

# WaLLi Fall 2019

The Wallace State Lifelong Institute (WaLLi) is open to area residents 50 and over. Registration is \$99 for the year (beginning in August) or \$30 for the Summer semester. Call 256.352.7818 or 256.352.8390, email walli@wallacestate.edu, or visit [www.wallacestate.edu/walli](http://www.wallacestate.edu/walli)

## Weekly Activities

Weekly activities offered throughout the semester include:

ACTIVITY	DAYS	Time	LOCATION
Exercise	M, W, F	8 – 9 am	Wellness Center
Stretch Class	M, W	9:30 – 10:15 am	Wellness Center
Chair Exercise	T, Th	8:30 – 9:15 am	Wellness Center
WaLLi Walkers	Th	8 – 9 am	Coliseum

## Monthly Activities

DAY	DATE	ACTIVITY	Time	LOCATION
<b>August</b>				
Tuesday	20	Volleyball Clinic	8:30 – 9:30 am	Wellness Gym
Thursday	22	Potluck Lunch (Garden Season)	11 am – 1 pm	JBC 12th
Monday	26	Sharpie Tie Dye Shirt Class	10:30 – 11:30	WaLLi Classroom
Tuesday	27	Volleyball Clinic	8:30 – 9:30 am	Wellness Gym
Tuesday	27	Movie Day	1 – 3 pm	AVC Center
Wednesday	28	Lunch Bunch (Johnny's BBQ), Cullman	11 am	Meet at restaurant
Thursday	29	Talk of the Town Tour, Cullman	8 am – 4 pm	Bus leaves from Coliseum
<b>September</b>				
Tuesday	3	Volleyball Clinic	8:30 – 9:30 am	Wellness Gym
Monday	9	Living Well Series	10:30 – 11:30 am	WaLLi Classroom
Tuesday	10	Intro to Birding/Campus Field Trip	8 – 10 am	WaLLi Classroom
Tuesday	10	Small Engine Repair Part 1	11:30 am – 1 pm	Hopper Nursery Bldg
Wednesday	11	Living Well Series	10:30 – 11:30 am	WaLLi Classroom
Thursday	12	Potluck Lunch (Tailgate)	11 am – 1 pm	JBC 12th
Friday	13	Beginning Ballet	9:15 – 10 am	Ballet Classroom
Monday	16	Healthy Cooking Demo (Mexican)	10:30 am	WaLLi Classroom
Tuesday	17	Volleyball Clinic	8:30 – 9:30 am	Wellness Gym
Tuesday	17	Whimsical Cow Painting Class A	9:30 – 11 am	WaLLi Classroom
Wednesday	18	Whimsical Cow Painting Class B	10:30 am – Noon	WaLLi Classroom
Friday	20	Using Basic Power Tools Class A	9:00 am – 11 am	Building Construction Lab
Friday	20	Book Club	9:30 am	WSSC Library
Friday	20	Beginning Ballet	9:15 – 10 am	Ballet Classroom
Tuesday	24	Volleyball Clinic	8:30 – 9:30 am	Wellness Gym
Tuesday	24	True Colors Workshop	9:30 – 11:30 am	WaLLi Classroom
Tuesday	24	Movie Day	1 – 3 pm	AVC Center
Wednesday	25	Living Well Series	10:30 – 11:30 am	WaLLi Classroom
Wednesday	25	Lunch Bunch (Wood Fire Grill, Cleveland)	11 am	Meet at restaurant

