

2024 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.

2024 Spring SAILL Classes

The 8-week Spring Term is **March 18th - May 10th.**

Registration for classes opens **Monday, March 4th at 8:30am at USS.**

All classes will be held at **USS Downtown, 125 W Main St, Springfield, OH 45502** unless otherwise noted. All fees are due at registration unless otherwise noted. Payments can be made with **Cortney Schneider at 937-323-4948 ext. 112.**

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

Creative Arts:

Calligraphy: Beginning & Continuing: Continue or start learning how to use a calligraphy marker to form individual letters and then combining those letters to create words. Develop an eye for angles, shapes, and spacing as they relate to calligraphy. Maximum 6 participants. Instructor: Anne Kazez

Fee: \$35 class & materials fee

Schedule: 5 sessions meeting on Thursdays, March 21st - April 18th, 9:30am - 11:00am



Draw, Paint, and Have Fun: Join a local artist to work with various materials and projects designed to turn your ideas into your next masterpiece. Participants will use mixed materials including watercolors, inks, drawing tools, and more. Maximum 10 participants. Instructor: Joe Lewis

Fee: \$40 class fee

Schedule: 8 sessions meeting on Wednesdays, March 20th - May 8th, 4:00pm - 6:00pm



Intermediate Cake Decorating: In Cake Decorating for Beginners, participants learned foundational skills. This class is for anyone who took the previous class or is a baker at home and would like to build upon basic skills. Instructors will provide 1/8 sheet dummy cake for practice, but students are welcome to bring in their own baked cake. Participants will need to bring their own decorating tips and an apron. Maximum 5 participants.

Instructors: Chelsea Mutschler-Huber and Andrea Claypool

Fee: \$65 class & materials fee

Schedule: 8 sessions meeting on Mondays, March 18th - May 6th, 3:30pm - 5:00pm

Intermediate Guitar: Take your guitar skill to the next level, from beginner to intermediate, as you learn new chords, scales, and songs. 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, April 11th - May 9th, 9:00am - 10:00am

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, watercolor pencils, and alcohol inks. Maximum 10 participants. Instructor: Victoria Trempe

Fee: \$25 class fee

Schedule: 5 sessions meeting on Wednesdays, March 20th - April 17th, 1:30pm - 3:30pm

Sew Your Own Leggings: Learn how to cut the pattern and sew your own knit leggings pants in just 2 weeks! Participants must bring their own sewing machine, washed fabric, and notions. Ask for additional details at registration. Maximum 6 participants. Instructor: Jane Skogstrom

Fee: \$10 class fee

Schedule: 2 sessions meeting on Fridays, March 29th - April 5th, 12:00pm - 2:00pm

T-Shirt Quilt: Have any t-shirts with special memories? Gather and preserve them as a special commemorative heirloom! Learn how to prep, cut, and design a memory quilt with t-shirts and/or jerseys. Participants will need to bring a variety materials, including a Pellon SF101. Ask for additional details at registration. Maximum 7 participants.

Instructor: Phyllis Bageant

Fee: \$40 class fee

Schedule: 8 sessions meeting on Mondays, March 18th - May 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 favorite passages in other genres. This class aims to be an information, enjoyable, no-stress experience for all - though we all want to "break a leg"! No memorization will be required, participants will use the written word and may wander into improvisation. Bring a passage or excerpt from any source (suitable for general audiences) you'd like to share to the first class. Maximum 20 participants.

Instructor: Kathleen Day

Fee: \$35 class fee

Schedule: 7 sessions meeting on Wednesdays, March 20th - May 1st, 10:00am - 11:30am

2024 Spring SAILL Classes



Stained Glass Daisy Suncatcher: Learn how to foil, solder, and polish pre-cut glass pieces, creating an adorable daisy 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: \$20 class & materials fee

Schedule: 1 session meeting on Friday, April 12th, 1:00pm - 3:00pm

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 fee for CPR card

Schedule: 1 session meeting on Friday, May 3rd, 10:00am - 1:00pm

Drums Alive: Participants 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 12 participants. Instructor: Linda Getz

Fee: \$40 class fee

Schedule: 8 sessions meeting on Fridays, March 22nd - May 10th, 11:30am - 12:15pm



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 15 participants. Instructor: Linda Getz

Fee: \$40 class fee

Schedule: 8 sessions meeting on Fridays, March 22nd - May 10th, 12:30pm - 1:15pm

Hospice History & the Medicare Benefit: Explore the evolution of the Medicare Hospice benefit from the migration of explorers and refugees, to the convergence of modern medicine with contemporary health care practices, in caring for people with life-limiting illnesses.

