

# 2023 Winter Class 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.

# 2023 Winter SAILL Classes

The 5-week Winter Term is **January 9th - February 10th, 2023.**

Registration for classes opens **Monday, December 19th, 2022 at 8:30am at USS.**

All classes will be held at **USS Downtown, 125 W Main St, Springfield, OH 45502.**

Class 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.

\*Must have a 2023 Membership to be a current member.



## Creative Arts:

**Art Appreciation:** A subject that is applicable to every individual, one does not have to be an accomplished artist to appreciate it. Art plays a very important part in all our lives. Join us in exploring and experiencing the many avenues that art offers. Maximum 25 participants.

Instructor: Dale Stephens

**Fee:** \$25 class fee

**Schedule:** 5 sessions meeting on Tuesdays, January 10th - February 7th, 10:00am - 11:00am



**Gnome Applique Table Runner:** Learn beginner's applique while making an easy gnome table runner for any holiday. Participants will learn the basics of machine applique including how to pivot, create points and stitch smooth curves. Participants will need to bring a sewing machine and purchase fabric, pattern, and double-sided fusible web prior to class. Upon registration, instructor contact information will be provided for more details. Maximum 6 participants. Instructor: Phyllis Bageant

**Fee:** \$15 class fee

**Schedule:** 3 sessions meeting on Fridays, January 27th - February 10th, 12:00pm - 2:00pm

**Learn to Sew - Decorative Pillow Cover:** Learn the basics of sewing with an easy decorative pillow cover! Participants will learn how to set up their sewing machine, to cut, and to sew the fabric. Participants will need to bring a sewing machine, thread and fabric which is two-and-a-half times the area of the pillow. Upon registration, instructor contact information will be provided for more details. Maximum 4 participants. Instructor: Jane Skogstrom

**Fee:** \$15 class fee

**Schedule:** 3 sessions meeting on Thursdays, January 12th - January 26th, 9:30am - 12:30pm

**Make Your Own Soap:** The earliest recorded evidence of the production of soap-like materials dates back to around 2800 BC in ancient Babylon. Learn how to mix ingredients to create fragrant soap for yourself or gifts for others. Maximum 25 participants. Instructor: Fatima Haleem

**Fee:** \$10 class fee + \$15 material fee, payable at registration

**Schedule:** 2 sessions meeting on Tuesday, January 10th & Friday, January 13th, 1:30pm - 3:00pm

2 USS - Winter SAILL Catalog

**Resin Casting:** Learn how to cast and decorate resin made in molds. There are a variety of molds and colors to choose from to create beautiful bowls, dresser trays, tea light candle holders, and more!

Maximum 6 participants. Instructor: Donna Waugh

**Fee:** \$20 class fee

**Schedule:** 4 sessions meeting on Mondays, January 9th - February 6th, 3:00pm - 4:00pm (No class January 16th, USS closed)



**Stained Glass Snowman:** Learn how to foil, solder, and polish pre-cut glass pieces, creating a cute winter snowman! Maximum 10 participants.

Instructor: Jonelle Newman

**Fee:** \$5 class fee + \$15 material fee, payable at registration

**Schedule:** 1 session meeting Friday, January 20th, 12:00pm - 2:00pm

**Wreath Making:** Improve your wreath-making skills! Learn how to create beautiful door or wall wreaths using colorful mesh ribbons. Participants will cut, fold and attach the mesh to a frame. Maximum 6 participants.

Instructor: Donna Waugh

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

**Schedule:** 4 sessions meeting on Mondays, January 9th - February 6th, 1:30pm - 2:30pm (No class January 16th, USS closed)



## Health & Wellness:



**Balance & Fall Recovery:** This series addresses a 10-point checklist that could make the 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. Participants 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:** \$25 class fee

**Schedule:** 5 sessions meeting on Wednesdays, January 11th - February 8th, 10:00am - 11:00am

# 2023 Winter SAILL Classes

**Mindful Wellness:** Mindful Wellness curriculum is designed to equip healthy adults with practice and skills to strengthen the mind and body connection and promote holistic health and wellness across the lifespan. During stressful times, it is easy to default to choices and practices that can be detrimental to health and wellness as well as to personal relationships. Mindfulness practice offers an alternative solution that is beneficial for both the challenging times as well as enjoyable times in life. Maximum 50 participants. Instructor: Kathy Tutt, OSU Extension

**Fee:** \$20 class fee

**Schedule:** 4 sessions meeting on Mondays, January 9th - February 6th, 2:00pm - 3:00pm (No class January 16th, USS closed)

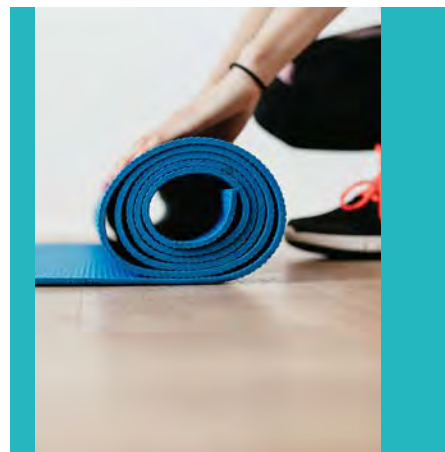
**Pilates (In-Person or Virtual):** Pilates is a system of movement that utilizes heightened mind-body awareness to strengthen and stabilize the core and improve posture, balance, and coordination. This beginner's class will introduce you to the principles of Pilates while performing exercise on an exercise mat. For those participating via Zoom, the link will be emailed to you one week prior to the first session.

