



Springfield Area Institute for Lifelong Learning



2019

Fall



Classes

2019 Fall Session is September 23 - November 15

Offering a catalog of intellectually stimulating education for Clark County adults at least 55 years of age that inspires congenial discovery and discussion in an informal atmosphere.



**UNITED
SENIOR SERVICES**
Active | Involved | Independent

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

Light Refreshments for the 2019 SAILL Registration provided by the Springfield Masonic Community

2019 Fall Registration

Monday, September 16, 10am-12pm

📍 USS, 125 W Main St, Springfield | Multi-Purpose Room 1
Refreshments provided by Masonic Community and USS!

Registration is simple!

Pick up and fill out a registration sheet.

Visit the designated tables of classes you're interested in.
Instructors will be there to answer questions and assist you.

Proceed to the payment table once you have completed signing up.
Cash, checks, or credit cards are accepted.

*Registration continues until classes start. When classes are filled, waitlists will be accepted.
Information available at the Matthies Welcome Desk*

***Must be a 2019 USS member to register for classes**



SAILL Steering Committee

Marjorie Vereen, Associate Director of SAILL

Anne Deam
Dr. Barb Mackey

Nancy Degenhart
Dr. Barbara Matthies
Virginia Weygandt

Kyle Farnbauch
Ana Stroble

Beginning Sign Language

If you ever wanted to learn basic sign language, this is a good place to start. Interpreter Vickie Wolfgang will teach you basic phrases, vocabulary and give valuable insight into the Deaf Community. Learning to sign through games and song makes it fun and easy! Maximum: 20 students. Instructor: Vickie Wolfgang.

Fee: \$40

Schedule: 8 weeks, beginning Wednesday, September 25, 3-4pm, USS, 125 W Main St, Springfield

Chair Dance Yoga

Chair Dance Yoga is an upbeat, fun and healthy way to strengthen balance, focus, concentration and to stay limber and fit. Learn a rewarding Shavasana (body pose) to end each session. Maximum: 20 students. Instructor: Denise Hayes, RYT200.

Fee: \$40

Schedule: 8 weeks, beginning Wednesday, September 25, 4-5pm, USS, 125 W Main St, Springfield

Chair Yoga

Back by popular demand! This class will show you how to increase flexibility, range of motion and muscle tone using breathing techniques for relaxation, all while seated in a chair. Maximum: 15 participants. Instructor: Andrea Rak.

Fee: \$40

Schedule: 8 weeks, beginning Monday, September 23, 10:30-11:30am, USS, 125 W Main St, Springfield

Computer "Gafest"

Have it your way! Topics for discussion will be submitted by class attendees during the first class. We will also learn operating systems (Windows 10, Apple iOS), Browsers (Google Chrome, Internet Explorer, Firefox), E-Mail, Online Security and Password Managers. By the end of the class, you will be able to research topics on your own. Maximum: 15 participants.

Instructor: Steve Berner.

Fee: \$40

Schedule: 8 weeks, beginning Monday, September 23, 12-1pm, USS, 125 W Main St, Springfield

Cybersecurity Help, Information and Protection Program

As consumers of all ages rely more and more on technology, it is vital they understand how to protect their electronic devices and keep personal information private. Learn about the importance of both security and privacy, including the special challenges presented by the use of smartphones and other mobile devices. Maximum: 20 participants.

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

Fee: \$5 (Not being paid to the Ohio Attorney General's Office)

Schedule: 1 class, Thursday, October 10, 1-2pm, USS, 125 W Main St, Springfield

Financial Tips for Women

This program focuses on financial fitness for women, encompassing the areas of retirement and estate planning. Come learn about your options. Maximum: 15 participants. Instructors: Rachel Brewer and Peg Foley, Security National Bank.

Fee: \$5

Schedule: 1 class, Friday, November 8, 1-2pm, USS, 125 W Main St, Springfield

Fused Glass Snowman Ornament

Come create your own snowman out of glass, with whatever expression you want. You will cut the glass pieces, then put them in the kiln for firing. I promise to try to not melt your snowman!! Maximum: 6 participants. Instructor: Cindy Gatton.

