



Learning In Retirement

VALDOSTA STATE UNIVERSITY

2017

FALL

course catalog

Learning In Retirement

COURSE CATALOG

Our Mission

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

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 10 - 12 for 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 229.247.8837 if you are interested in helping.

Who do I contact with questions?

Contact Suzanne Ewing, Program Coordinator at 229.245.6484 or at sewing@valdosta.edu.



Regional Center for Continuing Education Building



Regional Center for Continuing Education Annex

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Continuing Education Staff

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Online Classes, Professional /Personal Development,
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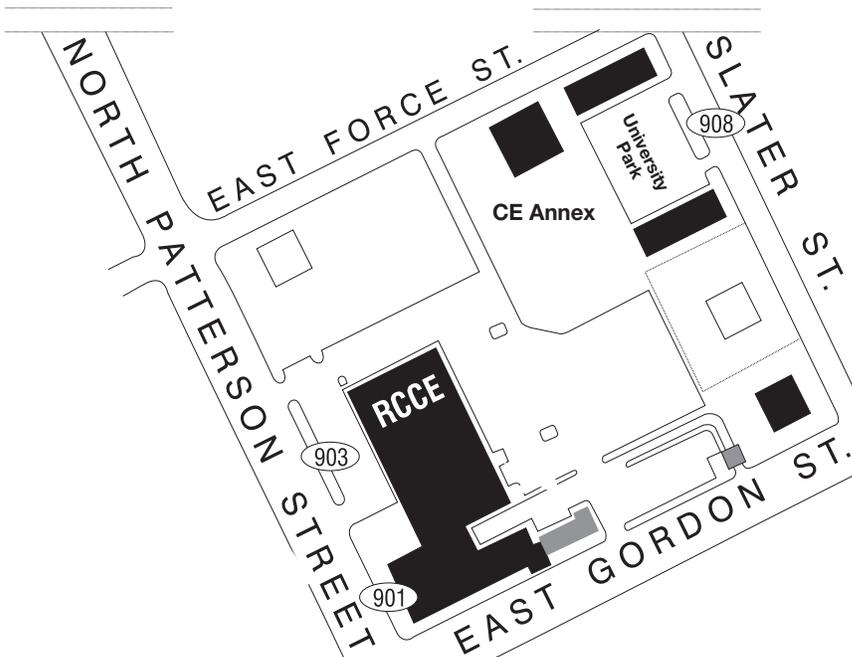
Susan Bass, Marketing Assistant

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Learning in Retirement Officers & Committee Chairs

President	Sandra Dickson
Vice President	Tammy Sears
Secretary	Holly Gougeon
Past President	Linda Crook
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Publicity Committee Chair	Joyce Aigen
Curriculum Committee Chair	Sandra Dickson

2 blocks south of the University Center



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Tommy DeVane	Millie Chitwood
Diane Tovar	Faye Wisenbaker
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Carol Jennings	Linda Crook

Regional Center for Continuing Education

229.245.6484

www.valdosta.edu/ce

903 N. Patterson St.
Valdosta, GA 31698

LIR ROCKS!

FALL 2017 KICK-OFF LUNCHEON

Kick off the new LIR year by getting together with old LIR friends and meeting new ones! Wear your best rock-n-roll attire from your favorite musical era: bobby soxers, greasers, disco queens and kings, and punk rockers all welcome! Our popular gift basket raffle will be back, so bring some extra cash (\$1 per ticket, or 6 tickets for \$5) and you may be a big winner!

Tuesday, August 22 • \$12 Fee

Regional Center for Continuing Education Auditorium

11:00 AM Business Meeting • 11:30 AM Lunch • 12:00 PM 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 (5:30 PM) on Tuesday, August 15 by

18FLIR002

Holiday Potluck

Tuesday, December 12, 2017

11:00 AM - 1:00 PM

VSU Regional Center for Continuing Education Auditorium

Bring a dish to share and enjoy food, fellowship, and some holiday-themed entertainment. Guests welcome and encouraged.

PLEASE REGISTER BY CLOSE OF BUSINESS FRIDAY, DECEMBER 8.

Health & Fitness

Beginning Tennis 18FLIR003

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

**11 Tues • Sept 5 - Nov 14
9 - 10 AM**

**Keith Childree &
Tommy Cangelosi, Instructors**

Bowling for Fun 18FLIR004

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

**15 Wed • Aug 30 - Dec 13
2 - 4 PM**

(no class Thanksgiving week)
Karen Morris, Facilitator

Laughter is the Best MEDICINE

Learn how laughter can improve your health, your attitude, and your mood. Each section offers everything you need to know to utilize this free medicine to help you feel better and be happier. Guaranteed to change your life or double your giggles back! The two sections offered are the same, but feel free to sign up for both if you wish.

Section A 18FLIR005
Tues, Sept 5 • 11 AM - 12 PM

Section B 18FLIR006
Thurs, Nov 16 • 11 AM - 12 PM

Julie Ford, Leader

Yoga 18FLIR007

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.

12 Tues & 12 Thurs • Sept 19 - Dec 14 • 10 - 11 AM
(no class Thanksgiving week) **Kathleen Hamill, Instructor**

Chair Yoga 18FLIR008

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.

15 Tues • Aug 29 - Dec 12 • 2 - 2:45 PM
(no class Thanksgiving week) **Susan Semmes, Instructor**

Beginning Line Dance Fun & Fitness 18FLIR009

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

14 Fri • Sept 1 - Dec 8 • 11 - 11:45 AM
(no class Thanksgiving week) **Linda Crook & Jerry Morton, Instructors**

Step 2: Line Dance Fun & Fitness 18FLIR010

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.

14 Fri • Sept 1 - Dec 8 • 11 - 11:45 AM (no class Thanksgiving week)
Linda Crook & Jerry Morton, Instructors

Range of Motion 18FLIR011

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.

12 Mon & 12 Wed • Sept 18 - Dec 13 • 10 - 10:45 AM
(no class Thanksgiving week) **Kathleen Hamill, Instructor**

Move It! Dance Aerobics 18FLIR012

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

15 Wed • Aug 30 - Dec 13 • 1 - 1:45 PM (no class Thanksgiving week)
Sherry Truby, Instructor

Fine Arts



VSU Theatre & Dance Preview 18FLIR013

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.

Mon, Sept 11 • 10 - 11 AM • Jacqueline Wheeler, Instructor

Theatre Guild Valdosta 2017-2018 Season 18FLIR014

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.

