

LIR NEWSLETTER

LEARNING IN RETIREMENT, INC., AT THE UNIVERSITY OF GEORGIA

Volume 2, No. 4

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Learning in Retirement, Inc.
P.O. Box 49182
Athens, GA 30604-9182

Telephone: 706/549-7350

Please leave a message, and someone will return your call.

LIR Website Address:
www.geron.uga.edu/lir

LIR Email Address:
lir_ga@yahoo.com

Be sure we have your current email address!

LIR Officers 2004-2005

John Rudy, President
Kathy Gratzek, Vice President
Diane Box, Secretary
Jim Jacobson, Treasurer

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Travel-Study: Janet Stratton

THE PRESIDENT'S LETTER

Already in this new year we've hit 316 in membership, concluded the best registration ever, and retained our collective good humor and composure. Registration Chair Mary Munnell and Membership Chair Sandy Jordan deserve our special thanks for their effective leadership in this achievement.

There was also a total of 358 registrations for 26 different classes. Inevitably, some courses fill up, leaving members out in the cold. This is why we now offer a larger panoply of choices, to please every taste and then some. So, take heart, many courses are still available, and these paths to knowledgeable pleasure and self-improvement can still be yours in coming weeks. A list of courses still open is included in this issue.

And take advantage of other LIR opportunities. Don't forget the Lunch and Learn series and Travel/Study events, starting with the Valentine's Day trip to the Atlanta History Center and Swan House.

Those of us who joined the group going through the YWCO fitness assessment this month profited greatly from this guidance. Two specialized nurses as well as exercise experts manned the five stations: strength, cardio-respiratory, flexibility, balance, and body mass. We all learned a lot and received advice on how to remedy deficiencies that creep up on people our age. The Rudys surely did: good reports, with advice to drink more water each day and build up body mass as well as the inevitable healthy diet. LIR and the YWCO will stage this each year – plan to join up next time!

Did you know that the LIR website is linked with the University of Georgia site on the UGARA (UGA Retirees Association) page www.uga.edu/ugara? Roland Brooks arranged this to encourage the exchange of activities between us. This is another in our efforts to strengthen LIR ties with the university, so important to our future and well-being. Have a look and do check our own website frequently for information and news: www.geron.uga.edu/lir/.

Enjoy the new semester, keep well, and keep smiling!

John Rudy

SOCIAL EVENTS COMING UP

March 6 Buffet Lunch at the Hoyt House

Sunday lunch at the Hoyt House, part of the Foundry Park Inn, is both an extensive and elegant buffet. LIR members will meet there at 12:00 that Sunday to check out this new Athens gourmet restaurant. The buffet is \$16.95 plus tax and a 20% gratuity. We will pay our own checks there, but make a reservation by Thursday, March 3, by calling Jane King at 706-543-1539.

Come Support One of Our Local Theaters

On Sunday, April 24, at the 2:00 matinee, you can see "You're a Good Man, Charlie Brown" presented at the Town and Gown Theater. They will reserve a section of seats for LIR members. The theater is located in back of the Taylor-Grady House on Prince Avenue. Turn on Grady Street for parking in the rear of the theater. Tickets are \$5.00 at the box office, but make your reservation so they can reserve an adequate block of seats for us by calling Phyllis Lane at 706-548-1606.

TRAVEL/STUDY PROGRAMS SCHEDULED

It's Time to Come Out of Hibernation

Sapelo Island, Wednesday and Thursday, March 16 & 17

Sign up for one of the best LIR excursions of the year — an overnight trip to pristine Sapelo Island. We leave from the Home Depot parking lot on Epps Bridge Road on March 16 at 8:00 AM for a relaxing ride on our tour bus to the Mighty Eighth Air Force Museum in Pooler, Georgia. Here we learn of the role of this air armada in breaking the will of the German war machine. Then we are off on a short tour of the first English fort built in Georgia, Fort King George, located in Darien, Georgia. (Note that this fort is not wheelchair accessible.)

After checking into our hotel (Jayson Executive Inn) in Darien, we dine at Mudcat Charlie's Sea Food Restaurant located at the Altamaha River. On day two, after a continental breakfast, we embark on a guided tour of Sapelo Island where we will visit an antebellum mansion owned at one time by Hudson Motor executive Howard Coffin. We will also view the island's restored lighthouse and the Geechee community settled by the descendants of slaves that populated the island. From here we return to Athens. Space for this tour will be limited, so sign up as soon as possible.

Total cost of the trip is \$125.00 per person. This includes all expenses except lunch on day one and a quick meal on the trip home. It is also predicated on two persons per room at Jayson's Inn. For additional information please contact Janet Stratton, 706-310-0153.

Welcome Spring in Milledgeville

Wednesday, April 13

Everything is up to date and restored in this historic city. Join fellow members for a one day guided tour. We will leave promptly at 8:15 AM by tour bus and return to Athens at approximately 5:30 PM. Wednesday morning, we will explore Georgia's antebellum capitol and its legislative chambers. These chambers were home to some of Georgia's greatest historic debates, including the secession convention of 1861. It is the first example of Gothic architecture in a public building in the United States, and it served as a seat of government from 1803 to 1886. The Stetson Sanford House and St. Stephens Episcopal Church (where General Sherman quartered his horses), two beautiful structures, are also on the guided tour. Lunch will be ready for us at the Café South.

Our afternoon is filled with a visit to Lockerly Hall and Arboretum plus a tour of the recently restored Old Governor's Mansion, a Greek Revival structure built in 1838 that was home to ten Georgia governors. Advance notice is that the newly re-done mansion is a "show stopper".

