

Lifestyle

Air Fryer Cooking

Do you have an air fryer that is still in the box or on the kitchen counter and you struggle to use it? 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 dish in each class. Instructor: Donna Kuykendall, Central State University Extension

Fee: No fee **Schedule:** 3 sessions meeting on Wednesdays, April 16th - April 30th, 10-11:30am

Awakening the Intuitive Ability Within You Part 2

Part 2 opens the door to continue developing your own intuitive ability that may have been put aside or suppressed over the years. Participants will learn how to insulate from negative vibrations, release the conscious mind and continue to practice the 3 chosen helping modalities. Instructor: Lemoine Rice

Fee: \$25 class fee **Schedule:** 5 sessions meeting on Mondays, March 17th - April 14th, 4-5pm

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! Enjoy a cooking demonstration of simple nutritional meals using food found in the Second Harvest Foodbank's Senior Commodity Supplemental Food Box. Instructors: Maggie Yontz & Natasha Ridenour, Second Harvest Foodbank

Fee: No Fee **Schedule:** 4 sessions meeting on Wednesdays, March 19th - April 16th, 3-5pm

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 will need to bring an iPhone 11 phone or newer to the iPhone sessions; or an Android 11 or newer to the Android sessions. Instructors: Tracy Koverman & Josh Lagel, IT Support Specialists, Clark County Public Library

Fee: No fee **Schedule:** iPhone: 4 sessions meeting on Wednesdays, March 19th - April 9th; OR, Android: 4 sessions meeting on Wednesdays, April 16th - May 7th, 9:30-11am

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.

All classes are offered at USS downtown Springfield, 125 W Main St, unless otherwise noted.

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



2025 SPRING Class Catalog

Registration opens Monday, February 24th, 8:00am at USS.

Creative Arts

Advanced Wire Wrapping

Build on your basic wire wrapping skills by exploring more advanced techniques for wrapping irregular shapes and learn how to add extra sparkle to your wire-wrapped pendants. This class is for those who have completed the Basic Wire Wrapping course. Instructors: Jenn Queen and Shanon Queen

Fee: \$70 class and material fee **Schedule:** 6 sessions meeting on Thursdays, March 20th - April 24th, 2:30-4:30pm

Art Potpourri

Take your artful spirit on an adventure exploring alcohol inks and watercolors on a variety of surfaces. Explore traditional watercolor painting, watercolor pencils and other media. All supplies included. Instructor: Shari Loukoumidis

Fee: \$40 class fee **Schedule:** 8 sessions meeting on Wednesdays, March 19th - May 7th, 4-6pm.

Basic Beginner Crochet

This beginner or "refresher" class will teach 3 basic crochet stitches that once mastered, will allow you to create a multitude of crocheted items. Both right and left handers welcome. Materials provided. Instructors: Vicki Matthies & LaNell Dobyns

Fee: \$40 class fee **Schedule:** 8 sessions meeting on Wednesdays, March 19th - May 7th, 10-11:30am

Beginning Calligraphy

Learn the basics of calligraphy starting with how to hold a calligraphy marker and then how to form individual letters, as well as combining letters to create words. Students will develop an eye for shapes, angles, and spacing as they relate to calligraphy. Instructor: Anne Kazez

Fee: \$30 class and material fee **Schedule:** 4 sessions meeting on Thursdays, March 27th - April 17th, 9-10am

Continuing Calligraphy

Review the Bookhand alphabet and learn how to incorporate capital letters and alternate letter forms. Continue developing an eye for angles, shapes, and spacing. Participants need to have taken Beginning Calligraphy. Instructor: Anne Kazez

Fee: \$30 class and material fee **Schedule:** 4 sessions meeting on Thursdays, March 27th - April 17th, 10:15-11:15am

Custom Art Creations

Join this fun, creative acrylic painting class! Learn to paint with stencils, paint pouring or paint your own project. Instructor: Rebecca Raines

Fee: \$40 class fee **Schedule:** 8 sessions meeting on Thursdays, March 20th - May 8th, 1-2pm

Intro to Guitar

Have fun while learning note reading and guitar strumming. Participants will learn a mixture of classical and popular songs together. Instructor: Christina Darding

Fee: \$40 class fee **Schedule:** 8 sessions meeting on Fridays, March 21st - May 9th, 9:30-10:30am





Keepsake Box

Create a beautiful keepsake box using an old cigar box, embellishments, jewelry box feet, and paper! Instructors: Jenn Queen and Shanon Queen