Wed, Sept 6 • 10 - 11 AM • Andrea Thom, Instructor

Valdosta Symphony Orchestra Preview 18FLIR015

Get the inside scoop on what it takes to make an orchestra come to life. Have you ever wondered what the conductor really does? The Maestro will clear up mysteries, let you in on some secrets of the music world, and give you a preview of what's coming up for the VSO this Spring.

Tues, Sept 5 • 1 - 2 PM • Howard Hsu, Instructor

VSU Opera Program 18FLIR016

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

Thurs, Dec 7 • 11 AM - 12 PM • Dr. Tamara Hardesty, Instructor

Paint Your Own Ceramic Masterpiece 18FLIR017

Need an idea for a Christmas gift, or something to spruce up your own home? Try painting a one-of-a-kind ceramic piece. You must visit Studio Imagination, select your project, and pay your fee to the instructor by one week prior to class. **\$35 fee includes ceramic item of your choice, all supplies, and firing.**

Location: Studio Imagination, 1917 Baytree Place, Remerton (www.valdostastudioimagination.com)

**Thursday, Nov 2 • 1 - 3 PM
Barbara Hill, Instructor**

Paint Party: Paint a Fall Canvas 18FLIR018

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

**Tues, Oct 3 • 1 - 3 PM
Sherry Truby, Instructor**

Paint Party: Paint a Christmas Canvas 18FLIR019

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

**Tues, Dec 5 • 1 - 3 PM
Sherry Truby, Instructor**

Decorative Acrylic Painting SERIES

Each class in this series introduces different brush strokes using paint blending, shading, and highlighting, enabling you to complete a project each session. All supplies included. Each class limited to 6 students. Instructor: Marilyn Dye **\$20 fee for each session, to be paid directly to the instructor at the class.**

Intro to Brush & Basic Strokes 18FLIR020
Project: Daisy Picture Frame Tues, Oct 3 • 1 - 4 PM

Painting Five-Petal Flowers & Vines 18FLIR021
Project: 12" X 12" Tile Tues, Oct 17 • 1 - 4 PM

Painting Wisteria & Leaves 18FLIR022
Project: 12" x 12" Tile Tues, Oct 24 • 1 - 4 PM

Painting Birdhouses & Stemmed Roses 18FLIR023
Project: Wall Plaque Tues, Oct 31 • 1 - 4 PM

Painting Sunflowers 18FLIR024
Project: Doorhanger Tues, Nov 7 • 1 - 4 PM

Painting Pumpkins 18FLIR024
Project: Flowerpot Tues, Nov 14 • 1 - 4 PM

Painting Pinecones & Redbirds 18FLIR026
Project: Wall Plaque Tues, Nov 28 • 1 - 4 PM

Painting Poinsettia & Holly 18FLIR027
Project: 12" x 12" Tile Tues, Dec 5 • 1 - 4 PM

Acrylic Landscapes

18FLIR028

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

4 Wed • Aug 3 - Sept 20
11 AM - 12:30 PM
Hunter Pope, Instructor

Statuary Watercolors

18FLIR029

In this class you will learn the basics of watercolor technique by creating a statuary painting in a monochromatic palette. (Painting statues allows you to learn about highlights and shadows, which can be difficult with watercolors.) Bring a printed image of a statue, either that you have seen in real life or found online. This image will give you guidelines to follow when creating your painting. **\$15 extra fee.**

4 Wed • Oct 4 - 25
11 AM - 12:30 PM
Hunter Pope, Instructor



Off Campus Excursions & Tours

See page 14 for fine arts related trips and tours.

The Joy of Vegetarian Cooking

Learn about what vegetarianism is and why some people eat a vegetarian diet, while enjoying and preparing delicious and nutritious meals! You don't have to be a vegetarian to enjoy the class. **\$5 extra fee for each class.** You may register for one or several. Maximum of 15 students per class.

SESSION A 1SLIR053 **Fri, Sept 15, 1 - 2:45 pm**

SESSION B 1SLIR054 **Fri, Oct 20, 1 - 2:45 pm**

SESSION A 1SLIR055 **Fri, Nov 17, 1 - 2:45 pm**

SESSION B 1SLIR056 **Fri, Dec 15, 1 - 2:45 pm**

FARRAH REED, Instructor



Craft SERIES

Learn to make a variety of crafts! **Materials will be provided for each session for a \$5 fee (paid directly to the instructor at class).**

Tie Dye Shirt or Sheet 18FLIR057
Mon & Tues, Aug 28 & 29 • 2 - 3:30 PM

Wind Chime 18FLIR058
Tuesday, Sept 12 • 2 - 3:30 PM

Bead It! 18FLIR059
Tuesday, Oct 3 • 2 - 3:30 PM

Mosaic Art 18FLIR060
Tuesday, Oct 17 • 2 - 3:30 PM

Instructors: Elaine Southall & Vicki Gay

Operation Christmas Child 18FLIR065

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.

2 Tuesdays, Nov 7 & 14 • 2 - 3:30 PM
Instructor: Elaine Southall & Vicki Gay

Baking SERIES

Tie on your apron and learn hands-on techniques for creating delicious baked goods. **\$5 FEE EACH SESSION TO BE PAID TO INSTRUCTOR.** Maximum of 10 students each session. **Mary Sooy, Instructor**

Pie Crust 18FLIR061

Watch a demonstration, then make and take home your own pie.

Thurs, Aug 31 • 1 - 3 PM

Crullers 18FLIR062

Watch a demonstration, then make and take home your own doughnuts.

Thurs, Sept 7 • 1 - 3 PM

Pizza 18FLIR063

Can't find the ideal pizza in Valdosta? Learn to make your own and amaze your family.

Thurs, Oct 19 • 1 - 3 PM

Yeast Rolls 18FLIR064

It's easier than you think; learn to make your own dinner rolls from scratch.

Thurs, Dec 7 • 1 - 3 PM

Leisure

Amazing Autumn Wreath

Making an amazing autumn wreath to decorate your home. Wreath and filler pieces provided, you will need to bring the flowers and fall leaves for your wreath, plus wire cutters. If you want to add a bow, bring 3 yards of wired ribbon.

Fee of \$15 to be paid directly to instructor at class. Each session is the same, so choose Session A OR Session B, not both. EACH CLASS LIMITED TO 8 STUDENTS.

