | 11 - 11:30 am

(No class Thanksgiving week)

Walk & Talk Group

Enjoy company and conversation with your fellow LIR members Monday mornings (weather permitting) as you walk around VSU's beautiful main campus for approximately 30-40 minutes of aerobic exercise. Walkers will leave from the LIR lobby. **Facilitator: PACE Staff**



25FLIR410 | 13 Mon, Sept 16 - Dec 16 | 9:45 - 10:30 am

(No class Thanksgiving week)

Chair Volleyball

Get ready for some competitive fun and exercise with chair volleyball! Game will alternate between playing with a beach ball and fly swatters and balloons. Bend, twist, reach, and turn to get the ball/balloon over the net BUT backsides cannot come off the chair. **Facilitator: PACE Staff**

25FLIR411 | 3 Wed, Sept 11 & Oct 9, 12:30 - 1:30 pm; Nov 13, 11 am - 12 pm

Go4Life

Go4Life is a public health program based on National Institute on Aging guidelines and designed specifically for older adults. Join Dr. Donald Roberson for walking and other exercise in these two sessions and find out more about the Go4Life program. **Instructor: Dr. Donald Roberson**

25FLIR412 | 2 Fri, Nov 15 & 22 | 1 - 2:30

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**

25FLIR201 | 11 Fri, Sept 13 - Nov 22 | 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**

25FLIR202 | Wed, Oct 9 | 1 - 2:30 pm

Photo Journey: Canadian Rockies

Join Judy Baxter on a photo journey of her travels to Victoria, British Columbia; Butchart Gardens; Banff; Lake Louise and Moraine Lake. Take a Snow Coach ride and visit Lake Penticton and Apple Country. Hybrid class: choice of Zoom or in-person. **Instructor: Judy Baxter**

25FLIR203 | Thurs, Sept 12 | 1 - 2:30 pm

Photo Journey: Khabarovsk, Russia

Learn some basic facts about Russian history, culture and geography. Take an armchair tour of Khabarovsk, Russia—a city of almost 600,000 people in Southern Siberia near the Chinese border. Elena will share memories and experiences growing up in Khabarovsk. Hybrid class: choice of Zoom or in-person. **Instructor: Elena Schmitt**

25FLIR204 | Thurs, Dec 5 | 1:30 - 3 pm

"Animal, Vegetable, Mineral" - Book Group

The group will discuss the 1-year experiment to live sustainably chronicled in Barbara Kingsolver's book "Animal, Vegetable, Mineral." **Instructor: Dennis Boygo**

25FLIR205 | 8 Mon, Sept 16 - Nov 4 | 9 - 10 am

Wild Mushrooms

There is fungus among us! Any patch of soil or forest is a habitat for mushrooms and other fungi. Learn about common species in this area, including how they fit into local ecosystems. Hybrid class, choice of Zoom or in-person. **Instructor: Dr. Emily Cantonwine, VSU Dept. of Biology**

25FLIR206 | Tues, Sept 10 | 2 - 3:30 pm



Wiregrass Georgia Parkway and US 84: 30 Years “Down the Road”

A Road, a Railroad, Rivers, Pioneers, Heritage, a Phase of and for Development, and known as “The Fire Forest - Longleaf Pine Wiregrass Ecosystem,” all these segments made for a fascinating study and a continued life passion.

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 and a designation program was held on Georgia Day, February 12, 1995, at the Municipal Complex in Homerville, coinciding with the quarterly meeting of the Huxford Society, publishers of the series “Pioneers of Wiregrass Georgia.”

Hybrid class, choice of Zoom or in-person. **Instructor: Donald Davis, Newsletter Editor/Senior Advisor, Lowndes County Historical Society & Museum**

25FLIR207 | Tues, Oct 29 | 2 - 3:30 pm

Herpetology

Learn interesting facts about reptiles and amphibians native to Georgia.

Dr. Safer will bring some of his animal friends to the class. Hybrid class: choice of Zoom or in-person.

