



WALLACE STATE
HANCEVILLE • ONEONTA

Wallace State Lifelong Learning Institute
Live Well. Learn On.

Spring 2023 Schedule

Wallace State Community College

256.352.7803 • wallacestate.edu/WaLLi

WaLLi — WALLACE STATE LIFELONG LEARNING INSTITUTE

The Wallace State Lifelong Learning Institute (WaLLi) is for individuals aged 50 and up and offers a unique learning community that is life-enriching, that provides opportunities to engage with new people, and offers intellectually stimulating events and travel. Each semester there are a wide range of activities scheduled such as cultural events, arts and crafts, movies, day trips, luncheons, lectures, games, a book club, and events highlighting

our local communities. Other offerings may include computer and technology courses, health-related topics and health fairs, competitions and overnight excursions. Use of the Wallace State Wellness Center and gym is also included as a component of the WaLLi program. Courses are taught by volunteers and instructors who share their knowledge and passions.

Membership

Membership includes (each semester):

- Wallace State Wellness Center and gym membership
- Unlimited WaLLi courses and activities
- Seminars and cultural events at WSCC and from community and departmental partners including student admission to WSCC music and theatre productions held at WSCC
- Trips, tours, social luncheons, holiday parties, movies and contests

- Small group activities – WaLLi Lunch Bunch, WaLLi Book Club
- Free use and circulation privileges at WSCC Library
- Free admission to WSCC-sponsored home athletic events and the Burrow Museum
- Access to discounted WSCC services
- Free WaLLi t-shirt with one-year membership

WaLLi offers a variety of membership options, giving you the opportunity to choose a level that best fits your lifestyle

Membership fees:

One year program (begins and ends annually in August).....	\$99
Fall Semester (mid-August through mid-December).....	\$40
Spring Semester (January through first week in May).....	\$40
Summer Semester (mid-May through mid-August).....	\$30

The WaLLi program follows the academic calendar of WSCC. Check the WSCC website or the semester printed schedule for registration dates and for the beginning/ending of classes each term.

Contact Us

Need more information or to contact us?

WaLLi Office: Wellness Center, Room 111

Email: walli@wallacestate.edu

Phone: 256.352.7803 - Please leave a message and we will return your call as soon as possible. Thank You!

Mailing Address: WaLLi Program, P.O. Box 2000, Hanceville, AL 35077

Website: www.wallacestate.edu/WaLLi

Website includes the WaLLi application, schedules, monthly calendar downloads, registration forms, and travel forms.

Facebook: www.facebook.com/groups/WSCCWaLLi/

Instagram: www.instagram.com/wscw_walli/

Twitter: https://twitter.com/wscwwalli/

Senior Adult Scholarships

As stated in the WSCC College Catalog (2022-2023, p. 58): “Students meeting institutional admission requirements, who are 60 years of age or older, are eligible for the Senior Adult Scholarship Program, which covers tuition only. The scholarship can be used for transitional and credit courses leading to an associate degree, diploma, or certificate. Courses may also be audited for no college credit or grade. Re-repeat courses are not eligible. Students must pay fees by the published deadline each semester.”

Sample fees, based on the current Tuition and Fee Schedule, as follows:

- 1 Credit Hour Course \$39 Fees
- 2 Credit Hour Course \$78 Fees
- 3 Credit Hour Course \$117 Fees

Other requirements may apply. For more information contact the Financial Aid Office – 256.352.8182.

Registration Days for Spring 2023 Semester

This program registers throughout the semester; however, the dates and times listed below ensure that someone will be in the WaLLi office (Wellness Center 111) to assist in registration:

- Wednesday, January 4, 8-11 am
- Friday, January 6, 8-11 am
- Monday, January 9, 8-11 am

Remember, many activities have class limits and are available on a first-come, first-served basis. Sandy Seibert is available to assist you on Monday, Wednesday and Friday from 7 to 11:30 a.m., once classes begin.

