

FALL 2024 ILR NEWSLETTER

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2024-2025

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Southwest Mississippi Community College

Institute for Learning in Retirement

1146 Horace Holmes Dr.

Summit, MS 39666

601-276-3836 or 601-276-3842

Mrs. Loran Gerald-Director

lgerald@smcc.edu

About

The Institute for Learning in Retirement (ILR) is a vibrant community of retirement-age members who are engaged in lifelong learning, personal fulfillment, and enjoyment through participation in a variety of courses, programs and activities. Peer learning is the heart of the ILR concept. Personal fulfillment is the primary goal.

Southwest Mississippi Community College does not discriminate on the basis of race, color, national origin, age, sex, religion, or disability in its programs, activities or employment practices. The following persons have been designated to handle inquiries and grievances regarding the non-discrimination policies: Mrs. Rhonda Gibson, Director of Disability Support Services, 601-276-3885; Mr. Blake Brewer, Vice President for Student Affairs and Title IX Coordinator, 601-276-3717; SMCC, 1156 College Drive, Summit, MS 39666.

FALL LUNCHEONS

Luncheon Location: SMCC Holmes Student Union Cafeteria ~ 12:45 p.m.

Thursday Luncheon	September 5, 2024 Entertainment: State Street Junior Players/Debbie Watkins-Operation Christmas Child	12:45 p.m. - 1:45 p.m.
Thursday Luncheon	October 3, 2024 Entertainment: Joe B. Young	12:45 p.m. - 1:45 p.m.
Thursday Luncheon	November 7, 2024 Entertainment: SMCC Chorus under the direction of Joe Elliott	12:45 p.m. - 1:45 p.m.
*Tuesday Luncheon	December 3, 2024-Christmas Bingo	12:45 p.m. - 1:45 p.m.



CLASS OFFERINGS

<u>CLASS</u>	<u>DESCRIPTION</u>
<u>Fall Garden/Landscape Prep Course</u>	Brenton Breland with the MSU Extension Office will offer a FREE workshop for us the morning of our September luncheon. This program will educate attendees on common tasks needed to maintain gardens and landscapes in MS in the fall. Topics include weed/herbicide recommendations, planting/varieties and much more...
<u>Palette Knife Painting</u>	Acrylic painting class taught by Allison Viator. You will learn how to paint using a palette knife as your brush to create texture within your painting.
<u>Fall Wreath Making Class</u>	Come join the fun with Kelly Hart from The Flower Nook to create your very own fall door wreath...all supplies are included.
<u>Beginning Sewing/Embroidery</u>	Learn how to make a pillowcase and an apron in this class. For the pillowcase, student will need to bring 3 coordinating cotton fabrics (no silk or flannel), 3/4 yd for main fabric, 1/4 yd for cuff fabric, and 1/4 yd of accent fabric. This is for one pillowcase; if you plan to make a second pillowcase at home, you will need to purchase 1 1/2 yd of main fabric and 1/2 yd cuff fabric (the 1/4 yd of the accent fabric is enough for two pillowcases). For the apron, student will need to bring 1 3/4 yd of cotton fabric. The best place to purchase fabric is Gardensong Fabrics in Brookhaven. You can purchase from Hobby Lobby, but purchase only fabric that is on the bolt, not precut.
<u>Health Symposium/Health Fair</u>	Healthy people are foundational to a healthy community. This health fair aims to launch new wellness initiatives, share health education information, conduct preventive screenings, raise awareness of health risks, demonstrate healthy habits and promote organizational benefits and community resources. We will invite community partners and connect attendees to available resources.
<u>Fall Front Porch Sign Paint Class</u>	Come join us as Shelby Hess teaches us how to paint the perfect fall pumpkin front porch sign to welcome your guests.
<u>Prescription Drug Plans & Senior Citizens</u>	Mr. Sam Daniel, RPh, will guide us through part lecture/part workshop to learn about the process of Medicare Open Enrollment that is during October 14-December 7. There will also be a Rx drug discussion.
<u>Dining with Diabetes</u>	Dr. Don Smith with the MSU Extension Service will facilitate this seminar. The course aims to empower individuals with the knowledge and strategies needed to manage their diabetes through meal planning, carbohydrate counting, portion control, and label reading. Each class includes a cooking demonstration with taste testing and other fun activities. The classes are open not only to individuals with diabetes, but also to those who want to eat healthier or have family members with diabetes.
<u>Christmas Wreath Making</u>	Kelly Hart with The Flower Nook will bring all of the supplies needed to guide you to make the perfect Christmas wreath for your door.