Instructor: Dr. Adam Safer, VSU Biology Department

25FLIR208 | Fri, Sept 13 | 12 - 1 pm



School of Travel

Travel can be one of the most transformative experiences of your life. When you travel, you learn, change and evolve in many ways. Based on 20 years of work in Central Europe, Dr. Roberson will discuss lessons learned through travel. Hybrid class: choice of Zoom or in-person. **Instructor: Dr. Donald Roberson, Retired**

25FLIR209 | Mon, Dec 2 | 11 am - 12:30 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**

25FLIR210 | Tues, Oct 8 | 2 - 3:30 pm



GOOD TO KNOW

Beginning Genealogy

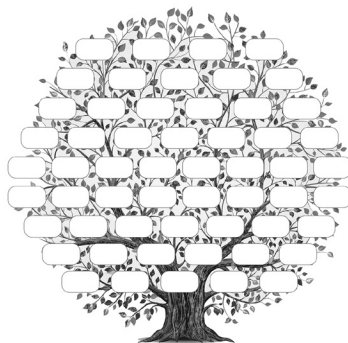
Learn how to get started in family research. You will learn proven research strategies, how to do both online and offline research, what and where to look for information on your family, the tools of genealogy, and how to analyze your findings. Get ready for a fun, interactive class! **Instructor: Daphne Wright**

25FLIR301 | 4 Tues, Sept 17 - Oct 8 | 10 am - 12 pm

Building a Family Tree

The family tree is a fun and easy way to introduce your family history, culture and relatives. Learn how to create your family tree using on-line tools and paper journals. Both methods will be discussed. You will choose which path you want to take. **Instructor: Daphne Wright**

25FLIR302 | 4 Tues, Sept 17 - Oct 8 | 1 - 2 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**

25FLIR303 | Fri, Sept 27 | 1:30 - 3 pm

Winter Vegetable Gardening

Attention gardeners! Don't wait for spring to enjoy working in your vegetable garden. Learn guidelines and tips for planting winter vegetables in South Georgia to enjoy fresh vegetables throughout the colder months. Hybrid class: choice of Zoom or in-person. **Instructor: Jacob Kalina, UGA Extension Office/Lowndes County**

25FLIR304 | Wed, Oct 9 | 11 am - 12 pm

Alcohol Awareness

Learn about the effects of mixing alcohol and prescription drugs, the impact of alcohol consumption and related mishaps, and other issues. Hybrid class: choice of Zoom or in-person. **Instructor: Officer Randall Hancock, VPD**

25FLIR305 | Thurs, Oct 3 | 1 - 2 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**

25FLIR306 | Mon, Oct 7 | 10 - 11 am

Healthy Eating for Seniors

Good nutrition is important at any age. As we age, what we need to stay healthy changes. Learn about foods that will help seniors stay healthy. Hybrid class: choice of Zoom or in-person. **Instructor: Denise Fields, Registered Dietician Nutritionist**

25FLIR307 | Fri, Oct 25 | 1 - 2 pm

The In's and Out's of Social Security

Find out what every senior should know about Social Security benefits, resources and more. Hybrid class: choice of Teams or in-person. Presenter will be giving the talk from their location via Teams. Bring your questions. **Instructor: SSA Staff**

25FLIR308 | Fri, Sept 13 | 1:30 - 3 pm

Pet Allergies

Dogs and cats show similar allergy symptoms as humans, but they experience them mainly through their skin. Excessive scratching and shedding, frequent sneezing, and paw licking are common reactions to allergies. Learn about pet allergies and how to bring relief to your furry friends. Hybrid class: choice of Zoom or in-person.

Instructor: Dr. Amy Purvis, Northside Animal Hospital

25FLIR309 | Thurs, Sept 12 | 11:30 am - 12:30 pm

Holiday Pet Safety

The holidays are full of wonderful sights, sounds, and tastes, but some of these can be hazardous to your pets. Learn about how to keep your furry friends safe during the holiday season. Hybrid class: choice of Zoom or in-person.

Instructor: Dr. Amy Purvis, Northside Animal Hospital

25FLIR310 | Wed, Oct 30 | 1 - 2 pm

Hurricane Preparedness

Hurricane season runs June - November. This program, offered by the American Red Cross, will help you understand, prepare for, and respond appropriately to the hazards of hurricanes. Hybrid class: choice of Zoom or in-person. **Instructor: Jacqueline Shoemaker**

25FLIR311 | Wed, Sept 18 | 2:45 - 3:45 pm

Adventures in Publishing

Thinking about writing your own book? Finding a publishing agent can be difficult or near impossible. A new technology called Print on Demand has opened new doors. Bill Ryan, who has recently published his new book, "Technology Chaser," will share stories of his adventures with this technology and provide insider tips that will help avoid problems and ensure a better understanding of the system that makes publishing your own story possible. Hybrid class: choice of Zoom or in-person. **Instructor: Bill Ryan**

