



# 2022 Spring SAILL Catalog



## Springfield Area Institute for Lifelong Learning

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The mission of SAILL is to offer the community a catalog of intellectually stimulating education for adults 55 years or better that inspires congenial discovery and discussion in an informal atmosphere.

# 2022 Spring S

The 8-week Spring Term is **March 21st - May 13th, 2022.**

Registration for classes opens **Tuesday, March 1st at 8:00am** at USS.

\*All classes will be held at USS Downtown, 125 W Main St, Springfield, OH, unless otherwise noted. Class and tour fees are due at registration.\*

SAILL is open to all current USS members. Contact Cindy Lockwood, SAILL Coordinator at [clockwood@unitedseniorservices.org](mailto:clockwood@unitedseniorservices.org) or 937-323-4948 ext. 140 for more information.

## 2022 Spring Term Class Offerings:

**Aging Mastery Program:** Empower yourself! Join thousands of others who have taken key steps toward positive behavior change by participating in *Aging Mastery* - a guide to building a playbook for aging well and making the most of the gift of longer life. This innovative program developed by the National Council on Aging encourages developing sustainable behaviors that lead to improved health, financial security, and overall well-being. Presented by experts in their fields.

Maximum 50 participants. Facilitator: Jane Eckels

**Fee:** No Fee

**Schedule:** 10 sessions meeting on Mondays, March 21st - May 9th, 9:00am - 10:30am AND on Thursdays for the first two weeks, March 24th & 31st, 9:00am - 10:30am; USS

**Beginner Billiards:** Learn the fundamentals of several popular games, their rules, and the basics of playing billiards. You will learn the language of billiards, experience health benefits, both physical and mental, and you are bound to find some new billiards partners along the way.

Maximum 8 participants. Instructor: Dale Stephens

**Fee:** \$30 class fee

**Schedule:** 6 sessions meeting on Tuesdays, March 22nd - April 26th, 11:00am - 12:00pm; USS

**Beginner Guitar:** Learn easy chords, scales, exercises and simple strumming patterns that will have you playing in no time. You'll wonder why you didn't pick it up years ago! No previous experience required. Come learn to play easy songs and enjoy your time with other musicians. Participants will bring their own guitar. Maximum 10 participants. Instructor: John Lippolis

**Fee:** \$40 class fee

**Schedule:** 8 sessions meeting on Tuesdays, March 22nd - May 10th, 9:00am - 9:45am; USS

**Beginner Piano: Level 1:** If you've never played the piano, this class is for you! Learn history of the piano, proper keyboard fingering, basic rhythm, and note placement as you learn to play a few easy pieces. Pianos and keyboards are provided or you can bring your own.

Maximum 6 participants. Instructor: Carol Pederson

**Fee:** \$20 class fee

**Schedule:** 4 sessions meeting on Wednesdays, March 23rd - April 13th, 2:00pm - 3:00pm; USS

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# SAILL Classes

**Beginner Piano: Level 2:** Beginner Piano: Level 1 or previous experience is needed for this class. This class is good for those wanting to brush up on their skills. Required text: Adult All-in-One Course by Alfred Series - Level 1, can be purchased at *Kincaid's is Music* in Springfield. Pianos and keyboards are provided or you can bring your own. Maximum 6 participants.

Instructor: Carol Pederson

**Fee:** \$20 class fee

**Schedule:** 4 sessions meeting on Wednesdays, April 20th - May 11th, 2:00pm - 3:00pm; USS

**Contemplative Awakening:** Explore a variety of practices to help cultivate peace and a spirit of listening. Some practices that you will explore include sitting meditation, stilling your mind, and for those spiritually inclined, an avenue of dwelling deep in the heart of God. This class will also encourage you to explore moving meditation using labyrinths and Lectio Divina. You will also consider interfaith perspectives and wrap up with suggestions for contemplative living and action. This class requires you purchase the book *Awakening: A Contemplative Primer on Learning to Sit* by Nancy Flinchbaugh. Maximum 12 participants. Instructor: Nancy Flinchbaugh

**Fee:** \$30 class fee + \$10 book fee, payable to instructor at first session

**Schedule:** 6 sessions meeting on Wednesdays, March 23rd - April 27th, 2:00pm - 3:00pm; USS

**Planning Now: Protect Your Family in the Future:** During this informative session, presented by Jackson, Lytle and Lewis Life Celebration Center, you will learn about advance funeral planning options and how these decisions can help your loved ones at a time of loss. You will also learn how to avoid mistakes families make during times of grief. Maximum 20 participants.