CLASS OFFERINGS

<u>CLASS</u>	<u>DESCRIPTION</u>
<u>Herb Gardening</u>	<p>Sharon Honea is a local “Herb Enthusiast” from Amite County. Sharon is a retired RN who has combined her medical knowledge with her passion for growing plants. Her personal medicinal herb collection has reached over 150 varieties of trees, shrubs, and plants that can be used to help heal the body and increase ones’ quality of life with safe, natural homeopathic remedies.</p> <p>She’ll share not only how to successfully grow herbs, but to go a step further into turning living plants into medicinal products that can help with everyday things like insomnia, anxiety, and boosting one's immune system. Mark your calendars and make plans to attend this presentation.</p>
<u>The Grief of Growing Older: Loss and Change</u>	<p>Dr. Bente Hess Johnson-The accumulation of loss over time throughout life’s journey involves many phases of adjustment. So much of growing older is associatd with loss. This session will address the different types of grief, reducing the effects of grief, life’s shifting changes and provide tools to assess and enhance our aging process.</p>
<u>Soap Making Fun with Amy</u>	<p>Amy Walsh with the MSU Extension Service will bring supplies for everyone to enjoy making soap.</p>
<u>Shitake Mushroom Workshop</u>	<p>Brent Breland w/MSU Extension-In this fun hands-on workshop, participants will learn how to grow and harvest mushrooms in a variety of production systems! They will even have the opportunity to inoculate and take home two logs of their own.</p>
<u>Bridge for Everyone</u>	<p>Missy Bates will be teaching this course as an experienced bridge player since the early age of 12. You will be learning the basics of bridge and we will be playing bridge together. This will be great fun for individuals or couples.</p>
<u>Healthy Holiday Foods</u>	<p>Amy Walsh with the MSU Extension Service will be teaching this course and will have goodies for you to sample and recipes to share.</p>
<u>Basic Sewing First Aid</u>	<p>Amy Walsh-MSU Extension Service will teach us the basics of hemming, sewing on buttons, and basic hand-stitching.</p>
<u>Sustainable Home Programs</u>	<p>Dr. Don Smith w/MSU Extension Service-Join the Sustainable Home Program! The program aims to raise awareness of waste management issues locally and globally, educate on proper household recycling methods, and showcase the financial and environmental benefits of sustainable living. At the end of the program, each participant will receive a free energy-saving kit and a sign to display in their yard if they choose.</p>
<u>Pressure Canner vs. Pressure Cooker</u>	<p>Amy Walsh w/MSU Extension Service-Don’t be intimidated by that Instant Pot or electric pressure cooker you purchased? Are you scared to pressure can foods from the garden? Come and learn the difference and how each works. Amy will do an instant pot demo.</p>
<u>Evergreen Swag Workshop</u>	<p>Brent Breland with the MSU Extension Service-The holiday season calls for lively evergreen decorations. We will create an evergreen swag to enjoy during the holiday season in this hands-on workshop.</p>

CLASS OFFERINGS REGISTRATION PAGE

<u>Register Place in box</u> ✓	<u>Class</u>	<u>Instructor</u>	<u>Day(s) of the Week</u>	<u>Date(s)</u>	<u>Times</u>	<u>Cost of Class</u>
	Fall Garden/Landscape Prep	Brent Breland-MSU Ext.	Thursday	Sept. 5	10:30am-12:00pm	N/C
	Palette Knife Painting	Allison Viator	Tuesday/ Wednesdays	Tuesday-Sept. 3 Wednesdays- Sept, 11, 18,25, Oct. 2, 9, 16, 23-	10:00am-12:00pm	\$125
	Fall Wreath Class	Kelly Hart-The Flower Nook	Thursday	Sept. 12	1:30pm-3:00pm	\$50
	Health Symposium/Health Fair	Brent Breland-MSU Ext.	Friday	Sept. 13	9:00am-12:00pm	N/C
	Fall Front Porch Sign Paint Class	Shelby Hess	Thursday	Sept. 26	1:30pm-3:30pm	\$40
	Herb Gardening	Sharon Honea	Tuesday	Oct. 1	2:00pm-3:00pm	\$5
	Beginning Sewing/Embroidery	Carol Ann McMorris	Mondays and Tuesdays	Tuesdays-Oct. 1 & 8 Mondays-Oct. 14, 28, Nov. 4, 11, 18	6:00 - 8:30 pm	\$125
	Sewing First Aid	Amy Walsh-MSU Ext.	Tuesday	Oct. 8	1:30pm-3:30pm	N/C
	Prescription Drug Plans & Senior Citizens	Sam Daniel, RPh	Wednesday	Oct. 9	1:30pm-3:30pm	\$5
	Dining with Diabetes	Dr. Don Smith-MSU Ext.	Wednesdays	Oct. 16, 23, 30 Nov. 6	1:30pm-3:30pm	N/C