SESSION A 18FLIR040 **Tues, Sept 12 • 10 - 11 AM**

SESSION B 18FLIR041 **Thurs, Sept 14 • 2 - 3 PM**

Tammy Sears, Instructor

Fairisle Christmas Stocking 18FLIR042

Create a stocking using the fairisle technique. Prerequisite skills: knit and purl. Bring size 6 and 8, 16" circular needles, stitch holder, stitch markers, and double-pointed needles, size 8.

3 Wednesdays, Sept 13, Oct 11, Nov 8 • 2 - 4 PM

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

Knitting & Crocheting 18FLIR043

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.

6 Wednesdays, Oct 18 - Nov 29 • 2 - 3:30 PM

(no class Nov 22)

Rita Booker & Mary Ventura, Instructors

Make a Decorative Glass Plate 18FLIR044

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

2 Wednesdays, Oct 18 & 25 • 1 - 2 PM

Glenna Peter, Instructor

Mock Stained Glass 18FLIR045

Color a picture frame and make it look like stained glass. No fee for class, but students must bring an 8 x 10 glass picture frame; all other supplies provided.

Thurs, Sept 21 • 1 - 3 PM • Marie Sooy, Instructor

Decorative Glass Jar 18FLIR046

Decorate a glass jar to create a beautiful storage container, using paper napkins. Bring your own jar to class; all other supplies provided.

Thurs, Oct 12 • 1 - 3 PM • Marie Sooy, Instructor

Chemo Cap Brigade

Crafters create adult caps, premie 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.

SESSION A 1SLIR047 **Thurs, Sept 28 • 10 - 12 PM**

SESSION B 1SLIR048 **Thurs, Oct 26 • 10 - 12 PM**

Pearlman Cancer Center, SGMC *Meet in the Lobby*
Annette Woodruff, Instructor

Basic Bridge 18FLIR049

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, Sept 1 for class to be held. **\$35 EXTRA FEE.** After class ends, individuals are welcome to come play at the Wednesday class time until December 13.

9 Wednesdays • Sept 6 - Nov 1 • 12:30 - 2:30 PM

Dan Deany, Instructor

Mah-Jongg 18FLIR050

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

13 Mon, Aug 28 - Dec 11 • 12:30 - 3 PM

(no class Sept 4, Oct 9, or Nov 20)

Elizabeth Burnette, Instructor



Beaded Cuff Bracelet 18FLIR051

Make a classy cuff bracelet on a heavy wire frame and fill it willy-nilly with gorgeous beads. **\$40 EXTRA FEE.**

Mon, Sept 11, 11 am - 3 pm • Lou Schneider, Instructor

Origami 18FLIR052

Get your paper freak on as we create cranes, cubes, flowers, and frogs using the ancient Japanese paperfolding art of origami. All materials provided. Maximum of 10 students. **\$30 EXTRA FEE.**

Mon, Oct 2, 11 am - 3 pm • Lou Schneider, Instructor

Course Selection

Special Events PAGE 4

- 18FLIR001 **LIR Rocks! Fall Kick-off Luncheon** Tuesday, April 22, 11 - 1 PM \$12 FEE
- 18FLIR002 **Holiday Potluck** Tuesday, December 12, 11 AM - 1 PM

Health & Fitness PAGE 5

- 18FLIR003 **Beginning Tennis** 11 Tues, Sept 5 - Nov 14, 9 - 10 AM
- 18FLIR004 **Bowling for Fun** 15 Wed, Aug 30 - Dec 13, 2 - 4 PM
(No class Thanksgiving week)
- 18FLIR005 **Laugh is the Best Medicine Section A**
Tues, Sept 5, 11 AM - 12 PM
- 18FLIR006 **Laugh is the Best Medicine Section B**
Thurs, Nov 16, 11 AM - 12 PM
- 18FLIR007 **Yoga** 12 Tues & 12 Thurs, Sept 19 - Dec 14, 10 - 11 AM
(No class Thanksgiving week)
- 18FLIR008 **Chair Yoga** 15 Tues, Aug 29 - Dec 12, 2 - 2:45 PM
(No class Thanksgiving week)
- 18FLIR009 **Beginning Line Dance** 14 Fri, Sept 1 - Dec 8,
10 - 11 AM (No class Thanksgiving week)
- 18FLIR010 **Step 2: Line Dance** 14 Fri, Sept 1 - Dec 8,
10 - 11 AM (No class Thanksgiving week)
- 18FLIR011 **Range of Motion** 12 Mon & 12 Wed, Sept 18 - Dec 13,
10 - 10:45 AM (No class Thanksgiving week)
- 18FLIR012 **Move It! Dance Aerobics** 15 Wed,
Aug 30 - Dec 13, 1 - 1:45 PM (No class Thanksgiving week)

Fine Arts PAGE 6 - 7

- 18FLIR013 **VSU Theatre & Dance**
Mon, Sept 11, 10 - 11 AM
- 18FLIR014 **Theatre Guild Valdosta**
Wed, Sept 6, 10 - 11 AM
- 18FLIR015 **VSO Preview**
Tues, Sept 5, 1 - 2 PM
- 18FLIR016 **VSU Opera Program**
Thurs, Dec 7, 11 AM - 12 PM
- 18FLIR017 **Paint Your Own Ceramic**
Thurs, Nov 2, 1 - 3 PM
- 18FLIR018 **Paint Party: Fall**
Tues, Oct 3, 1 - 3 PM
- 18FLIR019 **Paint Party: Christmas**
Tues, Dec 5, 1 - 3 PM
- 18FLIR020 **Acrylics: Intro**
Tues, Oct 3, 1 - 4 PM
- 18FLIR021 **Acrylics: 5-Petal Flowers**
Tues, Oct 17, 1 - 4 PM
- 18FLIR022 **Acrylics: Wisteria & Leaves**
Tues, Oct 24, 1 - 4 PM
- 18FLIR023 **Acrylics: Birdhouse & Rose**
Tues, Oct 31, 1 - 4 PM
- 18FLIR024 **Acrylics: Sunflower**
Tues, Nov 7, 1 - 4 PM
- 18FLIR025 **Acrylics: Pumpkin**
Tues, Nov 14, 1 - 4 PM
- 18FLIR026 **Acrylics: Pinecones**
Tues, Nov 28, 1 - 4 PM
- 18FLIR027 **Acrylics: Poinsettia**
Tues, Dec 5, 1 - 4 PM
- 18FLIR028 **Acrylic Landscapes**
4 Wed, Aug 31 - Sept 20, 11 AM - 12:30 PM
\$15 EXTRA FEE
- 18FLIR029 **Statuary Watercolors**
4 Wed, Oct 4 - 25, 11 AM - 12:30 PM
\$15 EXTRA FEE

