

2023 Fall SAILL Classes

The 8-week Fall Term is **September 18th - November 10th, 2023**.
Registration for classes opens **Monday, August 28th, 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 at clockwood@unitedseniorservices.org or 937-323-4948 ext. 140 for more information.

Creative Arts:

Beginning Calligraphy: Learn the basics of calligraphy, including how to hold a calligraphy marker, how to form individual letters, and then combining letters to create words. Participants will develop an eye for angles, shapes, and spacing as they relate to calligraphy. Maximum 10 participants. Instructor: Anne Kazez

Fee: \$25 class fee + \$10 materials fee

Schedule: 5 sessions meeting on Thursdays, October 12th - November 9th, 9:30am - 10:30am



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

Instructors: Chelsea Mutschler-Huber and Andrea Claypool

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

Schedule: 5 sessions meeting on Mondays, October 9th - November 6th, 3:30pm - 4:30pm

Draw, Paint, 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, September 20th - November 8th, 4:00pm - 6:00pm

Drawing on the Right Side of the Brain: If you enjoy drawing but have never been able to get past a beginner's level, this workshop will show you how to gain the skill you have always wanted! If you are already drawing as a professional artist or as an artist-in-training, this workshop will give you greater confidence in your ability and will deepen your artistic perceptions. Each class session will begin with a video by Betty Edwards, author of *Drawing on the Right Side of Your Brain*, followed by discussion and brain exercises to see things in a different way, and of course, drawing!

Maximum 8 participants. Instructor: Teresa Ehalt

Fee: \$40 class fee. List of materials needed will be provided upon registration.

Schedule: 8 sessions meeting on Mondays, September 18th - November 6th, 2:30pm - 4:30pm

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Fall Pumpkin Flower Arranging: Learn the basics of choosing flowers and colors, and how to arrange them in a fall pumpkin (provided by instructor). Go home with a beautiful table-top floral arrangement. Maximum 15 participants. Instructor: Kim McGinnis

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

Schedule: 1 session meeting on Friday, November 10th, 1:30pm - 3:00pm

Guitar with Note Reading: Learn to read music while plucking melody lines and strumming chords on a guitar. This class will include note reading, hand techniques, building songs, and understanding the depth of the guitar. There may even be a sing-along to some of your favorite songs. Participants will need to bring a guitar to class. Maximum 15 participants. Instructor: Christina Darding

Fee: \$35 class fee

Schedule: 7 sessions meeting on Fridays, September 29th - November 10th, 10:00am - 11:00am

Make an Easy 3-Yard Quilt: 3-yard quilts are fast and easy for both beginner and advanced quilters wanting a quick gift for that 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 (pattern on page 18). Maximum 7 participants. Instructor: Phyllis Bageant

Fee: \$25 class fee

Schedule: 5 sessions meeting on Mondays, October 9th - November 6th, 1:30pm - 3:30pm

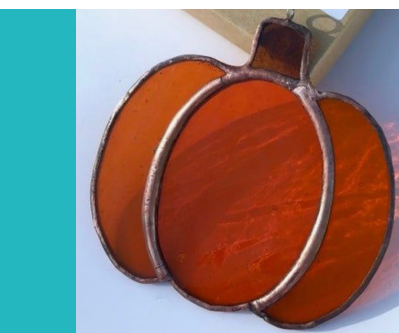


Readings in Theatre: Experience theatre in a lively, lighthearted way! Along with assigned excerpts of scripts, books, and readings, participants will be asked to find and present their own favorite passages and parts in other genres. Individual readings and group readings will be included. With a casual atmosphere, no memorization will be required. The class aims to be an informative, enjoyable, no-stress experience, though we all want to "break a leg"! Bring a passage or excerpt from any source (suitable for general audiences) you'd like to share to the first class.

