



2023 Summer 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 Summer SAILL Classes

The 5-week Summer Term is **July 10th - August 11th, 2023.**

Registration for classes opens **Tuesday, June 20th 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:



Stained Glass Bumble Bee Suncatcher: Learn how to foil, solder, and polish pre-cut glass pieces, creating an adorable bumble bee suncatcher! 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 suncatcher 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, July 14th, 1:00pm - 3:00pm

Quilting a Tourist Tote Bag: The perfect first bag! Learn how to cut your fabric to size, assemble a bag, put in boxed corners for a flat bottom, attach tote straps, and top stitch for a professional finish. This is a sturdy tote big enough to carry all your essentials and a fantastic way to show off your favorite fabric! Participants will need to purchase pattern prior to class. Maximum 8 participants. Instructor: Phyllis Bageant

Fee: \$25 class fee

Schedule: 5 sessions meeting on Mondays, July 10th - August 7th, 1:30pm - 3:30pm



Health & Wellness:

Basic Life Support – CPR: Participants will learn how to recognize respiratory and circulatory emergencies in infants, children, and adults as well as learn treatment methods in community and professional cardiopulmonary resuscitation (CPR) in accordance with the American Heart Association guidelines. Maximum 20 participants.

Instructor: Michael Cogdill, Clark State Community College, EMS Program Coordinator

Fee: \$5 class fee for CPR Card

Schedule: 1 session meeting on Friday, July 21st, 9:00am - 1:00pm

2023 Summer SAILL Classes

Easy 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: \$25 class fee

Schedule: 5 sessions meeting on Mondays, July 10th - August 7th, 5:00pm - 6:30pm

Mindset Mastery – Cultivating Vision, Dedication, and Purpose Beyond Retirement:

Learn how to create a clear vision for your future beyond retirement, set achievable goals, and break them down into manageable steps. Develop a growth mindset that will enable you to approach challenges with resilience and optimism. Learn practical strategies for maintaining motivation in the face of obstacles and setbacks while developing the dedication necessary to achieve your goal.

Maximum 20 participants. Instructor: Jeannie Dafforn, NBC-HWC

Fee: \$25 class fee

Schedule: 5 sessions meeting on Thursdays, July 13th – August 10th, 10:00am - 11:00am

Pilates (in person or virtual): Pilates is a system of movements 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: \$25 class fee

Schedule: 5 sessions meeting on Mondays, July 10th - August 7th, 9:00am - 10:00am

Reiki – Exploring the Mental & Emotional Benefits: Learn the concept of using Reiki as a tool for mental and emotional health benefits. Reiki is a form of energy healing that utilizes universal life force energy to promote relaxation, stress reduction, and overall well-being. This workshop is designed to provide a basic understanding of Reiki and its potential benefits, as well as practical techniques for incorporating energy clearing into your daily life. Each week will include a guided group Reiki experience that incorporates Reiki techniques to help participants connect with Universal Life Force Energy and experience its benefits for body, mind, and soul.

Maximum 20 participants. Instructor: Amanda Carter, Reiki Master Teacher, Level 2 QHHT Practitioner

Fee: No class fee

Schedule: 5 sessions meeting on Mondays, July 10th - August 7th, 3:00pm - 4:00pm

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 will be provided. Maximum 50 participants.

Instructor: Nettie Carter-Smith

Fee: \$25 class fee

Schedule: 5 sessions meeting on Mondays, July 10th - August 7th, 12:00pm - 1:00pm

2023 Summer SAILL Classes

Tap Dancing: Who's ready to tap? Have you always wanted to learn how to tap dance? Do you have a pair of tap shoes hidden in a closet? Here's your opportunity to learn tap or reconnect with those shoes. This beginner-level class is designed to teach basic tap fundamentals with progressions. Bring your own tap shoes – any type will do. Maximum 20 participants.

Instructor: Cindy Griffin

Fee: \$25 class fee

Schedule: 5 sessions meeting on Tuesdays, July 11th - August 8th, 9:30am - 10:30am

Lifestyle:

AARP Smart Driver Course: You never forget how, but it never hurts to refresh your driving skills and knowledge. The AARP Driver Safety course is the oldest course designed especially for older adults. The course includes updates of new road design, traffic laws, and how to adjust your driving to compensate for physical changes, it may also qualify you for a multi-year discount on your car insurance. Textbook provided. Participants will need to bring driver's license and AARP membership card (if applicable). Maximum 20 participants. Instructor: Denis Driscoll

Fee: \$25 for AARP Members, \$30 for Non AARP Members, payable to instructor at class

Schedule: 1 session meeting on Friday, July 14th, 12:00pm - 4:00pm

Air Fryer Cooking 101: Learn the basics of working with air fryers. Advance your knowledge of the different types of air fryers, how to operate them, and understand times/temperatures as well as any accessories that come with the appliance. Participants will receive recipes, tips and tricks, as well as nutritional facts. Walk away feeling confident about the advantages and disadvantages of air fryer cooking! Maximum 10 participants.