Registration & Policies

To allow as many members as possible to participate, the following policies are in effect for the WaLLi program:

- Only register for activities you plan to attend.
- If your plans change, promptly contact the WaLLi Office at 256.352.7803 to withdraw.
- Members may register for only one course per any given day/time slot.
- Only participants registered for the activity will receive communication from the WaLLi Office or instructor.
- Health fairs, WSCC programs such as musical and theatre productions, and the WSCC home athletic events do not require registration. Just show your WaLLi membership card at the door for free admission.
- Credit/debit card is the preferred method of payment; however, we do accept cash and checks.
- In order for scheduled classes to be held, there must be a minimum number of ten people registered for the workshop or activity.
- Activities requiring transportation require a minimum of 30 participants. Registration will remain open until one week prior to the date of the event and, if there are fewer than the required registrants, it will be canceled. Anyone registered will be notified prior to the event.
- For trips, you will not be on the official registration list until you complete and submit the required paperwork and fee (if applicable) for the event. We will not hold seats for anyone without required forms or payment on file.
- Classes and trips will be filled on a first come-first served basis and, once filled, everyone else will be wait-listed. If we reach the required number of participants to make another section and are able to secure the instructor again, we will add another section and notify you of the new date and time of the workshop/event. Trips will require 30 people for another bus to be scheduled and will occur on the same day/time.
- Any activities requiring an additional fee must be paid prior to formal registration for the event. No refunds will be issued. If the activity is canceled by the college then participants will be issued a refund. Should a participant need to cancel after the refund date then they may find someone to fill their slot; however, the participant is responsible for any registration fee monetary exchange between them and the substitute.
- Unless otherwise noted in the schedule, all classes are held in the Wellness Center and all buses for the trips load in the Coliseum parking lot.
- In case of inclement weather check local media broadcasts or the Wallace State website for closing or delay announcement. If the college is closed then all activities are canceled.

Wallace State Services

By being a member of WaLLi, participants may take advantage of services offered through WSCC programs including:

- Dental Clinic - teeth-cleaning and x-rays, 256.352.8300
- Salon and Spa Management – full range of services, 256.352.7819 (cut, style, color, perm, waxing, manicures and pedicures)
- Automotive Service Technology and Collision Repair – range of services, 256.352.8151 (on vehicles 10 years old or less, cost of supplies plus 20%)
- Agriculture and Horticulture – seasonal plant sales, 256.352.8035
- Alumni Association – join for student rate of \$20, 256.352.8071

Wellness Center Hours

Spring and Fall Semesters

6:30 am to 7:00 pm, Monday, Wednesday
8:00 am to 7:00 pm, Tuesday, Thursday
6:30 am to 12:00 pm, Friday

Summer Semester

6:30 am to 2:00 pm, Monday, Wednesday
8:00 am to 2:00 pm, Tuesday, Thursday
6:30 am to 12:00 pm, Friday

Semester-Long Activities

Classes begin Friday, January 9 and end on Thursday, May 9. There will be no classes during Spring Break (March 27-31).

Exercise	M, W	8 – 8:45 am	Wellness Center
Stretch Class	M, W, F	9 – 9:45 am	Wellness Center
Volleyball	M, W, F	8 – 10 am	Wellness Center
Line Dancing	F	8 – 8:45 am	Wellness Center

BOWLING (participants pay bowling fees/shoe rental)

January 11	11 am	Cullman Bowling Center
February 8	11 am	Cullman Bowling Center
March 8	11 am	Cullman Bowling Center
April 19	11 am	Cullman Bowling Center

LUNCH BUNCH (meet at restaurant, meal at your expense)

March 15	11 am	Puckett's Grocery - Cullman
April 20	11 am	Stone Bridge Farms - Cullman

BOOK CLUB

January 27	9:30 am	Walli Classroom
February 24	9:30 am	Walli Classroom
March 24	9:30 am	Walli Classroom
April 28	9:30 am	Walli Classroom

BINGO

January 23	10:15 am	Walli Classroom
February 27	10:15 am	Walli Classroom
April 24	10:15 am	Walli Classroom

BUNCO

February 20	10:15 am	Walli Classroom
March 20	10:15 am	Walli Classroom
April 17	10:15 am	Walli Classroom

CARD GAMES

March 6	10:15 am	Walli Classroom
May 1	10:15 am	Walli Classroom

POTLUCK LUNCHES

11 am, Bailey Center 12th Floor

February 13, Celebrating Valentine's Day

Bring something your sweetheart would love!

