

2023 Spring 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 Spring S

The 8-week Spring Term is **March 20th - May 12th, 2023.**

Registration for classes opens **Monday, February 27th, 2023 at 8:30am at USS.**

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

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, March 21st - April 18th, 10:00am - 11:00am

Basic Flower Arranging: Learn the basics of choosing flowers and colors, and how to arrange them in pot or mug of your choice. Participants will need to bring their own mug, vase, or pot and will leave with a beautiful table-top floral arrangement. Maximum 15 participants.

Instructor: Kim McGinnis

Fee: \$5 class fee + \$10 material fee, payable at registration

Schedule: 1 session meeting on Monday, March 27th, 1:30pm - 3:00pm



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 experience required. Come learn to play easy songs and enjoy your time with other musicians. Participants will need to bring their own guitar and chord chart. Maximum 10 participants.

Instructor: John Lippolis

Fee: \$40 class fee

Schedule: 8 sessions meeting on Thursdays, March 23rd - May 11th, 9:00am - 9:45am

Beginner Ukulele: Is the ukulele an easy instrument to learn? YES! The ukulele is a great first instrument because it only has four strings. In this class, you'll learn easy chords, scales, and songs – everything you need for your campfire solo. Participants will need to bring their own ukulele and chord chart. Maximum 10 participants. Instructor: John Lippolis

Fee: \$40 class fee

Schedule: 8 sessions meeting on Thursdays, March 23rd - May 11th, 10:00am - 10:45am

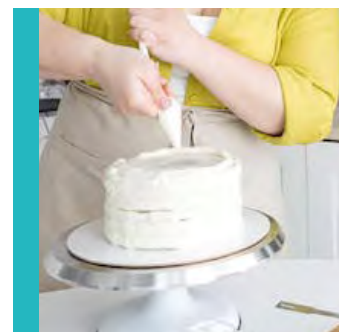
SAILL Classes

Cake Decorating for Beginners: Learn the basics of cake decorating with icing cakes, pipe borders, making roses, and writing. Each session will focus on a skill and conclude with a session decorating a cake from top to bottom. Maximum 10 participants.

Instructors: Chelsea Mutschler-Huber & Andrea Claypool

Fee: \$20 class fee + \$25 material fee, payable at registration

Schedule: 4 sessions meeting on Mondays, April 3rd - April 24th, 1:30pm - 3:30pm



Drawing – Expression in Black & White: Learn how to express and create with black and white, or other neutrals. This course will focus on the elements of design. Students will use markers, acrylic paint, colored paper, and charcoal to portray their chosen subject. Pointillism, cross-hatching, over-lapping, feathering, and gesture drawing techniques will be introduced. Maximum 14 participants. Instructor: Gail Hakala-Eldridge

Fee: \$40 class fee

Schedule: 8 sessions meeting on Thursdays, March 23rd - May 11th, 12:30pm - 1:30pm

How to Write a Mystery: Learn the tools of writing a mystery, from the history of planning the perfect crime to character/setting building, including red herrings. Learn how to research elements of a mystery including weapons, forensics, and crime scenes. Participants may also submit the first few pages of their own mysteries for critique. Maximum 15 participants. Instructor: Debra Gaskill

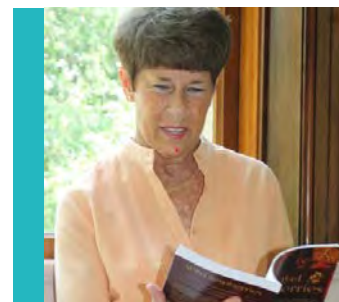
Fee: \$40 class fee

Schedule: 8 sessions meeting on Wednesdays, March 22nd - May 10th, 2:00pm - 3:00pm

Memoir Writing 101: Learn how to set personal and family memories down on paper. This course provides easy-to-follow step-by-step instruction. The course criteria apply 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 Thursdays, March 23rd - April 27th, 1:30pm - 2:30pm



Paint, Draw and Have Fun: Join a local artist to work with a number of materials and projects designed to take your ideas to your next masterpiece. Participants will use mixed materials including watercolors, inks, drawing tools, and more. Maximum 20 participants. Instructor: Joe Lewis

Fee: \$40 class fee

Schedule: 8 sessions meeting on Wednesdays, March 22nd - May 10th, 4:00pm - 5:30pm

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Springtime Gnomes: Home is where your Gnome is! Learn how to make festive Gnomes using toilet paper rolls and yarn. This will be an easy and fun class, making gnomes from start to finish in a short time.