Thursday	26	<b>Discovering Alpacas and Anniston</b>	7:30 am – 4:30 pm	Bus leaves from Coliseum
Friday	27	<b>Using Basic Power Tools Class B</b>	9:00 am – 11 am	Building Construction Lab
Friday	27	<b>Beginning Ballet</b>	9:15 – 10 am	Ballet Classroom
<b>October</b>				
Tuesday	1	<b>Introduction to Calligraphy A</b>	9:30 – 11:30 am	WaLLi Classroom
Wednesday	2	<b>Living Well Series</b>	10:30 – 11:30 am	WaLLi Classroom
Thursday	3	<b>Cullman Oktoberfest</b>	10:30 am – 1 pm	Meet at Festhall in Cullman
Friday	4	<b>Beginning Ballet</b>	9:15 – 10 am	Ballet Classroom
Tuesday	8	<b>Pickle Ball Clinic</b>	8:30 – 9:30 am	Wellness Gym
Tuesday	8	<b>Small Engine Repair Class 2</b>	11:30 am – 1 pm	Hopper Nursery Bldg
Wednesday	9	<b>Cullman County Fair Day</b>	11 am – 2 pm	Meet at Cullman Fairgrounds
Friday	11	<b>Beginning Ballet</b>	9:15 – 10 am	Ballet Classroom
Monday	14	<b>Healthy Cooking Demo (Pizza)</b>	10:30 am	WaLLi Classroom
Tuesday	15	<b>Pickle Ball Clinic</b>	8:30 – 9:30 am	Wellness Gym
Tuesday	15	<b>Pumpkin Painting Class A</b>	9:30 am – 11:30 am	WaLLi Classroom
Wednesday	16	<b>Pumpkin Painting Class B</b>	10:30 am – 12:30 pm	Walli Classroom
Thursday	17	<b>Potluck Luncheon (Crock Pot)</b>	11 am – 1 pm	JBC 12th
Friday	18	<b>Book Club</b>	9:30 am	WSSC Library
Friday	18	<b>Beginning Ballet</b>	9:15 – 10 am	Ballet Classroom
Monday	21	<b>Advanced Tractor Operation A</b>	9:30 – 11:30 am	Hopper Nursery Bldg
Tuesday	22	<b>Pickle Ball Clinic</b>	8:30 – 9:30 am	Wellness Gym
Tuesday	22	<b>Introduction to Calligraphy B</b>	9:30 – 11:30 am	WaLLi Classroom
Tuesday	22	<b>Movie Day</b>	1 – 3 pm	AVC Center
Wednesday	23	<b>Advanced Tractor Operation B</b>	9:30 – 11:30 am	Hopper Nursery Bldg
Thursday	24	<b>Lunch Bunch (Career Center, Vinemont)</b>	11 am	Meet at Career Center
Monday	28	<b>Living Well Series</b>	10:30 – 11:30 am	WaLLi Classroom
<b>November</b>				
Tuesday	5	<b>Small Engine Repair Part 3</b>	11:30 am – 1 pm	Hopper Nursery Bldg
Wednesday	6	<b>Living Well Series</b>	10:30 – 11:30 am	WaLLi Classroom
Thursday	7	<b>Discovering Danville</b>	8 am – 3:30 pm	Bus leaves from Coliseum
Thursday	14	<b>Potluck Lunch (Fall Fave)</b>	11 am – 1 pm	JBC 12th
Friday	15	<b>Book Club</b>	9:30 am	WSSC Library
Monday	18	<b>Healthy Cooking Demo (Holidays)</b>	10:30 am	WaLLi Classroom
Tuesday	19	<b>Movie Day</b>	1 – 3 pm	AVC Center
Thursday	21	<b>Lunch Bunch (Brandin' Iron, West Point)</b>	11 am	Meet at restaurant
<b>December</b>				
Tuesday	3	<b>Gift Making Workshop A</b>	9:30 – 11:30 am	WaLLi Classroom
Wednesday	4	<b>Gift Making Workshop B</b>	10:30 am – 12:30 pm	WaLLi Classroom
Tuesday	10	<b>Holiday Potluck Luncheon</b>	11 am – 1 pm	JBC 12th
Thursday	12	<b>Lunch Matinee @ Yesterdays, Athens</b>	9:30 am – 3 pm	Bus leaves from Coliseum