Instructors: Renita Porter & Jewel Rollins, Central State University Extension

Fee: No class fee

Schedule: 3 sessions meeting on Wednesdays, July 19th - August 2nd, 10:00am - 12:00pm

Powerful Tools for Caregivers: Caring for a family member or friend with a chronic condition can be physically, emotionally, and financially draining. This highly effective, evidence-based, self-care educational program for family caregivers, builds the skills caregivers need to take better care of themselves as they provide care for others. Caregiver participants learn to minimize the potentially negative impacts of caregiving in a 6-week program, emphasizing self-care and empowerment. Each session builds onto the previous. Participants will receive, free of charge, the Caregiver Helpbook. Maximum 12 participants.

Instructors: Laura West and Aida Merhemic, Catholic Charities Southwestern Ohio

Fee: No class fee

Schedule: 6 sessions meeting on Tuesdays, July 11th - August 15th, 10:00am - 11:30am

2023 Summer SAILL Tours

Tours:

Ferncliff Cemetery Tour: Take a ride on the open-air Ferncliff Trolley through the historical, original sections of the cemetery. Participants will observe and learn about those in our community who made a difference industrially, socially, militarily, and philanthropically, as well as learn about the founding of Ferncliff Cemetery. Maximum 30 participants.

Tour Guide: Dr. Paul Schaner

Fee: \$5 tour fee

Schedule: 1 session meeting on Wednesday, August 4th, 10:00am; 501 W McCreight Ave, Springfield, OH 45504

Heritage Center Archives & Collections Tour: Take a behind-the-scenes look at the artifact and archival collections storage areas, collections items, and other seldom seen areas at the Heritage Center. You will have a chance to see, touch, and explore items that make up our local history! See behind closed doors, learn how items not on display are cared for, and find out how everything behind the scenes helps fulfill their mission to the community to collect, preserve, and interpret the history of the area. Participants will meet at the Heritage Center museum lobby.

Maximum 20 participants.

Tour Guides: Collections Staff at the Clark County Historical Society

Fee: \$5 tour fee

Schedule: 1 session meeting on Thursday, August 3rd, 2:00pm - 4:00pm; 117 S Fountain Ave, Springfield, OH 45502

Snyder Park Gardens & Arboretum Tours: Join the OSU Extension Master Gardeners, touring the gardens of Snyder Park. These include the ***Early Ohio Settler's Garden***, designed to represent a typical kitchen garden that existed in Ohio from 1800-1850. The ***Field Trials*** are conducted by Master Gardener Volunteers. They research new plants and products and evaluate them every 2 weeks during the growing period. ***Garden of Eatin'***, demonstrating sustainable practices for growing vegetables in your own backyard. ***Kiwanis Children's Garden***, bringing fun, delight, beauty, whimsy, and knowledge to children and their families. ***Landscape with Nature***, reintroduces native plants into the landscape. ***Springfield Foundation Feature Garden***, used for beauty and to educate the public about what to plant to improve their own flowerbeds. ***Victory Garden***, learn how to grow fresh vegetables for donation to residents of Springfield through Second Harvest Food Bank. Participants will need walking shoes. All tours will meet at *Wingert Tossey Pavillion*, 1900 Park St, Springfield, OH 45504 at 1:00pm. Maximum 20 participants (per tour).

Fee: \$5 tour fee (per tour)

Springfield Foundation Feature Garden & Victory Garden: 1 session meeting on Wednesday, July 12th

Early Ohio Settler's Garden & Garden of Eatin': 1 session meeting on Wednesday, July 19th

Field Trials & Kiwanis Children's Garden: 1 session meeting on Wednesday, August 2nd

Landscape with Nature Garden: 1 session meeting on Wednesday, August 9th

See back of catalog for another tour!

2023 Summer SAILL Tours

The Genius of Charles Cregar Tour: Prolific local architect Charles Cregar left an indelible imprint on Springfield before his untimely death in 1896 at age 39. Numerous local landmarks are among his catalog of works, including the City Building and Market (now Heritage Center), St. Raphael's Catholic Church, and Third Presbyterian. Join historian Kevin Rose, former national president of the Victorian Society, to explore the amazing designs of Springfield's preeminent Victorian architect. Transportation provided by coach. Some interiors will be included, which involves moderate walking and some stairs. Participants will park and meet at the Heritage Center.

Maximum 23 participants. Tour Guide: Kevin Rose, Historian, Turner Foundation.

Fee: \$50 tour fee (\$15 tour guide + \$35 coach)

Schedule: 1 session meeting on Friday, August 11th, 1:00pm - 4:00pm; 117 S Fountain Avenue, Springfield, OH 45502



SAILL Steering Committee Members:

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