Maximum 10 participants. Instructor: Denise See

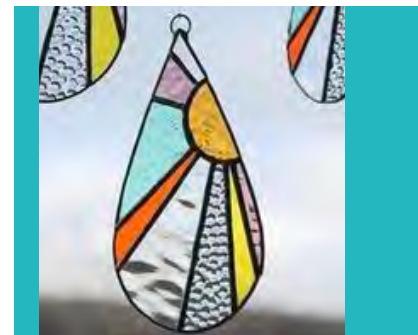
Fee: \$5 class fee + \$10 material fee, payable at registration

Schedule: 1 session meeting on Tuesday, March 21st, 11:30am - 1:30pm

Stained Glass – Drop of Sunshine Sun-Catcher: Learn how to foil, solder, and polish pre-cut glass pieces, creating a ray of sunshine in the shape of a raindrop! This is the perfect class for someone that wants to dip their toes into the world of stained glass. Learn these basic techniques or build on skills you've already acquired to create this glass sun-catcher to display in your home. Maximum 12 participants. Instructor: Jonelle Newman

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

Schedule: 1 session meeting on Friday, March 24th, 12:00pm - 2:00pm

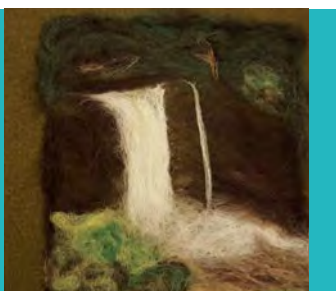


The Essence of Motown: The Motown sound was unique and extremely popular. Let's listen critically and creatively to see, hear, and understand how and why it all came together. We will start with the musicians and their instruments, the available technology, and society, and go from there! Participants will need to bring note-taking material. Maximum 20 participants.

Instructor: Loyd F. Stigers

Fee: \$40 class fee

Schedule: 8 sessions meeting on Fridays, March 24th - May 12th, 9:30am - 10:30am



Two-Dimensional Needle Felting: Painting with fiber! Using felting needles, participants will create still life or landscapes with wool fiber. Participants may bring a reference photo or create from imagination.

Maximum 10 participants. Instructor: Shelley Stevens

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

Schedule: 3 sessions meeting on Wednesdays, April 26th - May 10th, 1:00pm - 2:00pm

3-Yard Quilt for Beginners: 3-yard quilts are fast and easy for both beginner and advanced quilters wanting a quick gift for a special occasion. Choose one yard of your favorite fabric, one yard of a light fabric, and one yard of a dark fabric to match. Participants will need to bring their own sewing machine, fabric, notions, and the textbook, *3-Yard Quilts on the Double* by Donna Robertson & Fran Morgan. The pattern is on page 18. Maximum 7 participants. Instructor: Phyllis Bageant

Fee: \$30 class fee

Schedule: 6 sessions meeting on Thursdays, March 23rd - May 4th, 2:00pm - 4:00pm



SAILL Classes

Health & Wellness:

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 (NCOA) 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, USS Support Specialist

Fee: No fee

Schedule: 10 sessions meeting Mondays, March 20th - May 8th AND Wednesdays for the first two weeks, March 22nd & 29th, all sessions 9:00am - 10:30am



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 after 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 20 participants. Instructor: Emily Stanton, MPT

Fee: \$25 class fee

Schedule: 5 sessions meeting on Wednesdays, March 22nd - April 19th, 10:00am - 11:00am

Bingocize®: Bingocize® is an evidence-based health promotion program approved by the National Council on Aging (NCOA). It combines exercise and health information with the familiar game of bingo, which has shown to be a great, fun way to get everyone moving and socializing. The overall goals are to help older adults improve mobility and independence, as well as learn and use health information focused on fall reduction. Maximum 20 participants.

Instructor: Kathy Tutt, OSU Extension

Fee: No fee

Schedule: 16 sessions meeting on Tuesdays AND Thursdays, March 21st - May 11th, 9:30am - 10:30am

Health & Wellness with Natural Supplements: Learn the benefits of natural, plant-based supplements to improve your health from a certified life coach and health ambassador. Topics include blood glucose, leaky gut, inflammation, hydration, pain management, weight control, and heart health. Maximum 25 participants. Instructor: Delrita Parks

Fee: \$40 class fee

Schedule: 8 sessions meeting on Fridays, March 24th - May 12th, 11:30am - 12:30pm

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Navigating the Way Forward Through Grief: When you find yourself faced with the loss of someone you love, there is no road map or instruction book on how to move through this or just survive each day. This 8-week class will provide grief information, education and support, and the chance to interact with others who are grieving. Connect with others and learn how to thrive and survive the path through grief. Maximum 10 participants.

