

2024 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.

2024 Winter SAILL Classes

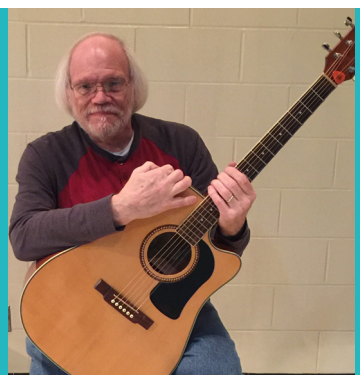
The 5-week Winter Term is **January 8th - February 9th, 2024**.
Registration for classes opens **Thursday, December 21st, 2023 at 8:30am at USS**.
All classes will be held at **USS Downtown, 125 W Main St, Springfield, OH 45502**.
Class fees are due at registration.

SAILL is open to all current USS members*. Contact Cindy Lockwood at 937-521-3009 or clockwood@ussohio.org for more information.

***Must have a 2024 Membership to be a current member.**



Creative Arts:



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. 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: \$25 class fee

Schedule: 5 sessions meeting on Thursdays, January 11th - February 8th, 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: \$25 class fee

Schedule: 5 sessions meeting on Thursdays, January 11th - February 8th, 10:00am - 10:45am

Basic Pendant Wire Wrapping: Learn the basic steps of wire wrapping pendants; beginning with round glass baubles and progressing to crystals and stones. Learn how to use various tools needed to measure, cut, straighten, and bind wire. Participants will need to bring a ruler and materials to take notes. All other materials will be provided.

Maximum 8 participants.

Instructors: Jenn Queen & Chelsea Mutschler-Huber

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

Schedule: 5 sessions meeting on Tuesdays, January 9th - February 6th, 3:30pm - 4:30pm



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 1 yard of your favorite fabric, 1 yard of a light fabric, and 1 yard of a dark fabric to match. Participants will need to bring their own sewing machine, fabric, and notions.

Maximum 10 participants. Instructor: Phyllis Bageant

Fee: \$20 class fee

Schedule: 4 sessions meeting on Mondays, January 8th - February 5th, 1:30pm - 3:30pm (No class January 15th, USS closed)

Multimedia Painting: Painting encourages individual creativity. Time spent painting improves concentration and memory skills, helps relieve stress, and boosts self-esteem. Participants will work with various mediums, including watercolor, acrylics, rubber stamps, and alcohol inks.

Maximum 10 participants. Instructor: Victoria Trempe

Fee: \$25 class fee

Schedule: 5 sessions meeting on Thursdays, January 11th - February 8th, 2:00pm - 3:00pm

Oil Painting is My Thing: Whether a beginner or an experienced oil painter, this course will provide instruction and insight on creating a painting with style! Learn techniques of brush work and palette knife application to achieve desired effects. Qualities of oils, positive and negative, will be discussed. Participants will need to bring a small oil paint set, brushes, palette knife, rags, mineral spirits, and a jar for brush cleaning. Maximum 15 participants. Instructor: Gail Hakala-Eldridge

Fee: \$25 class fee

Schedule: 5 sessions meeting on Fridays, January 12th - February 9th, 1:30pm - 2:30pm



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 and group readings will be included. Adding to the casual atmosphere, no memorization will be required. Participants will use the written word, and may wander into improvisation, but the only indispensable ingredient is you! The class aims to be an informative, enjoyable, no-stress experience for all involved – 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: \$25 class fee

Schedule: 5 sessions meeting on Wednesdays, January 10th - February 7th, 10:00am - 11:30am

2024 Winter SAILL Classes



Stained Glass Heart Suncatcher: Learn how to foil, solder, and polish precut glass pieces, creating an adorable heart 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 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, February 2nd, 1:00pm - 3:00pm

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: \$20 class fee

Schedule: 4 sessions meeting on Mondays, January 8th - February 5th, 9:00am - 10:00am (No class January 15th, USS closed)



Health & Fitness:



Drums Alive: We will use drumming, music, and movement to make health and wellness more than just effective; we make it irresistibly fun and totally engaging! *Everybody comes alive with Drums Alive!*

Maximum 20 participants. Instructor: Linda Getz

Fee: \$25 class fee

Schedule: 5 sessions meeting on Fridays, January 12th - February 9th, 11:30am - 12:15pm



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 50 participants. Instructor: Nettie Carter-Smith

Fee: \$20 class fee

Schedule: 4 sessions meeting on Mondays, January 8th - February 5th, 12:00pm - 1:00pm (No class January 15th, USS closed)



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: \$20 class fee

Schedule: 4 sessions meeting on Mondays, January 8th - February 5th, 5:00pm - 6:30pm (No class January 15th, USS closed)

Retro Splash: This fun and sociable workout is designed to burn calories, tone muscle, and improve stamina, all in the USS lap pool! No experience is required; all skill levels are welcome to join. Participants will progress at their own pace. Maximum 15 participants.