Leisure PAGE 8 - 9

- 18FLIR040 **Autumn Wreath Sec. A**
Tues, Sept 12, 10 - 11 AM
- 18FLIR041 **Autumn Wreath Sec. B**
Thurs, Sept 14, 2 - 3 PM
- 18FLIR042 **Fairisle Christmas Stocking**
3 Wed, Sept 13, Oct 11, Nov 8, 2 - 4 PM
- 18FLIR043 **Knitting & Crocheting**
6 Wed, Oct 18 - Nov 29, 2 - 3:30 PM
(no class Nov 22)
- 18FLIR044 **Decorative Glass Plate**
2 Wed, Oct 18 & 25, 1 - 2 PM
- 18FLIR045 **Mock Stained Glass**
Thurs, Sept 21, 1 - 3 PM
- 18FLIR046 **Decorative Glass Jar**
Thurs, Oct 12, 1 - 3 PM
- 18FLIR047 **Chemo Cap Brigade A**
Thurs, Sept 28, 10 - 12 PM
- 18FLIR048 **Chemo Cap Brigade B**
Thurs, Oct 26, 10 - 12 PM
- 18FLIR049 **Basic Bridge**
9 Wed, Sept 6 - Nov 1, 12:30 - 2:30 PM
\$35 EXTRA FEE
- 18FLIR050 **Mah-Jongg**
13 Mon, Aug 28 - Dec 11 (no class Sept 4,
Oct 9, or Nov 20), 12:30 - 3 PM
- 18FLIR051 **Beaded Cuff Bracelet**
Mon, Sept 11, 11 AM - 3 PM \$40 EXTRA FEE
- 18FLIR052 **Origami (\$30 Extra Fee)**
Mon, Oct 2, 11 AM - 3 PM
- 18FLIR053 **Vegetarian Cooking A**
Fri, Sept 15, 1 - 2:45 PM \$5 EXTRA FEE
- 18FLIR054 **Vegetarian Cooking B**
Fri, Oct 20, 1 - 2:45 PM \$5 EXTRA FEE
- 18FLIR055 **Vegetarian Cooking C**
Fri, Nov 17, 1 - 2:45 PM \$5 EXTRA FEE
- 18FLIR056 **Vegetarian Cooking D**
Fri, Dec 15, 1 - 2:45 PM \$5 EXTRA FEE
- 18FLIR057 **Tie Dye Shirt or Sheet**
Mon & Tues, Aug 28 & 29, 2 - 3:30 PM
- 18FLIR058 **Wind Chime**
Tues, Sept 12, 2 - 3:30 PM
- 18FLIR059 **Bead It!**
Tues, Oct 3, 1 - 3:30 PM
- 18FLIR060 **Mosaic Art**
Tues, Oct 17, 2 - 3:30 PM
- 18FLIR061 **Baking: Pie Crust**
Thurs, Aug 31, 1 - 3 PM
- 18FLIR062 **Baking: Crullers**
Thurs, Sept 7, 1 - 3 PM
- 18FLIR063 **Baking: Pizza**
Thurs, Oct 19, 1 - 3 PM
- 18FLIR064 **Baking: Yeast Rolls**
Thurs, Dec 7, 1 - 3 PM
- 18FLIR065 **Operation Christmas Child**
2 Tues, Nov 7 & 14, 2 - 3:30 PM

Course Selection

Good To Know PAGE 13

- 18FLIR033 **Understanding Grief**, Thurs, Oct 19, 1 - 3 PM
- 18FLIR034 **Keep Safe**, Tues, Oct 10, 10 - 11:30 AM
- 18FLIR035 **Money-Saving Apps** 4 Mon, Oct 9 - 30, 3 - 4 PM
- 18FLIR036 **Cardiovascular Health** Thurs, Oct 5, 2 - 3 PM
- 18FLIR037 **Final Arrangements Sec. A** Tues, Sept 12, 1 - 2 PM
- 18FLIR038 **Final Arrangements Sec. B** Tues, Nov 16, 1 - 2 PM
- 18FLIR039 **A, B, C, & D of Medicare** Tues & Wed, Sept 19 & 20, 1 - 2 PM

Trips & Tours PAGE 14

- 18FLIR077 **Georgia Olive Farms** Fri, Nov 10, 1 PM Tour **Depart 12:15 pm**
- ~~18FLIR078 **Craft On Draft** Fri, Sept 1, 3 - 4 PM~~ **Cancelled**
- 18FLIR079 **Fall Flora at Lake Louise** Thurs, Nov 2, 9 AM - 2 PM **Depart 8:30 am**
- 18FLIR080 **Raisin' Cane** Fri, Nov 3, 2 - 4 PM
- 18FLIR081 **Historic Walking Tour** Thurs, Oct 12, 10 AM - 12 PM
- 18FLIR082 **Jacobs' Ladder** Fri, Oct 27, 1 - 2 PM
- 18FLIR083 **Turner Center Exhibit Tour** Fri, Sept 8, 1 - 2 PM
- 18FLIR084 **It's Your Cup of Tea** Tues, Nov 14, 10 - 11 AM

History, Social Studies, & Science PAGE 15

- 18FLIR085 **Views of the News** 8 Fridays, Sept 8 - Oct 27, 10 - 12 PM
- 18FLIR086 **Photos: Western US** Thurs, Nov 9, 1 - 3 PM
- 18FLIR087 **Beg. Conversational French** 6 Thurs, Aug 31 - Oct 5, 1 - 2 PM
- 18FLIR088 **Lawn & Home Garden Care** Tues, Aug 29, 10 - 11 AM
- 18FLIR089 **Future Glimpses** 5 Thurs, Sept 7 - Oct 5, 11 AM - 12 PM
- 18FLIR090 **LIR Genealogy "Club"** 4 Tues, Aug 29, Sept 26, Oct 10, Dec 12, 1 - 2 PM
- 18FLIR091 **Whose Genese Do You Have?** Tues, Oct 10, 3 - 4:30 PM
- 18FLIR092 **Genealogy Research** 3 Tues, Oct 3, 17, 24, 10 AM - 12 PM
- 18FLIR093 **Insect Biology** 4 Tues, Aug 29 - Sept 19, 11 - 11:50 AM
- 18FLIR094 **Raptors** Mon, Sept 18, 11 AM - 12 PM
- 18FLIR095 **WAALS Watershed Coalition** Thurs, Aug 31, 10 - 11 AM