Fee: \$25 (plus \$20 material and firing fee payable to instructor the first day of class)

Schedule: 5 weeks, beginning Wednesday, September 25, 6-8pm, Cindy Gatton's Workshop, 3496 Old Mill Rd, Springfield

Get Involved, Get Safe: Stop Elder Financial Abuse

Older adults can be attractive targets for financial predators both known and unknown to them. Losing money or possessions to scams, fraud and exploitation can be especially devastating to older adults. The best defense is knowledge of the threat and what steps can be taken to avoid it. This forum is designed to help older adults, family caregivers and others prevent, recognize and report exploitation. Maximum: 20 participants.

Presented by: Monica Walker, Elder Services Coordinator, Elder Justice Unit, Office of Ohio Attorney General Dave Yost.

Fee: \$5 (Not being paid to the Ohio Attorney General's Office)

Schedule: 1 class, Tuesday, November 5, 10:30-11:30am, USS, 125 W Main St, Springfield

Great Decisions 2019 – All New Topics!

The Foreign Policy Association's "Great Decisions" program is America's largest discussion program on world affairs. The program model involves reading the Great Decisions Briefing Book, watching a corresponding DVD in class, and group discussion of the most critical global issues facing America today. This fall, two 8-week sessions will be offered.

Fee for a single session: \$55 (\$40 class fee and \$15 Great Decisions Briefing Book which you will receive at registration)

Great Decisions Session 1: Maximum: 15 participants, Instructor: Mike Lyons.

Schedule: 8 sessions, beginning Tuesday, September 24, 10:30-11:30am, USS, 125 W Main St, Springfield

Great Decision Session 2: Maximum: 15 participants: Instructors: John Paulsen and Rick Ellison.

Schedule: 8 sessions, beginning Tuesday, September 24, 4-5pm, USS, 125 W Main St, Springfield

Guitar 101 – The Basics

Learn easy cords, 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 practice required, just play and enjoy. Bring your own guitar. Maximum: 10 students.

Instructor: John Lippolis.

Fee: \$25

Schedule: 5 weeks, beginning Tuesday, September 24, 9:00-9:45am, USS, 125 W Main St, Springfield

Hand-Blown Glass Ornament with Doug Frates Glass

Have you ever tried glass blowing? Create a treasured keepsake! Doug Frates will teach you how to make your own, unique glass ornament. Choose two colors, gather glass on a rod, manipulate, blow and shape a one-of-a-kind piece of art glass. It will truly blow you away! You must wear close-toed shoes and comfortable clothing. Maximum: 10 students.

Instructor: Doug Frates.

Fee: \$10 plus \$65 payable to instructor day of class

Schedule: 1 class, Wednesday, September 25, 10am-12pm, 402 East St, Springfield (across from Brain Lumber)

Introduction to Dulcimer

Learn to play popular songs on the most beautiful Appalachian instrument. The dulcimer is a fun and approachable instrument that allows students to learn quickly and easily. The class will include historical background and the help needed to play and sing hymns, folk songs, and more! Bring your own dulcimer or one will be provided. Maximum: 12 students.

Instructor: Christina Darding.

Fee: \$40 for class, optional \$15 dulcimer rental paid to instructor first day of class.

Schedule: 8 weeks, beginning Monday, September 23, 10:30-11:30am, USS, 125 W Main St, Springfield

Introduction to Spanish

Want to learn more Spanish and/or find out what you already know? Join us as we explore the basics and beyond.

Maximum: 15 students. Instructor: Connie Kearns.

Fee: \$40

Schedule: 8 weeks, beginning Thursday, September 26, 3-4pm, USS, 125 W Main St, Springfield

Investment Applications

An in-depth look at how to use stocks, bonds and mutual funds. Maximum: 15 participants. Instructors: Jim Kreckman, Trust Officer, and Melissa Hallmark, Portfolio Manager, Security National Bank.