25FLIR312 | Thurs, Oct 17 | 1 - 2:30 pm

Heart Attack Symptoms in Women

Women's heart attack symptoms can differ from men's. Chest pain is not always severe or even the most apparent symptom, especially in women. Learn what to look out for to help protect yourself or a loved one. This class is free and open to the public. Hybrid class: choice of Zoom or in-person. **Instructor: Dr. Luke Siebolt, SGMC Cardiology**

25FLIR313 | Tues, Sept 17 | 2 - 3:30 pm

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.**

25FLIR314 | Fri, Oct 11 | 1 - 2:30 pm

EXCURSIONS & TOURS

Lunch Bunch

Join other LIR members for lunch and socialization. This a 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**

Fairway Tavern, 3350 Country Club Rd, Ste 111, Valdosta

25FLIR501 | Tues, Sept 24 | 11:45 am - 1:00 pm | (Dutch treat)

306 North, 306 N Patterson St., Valdosta

25FLIR502 | Fri, Oct 4 | 12:15 - 1:30 pm | (Dutch treat)

Big Nick's, 1201 Baytree Rd, Valdosta

25FLIR503 | Tues, Nov 12 | 11:45 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**

25FLIR504 | Section A: Fri, Sept 27 | 7:00 - 10:00 pm

25FLIR505 | Section B: Fri, Oct 18 | 7:00 - 10:00 pm

25FLIR506 | Section C: Fri, Nov 15 | 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**

25FLIR507 | Fri, Oct 11 | Departure time - 11 am

Lowndes 911 Center Tour

Take a tour of the Lowndes 911 Center to learn what happens behind the scenes. Meet at the Center. Parking is available. Location: 1515 Madison Hwy, Valdosta. **Facilitator: Marie Sooy**

25FLIR508 | Mon, Sept 23 | 3 - 4 pm

The Art of Downtown Valdosta

This will be a self-guided walking tour of the wonderful public art to be enjoyed in various locations in downtown Valdosta using Kristi Hill's public art guide, "In Plain Sight." Meet in front of the Valdosta Theater. Location: 122 N. Ashley Street. On street parking available. **Facilitator: Marie Sooy**

25FLIR509 | Fri, Oct 4 | 2 - 4 pm

Georgia Museum of Agriculture

The Georgia Museum of Agriculture & Historic Village, formerly known as Agrirama, is a 19th-century living museum located in Tifton, Georgia. Enjoy a day at the museum with your fellow LIR members. Admission is \$8. 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**

25FLIR510 | Fri, Nov 8 | Departure Time: 9 AM (Museum closes at 3 PM)

The Camellias Are In Bloom!

Join Kay Thomerson for a tour of her yard and garden that is chock full of beautiful camellias. Learn about the many camellia varieties, the different forms of the flowers, as well as some camellia history and growing tips. Meet at 111 E. Alden Ave, Valdosta. On street parking available. **Instructor: Kay Thomerson**

25FLIR511 | Thurs, Nov 14 | 1 - 2 PM

Valdosta Police Department Tour

Take a tour of the Valdosta Police Department to learn what happens behind the scenes. Tour includes the Canine Unit. Meet at VPD. Parking is available. Location: 500 N Toombs Street, Valdosta. Tour is limited to 25. **Facilitator: Marie Sooy**

25FLIR512 | Thurs, Sept 26 | 1 - 2:30 pm

FINE ARTS & LITERATURE

Valdosta Symphony 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 semester. **Instructor: Howard Hsu, Music Director of Valdosta (GA) Symphony Orchestra**

25FLIR601 | Wed, Sept 11 | 11 am - 12 pm

Writers Meet-Up

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

25FLIR602 | 8 Tues, Sept 17 - Nov 5 | 1 - 2 pm

Book Review: "Facing the Mountain: An Inspiring Story of Japanese American Patriots in World War II"

In the days and months after Pearl Harbor, the lives of Japanese Americans across the continent and Hawaii were changed forever. In this unforgettable chronicle of war-time America and the battlefields of Europe, Daniel James Brown portrays the journey of three soldiers who volunteered for the 442nd Regimental Combat Team and were deployed to France, Germany, and Italy. Brown also tells the story of their parents, immigrants who were forced to submit to life in concentration camps on U.S. soil. Woven throughout is the chronicle of Gordon Hirabayashi, one of a cadre of patriotic resisters who stood up against their government in defense of their own rights. Whether fighting on battlefields or in courtrooms, these were Americans under unprecedented strain, doing what Americans do best—striving, resisting, pushing back, rising up, standing on principle, laying down their lives, and enduring. Hybrid class: choice of Zoom or in-person. **Reviewer: Dr. Mary Helen Watson**