Computers & Technology PAGE 16

- 18FLIR066 **File Managment** 4 Tues, Aug 29, Sept 5, 19, 26 11 AM - 12 PM
- 18FLIR067 **Facebook Q & A Sec. A** 4 Tues, Aug 29, Sept 5, 19, 26 9:30 - 10:30 AM
- 18FLIR069 **Zinio & ArtistWorks** Fri, Oct 13, 10 - 11 AM
- 18FLIR070 **OverDrive** Fri, Oct 27, 10 - 11 AM
- 18FLIR071 **Phishing Section A** Wed, Aug 30, 10 - 11:30 AM
- 18FLIR072 **Phishing Section B** Thurs, Sept 7, 10 - 11:30 AM
- 18FLIR073 **Uploading Photos Using Flickr** 3 Mon, Aug 28, Oct 23, Oct 30, 11 AM - 12 PM
- 18FLIR074 **Electronic Memory Book Section A** 4 Mon, Sept 11 - Oct 2, 11 AM - 12 PM
- 18FLIR075 **Electronic Memory Book Section B** 4 Mon, Nov 6 - Dec 4 (no class Nov 20), 11 AM - 12 PM

Book Reviews PAGE 16

- 18FLIR030 **Fields of Battle** Thurs, Sept 5, 2 - 3 PM
- 18FLIR031 **Fried Green Tomatoes** Wed, Sept 27, 11 AM - 12 PM

Good To Know

Understanding Grief 18FLIR033

Grief is neither simple nor optional, and there is no “one size fits all” to cope with loss. Learn the importance of mourning losses for eventual healing to take place. Discussion will include factors that influence a person’s grief, dispelling the misconceptions about grief, common reactions to grief, identifying secondary losses, and taking care of oneself in the process of bereavement.

Thursday, Oct 19, 1 - 3 PM • Connie Register, Instructor



Keep Safe: Tips for Seniors 18FLIR034

Prevent yourself from getting hurt if this happens at home, the mall, or while traveling. This class is directed toward all senior citizens who want to know how to protect themselves. (This is not a hands-on physical defense class.)

Tues, Oct 10 • 10 - 11:30 AM • Tommy DeVane, Instructor

Money-Saving Apps & Web Sites 18FLIR035

With a little planning and some free smartphone apps, you can save a LOT of money! Learn about several of the best apps and websites for increasing your purchasing power.

4 Mon, Oct 9 - 30 • 3 - 4 PM • Elena Schmitt, Instructor

Cardiovascular Health 18FLIR036

Learn how to reduce risk factors for cardiovascular disease through lifestyle factors you can control, such as diet and exercise.

Thurs, Oct 5 • 2 - 3 PM • Dr. Maurice Solis, Cardiovascular Institute, Instructor

Final Arrangements: What You Need To Know

More adults are finding that making final arrangements ahead of time offers emotional and financial security. This class will provide practical advice to guide you through the planning process.

SESSION A 1SLIR037 Tues, Sept 12, 1 - 2 PM

SESSION B 1SLIR038 Tues, Nov 16, 1 - 2 PM

Casey Music & Paula Sheffield, Instructors

The A, B, C, & D of Medicare - Made Easy! 18FLIR039

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

Tues & Wed, Sept 19 & 20 • 1 - 2 PM

Linda Gail, Instructor

Off Campus Excursions & Tours

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



~~Cancelled~~

~~Craft On Draft~~ 18FLIR078

~~Have you ever wanted to try different craft beers without having to buy a bottle or can? This is the place! You will pay individually for what you order.~~

~~2941 N Ashley Street, Suit A200.~~

~~www.craftondraft.net~~

~~Fri, Sept 1 • 3 - 4 PM~~

Fall Flora at Lake Louise

18FLIR079

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

**Thurs, Nov 2 (Rain Date Nov 9) 9 - 2 PM
8:30 AM Departure
Dr. Richard Carter, Instructor**

Georgia Olive Farms 18FLIR077

This 20-acre Lakeland, GA olive farm had its first harvest in 2011. Tour the facilities and learn how the olives are picked and prepared and how olive oil is made. Some olive oil is for sale in the store, and you can also order online. The tour will be right after harvest, so any olives left on the trees are yours for the picking! Those who wish to carpool will depart from the Regional Center for Continuing Education at 12:15 PM. Map and directions will be sent with receipt.

Fri, Nov 10 • 1 PM Tour • 12:15 PM Departure

Raisin' Cane 18FLIR080

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: 3350 Newsome Rd., Valdosta, GA 31606. Map and directions will be sent with receipt.

Fri, Nov 3 • 2 - 4 PM

Walking Tour of Downtown Valdosta 18FLIR081

Let the Historic Preservation Planner for the City of Valdosta lead you on a walking tour of downtown where you will learn about the building styles and see preservation projects in process. Participants may want to finish the tour by making a lunch stop. Meet by 10 am at Birdies Market on Patterson Street.

Thurs, Oct 12 • 10 AM - 12 PM • James A. Horton, Tour Leader

Jacobs' Ladder Tour 18FLIR082

Visit and tour the Jacobs' Ladder therapeutic horseback riding facility in Hahira. You will learn how therapeutic riding benefits many in our community, and how the non-profit organization operates. 5866 Bradford Road North, Hahira. Directions will be sent with receipt.

Fri, Oct 27 • 1 - 2 PM Leslie Jacobs, Instructor

Turner Center for the Arts: Exhibit Tour 18FLIR083

Take a curator-guided tour the the Annette Howell Turner Center for the Arts. You will be able to view the bi-annual Withlacoochee Quilters' Guild exhibit and the Linda Wunder "East Meets West" exhibit, as well as the the Turner Center's permanent collection of East African artifacts and fine European porcelain. Meet at the Turner Center, 527 North Patterson Street.

Fri, Sept 8 • 1 - 2 PM • Bill Shenton, Tour Guide

It's Your Cup Of Tea 18FLIR084

Join us at Simply Southern Baskets & More (2182 N Ashley St; map and directions sent with registration receipt) and learn more about that cup of tea you enjoy: how it is harvested and blended, which teas are good for whatever ails you, and how to properly prepare your tea. We will cover myths and truths about the benefits of drinking tea.