May 3, National Teacher Day

Bring something that starts with A, B or C.

A.J. Cipperly, a memory care and dementia care professional, will present: Dementia: A Different Approach. Learn more about what happens in the brain with dementia and gain an understanding of how these changes impact functioning and how to focus on and support the abilities that remain.

Hobbies, Health & More

WINTER GARDENING CHECKLIST

January 25, 10:15-11 am

WaLLi Classroom, Wellness Center

Travis Kress, WSCC Farm Manager, will share tips on getting ready for late winter and early spring gardening.

SELF DEFENSE FOR WOMEN

March 17, 10:30 am-12 pm

Cheerleading Room, Wellness Center

Brandi Parker, WSCC Criminal Justice Instructor and former Police Officer, will instruct you on how to protect yourself should the need arise. This course is for women only. Please wear comfortable clothing and close-toed, sneaker type shoes. Class limited to 30 participants.

BENEFITS OF LYMPHATIC DRAINAGE

April 3, 10:30-11:30 am

WaLLi Classroom, Wellness Center

Lymphatic drainage massage is a gentle form of massage used to relieve painful swelling in your body caused when your tissues retain fluid left behind after your cardiovascular system sends blood to your tissues and organs. Join Babs Herfurth, WSCC PTA Instructor and Massage Therapist, for a discussion regarding the benefits of this type of treatment.

BACK IT ON UP

April 12, 10:30-11:45 am

Hopper Building/Greenhouses

Are you one of those people that can never back anything up straight – or at all? Today will be a fun, hands-on workshop with Travis as he instructs you on how to best back boats, trailers and other wheeled accessories. You'll be an expert when he gets through with you!

Day Trips

LUNCHEON MATINEE - YESTERDAY'S EVENT CENTER

February 16, 9:30 am-3 pm

Bus departs from Bevill Building

Today we travel to Athens for a yummy buffet lunch and Valentine-inspired show by the Silvery Moon Band. After lunch, there will be a trip to the Stover Candy Outlet or to the new Buc-ee's. Limited to 30 participants. Due to the basketball tournament, the bus will depart from Bevill Building south parking lot. The \$25 fee includes transportation, lunch and show.

LET'S LEARN ABOUT THE AMISH - ETHRIDGE, TENN.

April 25, 7:30 am-5 pm

Bus departs from Coliseum

The area in Lawrence County, Tenn., is known as Swartzenruber Amish country. There are about 250 farm families who choose to not have electricity, telephones, computers, cars or indoor plumbing. On today's journey, we will have a guide on the bus to tell us about this way of life as we visit farms, schools and craftsmen. There is a \$3 charge for the tour to be paid directly to her that day. After the tour, we have reservations at the 40 Public Square Restaurant that serves a delicious home-cooked buffet (lunch at your expense). Time will be allowed to visit the wonderful shops in the square or take a free tour of the James Vaughan Gospel Museum. Lawrenceburg is known as the Birthplace of Southern Gospel Music. Bus departs from the Coliseum. Fee: \$10

Classes for Crafters, Cooks & Artists

MAKING MASON JAR SILHOUETTE LANTERNS

January 30, 10:15-11:30 am

WaLLi Classroom, Wellness Center

Baylee kicks off our 2023 arts and crafts workshops with a fun project – silhouette lanterns made from a mason jar. Bring your own jar (pint or quart and writing on the jar is okay) and join everyone. The \$10 fee includes instruction, all materials except jar, light, stickers and all other needed materials. Class limited to 20 registrants.



VINYL T-SHIRT HEAT PRESSING CLASS

March 13, 10:15-11:30 am

WaLLi Classroom, Wellness Center

Choose from a large variety of spring and summer t-shirt designs to heat press on your shirt in class. Bring your own t-shirt – any brand, solid, light-colored shirt. Limited to 20 participants. Fee: \$10, includes all materials (except for t-shirt), supplies and instruction.