Maximum 10 participants. Instructor: Kathleen Day

Fee: \$40 class fee

Schedule: 8 sessions meeting on Wednesdays, September 20th - November 8th, 10:00am - 11:30am



Stained Glass Pumpkin Suncatcher: Learn how to foil, solder, and polish pre-cut glass pieces, creating an adorable pumpkin 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 Friday, September 29th, 1:00pm - 3:00pm

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Health & Wellness:

Country Line Dancing: If you have always wanted to learn how to line dance, then this is the class for you! Learn the basics of many country and other fun, popular line dances. Come learn the Boot Scootin' Boogie, Watermelon Crawl, Rocking the Wagon Wheel, Two Step Shuffle, the Locomotion, and many other fun, easy, beginner-level dances!

Maximum 30 participants. Instructor: Julie Dwyer

Fee: \$40 class fee

Schedule: 8 sessions meeting on Tuesdays, September 19th - November 7th, 11:30am - 12:30pm



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: \$40 class fee

Schedule: 8 sessions meeting on Mondays, September 18th - November 6th, 5:00pm - 6:30pm



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 a 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, September 18th - November 6th, 9:00am - 10:00am

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. Instructors: Dana Matt, MPT

Fee: \$35 class fee

Schedule: 7 sessions meeting on Thursdays, September 21st - November 8th, 1:00pm - 2:00pm

Reiki – Exploring the Mental & Emotional Benefits: Learn the concept of using Reiki as a tool for mental and emotional benefits. Reiki is a form of energy healing that utilizes universal life force energy to promote relaxation, overall well-being, and stress reduction. This workshop is designed to provide older adults with a basic understanding of Reiki and its potential benefits, as well as practical techniques for incorporating energy clearing into your daily life. Maximum 20 participants. Instructor: Amanda Carter, Reiki Master Teacher, Level 2 QHHT Practitioner

Fee: \$25 class fee

Schedule: 5 sessions meeting on Mondays, October 9th - November 6th, 3:00pm - 4:00pm

Tap Dancing: Get 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 and learn a mini tap routine. Bring your own tap shoes – any type will do.

Maximum 20 participants. Instructor: Cindy Griffin

Fee: \$40 class fee

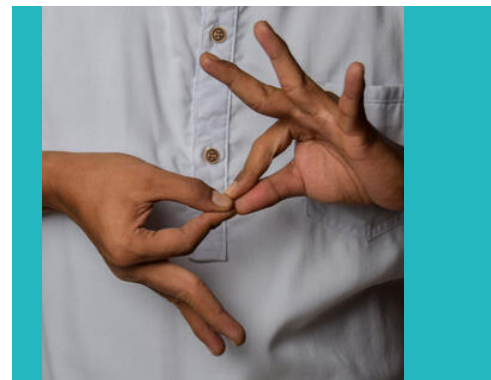
Schedule: 8 sessions meeting on Tuesdays, September 19th - November 7th, 9:30am - 10:30am

Language and Local Interests:

American Sign Language: This course will provide an introduction to basic signs, phrases, fingerspelling, numbers, and deaf culture. It is geared for those who are losing their hearing, those wanting to communicate with deaf friends and family, or for those who have always wanted to learn sign language. Participants will need to bring a folder for class handouts. Maximum 16 participants. Instructor: Vickie Wolfgang

Fee: \$40 class fee

Schedule: 8 sessions meeting on Tuesdays, September 19th - November 7th, 11:00am - 12:00pm



Beginning Spanish: Have fun learning beginning-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 30 participants. Instructor: Kelly Wyen

Fee: \$40 class fee

Schedule: 8 sessions meeting on Tuesdays, September 19th - November 7th, 4:00pm - 5:00pm

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Easy French for Travelers: This course offers a fun, animated presentation of various topics related to travel in basic French. Previous study of the language is desirable, but not necessary. Students who have never studied French can follow along and participate; those who already know some French will benefit from the review. The approach is communicative, the method collaborative, and the focus will be mainly on speaking. Maximum 20 participants. Instructor: Dr. Tim Wilkerson
Fee: \$30 class fee
Schedule: 6 sessions meeting on Thursdays, September 21st - October 26th, 10:30am - 11:30am