Maximum 15 participants in-person, no maximum on Zoom.

Instructor: Teresa Magill

**Fee:** \$20 class fee

**Schedule:** 4 sessions meeting on Mondays, January 9th - February 6th, 9:00am - 10:00am (No class January 16th, USS is closed)



**Restoring Health:** Participants will investigate the various pillars of health and wellness. These pillars include nutrition, movement, sleep, stress management and mindset. The course will be discussion-based with simple, weekly activities to promote a healthier lifestyle.

Maximum 15 participants. Instructor: Dana Matt, MPT

**Fee:** \$25 class fee

**Schedule:** 5 sessions meeting on Thursdays, January 12th - February 9th, 12:30pm - 1:30pm



**Social Dance Step Basics:** Learn the basics of social dancing including etiquette, posture, dance holds, and steps. A dancing couple's simple dance can look very elegant if done correctly with spirit and confidence. Participants will need comfortable shoes. Individuals and couples are welcome. Maximum 30 participants. Instructor: Liudmila Baughman

**Fee:** \$25 class fee

**Schedule:** 5 sessions meeting on Wednesdays, January 11th - February 8th, 1:30pm - 3:30pm



## Local Interests:

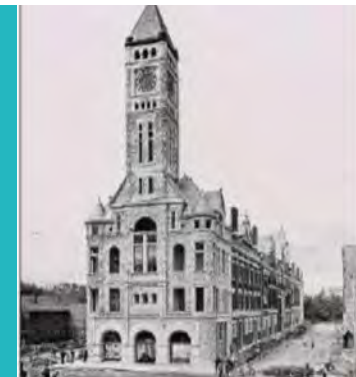
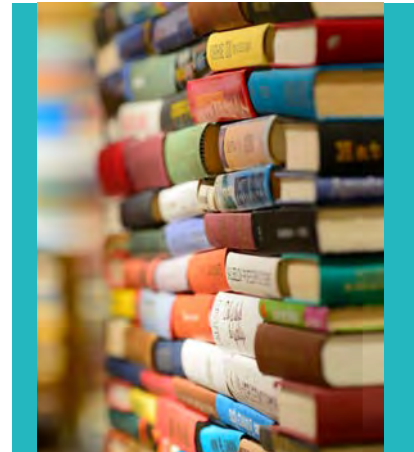


**Local Author Spotlight:** Each week, participants will meet a different local author or writer who will share their insights of the craft. Learn about their inspiration, background, research tactics, character development, trials and tribulations, as well as accomplishments each local author has experienced. Authors/writers include Tom Stafford, Debra Gaskill, Kevin Creager, Nancy Flinchbaugh, and Connie Chappell. Light refreshments will be provided.

Maximum 100 participants. Facilitator: Cindy Lockwood, USS

**Fee:** \$25 class fee

**Schedule:** 5 sessions meeting on Tuesdays, January 10th - February 7th, 12:30pm - 1:30pm



**Walk Back Through Time - Springfield Then & 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 and places, and hear engaging stories of Springfield's rich history. Maximum 50 participants.

Instructor: Natalie Fritz, Archivist, Clark County Historical Society

**Fee:** \$5 class fee

**Schedule:** 1 session meeting on Tuesday, January 17th, 2:30pm - 3:30pm



## Technology:

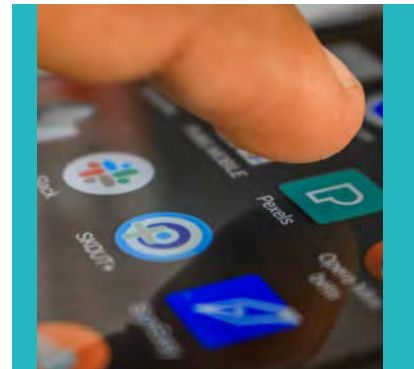


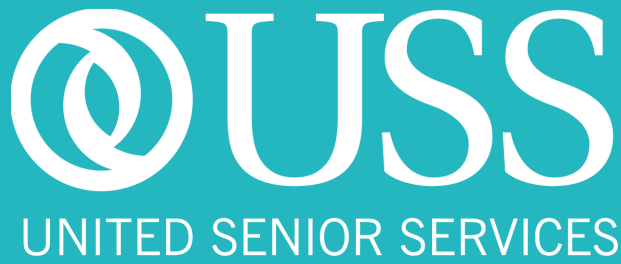
**Getting to Know Your Android Phone:** Do you have an *Android* phone and want to learn more about how to use it? This class will teach you how to navigate your device, browse the internet, stay connected with family and friends, take photos, and more! Participants must bring an *Android* phone (*Android 11* or higher). Maximum 10 participants.

Instructor: Josh Lagle, IT Support Specialist, Clark County Public Library

**Fee:** No fee

**Schedule:** 4 sessions meeting on Thursdays, January 12th - February 2nd, 10:00am - 11:30am





# 2023 Winter Class Catalog



## SAILL Steering Committee Members:

Anne Deam

Natalie Fritz

Barbara Matthies

Sarah Webb

Nancy Degenhart

Cindy Lockwood, USS

John Pelletier

Virginia Weygandt

Penny Dunbar

Dana Matt

Christian Raffensperger

---

937-323-4948

125 W Main St, Springfield, OH 45502

[www.unitedseniorservices.org](http://www.unitedseniorservices.org)

---