BEGINNING CROCHET (4 Classes)

February 1, 8, 15 & 22, 10:15-11:15 am

WaLLi Classroom, Wellness Center

Walli member, Vera Stimson, who taught you how to crochet last semester, will show you how to crochet this semester. Vera will show you the project and give directions on needed materials the first day of class.

MINI CHARCUTERIE BOARD CLASS

February 6, 10:15-11:30 am

WaLLi Classroom, Wellness Center

Show off your hostess skills or make a tasty early Valentine gift! A charcuterie board is an appetizer typically served on a wooden board or stone slab that features a selection of preserved foods, especially cured meats or pâtés, as well as cheeses, crackers or fruit. Baylee will provide all the food and materials to make chocolate covered strawberries and a mini charcuterie box. Fee: \$15. Limited to 25 participants.

PRESSED FLOWER ART

April 10, 10:15-11:30 am

WaLLi Classroom, Wellness Center

Using real flowers, Baylee will teach you how to make a beautifully framed piece of natural art. Class limited to 20 participants. The \$12 fee includes all materials, including a frame, to make this piece.

Alumni Association Travel



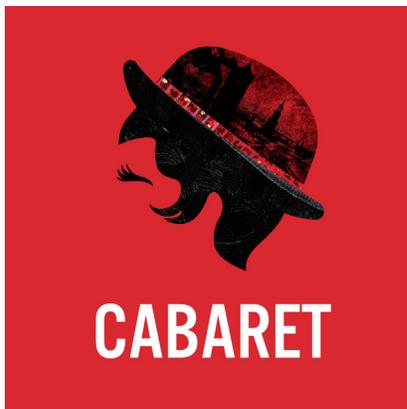
Golden Isle of Georgia
 Jekyll Island, St. Simon's Island
 and Sapelo Island
 March 21-24, 2023
wsccalumni.org/isles23
 Price range \$1,029-\$1,812 per person



Million Dollar Quartet
 Alabama Shakespeare Festival
 Montgomery, AL
 April 18, 2023
wsccalumni.org/quartet23
 Price: \$142 per person



General Jackson Showboat
 Nashville, TN
 May 16, 2023
wsccalumni.org/showboat
 Price: \$177 per person



Cabaret
 Alabama Shakespeare Festival - Montgomery, AL
 August 2, 2023
wsccalumni.org/quartet23
 Price: \$142 per person



Musical Christmas Tour - Tennessee locations
 December 5-8, 2023
wsccalumni.org/christmas23
 Price range \$664-\$944

Alumni Association Membership



**WALLACE STATE
 ALUMNI**

WaLi members may join the Wallace State Alumni Association at the student rate of \$20 per year (September 1-August 31). Go to www.wsccalumni.org or come by the Alumni office located on the 11th floor of the Bailey Center, Room 1101.

Wallace State Fine and Performing Arts Schedule - Spring 2023

WaLi members receive free admission to Wallace State's Fine and Performing Arts programs. Below is the schedule for Spring 2022.

The Robber Bridegroom	March 10-12	7 pm (Sunday performance at 2 pm)	Betty Leeth Haynes Theater
Spring Dance Showcase	March 23	7 pm	Betty Leeth Haynes Theatre
Down by the Riverside	April 13-15	7 p.m.	Betty Leeth Haynes Theatre
Big Band Dance	April 21	7 p.m.	Burrow Center
Spring Under the Stars	April 27	7 p.m.	Burrow Center



WaLi SPRING '23

The Wallace State Lifelong Institute (WaLi) is open to area residents 50 and over. For information, call 256.352.7803, email walli@wallacestate.edu, or visit www.wallacestate.edu/walli. NOTE: Schedule is subject to change.

Weekly Activities

Weekly activities offered throughout the semester include:

ACTIVITY	DAYS	TIME	LOCATION
Exercise	M, W	8 – 8:45 am	Wellness Center
Stretch Class	M, W, F	9 – 9:45 am	Wellness Center
Volleyball	M, W, F	8 – 10 am	Wellness Center
Line Dancing	F	8 – 8:45 am	Wellness Center

Classes begin Monday, January 9 and end Tuesday, May 9. There will be no classes during Spring Break week (March 27-31).