Instructor: April Hoskins

**Fee:** \$5 class fee

**Schedule:** 1 session meeting on Friday, March 25th, 10:00am - 11:00am; USS

**Explore Acrylic Painting:** Come explore the magic of acrylic painting! Delve into color theory, the color wheel, how colors affect one another, and how to use acrylic paint creatively. Participate in color exercises on paper, discussion, and complete finished paintings of any subject. Basic paint supplies are provided at each session. Maximum 15 participants. Instructor: Gail Hakala-Eldridge

**Fee:** \$40 class fee + \$10 supply fee, payable at registration

**Schedule:** 8 sessions meeting on Thursdays, March 24th - May 12th, 10:00am - 11:00am; USS

**Get a Grip! Don't Let Anxiety Control You:** Learn the definition, causes, and stages of anxiety and panic disorders. Participants will complete an anxiety inventory and learn techniques to decrease panic attacks and anxiety and their effect. Maximum 10 participants.

Instructor: Rose Farrar, LISW

**Fee:** \$10 class fee

**Schedule:** 2 sessions meeting on Tuesday, April 12th and Thursday, April 14th, 1:00pm - 3:00pm; USS

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**Great Decisions:** Explore the United States' role in the world in this program developed by the Foreign Policy Association. Great Decisions is America's largest discussion program on world affairs. Each class involves reading the briefing book, watching an engaging video, and group discussion on the most critical global issues facing America today. 2022 topics include climate change, outerspace, Russia and the U.S., and many more. Maximum 12 participants.

Instructor: Michael Lyons

**Fee:** \$40 class fee + \$15 Great Decisions Briefing Book, payable at registration

**Schedule:** 8 sessions meeting on Thursdays, March 24th - May 12th, 10:00am - 11:00am; USS

**Introduction to Dulcimer:** This is the perfect class for anyone interested in learning about music on a unique Appalachian instrument. Basic rhythm and fun beginner songs will be taught on this easy to learn instrument. No previous experience is required. Instrument rental available through instructor. Maximum 25 participants. Instructor: Christina Darding

**Fee:** \$40 class fee

**Schedule:** 8 sessions meeting on Fridays, March 25th - May 13th, 12:00pm - 1:00pm; USS

**Make it/Take it - Ice Dying Poncho/Beach Cover-up:** Get ready for warmer weather! This 2-day project will introduce you to the art of ice dying, giving the fabric a watercolor effect. This class allows you to create your own personal masterpiece using a creative choice of colors. Maximum 10 participants. Instructor: Kathy Hartoog

**Fee:** \$10 class fee + cost of cover-up, payable to instructor at first session. Select one of the following 2 sizes: Regular (Small – Large) at \$13.25 or Plus Size (XL-3XL) at \$17.75.

**Schedule:** 2 sessions meeting on Wednesday, April 6th and Thursday, April 7th, 11:00am-12:30pm; USS

**Make it/Take it - Cork and Ceramic Trivet:** Discover possibilities of design and pattern while creating a functional piece of art! Using multimedia of cork, masonite, ceramic tile, and opaque markers, artists will create a 10"x10" trivet. This decorative trivet may be used as a rest for hot dishes or displayed for your guests to admire. Maximum 8 participants. Instructor: Denise Roberts

**Fee:** \$15 class fee + \$10 supply fee, payable to instructor at first session

**Schedule:** 3 sessions meeting on Mondays, March 21st - April 4th, 10:30am - 11:30am; USS

**Making my Favorite Knit Top:** Construct and sew your own knit top. This four-week class will begin with instruction of fabric choices, determining size and amount of fabric to purchase, as well as cutting the pattern. The remaining classes will feature individual sewing instruction. Attendees must have their own sewing machine with a zig-zag feature, a twin needle, and 2 spools of thread. Maximum 5 participants. Instructor: Jane Skogstrom

**Fee:** \$20 class fee + pattern fee, payable to instructor at first session

**Schedule:** 4 sessions meeting on Fridays; March 25th, 1:00pm - 2:00pm. April 1st - April 15th, 1:00pm - 3:00pm; USS

# SAILL Classes

**Master of Memory:** The goal of this program is to improve your memory. The course encourages you to recognize that you can impact and evaluate your own memory function, identify factors that may enhance or detract from your memory function, and find ways that may help address some of those factors. The series includes presentations on memory and learning, memory strategies, nutrition, medications, medical conditions, and exercises for the body and mind. Maximum 20 participants. Instructor: Kathy Tutt, M.S.