25FLIR603 | Wed, Oct 30 | 11 am - 12 pm

Book Review: "Real Americans"

On the precipice of Y2K in New York City, twenty-two-year-old Lily Chen, an unpaid intern at a slick media company, meets Matthew, an easygoing and effortlessly attractive native East Coaster, and, most notably, heir to a vast pharmaceutical empire. Lily couldn't be more different: flat-broke, raised in Tampa, the only child of scientists who fled Mao's Cultural Revolution. Despite all this, Lily and Matthew fall in love. In 2021, fifteen-year-old Nick Chen has never felt like he belonged on the isolated Washington island where he lives with his single mother, Lily. He can't shake the sense she's hiding something. When Nick sets out to find his biological father, the journey threatens to raise more questions than it provides answers. In immersive, moving prose, author Rachel Khong weaves a profound tale of class and striving, race and visibility, and family and inheritance—a story of trust, forgiveness, and finally coming home. Real Americans is a social novel par excellence that asks: Are we destined, or made? And if we are made, who gets to do the making? Can our genetic past be overcome? Hybrid class: choice of Zoom or in-person. **Reviewer: Sue Bailey**

25FLIR604 | Wed, Nov 6 | 12:30 - 1:30 pm

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**

25FLIR101 | 6 Mon, Sept 16 - Oct 21 | 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**

25FLIR102 | 14 Mon, Sept 9 - Dec 16 | 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! Register for one or both sections. **Facilitator: Beth Farrens**

Session A 25FLIR103 | Wed, Sept 18 | 1 - 2:30 pm

Session B 25FLIR104 | Wed, Nov 13 | 1 - 2:30 pm

Bingo Fun

Who doesn't enjoy a good game of bingo! Session A will be Musical Bingo - play with music instead of numbers. A song will be played and if you have that song title on your card, mark it off. Get all the songs in a line and call BINGO! Session B will be traditional bingo. Bingo cards and markers provided.

Facilitator: Marie Sooy

Session A Musical Bingo 25FLIR105 | Wed, Oct 2 | 1 - 2 pm

Session B Classic Bingo 25FLIR106 | Wed, Nov 20 | 1 - 2pm



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 aim of the game is to get rid of all your cards, so when you get down to just one you yell "Uno!" **Facilitator: PACE Staff**

Session A 25FLIR107 | Fri, Sept 27 | 12:15 - 1:30 pm

Session B 25FLIR108 | Wed, Oct 30 | 2:15 - 3:30 pm

Scrabble With A Twist

Scrabble is a social game and great exercise for your brain! We've added some twists to the traditional game that we hope you'll enjoy. "Nouns Only" is just what it says - you play only nouns. Proper nouns are a no-no, but extra points if you play a noun that is also a verb. In "Scrabble Stackers," you can stack your tiles on top of words already played to create new words. If you knock down a tile stack during your play, you lose points. **Facilitator: PACE Staff**

Session A Nouns Only Scrabble 25FLIR109 | Fri, Sept 20 | 12:15 - 1:30 pm

Session B Scrabble Stackers 25FLIR110 | Wed, Oct 16 | 12:15 - 1:30 pm

Pictionary

In this fun and fast-paced game, take turns drawing a picture that represents a word to make the rest of your team guess it correctly. Don't worry if you "can't draw." That can make the game more fun AND funnier. **Facilitator: PACE Staff**

25FLIR111 | Thurs, Nov 7 | 12 - 1 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 the letter the spinner lands on. You score points when you come up with words that nobody else does. **Facilitator: PACE Staff**

25FLIR112 | Wed, Oct 23 | 1 - 2 pm

Sequence

In this game of strategy plus luck, play a card from your hand, then place a chip on a corresponding space on the game board. When you have 5 in a row, it's a Sequence. Learn to block your opponents by removing their chips. Watch out for Jacks - they're wild! **Facilitator: PACE Staff**

25FLIR114 | Thurs, Oct 24 | 1 - 2:15 pm

Pinochle

Pinochle is a melding and trick-taking card game, typically for two to four players and played with a 48-card deck. Experienced pinochle players and those new to the game are welcome. We encourage those familiar with the game to register to help newcomer's learn. **Facilitator: PACE Staff**

