

Technology

Getting to Know Your Android Phone

Do you have a mobile phone and are 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. Maximum 10 participants. Instructors: Josh Lagle & Tracy Koverman, IT Support Specialists, IT Dept., Clark County Public Library

Fee: No Fee Schedule: 4 sessions
Thursdays, Jan. 16th - Feb. 6th,
9:30am - 11:00am

History

Springfield Through Time: A Journey from Then to Now

Join us for a journey through Springfield's rich history as we explore the evolution of our community over time. Engage in a captivating presentation of historic and modern photographs, showcasing iconic landmarks and the changes they have undergone throughout the years. As we walk down memory lane, you'll reminisce about familiar people and places, while hearing stories that evoke the vibrant spirit and history of Springfield. This presentation is sure to stir warm memories and provide new perspectives on our city's remarkable past! Maximum 40 participants. Instructor: Natalie Fritz, Clark County Historical Society

Fee: \$5 class fee Schedule: 1 session
Tuesday, Feb. 11th, 1:00pm - 3:00pm

Frontier Wilderness to Industrial Giant

Learn the story of Springfield's transformation from a meager frontier to an industrial giant. Learn about the circumstances surrounding the settlement of the Ohio Territory and the people who made a difference. This class will introduce you to social concerns that brought "rising hopes and rising fears". The progressive movement, Underground Railroad, Civil Rights and patriotic support of local military during crisis will be discussed. Maximum 100 participants. Instructor: Ski Schanher.

Fee: No Fee Schedule: 5 sessions
Fridays, Jan. 17th - Feb. 14th, 1:30pm - 2:30pm

Wittenberg University

Knowledge Shared Events

An Environmental History of Buda and Pest:

Hungarian historian Andras Vadas (Eotvos Lorand University, Budapest) will talk about the history of Budapest in relation to its environment. The Hungarian capital, Budapest recently celebrated the 150th anniversary of its unification. For well more than half a millennium, three cities, Buda, Pest, and Óbuda formed the largest urban conglomerate in the Kingdom of Hungary. Going back to the Middle-Ages the cities relied on the Danube River for their survival. However, in the 19th century the city multiplied its population and its resource-use which necessitated a complete renegotiation of the relationship of the towns with the Danube and the broader waterscape. The presentation aims to take two snapshots, one at the Late Middle-Ages, and one at last quarter of the nineteenth century to see how the city/cities changed their relationship with the Danube and the urban streams contributing to the birth a modern metropolis. No reservations required!

Fee: No fee Schedule: 1 session
Thursday, Feb. 6th, 6:00pm; at Clark County Public Library, 201 South Fountain Avenue, Springfield 45506

From Umbrella to Apple: The Fall of Hong Kong

This March marks the anniversary of the implementation of the national security law in Hong Kong last year. The ordinance was forcibly introduced after the massive protests in 2014 and 2019. This talk critically reviews Hong Kongers' struggles for freedom against communist China from the Umbrella Movement to the shutdown of the only local pro-democratic newspaper Apple Daily in the past decade. Prof. Choy will conclude with the profound impacts of the events on the fallen city and the current Sino-U.S. relationship. No reservations required!

Fee: No fee Schedule: 1 session
Tuesday, Mar. 18th, 6:00pm, at Clark County Public Library, 201 South Fountain Avenue, Springfield 45506

*All classes will be held at USS downtown,
125 W Main St, Springfield, OH 45502
unless otherwise noted.
All fees are due at registration.*



2025 WINTER Class Catalog

Registration for classes opens at 8:30am
Monday, December 23rd at USS

Creative Arts

Decorative Wire Wrap Tree

Learn to bend wire to make a gorgeous wire wrapped tree of life, which represents a source of life force connecting all lives. Trees will be adorned with beads or decorative stones and then mounted on a rock for stability and appeal. All supplies included. Maximum 10 participants. Instructors: Jenn Queen, and Shanon Queen

Fee: \$35 class & material fee Schedule: 4 sessions
Wednesdays, Jan. 15th - Feb. 5th,
3:30pm - 5:30pm

Beginning & Intermediate Guitar

Learn how to play chords and strum along to play the songs you grew up with. Participants will need to bring a guitar and chord chart. Maximum 7 participants. Instructor: John Lippolis.

Fee: \$25 class fee Schedule: 5 sessions
Thursdays, Jan. 16th - Feb. 13th,
9:00am - 10:00am

Quilting a Tango Tote

Create a large stylish tote that features both exterior and interior zippers, as well as a top zipper closure. This tote is great for large print fabrics. Participants will need to bring fabric, pattern, and supplies. Supply list available at the Member Services desk upon enrollment. Maximum 7 participants. Instructor: Phyllis Bageant

Fee: \$20 class fee Schedule: 4 sessions
Mondays, Jan. 13th - Feb. 10th,
1:30pm - 4:00pm

Beginning Calligraphy

Learn the basics of the beautiful art of calligraphy! Participants will learn how to hold a calligraphy marker and how to form individual letters, then move on to combining letters to create words. As the class progresses, participants will develop an eye for angles, shapes, and spacing as they relate to calligraphy. Maximum 6 participants. Instructor: Anne Kazez

Fee: \$35 class & material fee Schedule: 5 sessions
Thursdays, Jan. 16th - Feb. 13th,
9:30am - 10:30am

Multimedia Art

This class will open your creativity with various mediums including fabric, alcohol inks, acrylic paint, and tape. Participants will create art on canvases and tiles. Maximum 10 participants. Instructor: Victoria Trempe