Instructor: Susan Good, Bereavement Counseling Professional, Ohio Hospice

Fee: No fee

Schedule: 8 sessions meeting on Tuesdays, March 21st - May 9th, 9:00am - 10:30am

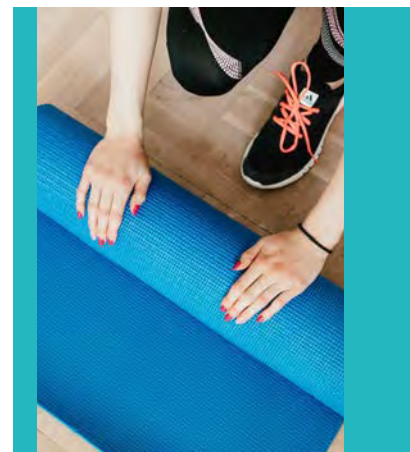
Pilates (In-Person or Virtual): Pilates is a system of movement that utilizes heightened mind-body awareness to strengthen and stabilize the core and improve posture, balance, and coordination. This beginner's class will introduce you to the principles of Pilates while performing exercise on an exercise 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: \$40 class fee

Schedule: 8 sessions meeting on Mondays, March 20th - May 8th, 9:00am - 10:00am



Practical Self-Defense: Learn simple self-defense techniques that anyone can do. Instructors will demonstrate attacks and defenses against attacks. Participants will safely practice defending themselves against attacks and grow in awareness of safe and unsafe situations.

Maximum 10 participants. Instructors: Randy Smith, Jeff Briner, and Jeff Vawter

Fee: \$40 class fee

Schedule: 8 sessions meeting on Mondays, March 20th - May 8th, 5:00pm - 6:30pm

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 is provided. Maximum 60 participants.

Instructor: Nettie Carter-Smith

Fee: \$40 class fee

Schedule: 8 sessions meeting on Mondays, March 20th - May 8th, 12:00pm - 1:00pm

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 Mondays, April 10th - May 8th, 10:30am - 11:30am

SAILL Classes

Language, History, and Current Events:

Braver Angels – Depolarize & Hold America Together: Braver Angels is a national organization whose purpose is to bring conservatives and progressives together to better understand each other and to reduce polarization in America. Learn about the origins and history of Braver Angels, affective polarization, red/blue polarization groups, some tools to use in reducing polarization, various programs to address civil rancor, and opportunities to join in a national movement that seeks to create civility in our national politics. Maximum 25 participants.

Instructor: Keith Watson, Braver Angels Ambassador

Fee: No fee

Schedule: 1 session meeting on Friday, April 7th, 1:30pm - 2:30pm



Environmental Collapse & Its Aftermath – Some Lessons from our Ancient Past:

Explore how ancient societies changed in response to environmental disasters. The focus of the presentation will be on the ancient city of Ephesus, located in modern-day Turkey. Ephesus faced many environmental challenges, including a changing climate, flooding, over-silting of its harbor, the spread of disease, and earthquakes. These challenges threatened many of the city's most valued cultural institutions, including its ancestral religions and political systems. The presentation will explore how Ephesians responded to these challenges through both technological innovations and cultural changes, while examining questions that have relevance for the environmental challenges we face today.

No maximum number of participants, registration is not required.

Presenter: Travis Proctor, Wittenberg University

Fee: No fee

Schedule: 1 session meeting on Wednesday, April 19th, 6:00pm; Gaier Room – Clark County Public Library, 201 S Fountain Ave, Springfield, OH

Ethical Will Workshop: Learn the power of writing a statement of your values in an ethical will. It can be simple or complex. It's a love letter to your survivors and descendants, not a scolding from the grave. Those who love you will remember you by reading your ethical will and will use it to introduce you to those who never met you. An ancient Jewish tradition, starting with the Hebrew patriarch Jacob's final blessing of his sons, the ethical will transcends Jewish tradition and is recommended and valued by historians, genealogists, and estate planners.

Maximum 30 participants. Instructor: Artie Isaac

Fee: \$5 class fee

Schedule: 1 session meeting on Thursday, June 1st, 10:00am - 11:00am

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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. 2023 topics include energy geopolitics, war crimes, economic warfare, politics in Latin America, global famine, Iran at a crossroads, China and the U.S., and climate migration. Maximum 12 participants. Instructor: Michael Lyons

Fee: \$35 class fee + \$15 Great Decisions Briefing Book, payable at registration

Schedule: 7 sessions meeting on Thursdays, March 23rd - May 4th, 9:00am - 10:00am

History Detectives – Uncovering Stories from the Past: Explore and learn how to best utilize tools available locally to uncover interesting stories behind people, places, and artifacts. Participants will have a chance to do their own detective work to learn the stories behind historical photos and objects from the historical society's collections. Leave the class with a better understanding of the tools and techniques available to uncover pieces of history and create a final product from discoveries that can be shared with the public. Maximum 10 participants.