Maximum 50 participants. Instructor: Mollie Malleke

Fee: No fee

Schedule: 1 session meeting on Friday, April 19th, 1:00pm - 2:00pm

Journaling Your Way to Wellness: Embark on a 5-week journey to wellness while exploring the proven benefits of journaling! Experience the benefits first hand as you discover 5 unique styles, including reflective, creative expression, and more. Learn how to weave this powerful habit into your daily life and make it your go to resource for living a more balanced and mindful life. Participants will need to bring a notebook and pen/pencil. Maximum 10 participants. Instructor: Jeannie Dafforn

Fee: \$25 class fee

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



Pilates: 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. Maximum 10 participants. Instructor: Teresa Magill

Fee: \$40 class fee

Schedule: 8 sessions meeting on Mondays, March 18th - May 6th, 9:00am - 10:00am

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 25 participants. Instructor: Nettie Carter-Smith

Fee: \$40 class fee

Schedule: 8 sessions meeting on Mondays, March 18th - May 6th, 12:00pm - 1:00pm



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: \$40 class fee

Schedule: 8 sessions meeting on Saturdays, March 23rd - May 11th, 10:30am - 11:15am

2024 Spring SAILL Classes

Tap Dancing: 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 fundamentals with progressions and learn a mini-tap routine. Bring any type of tap shoes. Maximum 20 participants. Instructor: Cindy Griffin

Fee: \$40 class fee

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

History, Language, and Local Interests:

Basic Sign Language: Learn basic signs, phrases, and information about the Deaf community. Learn skills to help communicate with Deaf family and friends, or those losing their hearing.

Maximum 15 participants. Instructor: Vickie Wolfgang

Fee: \$40 class fee

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



Birds of Clark County: Have you wondered about the beautiful birds of Clark County? What bird feeder is best for backyard birds? What are their movements and habitats? This class will answer your questions and give you an opportunity to learn more about the people who study birds, including field guides and equipment used.

Maximum 25 participants. Instructor: Doug Overacker

Fee: \$5 class fee

Schedule: 1 session meeting on Tuesday, April 2nd, 2:00pm - 4:00pm

Clark County Women's History: Learn the interesting stories behind local women throughout Springfield and Clark County's history who made their mark in different ways. The focus will be on women represented in the collections and archives at the Heritage Center, but the hope will be to open a discussion and find new avenues to explore and uncover more stories of local history. Light refreshments provided by **Northwood Skilled Nursing and Rehabilitation**. Maximum 30 participants. Instructor: Natalie Fritz, Archivist, Clark County Historical Society

Fee: No fee

Schedule: 1 session meeting on Tuesday, March 19th, 2:00pm - 3:30pm

Discovering Your Family History: Whether you're a beginner or have some experience, this class will provide instruction and insight on creating your family history. You will learn about available resources to assist you in creating a family tree. Materials will be available.

Maximum 12 participants. Instructor: Danny Cline

Fee: \$40 class fee

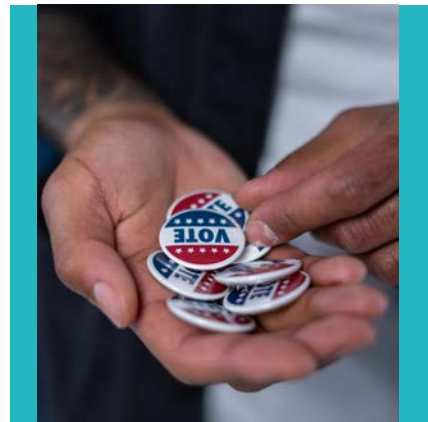
Schedule: 8 sessions meeting on Tuesdays, March 19th - May 7th, 1:00pm - 3:00pm

Elections – Encouraging & Safeguarding Voting: Many Americans are concerned about the US election system. Join a National Issues Forum Institute discussion on encouraging and safeguarding voting. Whatever your political persuasion, this will be an opportunity to share thoughts and ideas with others in an open and friendly atmosphere. Be courageous and join the discussion! To learn more about the National Issues Forum Institute, visit their website at www.nifi.org.

Maximum 50 participants. Moderator: Michael Lyons

Fee: No fee

Schedule: 1 session meeting on Friday, April 5th, 1:00pm - 2:00pm



Great Decisions 2024: Explore the United States' role in the world in this program presented by the Foreign Policy Association. Great Decisions is America's largest discussion program on world affairs. The program model involves reading the Great Decisions Briefing Book, watching the DVD, and meeting in a discussion group to discuss the most critical global issues facing America today. 2024 topics include Mideast realignment, climate technology and competition, science across borders, U.S./China trade rivalry, NATO's future, understanding Indonesia, high seas treaty, and pandemic preparedness. Maximum 10 participants. Instructor: Michael Lyons

Fee: \$55 class & materials fee

Schedule: 8 sessions meeting on Thursdays, March 21st - May 9th, 1:00pm - 2:00pm



Ohio Aerospace Pioneers – Then and Now: The buckeye state's aviation heritage extends a century-plus. This single audio-visual session covers not only the famous names, but thousands of "enablers". Thousands in Springfield and Dayton are still developing new technology for electric flying and Space Force as well as logistics at Wright-Patterson Air Force Base. Maximum 50 participants. Instructor: Rolland Wilson