Fee: \$35 class & material fee Schedule: 5 sessions
Thursdays, Jan. 16th - Feb. 13th,
1:30pm - 3:30pm

Stained Glass Snowflake Suncatcher

Learn how to foil, solder, and polish precut glass pieces, creating a lovely snowflake 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 & material fee Schedule: 1 session
Friday, Feb. 7th, 1:00pm - 3:00pm



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 and be independent getting up from the floor. Maximum 10 participants. Instructor: Teresa Magill

Fee: \$20 class fee Schedule: 4 sessions
Mondays, Jan. 13th - Feb. 10th, 9:00am - 10:00am

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 tap fundamentals with progressions and learn a mini-tap routine. Bring your own tap shoes. Maximum 20 participants. Instructor: Cindy Griffin

Fee: \$20 class fee Schedule: 4 sessions
Tuesdays, Jan. 14th - Feb. 4th, 9:30am - 10:30am

Healthy Living with Diabetes

This program was developed by Stanford University to help people diagnosed with or nearing Type 2 Diabetes and/or their caregivers. Learn new ideas, build new skills, practice what you learn, and share experiences with others - all with time and encouragement to make changes for a healthier life. This class is open to the public but registration is required. **Call Tracy Wickham at 937-521-3010 to register.** Maximum 20 participants. Co-Leaders: Linda Sauers and Tracy Wickham

Fee: No fee Schedule: 6 sessions
Thursdays, Jan. 16th - Feb. 20th, 9:30am - 12:00pm



Stepping on Balance & Fall Prevention

Have you experienced a fall in the last year or have a fear of falling? This 7-week class (with a bonus session 3 months later) teaches you balance and strength exercises, home safety hazards identification and solutions, safe footwear, and community safety. We will also discuss implementing medication reviews, low vision and falls, what to do after a fall, and the importance of vitamin D and calcium in your diet. Several guest experts will join us to share their knowledge and tips. Maximum 20 participants. Co-leaders: Jeannie Dafforn and Pat Bray

Fee: No fee
Schedule: 7 sessions
Thursdays, Jan. 16th – Feb. 27th (Bonus session on May 22nd), 9:30am – 11:30am

Drums Alive

Join this whole body and mind workout, using the power of movement, music, and rhythm to improve physical, cognitive, social, and emotional health for all ages. "Everybody comes alive with Drums Alive!" Participants will need to bring a water bottle. Maximum 15 Participants. Instructor: Linda Getz

Fee: \$25 class fee Schedule: 5 sessions
Fridays, Jan. 17th - Feb. 14th, 11:30am - 12:15pm

Exercise in Disguise

Have fun while increasing range of motion and muscle strength. Exercise in Disguise is a low impact class using resistance bands, small balls, and light weights. Participants will need to bring a water bottle. Maximum 15 participants. Instructor: Linda Getz

Fee: \$25 class fee Schedule: 5 sessions
Fridays, Jan. 17th - Feb. 14th, 12:30pm - 1:15pm

Retro Splash

This fun and sociable workout is designed to burn calories, tone muscle and improve stamina, all in the USS lap pool! Participants will progress at their own pace and do not need to know how to swim. Participants will need to bring their own water bottle. Maximum 15 participants. Instructor: Linda Getz

Fee: \$25 class fee Schedule: 5 sessions
Saturdays, Jan. 18th – Feb. 15th, 10:30am - 11:15am

Navigate Health Needs

Are you overwhelmed with your healthcare needs? Uncertain about where to find the right doctor or healthcare services? Healthcare can be complicated, expensive, and overwhelming, especially as we age. Learn how to effectively advocate for yourself and your loved ones and to be better prepared before you face a serious medical situation. This informative and enlightening program will be presented by Healthcare Navigators with Kettering Health. Come prepared with your questions and they'll be happy to educate and assist you! Maximum 25 Participants. Instructor: Denise Berthold, Healthcare Navigator, Kettering Health

Fee: No Fee Schedule 1 session
Tuesday, Jan. 21st, 10:00am - 11:00am



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



Lifestyle

Effective Communication

We've all encountered people who say insensitive or inappropriate things to us or to others. This session will give participants some tips on how to initiate or respond to a difficult communication situation. While we can't control others' behaviors or communication, there are things we can do or say differently that could help bring about a better outcome. Maximum 30 participants. Instructor: Lori E Zakel, PhD

Fee: No fee Schedule: 1 session
Tuesday, Feb. 4th 2:00pm - 3:00pm

Downsizing and Decluttering

Join an engaging decluttering course as we interview expert organizer Tina Gunn. This podcast-style seminar delves into practical decluttering tips and strategies, with additional time for audience questions. Tune in to be inspired and ready to tackle clutter! Maximum 25 participants. Co-leaders: Sara Foulk and Amanda Mullins, Senior Real Estate Specialist Agents

Fee: No Fee Schedule: 1 session
Thursday, Feb. 13th, 10:00am - 11:30am

Rock Your World - Crystals, Minerals, and Gemstones

Start 2025 off with the positive energies of crystals, minerals, and gemstones. Learn the beneficial effects of these natural gifts from Mother Earth that from the beginning of life on this planet, humankind has used for the intrinsic energy and stunning beauty. Participants will need to bring a writing notebook. Maximum 25 participants. Instructor: Lemoine Rice

Fee: \$25 class fee Schedule: 5 sessions
Thursdays, Jan. 16th - Feb. 13th, 4:00pm - 5:00pm