Fee: \$5

Schedule: 1 class, Thursday, November 14, 1-2pm, USS, 125 W Main St, Springfield

Investment Basics

Get familiar with stocks, bonds and mutual funds. Maximum: 15 students. Instructors: Jim Kreckman and Melissa Hallmark, Security National Bank.

Fee: \$5

Schedule: 1 class, Thursday, November 7, 1-2pm, USS, 125 W Main Street, Springfield

Jitterbug/Swing.... Come Dance with Us

Come dance to the music you love! Learn jitterbug/swing dance steps and simple routines. The perfect way to have fun, learn something new and get fit. No partner required. Who knows, you just might end up on Broadway!

Maximum: 30 students. Instructor: Sonya Gibson, Sonie's School of Dance, Gymnastics and Cheerleading.

Fee: \$40

Schedule: 8 weeks, beginning Tuesday, September 24, 1-2pm, USS, 125 W Main St, Springfield

Launching Your (Design) Imagination

Awaken your unique design potential with FUN weekly design prompts. Challenge yourself, stretch your mind and push your creative expression! Bring your favorite art materials to class (paper/canvas, colored pencil, oil pastels, graphite, marker, acrylics, etc.), and learn techniques that mesh color, line, shape, texture and more! Maximum: 12 students.

Instructor: Gail Hakala Eldridge.

Fee: \$40

Schedule: 8 weeks, beginning Tuesday, September 24, 1-2pm, USS, 125 W Main St, Springfield

Life and Legacy Planning

How do I ensure that my property will be managed and distributed according to my wishes during and after my lifetime? Durable Power of Attorney for financial matters, Living Trust and Wills will be discussed. Maximum: 15 students.

Instructor: Peg Foley, Vice President and Trust Officer at Security National Bank.

Fee: \$5

Schedule: 1 class, Tuesday, November 12, 1-2pm, USS, 125 W Main Street, Springfield

**Make-It, Take-It Classes:
Nothing to Sneeze At!**

Create a classy Kleenex container by using techniques such as: stenciling, dry brush, stippling, decoupage, faux and more to complete your unique, real wood tissue box holder (10 1/4" X 4 1/2"). Make it whimsical or stunning to match your home décor. Maximum: 10 students. Instructor: Denise Roberts.

Fee: \$10 plus \$10 material fee paid to instructor first day of class.

Schedule: 2 classes, Thursdays, September 26 and October 3, 10-11am, USS, 125 W Main Street, Springfield

Something to Crow About

Don't be 'scared' to take this class. It will give you something to 'crow' about! Tammy Irick will show you how to design and paint a wooden scarecrow (12" wide and 24" tall) to add to your fall decorations. The scarecrow may be used indoors or outdoors. Maximum: 10 participants. Instructor: Tammy Irick.

Fee: \$10 plus \$10 materials fee payable to instructor at class

Schedule: 1 class, Tuesday, October 15, 4-6pm, USS, 125 W Main Street, Springfield

Ice Dyeing

Learn how to "ice dye" a Bamboo-Rayon blend fabric scarf. Create a one-of-a-kind scarf that can be the perfect gift for someone special. Since this is an overnight process, attendees can pick up their finished scarf the following day. Students must bring their own plastic dishpan. Maximum: 10 participants. Instructor: Kathy Hartoog

Fee: \$15 plus \$10 materials fee payable to instructor at class

Schedule: 1 class, Thursday, November 7, 10:00-11:30am, USS, 125 W Main Street, Springfield

Memoir Writing 101

Memoir is a subcategory of biography or autobiography that generally tells stories from the author's life. This class will provide the necessary elements for successful writing in an easy-to-understand format. Start with one story and develop your confidence to create a collection of stories...your personal memoir! Maximum: 10 participants. Instructor: Connie Chappell.

