

2024 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.

2024 Summer SAILL Classes

The 5-week Summer Term is **July 8th - August 10th.**

Registration for classes opens **Monday, June 17th 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:



400 Years of Classical Music: What have classical composers put in their music that makes it original and memorable? Study essential concepts that make it possible to distinguish the music of various composers. Then study two class selections of music from each of the past four centuries. Maximum 15 participants. Instructor: Dan Kazez, Wittenberg University
Fee: \$25 class fee
Schedule: 5 sessions meeting on Thursdays, July 11th - August 8th, 9:30am - 11:00am

Cake Decorating for Beginners: Learn the basics of cake decorating, including base icing, piping borders, making roses and other flourishes, and writing. Each session will focus on a skill. Instructors will provide basic necessary tools. Participants are strongly encouraged to bring an apron. Maximum 6 participants. Instructors: Chelsea Mutschler-Huber and Andrea Claypool
Fee: \$50 class & materials fee
Schedule: 5 sessions meeting on Mondays, July 8th - August 5th, 3:30pm - 5:30pm

Continuing Calligraphy: Continue to develop an eye for angles, shapes, and spacing as they relate to calligraphy. Add alternate forms, capitals, and ligatures to the letters that have already been learned in the Bookhand alphabet. Maximum 6 participants. Instructor: Anne Kazez
Fee: \$35 class & materials fee
Schedule: 5 sessions meeting on Thursdays, July 11th - August 8th, 9:30am - 11:00am

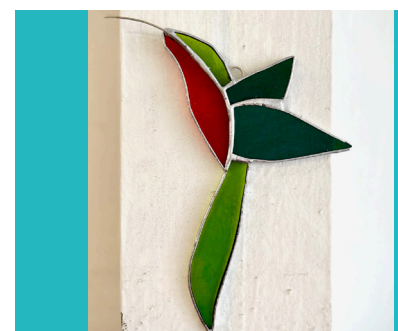
Oil Painting II: A continuation of Oil Painting I, with differing subject matter and new techniques. Participants will practice with color mixing/color wheel, application with palette knife and rags, and discuss dimension, layering, and realism. Participants will need to bring a sketch book, oil paints, brushes, brush cleaners, and rags. Maximum 15 participants. Instructor: Gail Hakala-Eldridge
Fee: \$25 class fee
Schedule: 5 sessions meeting on Fridays, July 12th - August 9th, 1:00pm - 2:00pm

Beaded Necklaces/Rosaries: Learn the basics of putting together beads and findings to make any kind of beaded necklace or rosary. Maximum 15 participants.

Instructors: Jenn Queen & Chelsea Mutschler-Huber

Fee: \$35 class & materials fee

Schedule: 2 sessions meeting on Thursdays, July 11th and 18th, 3:30pm - 4:30pm



Stained Glass Hummingbird Suncatcher: Learn how to foil, solder, and polish precut glass pieces, creating a hummingbird suncatcher! This is the perfect class for someone that wants to dip their toes into 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, Springfield Museum of Art

Fee: \$20 class & materials fee

Schedule: 1 session meeting on Friday, July 26th, 1:00pm - 3:00pm

Summer Art Potpourri: Experiment with alcohol ink tile painting, watercolor painting, and drawing with different materials. Enjoy lively conversations with fellow local artists!

Maximum 12 participants. Instructors: Shari Loukoumidis and Joe Lewis

Fee: \$25 class fee

Schedule: 5 sessions meeting on Wednesdays, July 10th - August 7th, 4:00pm - 6:00pm

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 of materials, including Pellon SF101. Ask for additional details at registration. Maximum 7 participants.

Instructor: Phyllis Bageant

Fee: \$25 class fee

Schedule: 5 sessions meeting on Mondays, July 8th - August 5th, 1:30pm - 3:30pm



Health & Wellness:

Drums Alive: Experience drumming, music, and movement to make health and wellness more than just effective! This class makes it irresistibly fun and totally engaging! "Everybody comes alive with Drums Alive!" Maximum 15 participants. Instructor: Linda Getz

Fee: \$25 class fee

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



2024 Summer SAILL Classes

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, resistance training with bands, and body weight exercises. Maximum 15 participants. Instructor: Linda Getz

Fee: \$25 class fee

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

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: \$25 class fee

Schedule: 5 sessions meeting on Mondays, July 8th - August 5th, 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: \$25 class fee