Session A 25FLIR115 | Wed, Oct 2 | 2:30 - 3:45 pm

Session B 25FLIR116 | Wed, Dec 4 | 1 - 2:15 pm

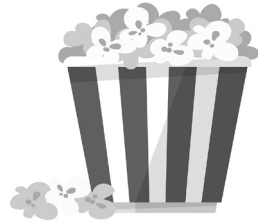
Puzzle & Game Swap

If games and puzzles are your thing, come swap with us! Bring one, take one. Bring two, take two, etc. Please bring only puzzles and games that are in good shape in the original box and do NOT have missing pieces. Even if you don't have any to swap, come on and join us. Extra puzzles and games will be provided. **Facilitator: PACE Staff**

25FLIR117 | Fri, Oct 18 | 12 - 1 pm

Wednesday Movie Matinee

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



Vasilisa the Beautiful (1939) 25FLIR118 | **Wed, Sept 25** | 2 - 3:15 pm

In this Russian comedy based on a folk tale, three sons go out to find brides. Two come back with perfectly normal brides, but the youngest brother returns with a frog from the marshes. What no one but the youngest brother knows is that the frog is actually a beautiful girl named Vasilisa who was cursed. 1 hr 10 min. (English subtitles) (Public domain)

The Lady Vanishes (1938) 25FLIR119 | **Wed, Oct 16** | 2 - 3:45 pm

In Alfred Hitchcock's classic quick-witted and devilish comic thriller, the beautiful Margaret Lockwood, traveling across Europe by train, meets a charming spinster who then seems to disappear into thin air. The younger woman turns investigator and finds herself drawn into a complex web of mystery and high adventure. 1 hr 37 min. (Public domain)

Steamboat Bill, Jr. (1928) 25FLIR120 | **Wed, Nov 6** | 2 - 3:15 pm

Buster Keaton's silent romantic comedy action masterpiece. William Canfield, Jr., played by Keaton, is a meek man who joins his father's steamship crew. The plot thickens when Canfield Jr. begins to fall for the daughter of his dad's rival. The film is known for what may be Keaton's most famous film stunt: The facade of a house falls around him while he stands in the precise location of an open window to avoid being flattened. 1 hr 10 min. (Public domain)

Scrooge (1935) 25FLIR121 | **Wed, Dec 11** | 2 - 3:30 pm

Ebenezer Scrooge is a mean old miser who wants nothing to do with Christmas. The Ghosts of Christmas Past, Present and Yet to Come visit Scrooge on Christmas Eve, taking him on a journey into the very spirit and magic of Christmas itself. 1 hr 18 min. (Public domain)

Dance Party

Enjoy an afternoon of music, friends, fun and refreshments at the LIR Dance Party. Dance or just listen to music from the 50's and 60's while socializing with your fellow LIR members. **Facilitator: PACE Staff**

25FLIR122 | **Fri, Nov 1** | 1 - 2:30 pm

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**

25FLIR101 | Section A | Thurs, Sept 26 | 10 am - 12 pm

25FLIR102 | Section B | Thurs, Oct 31 | 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

25FLIR103 | 4 Wed, Sept 11 - Oct 2 | 10 - 11:30 am

Sunflower Painting

Paint a beautiful 4-panel sunflower painting. Bring four 8X10 canvases. All other supplies will be provided. Class is limited to 14. **Instructor: Lynn Ross**

25FLIR104 | Thurs, Sept 19 | 1 - 2:30 pm

Rectangular Wreath for Fall or Halloween

Create a non-traditional rectangular wreath with a fall or Halloween 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: Lynn Ross**

25FLIR105 | Wed, Sept 11 | 1 - 3 pm

Four Seasons Painting

Paint a colorful 4-panel four seasons painting. Bring four 8X10 canvases. All other supplies will be provided. Class is limited to 14. **Instructor: Lynn Ross**

25FLIR106 | Thurs, Oct 10 | 1 - 2:30 pm

Rectangular Wreath for Thanksgiving or Christmas

Create a non-traditional rectangular wreath with a Thanksgiving or Christmas 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: Lynn Ross**

25FLIR107 | Fri, Oct 18 | 1 - 3 pm

No-Sew Toilet Paper Roll Pumpkin Craft

Make a cute, decorative pumpkin with fabric and a roll of toilet paper. Supplies provided. Class is limited to 14. **Instructor: Sue Bailey**

