

2024 Fall 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 Fall Classes

The 8-week Fall Term is **September 16th - November 9th**.
Registration for classes opens **Monday, August 26th 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 the **Member Services team at 937-323-4948**.

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:

Beaded Spider Decoration: Learn how to design and create a fun, decorative Halloween or Christmas spider using beads and wire. Project includes instruction in wire cutting and wrapping to finish the spider. Maximum 10 participants. Instructors: Jenn Queen and Chelsea Mutschler-Huber

Fee: \$15 class & materials fee

Schedule: 1 session meeting on Friday, September 27th, 1:00pm – 3:00pm

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

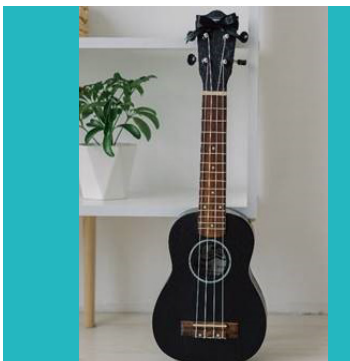
Fee: \$35 class & materials fee

Schedule: 5 sessions meeting on Thursdays, September 19th – October 31st, 9:30am – 11:00am; no class on October 10th or 17th

Introduction to Abstract Art: Distance yourself from reality, use your imagination and discover the beauty of abstract art! Delve into a new project each week, and learn the different properties of abstraction. This is a sample of mixed-media expression and experimentation. Challenge yourself and be open to amazing possibilities! Maximum 15 participants. Instructor: Gail Hakala-Eldridge

Fee: \$40 class fee

Schedule: 8 sessions meeting on Fridays, September 20th – November 8th, 1:00pm – 2:00pm



Introduction to Ukulele: Join us for an adventure of discovering the techniques of ukulele playing! Students will learn the foundations of music through note reading, as well as strumming chords to playing along with our favorite songs. This is a great class for both beginners and intermediate players. Participants must bring their own ukulele. Maximum 20 participants.

Instructor: Christina Darding

Fee: \$40 class fee

Schedule: 8 sessions meeting on Fridays, September 20th – November 8th, 10:00am – 11:00am

Machine Applique Wall Hanging: Learn how to use the blanket stitch on your sewing machine to create a beautiful machine applique design. No experience in machine applique required; sewing machine must have a blanket stitch. Maximum 7 participants. Instructor: Diane Fralick

Fee: \$40 class & materials fee

Schedule: 5 sessions meeting on Tuesdays, September 7th – October 15th, 10:00am – 12:00pm

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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 *Make it Christmas with 3-Yard Quilts* by Donna Robertson (Evergreen Pattern). Maximum 7 participants. Instructor: Phyllis Bageant

Fee: \$35 class fee

Schedule: 7 sessions meeting on Mondays, September 16th – November 4th, 1:30pm - 3:30pm (one week skipped, date to be determined)



Pendant Wire Wrapping: Learn to bend wire to make different wire wrap pendants of various shapes. Practice wrapping a variety of beads, stones, and glass that you can wear on your next day out. All supplies included. Maximum 10 participants. Instructors: Jenn Queen, Chelsea Mutschler-Huber, and Shanon Queen

Fee: \$55 class & materials fee

Schedule: 8 sessions meeting on Fridays, September 20th – November 8th, 9:00am – 11:00am



Stained Glass Pumpkin Suncatcher: Learn how to foil, solder, and polish precut 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: \$20 class & materials fee

Schedule: 1 session meeting Friday, September 20th, 1:00pm – 3:00pm; OR Friday, September 27th, 1:00pm – 3:00pm



The Wonders of Watercolor: Learn to blend classic techniques with new materials to increase your artistic possibilities. All supplies are included. Having fun is the main ingredient! Maximum 15 participants. Instructors: Shari Loukoumidis and Joe Lewis

Fee: \$40 class fee

Schedule: 8 sessions meeting on Wednesdays, September 18th – November 6th, 4:00pm – 6:00pm

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. Maximum 15 Participants. Instructor: Linda Getz

Fee: \$40 class fee

Schedule: 8 sessions meeting on Fridays, September 20th – November 8th, 11:30am – 12:15pm

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Exercise in Disguise: Have fun while increasing range of motion and muscle strength. Exercise in Disguise is generally a low impact class using handheld weights, resistance training with bands and body weight resistance. Maximum 15 participants. Instructor: Linda Getz

Fee: \$40 class fee

Schedule: 8 sessions meeting on Fridays, September 20th – November 8th, 12:30pm – 1:15pm



Journaling Your Way to Wellness: Embark on a journey to wellness while exploring the proven benefits of journaling! Experience the benefits firsthand 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 Wednesdays, October 2nd – October 30th, 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. Participants will need to bring their own mat. Maximum 10 participants.