Tues, Nov 14 • 10 - 11 AM • Robbie Taylor & Tammy Sears, Instructors

History, Social Studies, & Science

Views of the News 18FLIR085

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

8 Fri, Sept 8 - Oct 27 • 10 - 12 PM • Dr. James LaPlant, Instructor

Photo Journey: Western USA 18FLIR086

Take an armchair trip to Colorado and South Dakota to visit Deadwood, The Black Hills, Mt. Rushmore, Crazy Horse, and Custer State Park.

Thurs, Nov 9 • 1 - 3 PM • Judy Baxter, Instructor

Beginning Conversational French 18FLIR087

Have fun learning useful words and expressions. The goal is to be able to communicate at a basic level in a French-speaking country.

6 Thurs • Aug 31 - Oct 5 • 1 - 2 PM • Jenny Rosbury, Instructor

Lawn & Home Garden Care 18FLIR088

Get the basics of how to prepare your turf, flower and vegetable beds for the winter, and tips on keeping your yard looking great in the years to come.

Tues, Aug 29 • 10 - 11 AM • Michasia Dowdy, Instructor

Future Glimpses: A Conversation 18FLIR089

Join an amateur futurist in exploring future trends in disappearing legacy jobs, vertical farms, synthetic biology, 3D printing, automated cars, and artificial intelligence, among other topics.

5 Thurs, Sept 7 - Oct 5 • 11 AM - 12 PM Dr. Karen Morris, Instructor

All You Ever Wanted To Know About Raptors 18FLIR095

Learn about different kinds of raptors (birds of prey), and the importance of them in our environment. You will also get to meet Lucky, Dr. Whitesell's 21-year-old Barred Owl.

Mon, Sept 18 • 11 AM - 12 PM • Dr. Jay Whitesell, Instructor

WWALS Watershed Coalition 18FLIR096

WWALS Watershed Coalition advocates for conservation and stewardship of the Withlacoochee, Willacoochee, Alapaha, Little, and Suwannee River watersheds in south Georgia and north Florida. This presentation will cover the mission and history of WWALS, as well as covering some of the recent projects and challenges.

Thurs, Aug 31 • 10 - 11 AM • Gretchen Quarterman, Instructor

Nuisance Wildlife Prevention & Control 18FLIR094

What makes an animal a "nuisance"? Usually it is when the animal becomes invasive or destructive. Some of the most likely culprits include coyotes, armadillos, raccoons, foxes and deer. Learn how to prevent problems with nuisance wildlife, and what to do if you have an unwanted encounter.

Tues, Nov 14 • 10 - 11 AM • Michasia Dowdy, Instructor

LIR Genealogy "Club"

18FLIR090

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

4 Tues • Aug 29, Sept 26, Oct 10, Dec 12 • 1 - 2 PM

Dr. Sandra Dickson, Facilitator

Whose Genes

Do You Have? 18FLIR091

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

Tues • Oct 10 • 3 - 4:30 PM

Dot Neisen, Instructor

Genealogy Research with ancestry.com and familysearch.org 18FLIR092

Learn how and what you can research online using ancestry.com and familysearch.org. In addition, after each source is demonstrated, you will use the source to find your family. Bring you family tree and a USB drive.

3 Tues • Oct 3, 17, 24

10 AM - 12 PM (no class Oct 10)

Alice Devane & Carol McLeod, Instructors

Insect Biology 18FLIR093

Get an overview of the fascinating world of insects, including their basic biology, diversity, behaviors, and how they interact with humans.

4 Tues • Aug 29 - Sept 19

11 - 11:50 AM

Dr. Mark Blackmore, Instructor

Computers & Technology

Our computer lab runs Windows 2007 / Office 2013; Windows 10 is not currently supported in VSU computer labs.

File Management 18FLIR066

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

4 Tues, Aug 29, Sept 5, 19, 26, 11 AM - 12 PM
Instructor: Debbie Seko

Facebook Q & A

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

Section A 18FLIR067 **Section B** 18FLIR068

4 Tues, Aug 29, Sept 5, 19, 26, 9:30 - 10:30 AM
Instructor: Debbie Seko

Computer classes at the library.

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

Introduction to Zinio & ArtistWorks

18FLIR069 **Fri, Oct 13 • 10 - 11 AM**

Intro to OverDrive, eBook, & Audio

Resources 18FLIR070

Fri, Oct 27 • 10 - 11 AM

Phishing Awareness 18FLIR082

Learn what the term “phishing” means and ways you can identify it in emails, websites, and even phone calls. You’ll also learn how to protect your personal information and computer files from malicious intentions. (This is a lecture class, NOT and hands-on class in the lab.)

SESSION A 18FLIR071 **Wed, Aug 30 • 10 - 11:30 AM**

SESSION B 18FLIR072 **Thurs, Sept 7 • 10 - 11:30 AM**

Gary Miller, Instructor

Uploading Photos Using Flickr 18FLIR073

Create a free account at Flickr (using a Yahoo login), upload photos to the website, add titles, 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.

3 Mon • Aug 28, Oct 23, Oct 30 • 11 AM - 12 PM

Judy Baxter, Instructor

Make An Electronic Memory Book

Week 1: plan and design book, upload photos; Week 2: insert pictures; Week 3: add text; Week 4: embellish pages. You will need a Snapfish account and password (we can set it up the first class if you don’t already have one.)

SESSION A 18FLIR074

4 Mon • Sept 11 - Oct 2 • 11 AM - 12 PM

SESSION B 18FLIR075

4 Mon • Nov 6 - Dec 4 • 11 AM - 12 PM

(no class Nov 20) **Madonna Terry, Instructor**

Book Reviews

***Fields of Battle* by Brian Curtis** 18FLIR030

In the wake of the bombing of Pearl Harbor, the 1942 Rose Bowl was moved from Pasadena to Duke University out of fear of further Japanese attacks on the West Coast. Shortly after this unforgettable game, many of the players and coaches left their respective colleges, entered the military. This powerful story sheds light on a little-known intersection of WWII and football.

Tues, Sept 5 • 2 - 3 PM • Bill Eger, Reviewer

***Fried Green Tomatoes at the Whistle-Stop Cafe* by Fannie Flagg** 18FLIR031

Travel back in time with middle-aged Evelyn as she becomes increasingly fascinated by nursing home resident Mrs. Threadgoode’s life story. Her tale reaches back to the 1930s, where tomboy Idgie and her friend Ruth ran a popular cafe in Whistle Stop, Alabama, offering good coffee, southern barbecue, and even an occasional murder.