25FLIR108 | Tues, Oct 22 | 2-3 pm

Folded Book Christmas Tree

Fold pages of an old book to make a lovely Christmas tree decoration for the holidays. Easy level. Supplies provided. Class is limited to 14. **Instructor: Holly Gougeon**

25FLIR109 | Fri, Nov 15 | 12 - 1 pm

Christmas Tree Hat Gnomes

Make adorable gnomes with Christmas tree hats out of felt, pompoms, and other simple materials. Supplies provided. Class is limited to 14. **Instructor: Holly Gougeon**

25FLIR110 | Thurs, Nov 21 | 1 - 2 pm

Ribbon Angels

Make angel ornaments and decorations with ribbon and mesh. All craft skill levels welcome. Supplies provided. Class is limited to 14. **Instructor: Holly Gougeon**

25FLIR111 | Wed, Dec 4 | 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**

25FLIR112 | Fri, Sept 20 | 1 - 3 pm

COMPUTERS & TECHNOLOGY

Introduction to Excel

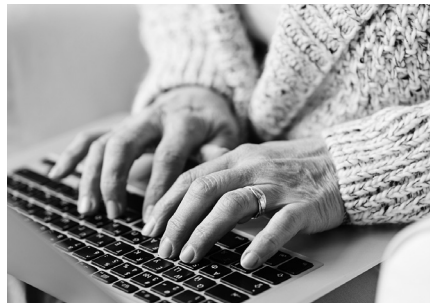
Learn the basics of Excel including formatting, formulas, and spreadsheets. Location: Dewar Education Building, Room# TBA.

Instructor: Elena Schmitt

25FLIR701

2 Thurs, Oct 31 & Nov 7

1:30 - 2:30 pm



SEPT 2024

SUNDAY	MONDAY	TUESDAY
1	2 CLOSED LABOR DAY	3
8	9 FIRST DAY OF CLASSES • Mahjongg 12:30-3	10 • Range of Motion 10-10:50 • Chair Yoga 11-11:30 • Meditation 1-2 • Wild Mushrooms 2-3:30
15	16 • Animal, Vegetable, Mineral 9-10 • Walk & Talk 9:45-10:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Newcomers Mahjongg 11-12 • Mahjongg 12:30-3	17 • Range of Motion 10-10:50 • Chair Yoga 11-11:30 • Introduction to Genealogy 10-12 • Building a Family Tree 1-2 • Meditation 1-2 • Writers Meet-Up 1-2 • Heart Attack Women 2-3:30
22	23 • Animal, Vegetable, Mineral 9-10 • Walk & Talk 9:45-10:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Newcomers Mahjongg 11-12 • Mahjongg 12:30-3 • Lowndes 911 Center Tour 3-4	24 • Range of Motion 10:-10:50 • Chair Yoga 11-11:30 • Introduction to Genealogy 10-12 • Fairway Tavern 11:45-1:00 • Building a Family Tree 1-2 • Meditation 1-2 • Writers Meet-Up 1-2
29	30 • Animal, Vegetable, Mineral 9-10 • Walk & Talk 9:45-10:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Newcomers Mahjongg 11-12 • Mahjongg 12:30-3	

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5	6	7
11 <ul style="list-style-type: none"> • Crochet Basics 10-11:30 • Yoga 10-10:50 • Traditional Line Dancing 11-12:30 • Symphony Preview 11-12 • Chair Volleyball 12:30-1:30 • Fall Rectangle Wreath 1-3 	12 <ul style="list-style-type: none"> • Range of Motion 10-10:50 • Walking Workout 11-11:30 • Pet Allergies 11:30-12:30 • Photo Journey: Canadian Rockies 1-2:30 	13 <ul style="list-style-type: none"> • Views of the News 10-12 • Herpetology 12-1 • Social Security 1:30-3 	14
18 <ul style="list-style-type: none"> • Crochet Basics 10-11:30 • Yoga 10:00-10:50 • Traditional Line Dancing 11-12:30 • Let's Play Bunco! 1-2:30 • Hurricane Preparedness 2:45-3:45 	19 <ul style="list-style-type: none"> • Range of Motion 10-10:50 • Walking Workout 11-11:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Sunflower Painting 1-2:30 	20 <ul style="list-style-type: none"> • Views of the News 10-12 • Scrabble with a Twist 12:15-1:30 • Ceramic Painting 1-3 	21
25 <ul style="list-style-type: none"> • Crochet Basics 10-11:30 • Yoga 10-10:50 • World of Dance 11:15-12:15 • Traditional Line Dancing 11-12:30 • Movie: Vasilisa the Beautiful 2-3:15 	26 <ul style="list-style-type: none"> • Range of Motion 10-10:50 • Walking Workout 11-11:30 • Chemo Cap Crew 10-12 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Valdosta PD Tour 1-2:30 	27 <ul style="list-style-type: none"> • Views of the News 10-12 • Card Game: UNO 12:15-1:30 • Gardening with Native Plants 1:30-3 • Bingo Nights 7-10 	28