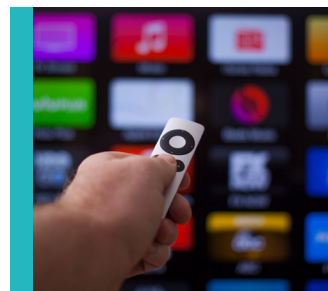
Ghosts, Hauntings, & Paranormal Entities: Learn about the phenomena of “out-worldly” beings commonly referred to as ghosts, spirits, angels, and haunts. Participants will also learn about ghost-hunting techniques and specialized equipment, as well as methods in which a participant may be able to protect themselves from spirit entrapment and “bringing home unwanted ghost entities.” Maximum 20 participants. Instructor: Lemoine D Rice
Fee: \$40 class fee
Schedule: 8 sessions meeting on Mondays, September 18th - November 6th, 10:00am - 11:00am

Lifestyle:



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 and walk away feeling confident about the advantages and disadvantages of air fryer cooking. Maximum 10 participants. Instructor: Donna Kuykendall, Central State University Extension
Fee: No fee
Schedule: 3 sessions meeting on Wednesdays, October 25th - November 8th, 10:00am - 12:00pm

Alternative Ways to Watch Television: Learn about the history of telecommunications and how the viewing of television programming has evolved. Participants will learn alternative ways to watch your favorite programs and how to do it while reducing how much you pay for these services. Maximum 25 participants. Instructor: John M. Grubb
Fee: \$5 class fee
Schedule: 1 session meeting on Friday, September 22nd, 1:30pm - 3:00pm



Beginning Contract Bridge: It takes only rudimentary knowledge to begin playing and enjoying the card game Bridge, but be forewarned: this is not an easy game to learn or master. That's precisely why Bridge is so popular and it's called “the game for a lifetime”. Bridge will be much easier to learn if you have experience playing other card games that are played with a partner and involve “bidding” and taking “tricks”, such as Spades, Euchre, or Pinochle. Maximum 12 participants. Instructors: Judy Bowman and the Duplicate Bridge Group Members
Fee: No fee
Schedule: 8 sessions meeting on Wednesdays, September 20th - November 8th, 1:00pm - 2:00pm

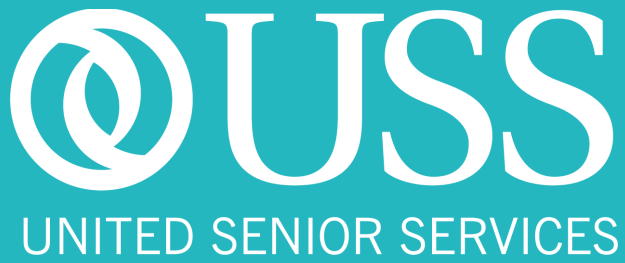
Ethical Will Workshop: Learn the power of writing a statement of your values in an ethical will. It can be simple or complex. It's a love letter to your survivors and descendants. Those who love you will remember you by reading your ethical will and will use it to introduce you to those who never met 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 20 participants. Instructor: Artie Isaac
Fee: \$5 class fee
Schedule: 1 session meeting on Monday, October 9th, 1:00pm - 3:00pm

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 newer version to the iPhone sessions, or an Android 11 or newer version to the Android sessions. Maximum 10 participants. Instructors: Josh Lagle (Android) & Tracy Koverman (iPhone), IT Support Specialists, Clark County Public Library
Fee: No fee
Schedule: iPhone: 4 sessions meeting on Wednesdays, September 20th - October 11th, **OR** Android: 4 sessions meeting Wednesdays, October 18th - November 8th, **both** 1:30pm - 3:00pm

Tours:



Ferncliff Cemetery Trolley 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 Thursday, October 12th, 10:00am - 12:00pm, 501 W McCreight Ave, Springfield, 45504



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SAILL Steering Committee Members:

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