Wed, Sept 27 • 11 AM - 12 PM • Dr. Sandra Dickson, Reviewer

20 August 17

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

21	22 Fall Kick-Off Lunch	23	24	25
28 Uploading Photos 11 - 12 Mah-Jongg 12:30 - 3 Tie Die 2 - 3:30	29 Facebook 9:30 - 10:30 Lawn Care 10 - 11 Insect Biology 11 - 11:50 File Mgmt 11 - 12 Genealogy Club 1 - 2 Chair Yoga 2 - 2:45 Tie Die 2 - 3:30	30 Phishing A 10 - 11:30 Acrylic Landscapes 11 - 12:30 Move It! 1 - 1:45 Bowling for Fun 2 - 4	31 WWALS Watershed 10 - 11 French 1 - 2 Pie Crust 1 - 3	

20 September 17

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1 Beg. Line Dance 10 - 11 Step 2: Line Dance 11 - 11:45 Craft On Draft 3 - 4
4 LABOR DAY VSU CLOSED	5 Facebook 9:30 - 10:30 Beginning Tennis 9 - 10 Insect Biology 11 - 11:50 File Mgmt 11 - 12 Laughter A 11 - 12 VSO Preview 1 - 2 Chair Yoga 2 - 2:45 Fields of Battle 2 - 3	6 Theatre Guild Valdosta 10 - 11 Acrylic Landscapes 11 - 12:30 Basic Bridge 12:30 - 2:30 Move It! 1 - 1:45 Bowling for Fun 2 - 4	7 Phishing B 10 - 11:30 Future Glimpses 11 - 12 French 1 - 2 Crullers 1 - 3	8 Beg. Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45 Turner Center Tour 1 - 2
11 VSU Theatre & Dance 10 - 11 Electronic Memory A 11 - 12 Beaded Cuff Bracelet 11 - 3 Mah-Jongg 12:30 - 3	12 Beginning Tennis 9 - 10 Autumn Wreath A 10 - 11 Insect Biology 11 - 11:50 Final Arrangements A 1 - 2 Chair Yoga 2 - 2:45 Wind Chime 2 - 3:30	13 Acrylic Landscapes 11 - 12:30 Basic Bridge 12:30 - 2:30 Move It! 1 - 1:45 Fairisle Stocking 2 - 4 Bowling for Fun 2 - 4	14 Future Glimpses 11 - 12 French 1 - 2 Autumn Wreath B 2 - 3	15 Beg. Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45 Vegetarian A 1 - 2:45
18 Range of Motion 10 - 10:45 Electronic Memory A 11 - 12 Raptors 11 - 12 Mah-Jongg 12:30 - 3	19 Beginning Tennis 9 - 10 Facebook 9:30 - 10:30 Yoga 10 - 11 Insect Biology 11 - 11:50 File Mgmt 11 - 12 Medicare 1 - 2 Chair Yoga 2 - 2:45	20 Range of Motion 10 - 10:45 Acrylic Landscapes 11-12:30 Basic Bridge 12:30 - 2:30 Move It! 1 - 1:45 Medicare 1 - 2 Bowling for Fun 2 - 4	21 Yoga 10 - 11 Future Glimpses 11 - 12 French 1 - 2 Mock Stained Glass 1 - 3	22 Beg. Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45
25 Range of Motion 10 - 10:45 Electronic Memory A 11 - 12 Mah-Jongg 12:30 - 3	26 Beginning Tennis 9 - 10 Facebook 9:30 - 10:30 Yoga 10 - 11 File Mgmt 11 - 12 Genealogy Club 1 - 2 Chair Yoga 2 - 2:45	27 Range of Motion 10 - 10:45 Fried Green Tomatoes 11 - 12 Basic Bridge 12:30 - 2:30 Move It! 1 - 1:45 Bowling for Fun 2 - 4	28 Yoga 10 - 11 Chemo Cap A 10 - 12 Future Glimpses 11-12 French 1 - 2	29 Beg. Line Dance 10 - 11 Views of the News 10 - 12 Step 2: Line Dance 11 - 11:45

20 October 17

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2
Range of Motion 10 - 10:45
Electronic Memory A
 11 - 12
Origami 11 - 3
Mah-Jongg 12:30 - 3

3
Beginning Tennis 9 - 10
Yoga 10 - 11
Genealogy Research
 10 - 12
Paint Party (Fall) 1 - 3
Decorative Acrylic 1 - 4
Chair Yoga 2 - 2:45
Bead It 2 - 3:30

4
Range of Motion 10 - 10:45
Watercolor Statue
 11 - 12:30
Basic Bridge 12:30 - 2:30
Move It! 1 - 1:45
Bowling for Fun 2 - 4

5
Yoga 10 - 11
Future Glimpses 11 - 12
French 1 - 2
Cardiovascular Health
 2 - 3

6
Beg. Line Dance 10 - 11
Views of the News 10 - 12
Step 2: Line Dance
 11 - 11:45

9
Range of Motion 10 - 10:45
Mah-Jongg 12:30 - 3
Money-Saving Apps 3 - 4

10
Beginning Tennis 9 - 10
Yoga 10 - 11
Keep Safe 10 - 11:30
Genealogy Club 1 - 2
Chair Yoga 2 - 2:45
Whose Genes? 3 - 4:30

11
Range of Motion 10 - 10:45
Watercolor Statue
 11 - 12:30
Basic Bridge 12:30 - 2:30
Move It! 1 - 1:45
Fairisle Stocking 2 - 4
Bowling for Fun 2 - 4

12
Yoga 10 - 11
Historic Downtown 10 - 12
Decorative Glass Jar 1 - 3

13
Beg. Line Dance 10 - 11
Zinio & Artistworks 10 - 11
Views of the News 10 - 12
Step 2: Line Dance
 11 - 11:45

16
Range of Motion 10 - 10:45
Mah-Jongg 12:30 - 3
Money-Saving Apps 3 - 4

17
Beginning Tennis 9 - 10
Yoga 10 - 11
Genealogy Research
 10 - 12
Decorative Acrylic 1 - 4
Chair Yoga 2 - 2:45
Mosaic Art 2 - 3:30