OCT

2024

SUNDAY	MONDAY	TUESDAY
		1 <ul style="list-style-type: none"> • Range of Motion 10-10:50 • Chair Yoga 11-11:30 • Introduction to Genealogy 10-12 • Building a Family Tree 1-2 • Writers Meet-Up 1-2 • Meditation 1-2
6	7 <ul style="list-style-type: none"> • Animal, Vegetable, Mineral 9-10 • Walk & Talk 9:45-10:30 • Cybersecurity for Seniors 10-11 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Newcomers Mahjongg 11-12 • Mahjongg 12:30-3 	8 <ul style="list-style-type: none"> • Range of Motion 10-10:50 • Chair Yoga 11-11:30 • Introduction to Genealogy 10-12 • Building a Family Tree 1-2 • Writers Meet-Up 1-2 • Meditation 1-2 • One Man's War 2-3:30
13	14 <ul style="list-style-type: none"> • Animal, Vegetable, Mineral 9-10 • Walk & Talk 9:45-10:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Newcomers Mahjongg 11-12 • Mahjongg 12:30-3 	15 <ul style="list-style-type: none"> • Range of Motion 10-10:50 • Chair Yoga 11-11:30 • Writers Meet-Up 1-2 • Meditation 1-2
20	21 <ul style="list-style-type: none"> • Animal, Vegetable, Mineral 9-10 • Walk & Talk 9:45-10:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Newcomers Mahjongg 11-12 • Mahjongg 12:30-3 	22 <ul style="list-style-type: none"> • Range of Motion 10-10:50 • Chair Yoga 11-11:30 • Writers Meet-Up 1-2 • Meditation 1-2 • TP Roll Pumpkin 2-3
27	28 <ul style="list-style-type: none"> • Animal, Vegetable, Mineral 9-10 • Walk & Talk 9:45-10:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Mahjongg 12:30-3 	29 <ul style="list-style-type: none"> • Range of Motion 10-10:50 • Chair Yoga 11-11:30 • Writer's Meet-Up 1-2 • Meditation 1-2 • Wiregrass GA Parkway 2-3:30

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 <ul style="list-style-type: none"> • Crochet Basics 10-11:30 • Yoga 10-10:50 • Traditional Line Dancing 11-12:30 • Musical Bingo 1-2 • Card Game: Pinochle 2:30-3:45 	3 <ul style="list-style-type: none"> • Range of Motion 10:-10:50 • Walking Workout 11-11:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Alcohol Awareness 1-2 	4 <ul style="list-style-type: none"> • Views of the News 10-12 • 306 North 12:15-1:30 • Downtown Art Tour 2-4 	5
9 <ul style="list-style-type: none"> • Yoga 10-10:50 • Traditional Line Dancing 11-12:30 • Winter Gardening 11-12 • Chair Volleyball 12:30-1:30 • eBird & Merlin 1-2:30 	10 <ul style="list-style-type: none"> • Range of Motion 10-10:50 • Walking Workout 11-11:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • 4 Seasons Painting 1-2-30 	11 <ul style="list-style-type: none"> • Views of the News 10-12 • Monticello Opera House Tour 11-until • Medicare Choices & Options 1-2:30 	12
16 <ul style="list-style-type: none"> • Yoga 10-10:50 • Traditional Line Dancing 11-12:30 • Game: Scrabble with a Twist 12:15-1:30 • Movie-The Lady Vanishes 2-3:45 	17 <ul style="list-style-type: none"> • Range of Motion 10-10:50 • Walking Workout 11-11:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Adventures in Publishing 1-2:30 	18 <ul style="list-style-type: none"> • Views of the News 10-12 • Puzzle & Game Swap 12-1 • Rectangular Holiday Wreath 1-3 • Bingo Nights 7-10 	19
23 <ul style="list-style-type: none"> • Yoga 10-10:50 • Traditional Line Dancing 11-12:30 • World of Dance 11:15-12:15 • Game: Scattergories 1-2 	24 <ul style="list-style-type: none"> • Range of Motion 10-10:50 • Walking Workout 11-11:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Game: Sequence 1-2:15 	25 <ul style="list-style-type: none"> • Views of the News 10-12 • Healthy Eating for Seniors 1-2 	26
30 <ul style="list-style-type: none"> • Yoga 10-10:50 • Book Review: Facing the Mountain 11-12 • Traditional Line Dancing 11-12:30 • Holiday Pet Safety 1-2 • Card Game: UNO 2:15-3:30 	31 <ul style="list-style-type: none"> • Range of Motion 10-10:50 • Walking Workout 11-11:30 • Chemo Cap Crew B 10-12 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Intro to Excel 1:30-2:30 		

