



2022 Summer SAILL Catalog



Springfield Area Institute for Lifelong Learning

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 Summer

The 5-week Summer Term is **July 11th - August 12th, 2022.**

Registration for classes opens **Tuesday, June 21st at 8:30am at USS.**

All classes will be held at USS Downtown, 125 W Main St, Springfield, OH 45502, 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 or 937-323-4948 ext. 140 for more information.

2022 Summer Term Class Offerings:

Exercising Your Drawing Skills: Exercise your mind and coordinate with hand skills and vision! Assignments will include: contour drawing, still life, Zentangle/Optical art, mandalas, and cartoon character development. Learn new skills and refresh old ones. Introduce yourself to the key elements of drawing. Maximum 20 participants. Instructor: Gail Hakala-Eldridge

Fee: \$25 class fee

Schedule: 5 sessions meeting on Tuesdays, July 12th - August 9th, 1:30pm - 3:30pm; USS

How to Use a Computer Without Cursing It: Are you frustrated with your computer? Would you like to learn more about how to use it? This class will cover the basics of navigating Windows and a variety of applications that run under it. Come with your questions and leave with answers. Participants must bring their own laptop and/or smartphone. Maximum 15 participants.

Instructor: Jonathen Eckels

Fee: \$25 class fee

Schedule: 5 sessions meeting on Mondays, July 11th - August 8th, 10:30am - 11:30am; USS

Introduction to Ukulele: Learn ukulele in a fast and fun way! Participants will cover beginning strum patterns and chords to popular songs. Each class will consist of building techniques toward simple rhythms, strumming, singing, and left hand patterns. Everyone is welcome! No music background is needed. Instrument rental is available through the instructor for an additional \$25 or free rental is available through the Champaign County Public Library.

Maximum 25 participants. Instructor: Christina Darding

Fee: \$25 class fee

Schedule: 5 sessions meeting on Thursdays, July 14th - August 11th, 10:00am - 11:00am; USS

It's All About the Cue Ball: Take part in billiards instruction where the instructor will demonstrate and teach drills to improve straight shooting. There will also be drills to promote better cue control and pattern play. Maximum 10 participants. Instructor: Steve Schuler

Fee: \$25 class fee

Schedule: 5 sessions meeting on Mondays, July 11th - August 8th, 10:00am - 11:00am; USS

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SAILL Classes

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 one week prior to the first session.

Maximum 10 participants in-person. No Maximum on Zoom. Instructor: Teresa Magill

Fee: \$25 class fee

Schedule: 5 sessions meeting on Mondays, July 11th - August 8th, 9:00am - 10:00am; USS

Planning Now – Protect Your Family in the Future: During this informative session, participants will learn about advance funeral planning options and how these decisions can help their loved ones at a time of loss. Participants will also learn about important documents to have in place to give their family peace of mind during the hardest days of their lives.

Maximum 20 participants.

Instructor: April Hoskins, Jackson, Lytle and Lewis Life Celebration Center

Fee: \$5 class fee

Schedule: 1 session meeting on Friday, July 15th, 10:00am - 11:00am; USS

QPR Training – Ask Questions, Save a Life: QPR stands for Question, Persuade, and Refer - the 3 simple steps anyone can learn to help save a life from suicide. QPR is a nationally recognized suicide prevention model. In 90 minutes, QPR training will equip you with the skills to recognize and intervene when someone is showing signs of a suicidal crisis. Join us for this important training. Maximum 20 participants.

Facilitator: Jane Eckels, USS Prevention Support Specialist

Fee: No fee

Schedule: 1 session meeting on Monday, July 18th, 9:00am - 10:30am; USS

Quilting – Star Pattern: This class will go through the whole process of making a star pattern quilt. Participants will learn fabric and color selection, tools needed, piecing, quilting using the long arm, and finishing with binding and labeling. This is a great opportunity for beginners or anyone wanting to make a fun and easy quilt as a group. Participants will need to bring a sewing machine, quilt pattern, and supplies. Maximum 8 participants.