Space is limited for this trip. Please send your check for \$52.00 to Amy Munnell by March 23, to register. Questions? Call Colleen McClary, 706-548-6877, or Janet Stratton at 706-310-0153.

CLASSES STILL AVAILABLE

Many classes that start in late February, March, April, and even May, still have places available. Lunch and Learn programs also have a few spaces available. They are Mondays at 11:00 on March 7 (Georgia Museum of Art), April 4 (Adult Life in Fiction), May 2 (Stem Cell Research) and are \$15 per person.

Check with Amy Munnell for openings in classes or Lunch and Learn at 706-354-0361 or by email at nega_writer@yahoo.com before sending your check. To register for these classes, use the form in this newsletter. Course descriptions are in the previous newsletter or available on our web page, www.geron.uga.edu/lir.

Creating a Document Using Microsoft Word XP

Tuesdays, Mar. 1-29 from 11-12:30 in room 143 [\$12]

False Memory: Case Studies of Common Childhood to Expert Witness Problems

Mondays, Apr. 25-May 9 from 2-4 in room 139 [\$9]

The Fate of Human Societies

Wednesdays, Apr. 20-May 25 from 10-12 in room 139 [\$18]

Faux Painting

Wednesdays, Mar. 2-9 from 9-11 in room 139 [\$6]

Fibromyalgia and Stay Fit While You Sit

Thursdays, Mar. 24-31 from 1-2:30 in room 139 [\$6]

Home Landscape Design: Principles and Methods for Designing Your Landscape

Thursdays, Feb. 24-Mar. 10 from 10-12 in room 139 [\$9]

Inside UGA

Thursdays, Mar. 31-April 21 from 9:30-11 in room 64 [\$12]

Making Email Work for You

Tuesdays, Apr. 5-26 from 11-12:30 in room 143 [\$12]

Money: How to Make It and Keep It: A Three-Part Course on Wise Investing

Mondays, Feb. 14-28 from 10-11:30 in room 139 [\$9]

Navigating Life's Transitions

Tuesdays, April 26-May 10 from 2-3:30 in room 139 [\$9]

Successful Aging: Gerontological Issues

Wednesdays, Mar. 2-16 & Thursday, Mar. 17 from 10-11:30 in room 139 [\$12]

Traditions, Culture, and Crafts of Oaxaca

Tuesdays, Mar. 1-15 from 2-3:30 in room 139 [\$9]

20th Century Theatre

Tuesdays, Apr. 12-26 from 9-11 in room 139 [\$9]

LATE REGISTRATION FORM FOR LIR SPRING SEMESTER CLASSES

Name _____

Address _____

Telephone _____ Email _____

I want to register for: (List course or courses)

_____ cost \$ _____

_____ cost \$ _____

I want to register for Lunch and Learn on:

_____ date(s) @ \$15 per person

\$ _____ Total

Make your check payable to Learning in Retirement, Inc., and mail with this form to Amy Munnell, 125 University Drive, Athens, GA 30605-1435.

TRAVEL REGISTRATION FOR SAPELO ISLAND

Name _____

Address _____

Telephone _____ Email _____

Fee is \$125 per person. Number _____ @ \$125 \$ _____ Total

Sharing room with _____

Make your check payable to Learning in Retirement, Inc., and mail to Amy Munnell, 125 University Drive, Athens, GA 30605-1435.

TRAVEL REGISTRATION FOR MILLEDGEVILLE

Name _____

Address _____

Telephone _____ Email _____

Fee is \$52 per person. Number _____ @ \$52 per person \$ _____ Total

Make your check payable to Learning in Retirement, Inc., and mail to Amy Munnell, 125 University Drive, Athens, GA 30605-1435.

LIR FEDERAL INCOME TAX STATUS

Learning in Retirement, Inc., has been officially recognized by the Internal Revenue Service as a 501 (c) (3) Public Charity organization. LIR is now officially exempt from federal income tax, but must file Form 990. Briefly, this means that LIR has become an independent organization responsible for all functions of the program including preparing budgets, managing income and expenses, and raising the money needed to operate the program. It meets federal tax laws and requirements. (Jim Jacobson, treasurer)

PARTICIPATE IN THE ATHENS AREA GOLDEN GAMES

LIR members 55 years and older who live an active lifestyle and enjoy a little friendly competition are invited to participate in the Athens Area Golden Games, April 25-30, 2005.

All events are qualifiers for the Georgia State Golden Olympics and include golf, swimming, tennis, bowling, and a 5K run/walk. They will be held in Clarke and Oconee counties at appropriate venues: the UGA golf course, YWCO, Bishop Park, Showtime Bowl, and Herman C. Michael Park (Watkinsville).

Registration fee is \$12.00 with an additional \$32 added for golfers (green fee) and \$5.75 for bowlers. Participants will not just compete and enjoy themselves, they will also receive a t-shirt, items from sponsors, and snacks. A picnic on Saturday morning, the 30th, will follow the closing ceremony.

Numerous area agencies and businesses are active in this annual event. It is sponsored by the Athens Community Council on Aging, Athens Regional Medical Center, Athens-Clarke County Leisure Service, Oconee County Parks & Recreation, St. Mary's Healthcare System, Area Agency on Aging, and Southland Graphics. For more information and an entry form, call 475-5620 or 549-4850.

PLEASE WEAR YOUR NAMETAGS TO CLASSES AND OTHER LIR EVENTS!



FIRST CLASS POSTAGE

P.O. Box 49182
Athens, GA 30604-9182

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