Instructor: Teresa Magill

Fee: \$40 class fee

Schedule: 8 sessions meeting on Mondays, September 16th – November 4th, 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 Wednesdays, September 18th – November 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. Participants will progress at their own pace. Maximum 15 participants. Instructor: Linda Getz

Fee: \$40 class fee

Schedule: 8 sessions meeting on Saturdays, September 21st – November 9th, 10:30am – 11:15am



2024 Fall 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 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 17th – November 5th, 9:30am – 10:30am



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: Deb Southward, Dawn White, and Carey McKee, CC Partners in Prevention

Fee: No fee

Schedule: 6 sessions meeting on Mondays, September 16th – October 28th, 1:00pm - 3:00pm; no class October 14th.

Lifestyle:

A House Divided: Every American is affected by the divisions and outrage that prevent us from making progress on urgent problems. This issue guide is designed to help people deliberate together about how we should approach the issue. These are difficult questions, and there are no easy answers: What should we do to get the political system we want? What should we do to revive our ability to work together on the most urgent problems? What are we willing to give up in order to do so? This issue guide presents three options for deliberation about difficult problems for which there are no perfect solutions. Each option offers advantages as well as risks. And each reflects different ways of understanding what is at stake, forcing us to think about what matters most to us. For more information about the National Issues Forums, visit their website at www.nifi.org. Maximum 50 participants. Moderator: Mike Lyons

Fee: No Fee

Schedule: 1 session meeting on Monday, October 14th, 1:00pm – 3:00pm

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 10 participants. Instructor: Donna Kuykendall, Central State University Extension

Fee: No fee

Schedule: 3 sessions meeting on Wednesdays, October 2nd – October 16th, 11:00am – 12:00pm

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Awakening the Intuitive Ability Within You: Do you have an intuitive mind? This class may help you to skillfully become an intuitive psychic reader. It opens the door for one to develop one's own latent intuitive ability that we may have suppressed or chosen not to use for whatever reason until now. Participants will need to bring a writing notebook. Maximum 24 participants. Instructor: Lemoine Rice

Fee: \$25 class fee

Schedule: 5 sessions meeting on Mondays, September 16th – October 14th, 4:00pm – 5:00pm

Cultural Exploration of Spanish-Speaking Countries: Come explore cultures of the 20 official Spanish-speaking countries! This will be an exciting way to learn about the history, geography, music, art, dance, literature, poetry, foods, and famous people of these diverse countries. This class will provide insight to the influences of Hispanic culture in the United States. Class will be taught in English, but with Spanish phrases and vocabulary interjected into the lesson. Maximum 20 participants. Instructor: Kelly Wren

Fee: \$40 class fee

Schedule: 8 sessions meeting on Tuesdays, September 17th – November 5th, 4:00pm – 5:00pm

Discovering Your Family History: Whether you're a beginner or have some genealogy experience, this class will provide instruction and insight on creating your family history. Participants will learn about the available resources to assist you in creating a family tree. All supplies are included.

Maximum 12 participants. Instructor: Dan Cline

Fee: \$40 class fee

Schedule: 8 sessions meeting on Tuesdays, September 17th – November 5th, 1:00pm – 2:00pm

ELECTIONS: How Should We Encourage and Safeguard Voting?:

Many Americans are concerned about the US election system. Join a National Issues Forum Institute (NIFI) 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 NIFI, visit their website at www.nifi.org. **This is a repeat of the Spring SAILL class. Maximum 50 participants.

Moderator: Michael Lyons

Fee: No fee

Schedule: 1 session meeting on Monday, September 30th, 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: 3 sessions meeting on Wednesdays, September 18th – October 2nd, 3:00pm – 5:00pm

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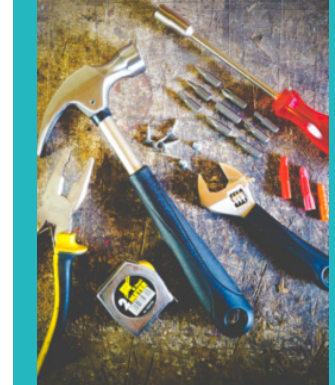
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Tips & Tricks – DIY Home Repair Projects: Be safe; know your limits! Why pay someone for home repairs that you can do yourself? Learn simple, but useful, tips and tricks for older adults to make it easier to accomplish small DIY projects while reducing the risk of accidents or injury.