CLASS OFFERINGS REGISTRATION PAGE

Register Place in box ✓	Class	Instructor	Day(s) of the Week	Date(s)	Times	Cost of Class
	Shitake Mushroom Workshop	Brent Breland-MSU Ext.	Thursday	Oct. 17	1:00pm-4:00pm	\$20
	Christmas Wreath Class	Kelly Hart-The Flower Nook	Thursday	Oct. 24	1:30pm-3:30pm	\$50
	Soap Making Fun w/Amy	Amy Walsh-MSU Ext.	Tuesday	Oct. 29	2:00pm-4:00pm	\$5
	The Grief of Growing Older: Loss & Change	Dr. Bente Hess	Thursday	Oct. 31	3:30pm-5:30pm	\$5
	Bridge for Everyone	Missy Bates	Tuesdays	Oct. 29 Nov. 5, 12, 19 Dec. 3, 10	2:00pm-4:00pm	\$75
	Healthy Holiday Foods	Amy Walsh-MSU Ext.	Thursday	Nov. 7	2:00pm-3:30pm	N/C
	Sustainable Home Programs	Dr. Don Smith-MSU Ext.	Wednesday	Nov. 13	1:30pm-3:00pm	N/C
	Pressure Canner versus Pressure Cooker	Amy Walsh-MSU Ext.	Thursday	Nov. 14	1:30pm-3:00pm	N/C
	Evergreen Swag Workshop	Brent Breland-MSU Ext.	Tuesday	Dec. 10	1:30pm-3:00pm	N/C

Name		Payment by		Cash		Check-Ck #	
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By Credit Card		Visa		Mastercard		Other	Name on Card	
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Signature	
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TRAVEL

Check here	Travel Destination	Date	Trip Price Per Person
	New Orleans-Steamboat Natchez Jazz Lunch Cruise (Including Bus Travel)	09/19 Thursday	\$100
	Meridian, MS-Gladys Knight Concert & MS Arts Entertainment Center Tour-Drury Inn w/Continental Breakfast, and Bus Travel (Other meals not included in fee)	10/10-11 Thursday-Friday	\$295-Single Room Occupancy \$245-Double Room Occupancy (15 Rooms Available)
	Amite, LA-Vintage Market Days Festival (Admission Ticket and Travel)	10/18 Friday	\$35
	Natchitoches, LA-Natchitoches Christmas Festival 7-King Bed Rooms Reserved and 8-Double Queen Rooms Reserved for 2 nights: Hotel and Bus Travel (Meals not included-except Continental Breakfast at hotel)	12/6-8 Friday-Sunday	King Size Rooms (Only 7) \$750 2 nights w/Cont. Breakfast-Single Room Occupancy \$450-Double Occupancy Dbl Queen Rooms (Only 8) \$490 -Dbl Occup. \$ 370-3 per room \$310-4 per room
Total Travel			

Name	Payment by			Cash	Check-Ck Number		
By Credit Card	<input type="checkbox"/>	Visa	<input type="checkbox"/>	Mastercard	<input type="checkbox"/>	Other	Name on Card
Card Number	Exp. Date			Security Code			
Signature							

TRIP: NEW ORLEANS, LA
DATE: THURSDAY, SEPTEMBER 19

DEADLINE: THURSDAY, AUGUST 29

STEAMBOAT NATCHEZ
Daytime Jazz Lunch



◆ *Menu Selections* ◆

Gulf Coast Catfish

Zesty, cornmeal-crusted with Cajun spices and fried to a golden perfection

Red Beans and Rice

New Orleans classic red beans atop a bed of rice with andouille sausage

*Vegetarian Red Beans available upon request

Jambalaya

Traditional Louisiana dish with chicken, sausage, rice and Creole Seasoning

Southern Spoon Bread

Creamy custard-like cornbread

Salad Du Jour

New Orleans Bread Pudding

Souffle of local Leidenheimer French bread in a rich custard with Chef's choice of decadent sauce