Fee: No fee

Schedule: 1 session meeting on Thursday, March 21st, 10:00am - 11:30am; Springfield Masonic Community, Festival Green Clubhouse, 2655 W National Rd, Springfield OH 45504

2024 Spring SAILL Classes

Spanish 2 Progression: 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: \$40 class fee

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



Extraterrestrial Cover-Ups: Are there aliens among us? Why would they be here? Learn more about the history of UFO's, important abduction cases, and how to discern a UFO from a terrestrial craft. Maximum 20 participants. Instructor: Lemoine Rice

Fee: \$40 class fee

Schedule: 8 sessions meeting on Mondays, March 18th - May 6th, 10:00am - 11:00am

Lifestyle:

Air Fryer Basics: Do you have an air fryer that is still in the box? Or is it on your kitchen counter with hardly any use? This class is for you! Learn about the different types of air fryers, how they work, and how to maintain them. You will also engage in a hands on food demonstration and prepare a few dishes. Maximum 12 participants.

Instructor: Donna Kuykendall, Central State University Extension

Fee: No fee

Schedule: 3 sessions meeting on Wednesdays, April 3rd - April 17th, 11:00am - 12:00pm



Amateur Radio Introduction: Do you want to explore the airwaves and join a global community? Perhaps get involved with local emergency communications/services or learn about today's electronics? The Clark County Amateur Radio Association (CLARA) is conducting a class to prepare you for the FCC Technician Class Amateur Radio license. Cover topics included on the FCC examination, gather the knowledge needed to pass, and build your first amateur radio station using American Radio Relay League (ARRL) course materials. CLARA will conduct an optional FCC authorized examination session at the end of the class. Imagine yourself on the air in about two months! Maximum 25 participants. Instructors: CLARA ARRL-Registered License Instructors

Fee: \$30 fee for manual + \$15 fee for Volunteer Examination Session (optional), both fees payable to instructor

Schedule: 8 sessions meeting on Saturdays, March 23rd - May 11th, 10:00am - 12:00pm

Cyber Security: Do you have concerns for cyber security? Join us for a cyber safety initiative that is designed to equip older adults with the knowledge needed to stay protected from cyber crimes. The program will be provided as a workshop presented by the Cyber Security Program students of the Springfield-Clark County Career Technology Center (JVS). Students will present common mistakes computer users make and provide ways to be safer when using the internet. Students will be available to help participants with their devices and set certain security settings if portable devices are brought to this class. Maximum 30 participants. Instructor: Angela Yakes

Fee: No fee

Schedule: 1 session meeting on Thursday, April 18th, 9:00am - 11:00am

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 Android 11 phone or newer to the Android sessions; an iPhone 11 or newer to the iPhone sessions. Maximum 10 participants per session.

Instructors: Josh Lagle & Tracy Koverman, IT Support Specialists, Clark County Public Library

Fee: No fee

Schedule: Android: 4 sessions meeting Thursdays, March 21st - April 11th, 9:30am - 11:00am; OR iPhone: 4 sessions meeting on Thursdays, April 18th - May 9th, 9:30am - 11:00am



Introduction to Solar Energy: This course will provide a brief explanation of how electricity for residential use is created. Several common myths will be debunked and an outline will be provided on how to learn if this technology will work at your home.

Maximum 50 participants. Instructor: John Grubb

Fee: \$5 class fee

Schedule: 1 session meeting on Friday, March 29th, 1:30pm - 3:00pm

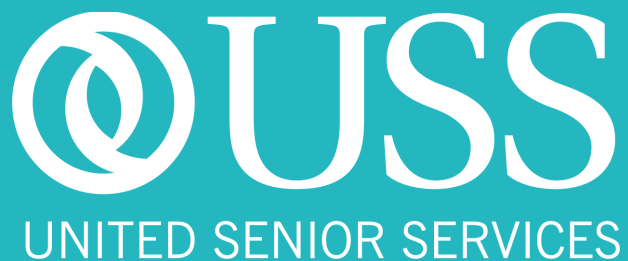


Simple Cooking on a Budget: Are you looking for simple recipes for meals that still offer nutritional value? Are you on a budget or cooking for just a few people? This class is for you! Join a representative from Second Harvest Food Bank as she creates simple nutritional meals, all from food found in their Senior Commodity Supplemental food box! Maximum 10 participants. Instructor: Maggie Yontz, Second Harvest Food Bank

Fee: No fee

Schedule: 3 sessions meeting on Wednesdays, March 20th - April 10th, 3:00pm - 5:00pm *excluding April 3rd*





2024 Spring Class Catalog



SAILL Steering Committee Members:

Anne Deam

Emily Hammond

Penny Dunbar

Cindy Lockwood

Catie Stewart

Natalie Fritz

Christian Raffensperger

937-323-4948

125 W Main St, Springfield, OH 45502

www.ussohio.org
