



Springfield Area Institute for Lifelong Learning



2020

Spring



Classes

2020 Spring Session is March 30 - May 22
Registration Begins Monday, March 23, 10am-12pm

Learn more about SAILL at 937-323-4948 or
mvereen@unitedseniorservices.org

@USS
UNITED SENIOR SERVICES



2020 Spring Registration

Monday, March 23, 10am-12pm

📍 USS | Multi-Purpose Room 1

Must be a 2020 USS Member to register!

Registration continues until classes start. When classes are full, waitlists will be accepted.



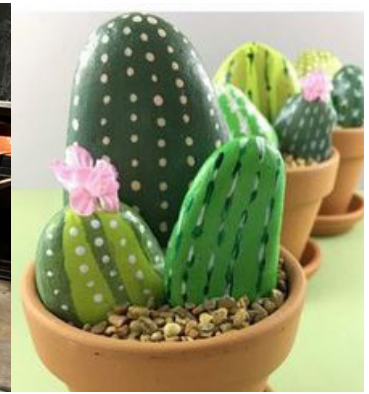
Ice Dyeing Tunic



Cork and Ceramic Trivet



Iridescent Easter Egg



Rock On!

***All classes are located at USS, 125 W Main Street, Springfield unless otherwise specified.**

Adult Beginning Tap

Bring out your inner dancer by exploring the fun, exciting world of tap dancing! This class will consist of warm-ups, center, and across the floor training. Dance to a variety of music genres: big band, jazz, Broadway and pop. Students must bring their own tap shoes. Suggested website: www.discountdance.com.

Maximum: 20 participants. Instructor, Cindy Griffin, instructor at Gary Geis School of Dance.

Fee: \$40

Schedule: 8 weeks, beginning Thursday, April 2, 9:30-10:30am

"Aging Mastery" Program

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: 40 participants. Instructor: Jane Eckels.

No Fee

Schedule: 7 weeks, beginning Tuesday, March 31, 9:00-10:30am

Classes continue on April 2, 7, 9, 14, 16, 23 and 30, May 7 and 14

Beginning Piano, Level 1

If you have always wanted to play the piano, this class is for you! Learn history of the piano, proper keyboard fingering, basic rhythm and note placement as you master a few easy pieces. Piano and keyboards are provided, or you can bring your own.

Maximum: 6 participants. Instructor: Carol Pederson.

Fee: \$20

Schedule: 4 weeks, beginning Monday, March 30, 11:00-12:00pm

Beginning Piano, Level 2

Beginning Piano and/or previous experience is needed. Required text: *Adult All-in-One Course* by Palmer/Manus/Lethco 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

Schedule: 4 weeks beginning Monday, April 27, 11:00-12:00pm

Browser Basics and Cyber Security

Learn to customize the three most common browsers: Microsoft Edge, Google Chrome and Firefox. Browse the web safely, manage your bookmarks and e-mail.

Maximum: 15 participants. Instructor: Steve Berner.

Fee: \$40

Schedule: 8 weeks, beginning Monday, March 30, 10:00-11:00am

Chair Dance Yoga

Chair Dance Yoga is an upbeat, fun and healthy way to strengthen balance, focus, concentration and stay limber and fit. Learn a rewarding Shavasana (body pose) to end each session.

Maximum: 15 participants. Instructor: Denise Hayes, RYT200.

Fee: \$40

Schedule: 8 weeks, beginning Tuesday, March 31, 5:00-6:00pm

Changes in the Publishing World

Local author Connie Chappell began her writing career on the cusp of change in the publishing world. It was a rollicking ride toward publication. Learn about the joys and the fears. Listen to her tales of hard work and marvel at the magic. Readers and non-readers alike will enjoy this course.

Maximum: 15 participants. Instructor: Connie Chappell, award-winning and bestselling author.

Fee: \$5

Schedule: one 90-minute session, Thursday, April 9, 9:30-11:00am

Get a Grip!

"Get a Grip" on your anxiety, don't let it bully you! Learn ways to positively control your anxiety. Take the fear out of anxiety issues for you and/or your family members.

Maximum: 10 participants. Instructor: Rose (Tingley) Farrar, Licensed Independent Social Worker.

Fee: \$20

Schedule: 2 consecutive Tuesdays, March 31 and April 7, 1:00-3:00pm

Great Decisions 2020 - All New Topics!