Schedule: 5 sessions meeting on Wednesdays, July 10th - August 7th, 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: \$25 class fee

Schedule: 5 sessions meeting on Saturdays, July 13th - August 10th, 10:30am - 11:15am



Stepping On – Building Confidence & Reducing Falls: Stepping On is an evidence-based workshop developed by Area Agency on Aging and is focused on preventing falls. Participants will learn balance and strength exercises, implement home hazard solutions, be aware of community safety, learn about the importance of safe footwear, bring awareness to the side effects of medication, and much more! Maximum 20 participants. Facilitators: Jeannie Dafforn and Pat Bray

Fee: No fee

Schedule: 7 sessions meeting on Thursdays, July 11th - August 22nd, 9:30am - 11:30am

WISE – Wellness Initiative for Senior Education: This evidence-based program developed by the New Jersey Prevention Network celebrates healthy aging and educates older adults on a variety of topics including safe medication use, the aging process, communicating effectively with healthcare providers, stress management, and strategies for making healthy lifestyle choices.

Maximum 20 participants. Facilitators: Debra Southward, Dawn White, and Carey McKee

Fee: No fee

Schedule: 6 sessions meeting on Mondays, July 8th - August 12th, 10:00am - 12:00pm

Technology:

Understanding AI: Embark on a journey to demystify Artificial Intelligence (AI), exploring its applications, implications and impact on our daily lives. Through engaging discussions, hands-on activities, and real-world examples, participants will actively gain a deeper understanding of this transformative technology and its relevance in today's society.

Maximum 14 participants. Instructors: Marcus Ellis and Nathan McCutcheon, Springfield Clark Career Technology Center

Fee: No fee

Schedule: 4 sessions meeting on Wednesdays & Thursdays, July 17th - July 25th, 10:00am - 11:30am

Cybersecurity Awareness: How do scammers work and what do they offer? What is ransomware and how should you protect yourself against it? Learn how to identify email scams, phishing, and scam phone calls. Learn how to secure your finances against scammers with this fun and inviting course! Maximum 10 participants. Instructor: Lisa Stoumille, Higher Dimensions Training

Fee: No fee

Schedule: 8 sessions meeting on Mondays, July 8th - August 26th, 1:00pm - 2:30pm

Lifestyle:

Beginning Contract Bridge: Anyone can begin playing and enjoying bridge, but be forewarned, this is not an easy game to learn, and it's difficult to master. That is precisely why bridge is so popular and called "the game of 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 Euchre or Pinochle. Maximum 12 participants. Instructor: Judy Bowman

Fee: No fee

Schedule: 5 sessions meeting on Wednesdays, July 10th - August 7th, 1:00pm - 3:00pm



Nutritional Cooking on a Budget: Are you looking for simple recipes that still offer nutritional value? Are you on a budget or cooking for just a few people? This class is for you! Join the Second Harvest Food Bank Outreach Specialist as she creates simple, nutritional meals, perfect for one or two people! Maximum 10 participants. Instructor: Maggie Yontz

Fee: No fee

Schedule: 4 sessions meeting on Wednesdays, July 10th - July 31st, 3:00pm - 5:00pm



Re-incarnation and Past Lives: Have you ever had a feeling you have lived through a present situation before? Learn about references to reincarnation in ancient religions, the possibility of past lives, and the concept of déjà vu. Maximum 20 participants. Instructor: Lemoine Rice

Fee: \$25 class fee

Schedule: 5 sessions meeting on Mondays, July 8th - August 5th, 10:00am - 11:00am

Vision Boarding – The Clarity Path: Embark on the clarity path, crafting your vision board for success. In just two fun-filled and enlightening sessions, you will find yourself on a path to a purposeful life. Join in a journey of self-discovery and empowerment as you are guided through setting crystal clear goals, choosing images and words that resonate with your aspirations, and creating your own vision board. Maximum 20 participants. Instructor: Jeannie Dafforn

Fee: \$10 class fee

Schedule: 2 sessions meeting on Wednesdays, July 10th and 17th, 10:00am - 11:00am



Steering Committee:

Anne Deam

Penny Dunbar

Natalie Fritz

Emily Hammond

Cindy Lockwood

Christian Raffensperger

Sarah Webb

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