**Fee:** \$20 class fee

**Schedule:** 4 sessions meeting on Mondays, April 11th - May 2nd, 2:00pm - 3:00pm; USS

**Memoir Writing 101:** Memoir Writing 101 is your opportunity to learn how to put personal and family memories down on paper. This course provides easy to follow, step-by-step instruction. The course criteria applies equally well to fiction. Get your imagination in gear and sign up! Maximum 10 participants. Instructor: Connie Chappell

**Fee:** \$30 class fee

**Schedule:** 6 sessions meeting on Wednesdays, March 30th - May 4th, 11:00am - 12:00pm; USS

**Photography 101:** Using your camera, this class will help you move from snapshots to photographs! Learn basic applications and tips using your personal camera. Whether you have a Canon, Nikon, or a smartphone, this class is for you! Let's have fun taking pictures. Maximum 15 participants. Instructor: Dean Elam

**Fee:** \$40 class fee

**Schedule:** 8 sessions meeting on Thursdays, March 24th - May 12th, 1:00pm - 2:00pm; USS

**Pilates (in-person or virtual):** Pilates is a system of movement that utilizes heightened mind-body awareness to strengthen and stabilize the core and improve posture, balance and coordination. This beginner's class will introduce you to the principles of Pilates while performing exercises on an exercise mat. Participants must have their own mat. For those participating via *Zoom*, the link will be emailed to you 1 week prior to the first session. Maximum 10 participants in person. No Maximum on Zoom. Instructor: Teresa Magill

**Fee:** \$40 class fee

**Schedule:** 8 sessions meeting on Mondays, March 21st - May 9th, 9:00am - 10:00am; USS or via *Zoom*

**P.U.S.H (Preparing Us to be Stronger & Healthier) - Balance & Fall Recovery:** This series addresses a 10-point checklist that could make a difference between staying home and ending up in the hospital or nursing facility in the days following a fall. A self-assessment will be provided to you. You will be assessed for strength, balance, and flexibility as it relates to fall risk and learn how to safely get on or off the floor. Maximum 10 participants. Instructor: Emily Stanton, MPT

**Fee:** \$30 class fee

**Schedule:** 6 sessions meeting on Wednesdays, March 30th - May 4th, 12:30pm - 1:30pm; USS

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**Preserving Your Family Heirlooms:** This course will cover simple methods of preserving antiques, photographs, and digital materials. You will learn how to identify items, common forms of deterioration, safe cleaning techniques, and how to store objects in order to minimize further damage. The first three classes will address different types of objects and the fourth class will give you an opportunity to share objects of your own with the experts. Maximum 20 participants. Instructors: Staff of the Clark County Historical Society

**Fee:** \$20 class fee

**Schedule:** 4 sessions meeting on Tuesdays, March 22nd - April 12th, 10:00am - 11:00am; Crabill Hall in the Heritage Center, 117 S Fountain Ave, Springfield, OH 45502

**R&B Line Dancing:** Come out and move, groove and learn the latest line dances including the Electric Slide, Mississippi Slide, Whiskey Slide, Cupid Shuffle, Same Ol' 2 Step, Biker Shuffle, Wobble, and Just in Case! Step-by-step instruction provided. Maximum 40 participants. Instructor: Nettie Carter-Smith

**Fee:** \$40 class fee

**Schedule:** 8 sessions meeting on Mondays, March 21st - May 9th, 12:00pm - 1:00pm; USS

**Stained Glass Stepping Stone:** Create a lovely stepping stone to grace your garden or your favorite spot that will last for at least 20 years. You will cut the glass and learn how to secure it with cement mortar. Maximum 6 participants. Instructor: Cindy Gatten

**Fee:** \$40 class fee

**Schedule:** 8 morning sessions meeting on Wednesdays, March 23rd - May 11th, 10:00am - 12:00pm OR 8 evening sessions on Thursdays, March 24th - May 12th, 6:00pm - 8:00pm; Cindy's Glass Studio, 3496 Old Mill Road, Springfield, OH 45502

**Watercolor Painting for Beginners:** This course is designed to introduce techniques such as brush strokes, color blending, and brush and paper interactions. Participants will look at color theory, composition, and value scale. When the class is completed, you will be able to understand watercolor materials and the best way to use them, as well as the use of drawing materials. Basic supplies will be provided at each session. Maximum 16 participants.

Instructor: Joe Lewis

**Fee:** \$40 class fee + \$10 supply fee, payable at registration

**Schedule:** 8 sessions meeting on Wednesdays, March 23rd - May 11th, 3:30pm - 4:30pm; USS

**Quilting Basics:** This class will go through the entire process of making a quilt - small lap or baby sized. Participants will learn fabric and color selection, tools needed, piecing, quilting using the long arm, and finish with binding and labeling. This is a great opportunity for anyone wanting to learn how to quilt but not knowing where to start. Attendees will need to bring a sewing machine, quilt pattern, and supplies. Maximum 8 participants. Instructor: Phyllis Bageant

**Fee:** \$40 class fee

**Schedule:** 8 sessions meeting on Mondays, March 21st - May 9th, 1:30pm - 3:30pm; USS



# SAILL Classes

**Zentangle Drawing:** Introduction to the art of Zentangle drawing. If you are a doodler, you might love Zentangle. Once learned, your drawings are perfect on greeting cards and pictures. This form of drawing is a great stress reliever and an endless pastime. Maximum 10 participants.