Community Coffee and Iced Tea Included

7:45 a.m. Depart SMCC Regional Workforce Training Center

10:15 a.m. Arrive at the Steamboat Natchez Pier

10:45 a.m. Calliope Music

11:00 a.m. Early lunch seating-reserved

11:30 a.m. Jazz Cruise on the Mississippi River

1:30 p.m. Disembark and load bus and head to SMCC

4:00 p.m. Arrive SMCC

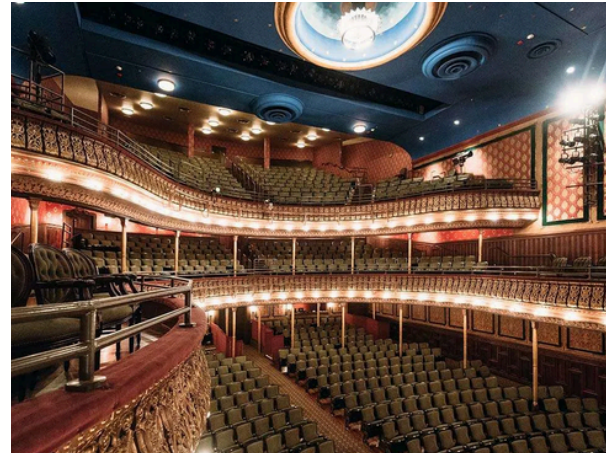
TRIP: MERIDIAN, MS

DATE: OCTOBER 10-11, 2024

DEADLINE: AUGUST 16 OR WHEN TRIP IS "BOOKED FULL"

DON'T DELAY...LIMITED TICKETS...GOING FAST!

WE ONLY HAVE LOWER BALCONY TICKETS. HANDICAP ACCESS SOLD EARLY ON FLOOR.



9:00 a.m.	Leave campus - SMCC Workforce Training Center Parking Lot- Travel to Meridian
12:00 p.m.	Arrive Meridian-lunch at Weidmann's (on your own) and shopping downtown-travel to hotel
4:40 p.m.	Depart hotel and head downtown
5:00 p.m.	Dinner at The Harvest Grill-Downtown (on your own)
7:30 p.m.	<u>Gladys Knight Concert-MSU Riley Center</u>
9:00 a.m.	Checked out of hotel & heading to tour the MS Arts and Entertainment Center
11:00 a.m.	Stop for lunch (on your own) and head to SMCC
3:00 p.m.	Arrive at SMCC

TRIP: AMITE, LA
DATE: FRIDAY, OCTOBER 18
DEADLINE: WEDNESDAY, OCTOBER 9



**Welcome to Vintage Market Days of
 SE Louisiana**

Vintage Market Days is an upscale vintage-inspired indoor open air market featuring original art, antiques, clothing, jewelry, handmade treasures, home décor, outdoor furnishings, consumable yummys, seasonal plantings and a little more. Vintage Market Days events are so much more than a flea market. Each Vintage Market Days event is a unique opportunity for vendors to display their talents and passions in creative venues.

9:00 a.m.	Depart SMCC Regional Workforce Training Center
10:00 a.m.	Gate Open for shopping experience/food trucks
2:30 p.m.	Depart for SMCC
3:15 p.m.	Arrive at SMCC with LOTS of shopping bags!!!

TRIP: NATCHITOCHEES, LA

Dates: December 6-8, 2024

Deadline: Tuesday, October 1



Named after a Native American tribe, Natchitoches (pronounced Nack-a-tish) is the oldest permanent settlement in the Louisiana Purchase Territory. Since 1927, we are home to one of the oldest community-based holiday celebrations in the country. Starting as a one-day festival, the Natchitoches Christmas Festival has evolved into a six-week long Christmas Season. The Christmas Season begins on the Saturday before Thanksgiving and concludes on January the 6th, the Epiphany. Over 300,000 lights and 100 plus set pieces are on display every night at dusk.

98th Annual Christmas Festival Louisiana's Premiere Holiday Event!

Celebrate the Christmas season in Louisiana's oldest city. Enjoy our daylong festival filled with music, entertainment, arts and crafts, food vendors, and our famous firework show choreographed to holiday music over Cane River Lake.

December 6

9:30 a.m. Leave SMCC Regional Workforce Training Center

11:30 a.m. Lunch at Church Hill Variety-Natchez, MS

3:00 p.m. Arrive in Natchitoches, LA-Check in Quality Inn and then dinner downtown

December 7

9:30 a.m. Depart hotel and explore downtown and shopping Mistletoe Market

1:00 p.m. Festival of Lights Parade

6:00 p.m. Fireworks over Cane River Lake

December 8

8:30 a.m. Depart hotel to travel to Summit

12:30 p.m. Arrive at SMCC

MEMORIES