NOV 2024

SUNDAY	MONDAY	TUESDAY
3	4 <ul style="list-style-type: none"> • Animal, Vegetable, Mineral 9-10 • Walk & Talk 9:45-10:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Mahjongg 12:30-3 	5 <ul style="list-style-type: none"> • Range of Motion 10-10:50 • Chair Yoga 11-11:30 • Writers Meet-Up 1-2 • Meditation 1-2
10	11 <ul style="list-style-type: none"> • Walk & Talk 9:45-10:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Mahjongg 12:30-3 	12 <ul style="list-style-type: none"> • Range of Motion 10-10:50 • Chair Yoga 11-11:30 • Big Nick's 11:45-1:00 • Meditation 1-2
17	18 <ul style="list-style-type: none"> • Walk & Talk 9:45-10:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Mahjongg 12:30-3 	19 <ul style="list-style-type: none"> • Range of Motion 10-10:50 • Chair Yoga 11-11:30 • Meditation 1-2
24	25	26
	NO LIR CLASSES	

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 • Views of the News 10-12 • Dance Party 1-2:30	2
6 • Yoga 10-10:50 • World of Dance 11:15-12:15 • Book Review: Real Americans 12:30-1:30 • Movie-Steamboat Bill, Jr 2-3:15	7 • Range of Motion 10:-10:50 • Walking Workout 11-11:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Game: Pictionary 12-1 • Intro to Excel 1:30-2:30	8 • Views of the News 10-12 • GA Museum of Ag 9-until	9
13 • Yoga 10-10:50 • Chair Volleyball 11-12 • Let's Play Bunco! 1-2:30	14 • Range of Motion 10-10:50 • Walking Workout 11-11:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Camellias 1-2	15 • Views of the News 10-12 • Folded Book Christmas Tree 12-1 • Go4Life 1-2:30 • Bingo Nights 7-10	16
20 • Yoga 10-10:50 • Bingo 1-2	21 • Range of Motion 10-10:50 • Walking Workout 11-11:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Christmas Tree Hat Gnome 1-2	22 • Views of the News 10-12 • Go4Life 1-2:30	23
27	28	29	30
THANKSGIVING WEEK			

DEC

2024

SUNDAY	MONDAY	TUESDAY
1	2 <ul style="list-style-type: none"> • Walk & Talk 9:45-10:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • School of Travel 11-12:30 • Mahjongg 12:30-3 	3 <ul style="list-style-type: none"> • Range of Motion 10-10:50 • Chair Yoga 11-11:30 • Meditation 1-2
8	9 <ul style="list-style-type: none"> • Walk & Talk 9:45-10:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Mahjongg 12:30-3 	10 <ul style="list-style-type: none"> • Range of Motion 10-10:50 • Chair Yoga 11-11:30 • Meditation 1-2
15	16 <ul style="list-style-type: none"> • Walk & Talk 9:45-10:30 • Mahjongg 12:30-3 	17 <ul style="list-style-type: none"> • Range of Motion 10-10:50 • Chair Yoga 11-11:30 • Meditation 1-2
22	23	24
29	30	31

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 • Yoga 10-10:50 • World of Dance 11:15-12:15 • Card Game: Pinochle 1-2:15 • Ribbon Angels Craft 1-2	5 • Range of Motion 10-10:50 • Walking Workout 11-11:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30 • Photo Journey: Khabarovsk 1:30-3		7
11 • Yoga 10-10:50 • Movie-Scrooge 2-3:30	12 • Range of Motion 10-10:50 • Walking Workout 11-11:30 • Tai Chi for Beginners 10-11 • Tai Chi 11-12:30	13 Holiday Pot Luck 11:30-1	14
18 • Yoga 10-10:50	19 VSU HOLIDAY BREAK BEGINS	20	21
25	26	27	28



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