Instructor: Linda Getz

Fee: \$20 class fee

Schedule: 4 sessions meeting on Saturdays, January 20th - February 10th, 11:00am - 11:45am



Exercise in Disguise: Have fun while increasing range of motion and muscle strength. Exercise in Disguise is generally a low-impact class using hand-held weights and resistance training with both bands and body-weight resistance. Maximum 30 participants. Instructor: Linda Getz

Fee: \$25 class fee

Schedule: 5 sessions meeting on Fridays, January 12th - February 9th, 12:30pm - 1:15pm

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 and learn a mini-tap routine. 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, January 9th - February 6th, 9:30am - 10:30am

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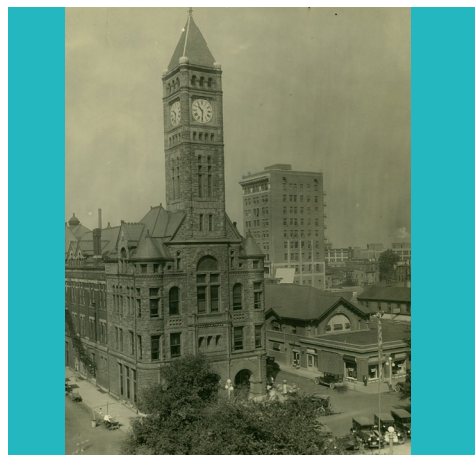
Language & History:



Around the World in 5 Hours: Pack your imaginary suitcase and prepare to visit 5 continents in 5 hours! We'll see a few sights, maybe learn some handy words in other languages, and share tips for successful travel in our golden years. And, you can't beat the price! Maximum 20 participants. Instructor: Barbara Matthias
Fee: \$25 class fee
Schedule: 5 sessions meeting on Fridays, January 12th - February 9th, 11:00am - 12:00pm

Spanish 2: This is a beginning-level class that serves as a continuation for those students who were previously in the Beginning Spanish class. Participants will continue to explore the use of expressions and various vocabulary for conversational Spanish. Maximum 30 participants. Instructor: Kelly Wyen
Fee: \$25 class fee
Schedule: 5 sessions meeting on Tuesdays, January 9th - February 6th, 4:00pm - 5:00pm

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 40 participants. Instructor: Natalie Fritz, Archivist, Clark County Historical Society
Fee: \$5 class fee
Schedule: 1 session meeting on Tuesday, January 30th, 1:00pm - 3:00pm



Lifestyle:

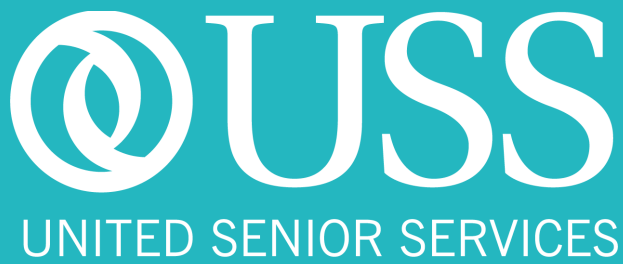


Tips & Tricks – DIY Home Repair Projects, Part 2: Be safe, know your limits! Why pay someone for home repairs that you can do yourself? Learn simple, but useful, tips and tricks for older adults to make it easier to accomplish small DIY projects, while reducing the risk of accidents or injury. This class is the much-requested "part 2" of the class offered in spring 2023. Maximum 50 participants. Instructor: James Klay, Project Manager, Neighborhood Housing Partnership
Fee: No fee
Schedule: 1 session meeting on Tuesday, January 23rd, 2:45pm - 3:45pm

Tarot Card Majors: Learn to understand the meanings of the 22 Major Tarot cards. Participants will study and learn how to read four layouts, reading for each other, then progressing to family, friends, and finally strangers. Participants will need to bring a deck of Rider-Waite tarot cards. Maximum 20 participants. Instructor: Tillie Jamison
Fee: \$25 class fee
Schedule: 5 sessions meeting on Mondays, January 8th - February 12th, 2:00pm - 4:00pm (No class January 15th, USS closed)



Getting to Know Your Android Phone: Do you have an Android 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 Android phone. Maximum 10 participants. Instructors: Josh Lagle & Tracy Koverman, IT Support Specialists, Clark County Public Library
Fee: No fee
Schedule: 4 sessions meeting on Thursdays, January 11th - February 1st, 9:30am - 11:00am



2024 Winter Class Catalog



SAILL Steering Committee Members:

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