18
Range of Motion 10 - 10:45
Watercolor Statue
 11 - 12:30
Basic Bridge 12:30 - 2:30
Move It! 1 - 1:45
Decorative Plate 1 - 2
Knit & Crochet 2 - 3:30
Bowling for Fun 2 - 4

19
Yoga 10 - 11
VPD Tour 11 - 12
Understanding Grief 1 - 3
Pizza 1 - 3

20
Beg. Line Dance 10 - 11
Views of the News 10 - 12
Step 2: Line Dance
 11 - 11:45
Vegetarian B 1 - 2:45

23
Range of Motion 10 - 10:45
Uploading Photos 11 - 12
Mah-Jongg 12:30 - 3
Money-Saving Apps 3 - 4

24
Beginning Tennis 9 - 10
Yoga 10 - 11
Genealogy Research
 10 - 12
Decorative Acrylic 1 - 4
Chair Yoga 2 - 2:45

25
Range of Motion 10 - 10:45
Watercolor Statue
 11 - 12:30
Basic Bridge 12:30 - 2:30
Move It! 1 - 1:45
Decorative Plate 1 - 2
Knit & Crochet 2 - 3:30
Bowling for Fun 2 - 4

26
Yoga 10 - 11
Chemo Cap B 10 - 12
Genealogy Club 2 - 3

27
Beg. Line Dance 10 - 11
Overdrive 10 - 11
Views of the News 10 - 12
Step 2: Line Dance
 11 - 11:45
Jacobs' Ladder 1 - 2

30
Range of Motion 10 - 10:45
Uploading Photos 11 - 12
Mah-Jongg 12:30 - 3
Money-Saving Apps 3 - 4

31
Beginning Tennis 9 - 10
Raisin' Cane 9:30 - 11:30
Yoga 10 - 11
Decorative Acrylic 1 - 4
Chair Yoga 2 - 2:45

20 November 17

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1</p> <p>Range of Motion 10 - 10:45 Basic Bridge 12:30 - 2:30 Move It! 1 - 1:45 Knit & Crochet 2 - 3:30 Bowling for Fun 2 - 4</p>	<p>2</p> <p>Fall Flora Lake Louise 9 - 2 Yoga 10 - 11 Ceramic Masterpiece 1 - 3</p>	<p>3</p> <p>Beg. Line Dance 10 - 11 Step 2: Line Dance 11 - 11:45 Raisin' Cane 2 - 4</p>
<p>6</p> <p>Range of Motion 10 - 10:45 Electronic Memory B 11 - 12 Mah-Jongg 12:30 - 3</p>	<p>7</p> <p>Beginning Tennis 9 - 10 Yoga 10 - 11 Decorative Acrylic 1 - 4 Chair Yoga 2 - 2:45 Operation Christmas Child 2 - 3:30</p>	<p>8</p> <p>Range of Motion 10 - 10:45 Bridge Playing 12:30 - 2:30 Move It! 1 - 1:45 Knit & Crochet 2 - 3:30 Fairisle Stocking 2 - 4 Bowling for Fun 2 - 4</p>	<p>9</p> <p>Yoga 10 - 11 Photo Journey: Western USA 1 - 3</p>	<p>10</p> <p>Beg. Line Dance 10 - 11 Step 2: Line Dance 11 - 11:45 Olive Farm Tour 1 - 3</p>
<p>13</p> <p>Range of Motion 10 - 10:45 Electronic Memory B 11 - 12 Mah-Jongg 12:30 - 3</p>	<p>14</p> <p>Beginning Tennis 9 - 10 Yoga 10 - 11 Nuisance Wildlife 10 - 11 Cup of Tea 10 - 11 Decorative Acrylic 1 - 4 Chair Yoga 2 - 2:45 Operation Christmas Child 2 - 3:30</p>	<p>15</p> <p>Range of Motion 10 - 10:45 Bridge Playing 12:30 - 2:30 Move It! 1 - 1:45 Knit & Crochet 2 - 3:30 Bowling for Fun 2 - 4</p>	<p>16</p> <p>Yoga 10 - 11 Laughter B 11 - 12 Final Arrangements B 1 - 2</p>	<p>17</p> <p>Beg. Line Dance 10 - 11 Step 2: Line Dance 11 - 11:45 Vegetarian C 1 - 2:45</p>
<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p> <p>THANKSGIVING VSU CLOSED</p>	<p>24</p> <p>VSU CLOSED</p>
<p>27</p> <p>Range of Motion 10 - 10:45 Electronic Memory B 11 - 12 Mah-Jongg 12:30 - 3</p>	<p>28</p> <p>Yoga 10 - 11 Decorative Acrylic 1 - 4 Chair Yoga 2 - 2:45</p>	<p>29</p> <p>Range of Motion 10 - 10:45 Bridge Playing 12:30 - 2:30 Move It! 1 - 1:45 Knit & Crochet 2 - 3:30 Bowling for Fun 2 - 4</p>	<p>30</p> <p>Yoga 10 - 11</p>	

20 December 17

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				<p>1</p> <p>Beg. Line Dance 10 - 11 Step 2 Line Dance 1 - 11:45</p>
<p>4</p> <p>Range of Motion 10 - 10:45 Electronic Memory B 11 - 12 Mah-Jongg 12:30 - 3</p>	<p>5</p> <p>Yoga 10 - 11 Paint Party (Christmas) 1 - 3 Decorative Acrylic 1 - 4 Chair Yoga 2 - 2:45</p>	<p>6</p> <p>Range of Motion 10 - 10:45 Bridge Playing 12:30 - 2:30 Move It! 1 - 1:45 Bowling for Fun 2 - 4</p>	<p>7</p> <p>Yoga 10 - 11 VSU Opera 11 - 12 Yeast Rolls 1 - 3</p>	<p>8</p> <p>Beg. Line Dance 10 - 11 Step 2: Line Dance 11 - 11:45</p>
<p>11</p> <p>Range of Motion 10 - 10:45 Mah-Jongg 12:30 - 3</p>	<p>12</p> <p>Yoga 10 - 11 Holiday Potluck 11 - 1 Genealogy Club 1 - 2 Chair Yoga 2 - 2:45</p>	<p>13</p> <p>Range of Motion 10 - 10:45 Bridge Playing 12:30 - 2:30 Move It! 1 - 1:45 Bowling for Fun 2 - 4</p>	<p>14</p> <p>Yoga 10 - 11</p>	<p>15</p> <p>Vegetarian D 1 - 2:45</p>



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