Fee: \$30

Schedule: 6 weeks, beginning Friday, September 27, 10:00-11:30am, USS, 125 W Main Street, Springfield

Needle Tatting with Mary Anna

Have you tried tatting? Learn the technique of making heirloom-tatted lace that originated over 200 years ago. Women found this activity an opportunity to show off their skills and graceful hands. In just 2 weeks, you too can show off your tatting skills! Maximum: 10 participants. Instructors: Mary Anna Robinson and Audrey Brewer.

Fee: \$10 plus \$6 for tatting kit payable to instructor first day of instruction. Bring a pair of scissors.

Schedule: 2 weeks, beginning Tuesday, September 24, 10-11am, USS, 125 W Main Street, Springfield

No-Fuss Receiving Blanket

Calling all grandmothers! Here's your opportunity to create a lasting heirloom that you can complete in an afternoon. Sew a baby receiving blanket in two contrasting fabrics with mitered corners that finishes completely upon turning. Bring your own sewing machine. Maximum: 8 students. Instructor: Jane Skogstrom.

Fee: \$15 Supply list available at registration

Schedule: 1 class, Wednesday, October 9, 1:30-3:30pm, USS, 125 W Main Street, Springfield

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 continue teaching principals of Pilates while performing exercises on a mat that you will provide. Maximum: 15 participants. Instructor: Teresa Magill.

Fee: \$40

Schedule: 8 weeks, beginning Monday, September 23, 9:00-10:00am, USS, 125 W Main Street, Springfield

Pocket Billiards

Learn the basics of pocket billiards, also known as "shooting pool", a popular activity at the Senior Center. Both men and women are encouraged to participate. Come enjoy our new facility; experience fellowship, comradery and skill building.

Maximum: 10 students. Instructor: Dale Stephens.

Fee: \$30

Schedule: 6 weeks, beginning Tuesday, September 24, 11am-12pm, USS, 125 W Main Street, Springfield

Preparing for Your Best: An Evidence-Based Perspective on Longevity and Attitude

It's never too late to create the body we want to take into old age. Join Dr. Groves as she guides us through the often confusing advice on nutrition, exercise, medication and supplements touted to improve our lives. She'll talk about the secrets to success of people who live in the "Blue Zones" around the world, active in body and mind into extreme old age, as she points out the evidence on key lifestyle choices that position us to remain independent and vibrant, extending our health along with our years. Maximum: 15 participants. Instructor: Dr. Mary Jo Groves.

Fee: \$5

Schedule: 1 class, Monday, October 7, 11:30-1:00pm, USS, 125 W Main Street, Springfield

Quilting: Step into a Season

This quilt is perfect for all skill levels, particularly beginners. Step into Fall, Halloween, Christmas or any season you prefer. It's a perfect pattern for an OSU theme. Make a wall hanger or table topper approximately 37" X 37". Material list available upon registration. Maximum: 8 participants. Instructor: Joan Butz.

Fee: \$40

Schedule: 4 weeks, beginning Wednesday, September 25, 9-11am, USS, 125 W Main Street, Springfield

Springfield Masonic Community Lecture Series

"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 field. Maximum: 25 participants.

Facilitator: Jane Eckels.

No Fee

Schedule: 7 weeks, 10:00-11:30am, Springfield Masonic Community, Festival Green Clubhouse

October: 7, 10, 15, 17, 21, 24, 31

November: 7, 14, 21

Ohio's History: Crossroads of People and Plants

Come learn about Ohio and how it is the crossroads of people and plants. Ohio's history will be explored using the Ohio Heritage Garden at the Governor's Residence as its example of the various landscapes in the state.

Maximum: 50 participants. Presented by Hope Taft, First Lady of Ohio, 1999-2007.

No Fee, light refreshments provided.

Schedule: 1 class, Monday, September 30, 1-2pm, Springfield Masonic Community, Festival Green Clubhouse

Holistic Approaches to 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: 50 participants.

Instructor: Patti McCormick.

No Fee, light refreshments provided.

Schedule: 1 class, Monday, October 7, 1-2pm, Springfield Masonic Community, Festival Green Clubhouse