Instructor: Joan Ferrell

**Fee:** \$20 class fee + \$10 supply fee, payable at registration

**Schedule:** 4 sessions meeting on April 4th, April 6th, April 11th, and April 13th, 10:00am -

## **Springfield Masonic Community Lecture Series:**

**Holistic Approaches for Pain Relief:** Holistic health has many modalities that can help relieve pain. In this presentation, we will discuss the use of reflexology, aromatherapy, imagery and other holistic techniques to relieve pain and improve your quality of life. This seminar is experimental and you will learn to apply the techniques to yourself and others.

Maximum 100 participants. Presenter: Patti McCormick, RN, PHD

**Fee:** No Fee

**Schedule:** 1 lecture meeting on Wednesday, March 23rd, 2:00pm

**Location:** Festival Green Clubhouse at the Springfield Masonic Community, 2655 W National Rd, Springfield, OH 45504

**Ohio Archeology: Early Military Sites in Ohio:** Long before Ohio entered into the Union, many frontier forts and military activities occurred in what was then the Old Northwest Territory. This program will allow you to see British Army buttons from the Battle of Bunker Hill, and pewter USA buttons from coats worn in General Washington's Continental Army. In addition, the program will discuss artifacts from the War of 1812 and why so many artifacts can be found in this area when no large military battles ever occurred in Ohio. This program will be engaging for everyone, especially those interested in military history. Maximum 100 participants.

Presenter: Wm Gregory Shipley

**Fee:** No Fee

**Schedule:** 1 lecture meeting on Tuesday, April 12th, 2:00pm

**Location:** Festival Green Clubhouse at the Springfield Masonic Community, 2655 W National Rd, Springfield, OH 45504

# 2022 Spring SAILL Classes

## How It's Made Tours

**\*No transportation provided. Participants will meet at tour site.\***

**Historic Warder Public Library Tour:** On June 12, 1890, Springfield opened its first official library building, the Warder Free Library and Reading Room. The building was designed by Boston architects Shepley, Rutan & Coolidge in 1887-1888 and constructed by the famed Norcross Brothers in 1889-1890. Join historian Kevin Rose as he explores the history and design of this Victorian landmark. Maximum 20 participants. Tour Guide: Kevin Rose

**Fee:** \$5 tour fee

**Schedule:** Tour on Wednesday, March 30th, 1:00pm - 2:00pm

**Location:** Warder Public Library, 137 E High St, Springfield, OH 45506

**Checkered Flag Fibers Studio at Hatch Tour:** Alpaca and llama farmer, Debra Gaskill will talk about shearing, spinning, weaving and dying the fleeces from her animals to finished goods. Debra is a retired editor, crime reporter, and author, who has been raising llamas and alpacas since 1999. She has been an artist at Hatch since its inception 5 years ago, where she dyes her yarn and uses it to make finished woven or knitted goods. Maximum 20 participants.

Tour Guide: Debra Gaskill

**Fee:** \$5 tour fee

**Schedule:** Tour on Wednesday, May 4th, 12:00pm - 1:30pm

**Location:** Hatch Studios, 105 N Center St, Springfield, OH 45502

**Universal Design Display Tour:** Does your home fit you? This is the pivotal question asked when talking about the concept of Universal Design. This is a concept based on the idea that all environments and products should be usable by all people, regardless of age or ability. An important component of this is to create something that is “visually pleasing” and accessible to everyone. Universal Design elements allow individuals to age in place and remain independent and safe in their home. Whether you are building a new home, repairing, or renovating an existing home, you too can incorporate, through home modification, characteristics of Universal Design. This tour will take you to The Universal Design display at the Molly Caren Agricultural Center, allowing you to see these concepts incorporated into a hands-on display.

Maximum 20 participants. Tour Guide: Kathy Tutt, M.S.

**Fee:** \$5 tour fee

**Schedule:** Tour on Wednesday, May 11th, 1:00pm

**Location:** Beck's London Facility, 720 US 40 NE, London, OH 43140

\*If transportation is a barrier, please let Cindy Lockwood know.\*

## **SAILL Steering Committee Members:**

**Poetry Davis**

**Penny Dunbar**

**Natalie Fritz**

**John Pelletier**

**Anne Deam**

**Kasey Eichensehr**

**Cindy Lockwood**

**Sarah Webb**

**Nancy Degenhart**

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