Explore the United States' role in the world in this eight-week program presented by the Foreign Policy Association. Great Decisions is America's largest discussion program on World affairs. Each week you will read a short chapter from the *Great Decisions Briefing Book*, watch a corresponding DVD in class and engage in group discussions. Topics this time of year include Climate Change, Human Trafficking, Red Sea Security, Artificial Intelligence and more.

Maximum: 12 participants. Instructor: Mike Lyons.

Fee: \$55 (\$40 class fee and \$15 *Great Decision Briefing Book*, which you will receive at registration).

Schedule: 8 sessions, beginning Tuesday, March 31, 9:00-10:00am

How It's Made

SAILL continues to explore Clark County's manufacturing gems. USS and Springfield Masonic Community are collaborating to make these tours possible with SMC providing bus transportation. Wear closed-toed shoes for both tours.

Choose the tour you want:

Tour 1: Morgal Machine Tool Company

For decades, the McGregor family name is synonymous with manufacturing in Springfield. Morgal Machine Tool Company, founded in 1939 and operated as a tool and die and special fixture manufacturer, now manufactures quality stamped sprockets, split steel pulleys and contract metal stampings for more than 200 active accounts in the automotive, transportation, lawn and gardening, bicycle, agricultural, material handling, recreational vehicle and door operative industries. Participants must be able to walk unassisted. Please arrive at USS 30 minutes before each tour.

Maximum: 14 participants.

Fee: \$5

Schedule: Monday, March 30, 10:00-11:00am

Tour 2: OS Kelly

Back by popular demand! If you missed this the first time, here's your opportunity. This historic Springfield firm produces piano plates for Steinway and Sons. The cast-iron plates are a key component to Steinway pianos which are produced in Long Island, NY and Hamburg, Germany. They demand a high level of precision holding together steel piano wire strings at 40,000 pounds per square inch of pressure. Please arrive at USS 30 minutes before each tour.

Maximum: 14 participants.

Fee: \$5

Schedule: Wednesday, May 6, 10:00-11:00am

Intermediate Sign Language

This class is a continuation of Basic Sign Language. Each week we will spend time reviewing, introducing new signs, broadening our knowledge of ASL and signing a popular song. Vickie Wolfgang makes learning sign language fun and easy!

Maximum 20 participants. Instructor: Vickie Wolfgang, Interpreter.

Fee: \$40

Schedule: 8 weeks, beginning Wednesday, April 1, 3:30-4:30pm

Iridescent Easter Egg

Don't go hunting for that special "Golden Egg", now is the time to make your own! Choose your colors and create a one-of-a-kind iridescent blown glass egg, just in time for Easter. Doug Frates and Dustin Wagner provide step-by-step, individualized instruction at Doug Frates' Glass Studio. Wear comfortable clothing and close-toed shoes.

Maximum: 20 participants. Instructors: Doug Frates and Dustin Wagner.

Fee: \$10 plus \$60 payable to instructor the day of class.

Schedule: Tuesday, April 7, 10:00-1:00pm, Doug Frates Glass Studio, 402 East Street (across from Brain Lumber Co.)

Making Healthy Food Choices

Learn about healthy eating and how to incorporate healthy choices in your everyday life. This course covers how to make healthy choices, reading nutrition facts labels, and more! Includes a food demo on the final day of class.

Maximum: 20 participants. Instructor: Andrea Easton, SNAP-Ed Assistant for OSU Extension in Clark County.

No Fee

Schedule: 8 weeks, beginning Monday March 30, 9:30-10:30am

Make-It, Take-It Classes:**Cork and Ceramic Trivet**

Using multi-media of cork, Masonite, ceramic tile, and opaque markers, you will create a 10"X10" trivet. This decorative trivet may be used to support hot dishes or hung as pleasing artwork.

Maximum: 8 participants. Instructor, Denise Roberts, retired art teacher and graphic designer.

Fee: \$15 plus \$10 supply fee payable to instructor on the first day of class.

Schedule: 3 weeks, Monday April 6, 13 and 20, 9:00-10:00am

Ice Dyeing Tunic/Cover-Up

Make your very own tunic, perfect for beachwear or just lounging around the house. The first day you will choose your dye colors, twist the material and soak it overnight. The next day you will rinse your tunic and be amazed at what you created! Please bring a plastic bag to take it home in and wear old clothes while you handle the dyes. The instructor provides the tunic and dyes. When you register, you will choose your size: Regular (S-L) or Plus (X-3X) and prepay the instructor.