Monthly Activities

DAY	DATE	ACTIVITY	TIME	LOCATION
January				
Wednesday	11	Bowling	11 am	Cullman Bowling Center
Monday	23	Bingo	10:15 am	Walli Classroom
Wednesday	25	Winter Gardening Checklist	10:15 – 11:15 am	Walli Classroom
Friday	27	Book Club	9:30 am	Walli Classroom
Monday	30	Silhouette Jar Lanterns	10:15 – 11:30 am	Walli Classroom
February				
Wednesday	1	Beginning Crochet (Class 1)	10:15 – 11:15 am	Walli Classroom
Monday	6	Mini Charcuterie Class	10:15 – 11:30 am	Walli Classroom
Wednesday	8	Bowling	11 am	Cullman Bowling Center
Wednesday	8	Beginning Crochet (Class 2)	10:15 – 11:15 am	Walli Classroom
Monday	13	Potluck Lunch: Valentine's Day	11 am	JBC 12th Floor
Wednesday	15	Beginning Crochet (Class 3)	10:15 – 11:15 am	Walli Classroom
Thursday	16	Yesterday's Show: Silvery Moon	9:30 am – 3 pm	Bus departs Bevill Bldg
Monday	20	Bunco	10:15	Walli Classroom
Wednesday	22	Beginning Crochet (Class 4)	10:15 – 11:15 am	Walli Classroom
Friday	24	Book Club	9:30 am	Walli Classroom
Monday	27	Bingo	10:15 am	Walli Classroom
March				
Monday	6	Card Games	10:15 am	Walli Classroom
Wednesday	8	Bowling	11 am	Cullman Bowling Center
Monday	13	T-Shirt Design Workshop	10:15 – 11:15 am	Walli Classroom
Wednesday	15	Lunch Bunch: Puckett's Grocery	11 am	Meet at restaurant
Friday	17	Self Defense for Women	10:30 am – Noon	WC – Cheer Room
Monday	20	Bunco	10:15 am	Walli Classroom

Friday	24	Book Club	9:30 am	Walli Classroom
Mon.–Fri.	27 – 31	Spring Break – no classes		
April				
Monday	3	Lymphatic Drainage Workshop	10:30 – 11:30 am	Walli Classroom
Monday	10	Pressed Flower Art	10:15 – 11:30 am	Walli Classroom
Wednesday	12	Back It On Up Workshop	10:30 – 11:45 am	Hopper Bldg
Monday	17	Bunco	10:15 am	Walli Classroom
Wednesday	19	Bowling	11 am	Cullman Bowling Center
Thursday	20	Lunch Bunch: Stone Bridge Farms	11 am	Meet at restaurant
Monday	24	Bingo	10:15 am	Walli Classroom
Tuesday	25	Amish Tour	7:30 am – 5 pm	Bus departs at Coliseum
Friday	28	Book Club	9:30 am	Walli Classroom
May				
Monday	1	Card Games	10:15 am	Walli Classroom
Wednesday	3	Potluck: A, B, C's	11 am	JBC 12th Floor

M	D	R	A	S	P	O	T	L	U	C	K
L	E	W	O	P	X	J	O	A	A	N	L
F	L	O	W	E	R	S	E	N	K	P	W
G	D	E	A	P	Q	P	T	T	I	U	L
N	K	R	E	V	E	R	S	E	T	C	P
C	A	R	D	S	V	I	M	R	W	K	E
P	S	U	D	Z	K	N	G	N	I	E	B
B	O	W	L	I	N	G	E	J	I	T	A
I	V	O	U	H	S	T	A	Q	Y	T	Y
N	C	M	C	R	O	C	H	E	T	S	L
G	W	A	L	L	Y	I	X	L	B	S	E
O	C	H	A	R	C	U	T	E	R	I	E



Word Search

Spring
Lantern
Bowling
Flowers
Crochet
Reverse

Potluck
Bingo
Baylee
Pucketts
Charcuterie
Cards



Find the secret word!
A hint: He may be fierce,
but there is always a smile
on his face!