Instructor: Natalie Fritz, Archivist, Clark County Historical Society

Fee: \$20 Class fee

Schedule: 4 sessions meeting on Tuesdays, March 21st - April 18th, 1:00pm - 3:00pm; 3rd Floor Research Library, Heritage Center, 117 S Fountain Ave, Springfield, OH

Spanish for Beginners: Have fun learning beginner-level Spanish! This class will introduce you to entry-level Spanish starting with the foundations of the language and progressing into basic conversations. Come have fun and expand your knowledge of another culture!

Maximum 25 participants. Instructor: Kelly Wren

Fee: \$40 class fee

Schedule: 8 sessions meeting on Wednesdays, March 22nd - May 10th, 10:00am - 11:00am

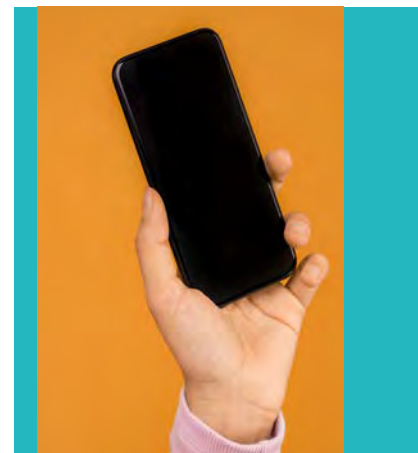
Technology and Home:

Getting to Know Your Phone: Do you have a mobile phone and are either not sure how to use it or want to learn more about 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 iPhone 11 or an Android 11, or newer. Maximum 20 participants.

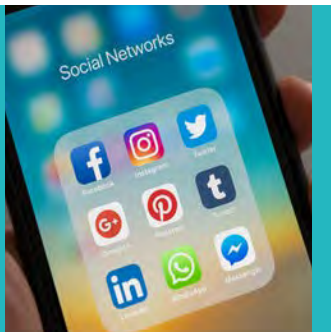
Instructors: Josh Lagle (Android) & Tracy Koverman (iPhone), IT Support Specialists, Clark County Public Library

Fee: No fee

Schedule: 4 sessions meeting on Tuesdays, March 21st - April 11th, 1:30pm - 3:00pm (Android) OR 4 sessions meeting Tuesdays, April 18th - May 9th, 1:30pm - 3:00pm (iPhone).



SAILL Classes



Social Media 101: Learn how to stay connected with family and friends both near and far with social media! In this class, participants will learn how to use *Facebook*, *Instagram*, *Snapchat*, and *TikTok*. Participants will need to bring a smart phone or tablet. Maximum 10 participants.

Instructor: Sophia Justice, USS Program Coordinator

Fee: \$30 class fee

Schedule: 6 sessions meeting on Fridays, March 24th - April 28th, 10:00am - 11:00am

Tips & Tricks – DIY Home Repair Projects: Be safe, know your limits! Why pay someone for home repairs that you can do yourself? Learn simple, but useful, tips and tricks for older adults to make it easier to accomplish small DIY projects while reducing the risk of accidents or injury. Maximum 50 participants.

Instructor: James Klay, Project Manager, Neighborhood Housing Partnership

Fee: No fee

Schedule: 1 session meeting on Friday, March 31st, 1:30pm - 2:30pm

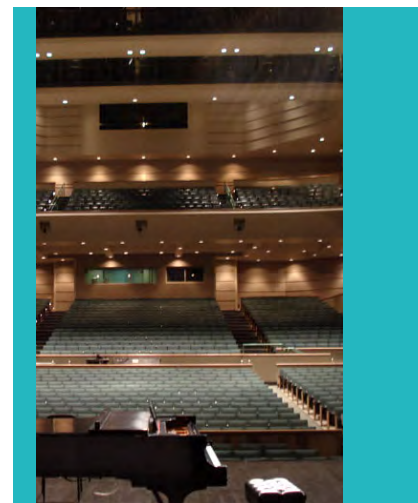
How It's Made Tour:

Clark State Performing Arts Center: Go “behind the scenes” to tour Springfield’s very own performance and event venue. Built in 1993, the award-winning Clark State Performing Arts Center is situated on 5.5 acres in downtown Springfield, Ohio. The 86,000 square foot facility houses rental space that is designed and equipped to accommodate musical performances, theatre presentations, conferences, business meetings and other activities. Maximum 20 participants.

Tour Guide: Dan Hunt, Associate Professor of Theatre & General Manager, Clark State

Fee: \$5 tour fee

Schedule: 1 session meeting on Friday, April 14th, 1:00pm; Clark State Performing Arts Center, 300 S Fountain Ave, Springfield, OH 45506





SAILL Steering Committee Members:

Anne Deam

Natalie Fritz

Barbara Matthies

Sarah Webb

Nancy Degenhart

Cindy Lockwood, USS

John Pelletier

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