Maximum: 10 participants. Instructor: Kathy Hartoog.

Fee: \$10 plus \$25 payable to instructor upon registration.

Schedule: Thursday, April 23 and Friday, April 24, 10:00-11:00am

"Rock On!"

Looking for the perfect, carefree houseplant? Join us for river rock painting. Turn simple river rocks into a one-of-a-kind cactus garden. We will have a "rockin" good time. All materials provided, just bring your imagination.

Maximum: 12 participants. Instructor: Tammy Irick.

Fee: \$10 plus \$10 material fee payable to instructor on the first day of class.

Schedule: One 2-hour class, Thursday, May 14, 4:00-6:00pm

Memoir Writing 101

Memoir Writing 101 provides all the elements necessary for successful writing in an easy-to-understand format. Start with a short memoir. Find the confidence to stretch your creativity into a longer story. Don't let your great family moments be forgotten and share them with future generations.

Maximum: 10 participants. Instructor: Connie Chappell, award-winning and bestselling author.

Fee: \$30

Schedule: 6 weeks, beginning Thursday, April 16, 10:00-11:30am

Pilates

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 class will teach principles of Pilates while you perform exercises on a mat that you will provide. Participants of all levels are welcome.

Maximum: 15 participants. Instructor: Teresa Magill.

Fee: \$40

Schedule: 8 weeks, beginning Monday, March 30, 9:15-10:15am

Preserving Your Family Treasures

Have you ever wondered how to care for your treasured family heirlooms? Here's your chance! Join the 3 curators of the Clark County Historical Society for 4 sessions of hands-on, low-cost preservation techniques, safe cleaning, and storage methods for objects, photographs, and digital materials. The first 3 classes are presented by curators, Kasey Eichensehr (photographs), Virginia Weygandt (three-dimensional objects), and Natalie Fritz (digital photographs/ephemera). The fourth session will be Q&A. Bring your own collection and we will help you with preservation issues.

Location: The Heritage Center of Clark County, 117 S Fountain Avenue, Crabill Discovery Hall, first floor.

Maximum: 12 participants.

Fee: \$20 includes preservation kit.

Schedule: 4 weeks, beginning Tuesday, April 7, 10:00-11:30am

R&B Line Dancing

Line dancing is a fun way to exercise and stay in shape! Get up, groove to the music, sweat a little, and have a great time. Learn new dances: Same Ole' Two-Step, Git Up, Biker Shuffle, and practice ones you already learned.

Maximum: 20 participants. Instructor: Nettie Carter-Smith

Fee: \$40

Schedule: 8 weeks, beginning Monday, March 30, 12:00-1:00pm

Classes continue on April 13 & 27, May 4, 11 & 18, June 1 & 8

Senior Scams

Seniors are particularly vulnerable to fraud and scams; however, many incidents likely go unreported. Learn about the latest scams targeting our senior population and find out how to protect yourself and your loved ones. Maximum: 20 participants.

Instructor: Danielle Murphy, Consumer Educator, Office of Ohio Attorney General Dave Yost.

No Fee

Schedule: 1 session; Thursday, April 2, 1:00-2:00pm

Springfield Masonic Community Lecture Series**History of the Little Miami River**

Join former First Lady Hope Taft as she talks about the history and future of the Little Miami River and its 107-mile journey from Clark County to the Ohio River and beyond. Hope is co-chair of the Little Miami Kleeners and the Little Miami Watershed Network.

Maximum: 50 participants.

No Fee

Schedule: Monday, April 6, 1:00-2:00pm, Springfield Masonic Community, Festival Green Clubhouse.

Light refreshments provided.

Chief Black Hoof

Highly sought-after historical instructor, Rusty Cottrell, makes a return visit to Springfield Masonic Community as Chief Black Hoof. Building on past presentations and reenactments, Rusty threads national and local history plus personal perspectives throughout Chief Black Hoof's amazing 111 years, including service as an active warrior past the age of 90. This is a must-attend program!

No Fee

Schedule: Monday, May 4, 1:00-2:00pm, Springfield Masonic Community, Festival Green Clubhouse.

Light refreshments provided.

SAILL Steering Committee**Marjorie Vereen, Associate Director**

Anne Deam

Kyle Farnbauch

Ana Stroble

Nancy Degenhart

Dr. Barb Mackey

Virginia Weygandt

Kasey Eichensehr

Dr. Barbara Matthies