Instructor: Phyllis Bageant, USS Long Arm Quilting Coordinator

Fee: \$25 class fee + \$12 pattern fee, payable to instructor at first session

Schedule: 5 sessions meeting on Mondays, July 11th - August 8th, 1:30pm - 3:30pm; USS

2022 Summer

SNAP-Ed – Nutrition, Physical Activity, Cooking and Budgeting: Clark County SNAP-Ed Class will cover topics including physical activity, nutrition and cooking with seasonal items. The class will consist of various food demos as well as safe practices for exercising. Maximum 25 participants. Instructor: Leeoria Willis, Education Program Assistant, OSU Clark County Extension Office

Fee: No fee

Schedule: 5 sessions meeting on Fridays, July 15th - August 12th, 11:00am - 12:00pm; USS

Sewing Knit Pants – Leggings or Straight Leg Pants: In this two-week class, participants can sew either straight leg pants or leggings. All will leave with a new pair of pants that fit. Participants must have own sewing machine, washed fabric, matching thread, pins, and scissors. Maximum 6 participants. Instructor: Jane Skogstrom

Fee: \$10 class fee

Schedule: 2 sessions meeting on Thursdays, July 14th & July 21st, 9:30am - 12:30pm; USS

Stained Glass Basics: Participants will learn the basic techniques of working with stained glass and will create one stained glass panel (no larger than 8"x10"). They will learn to cut glass pieces to fit patterns, properly foil glass, solder glass pieces together, and cleanse/polish the finished piece. Participants must bring their own safety glasses. Maximum 8 participants.

Instructor: Jonelle Newman, Springfield Museum of Art

Fee: \$25 class fee

Schedule: 5 sessions meeting on Wednesdays, July 13th - August 10th, 10:00am - 12:00pm; Springfield Museum of Art, 107 Cliff Park Rd, Springfield 45504

Summertime Self Expressions in Art: Work with different art materials and explore ways to get ideas on paper! Participants will dye paper, print images, and use design correlations as applied to the class. Each class will have fifteen minutes of share time, i.e., a poem, dance, photograph, or a book, film, theater, or television review, etc. Maximum 20 participants. Instructor: Joe Lewis

Fee: \$25 class fee

Schedule: 5 sessions meeting on Wednesdays, July 13th - August 10th, 3:15pm - 5:15pm; USS

Walk Back Through Time – Springfield Then and Now: Explore historical perspectives by taking a walk through time. The Clark County Historical Society will present photographs of community landmarks and show how they have changed throughout the years. Reminisce as we evoke warm memories of people, places, and hear engaging stories of Springfield's rich history. Maximum 40 participants. Instructor: Natalie Fritz, Archivist, Clark County Historical Society

Fee: \$5 class fee

Schedule: 1 session meeting on Tuesday, July 12th, 1:00pm - 3:00pm; USS

SAILL Classes

2022 Summer Term “How It’s Made” Tours:

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

4 Paws for Ability Tour: 4 Paws for Ability trains and places service dogs for children and veterans with disabilities. Tour the facility while you learn about the training and tasks involved. Maximum 20 participants. Tour Guide: KaLynn Clark, 4 Paws for Ability

Fee: \$5 tour fee

Schedule: Tour on Wednesday, August 3rd, 11:00am - 12:00pm

Location: 4 Paws for Ability, 207 Dayton Ave, Xenia, OH 45385

Fireside Pottery Studio Tour: Visit the studio of Fireside Pottery at the Hatch Artist Studios where you will hear from Fireside’s ceramicist, Casey Luther, about the process of throwing, firing, and glazing pottery. Casey is a recent Wittenberg University graduate who started Fireside Pottery in the fall of 2021 before moving into the Hatch at the start of 2022. All pottery at Fireside is made here in Springfield utilizing porcelain, stoneware, and local clays and sold at local markets throughout the year. Maximum 20 participants. Tour Guide: Casey Luther

Fee: \$5 tour fee

Schedule: Tour on Monday, July 18th, 2:00pm

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

SAILL Steering Committee Members:

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