Maximum 25 participants. Instructor: James Klay

Fee: No fee

Schedule: 1 session meeting on Tuesday, September 17th, 2:00pm - 3:30pm



Technology:

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. Instructors: Josh Lagle & Tracy Koverman

Fee: No fee

Schedule: Android: 4 sessions meeting Thursdays, September 19th – October 10th, 9:30am – 11:00am; OR iPhone: 4 sessions meeting on Thursdays, October 17th – November 7th, 9:30am – 11:00am

Behind-the-Scene Tours:

Frame Haven: Come tour long-time local business Frame Haven, and learn about the process of making a custom frame as well as the 40-year history of the business in Springfield. You will also see a demonstration of how a frame is made and have an opportunity to ask any questions you may have about the framing process. Maximum 20 participants.

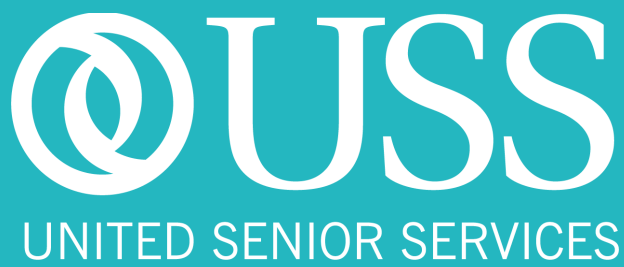
Fee: \$5 tour fee

Schedule: 1 session meeting Thursday, September 19th, 10:00am – 11:00am; at Frame Haven, 126 E Main St, Springfield, OH 45502

Heritage Center: Take a behind-the-scenes look at the artifact and archival collections storage areas, collection items, and other seldom-seen areas at the Heritage Center. You will have a chance to see, touch, and explore some of the things that make up our local history! You'll get a chance to learn about the interesting stories behind the artifacts and ask questions and chat with our staff. See behind closed doors, learn how we care for items that are not on display, and find out how everything that we do behind the scenes helps us to fulfill our mission to the community to collect, preserve, and interpret the history of the area. **RSVP to Natalie Fritz at info@heritagecenter.us or 937-324-0657.**

Fee: No fee

Schedule: 1 session meeting on Wednesday, September 11th, 2:00pm – 4:00pm; at Heritage Center, 117 S Fountain Ave, Springfield, OH 45502



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Wittenberg University Knowledge Shared Event

Ukrainian Artists at War: History, Memory, and Resistance: Miami University historian Stephen Norris will talk about the Ukrainian artistic response to the 2022 Russian full-scale invasion. Ukrainian artists invoked the long history of Russian imperialism, the memories of previous historical traumas, and the violence of war. This talk will focus particularly on two artists who took to Instagram to spread their messages, ensuring they reached a worldwide audience. Igor Gusev's "World War III" series forces viewers to confront Russian imperialist practices while Ekaterina Lisovenko's works capture the stark brutalities of Russian aggression. No reservations required.

Fee: No fee

Schedule: 1 session meeting on Tuesday, September 24th, 6:00pm; at Clark County Public Library, 201 S Fountain Ave, Springfield, OH 45506

National Edowment for the Arts - Big Read Project

Where We Live: In Curiosity: The Springfield Museum of Art and the Clark County Public Library are excited to announce an inspiring community collaboration, "Where We Live: In Curiosity", part of the Big Read project, running from September to November 2024. This initiative celebrates the exchange of ideas and self-expression, inspired by book artist Amanda Love's exhibition "Tigris" and Ray Bradbury's *Fahrenheit 451*. This collaboration aims to foster public exchange of ideas, provide creative outlets, and offer lifelong learning opportunities. Participants are encouraged to read *Fahrenheit 451* by Ray Bradbury, visit Amanda Love's "Tigris" exhibition at the Springfield Museum of Art and attend the various events, one of which will be hosted by USS. Events are free and open to the public. Maximum 50 participants. Registration preferred; for more details about all the events see https://www.springfieldart.net/?page_id=13

Fee: No fee

Schedule: 1 session, meeting Monday, October 21st, 6:00pm – 7:00pm

SAILL Steering Committee Members:

Anne Deam

Emily Hammond

Penny Dunbar

Cindy Lockwood

Catie Stewart

Natalie Fritz

Christian Raffensperger

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