Fee: \$30 class and material fee **Schedule:** 1 session meeting on Wednesday, April 30th, 1:30-3:30pm

Log Cabin Quilt

Create one of the most popular quilting patterns! The Log Cabin design dates back to pioneer days. Many unique quilts can be created, just by changing the direction of the log cabin blocks. Participants will need to bring fabric, pattern and supplies. Supply list available at the Member Services Desk upon enrollment. Instructor: Phyllis Bageant

Fee: \$40 class fee **Schedule:** 8 sessions meeting on Mondays, March 17th - May 5th, 1:30-3:30pm

Memoir Writing 101

This is your opportunity to set personal and family memories down on paper. This course provides easy-to-follow step-by-step instruction. The course criteria applies equally well to fiction. Get your imagination in gear and sign up! Instructor: Connie Chappell

Fee: \$30 class fee **Schedule:** 6 sessions meeting on Mondays, March 17th - April 28th, 10am-12pm

Mosaic Tile Tray

Create a beautiful one-of-a-kind trinket tray using a variety of beautiful tiles. Participants will be placing glass tiles, gluing and then grouting the design, on a shaped wooden base. Instructors: Jenn Queen and Shanon Queen

Fee: \$25 class and material fee **Schedule:** 1 session meeting on Wednesday, April 2nd, 1:30-3:30pm

Spring Flowers in Acrylics

Learn spring flowers and the basics of drawing them, with an emphasis on composition, placement and layering to create dimension. Discussion of color theory and color mixing will be interspersed. Participants will then create 1 or 2 finished acrylic paintings on canvas. Instructor: Gail Hakala-Eldridge

Fee: \$40 class fee **Schedule:** 8 sessions meeting on Tuesdays, March 18th - May 6th, 1:30-2:30pm

Health & Fitness

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. Instructor: Linda Getz

Fee: \$40 class fee **Schedule:** 8 sessions meeting on Fridays, March 21st - May 9th, 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. Instructor: Linda Getz

Fee: \$40 class fee **Schedule:** 8 sessions meeting on Fridays, March 21st - May 9th, 12:30-1:15pm

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 class will utilize the principles of Pilates with exercises performed on an exercise mat. Different levels of intensity will be provided during class. Participants will need to bring their own mat and must be independent getting up from the floor. Instructor: Teresa Magill

Fee: \$40 class fee **Schedule:** 8 sessions meeting on Mondays, March 17th - May 5th, 9-10am

REFIT

Sweat, sparkle and shine - its REFIT time! This total body workout will leave you smiling with cardio, toning, balance and more! Positive music and positive moves equals a workout you can feel good about! Instructor: Karen Riley

Fee: No fee **Schedule:** 8 sessions meeting on Saturdays, March 22nd - May 10th, 9-10am

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 a water bottle. Instructor: Linda Getz

Fee: \$40 class fee **Schedule:** 8 sessions meeting on Saturdays, March 22nd - May 10th, 10:30-11:15am

Self-Care Nurturing Your Mind, Body & Soul

Prioritize your well-being and create a holistic self-care practice. This transformative series blends mindfulness, movement, and soul-nurturing practices to bring balance and harmony to your mind, body, spirit. Through guided meditations, reflective journaling, and practical exercises, you'll learn tools to manage stress, cultivate self-love, and restore your energy. Each class will focus on a unique theme, including emotional resilience, body awareness, and spiritual alignment, allowing you to build a sustainable self-care toolkit tailored to your needs. Instructor: Catherine Hinkle

Fee: \$40 class fee **Schedule:** 8 sessions meeting on Wednesdays, March 19th - May 7th, 12-1:30pm

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 hazard identification and solutions, safe footwear, and community safety. Participants 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. Call 937-360-6467 to register. Co-leaders: Pat Bray and Jeannie Dafforn

Fee: No fee **Schedule:** 7 sessions meeting on Thursdays, March 20th - May 1st (Bonus session on August 7th), 9:30-11:30am

Tap Dancing

Have you always wanted to learn 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. Learn basic and intermediate tap steps, basics of choreography and then choreograph a one to two minute tap routine to music of your choice. Participants will need their own tap shoes. Instructor: Cindy Griffin

Fee: \$40 class fee **Schedule:** 8 sessions meeting on Tuesdays, March 18th - May 6th, 9:30-10:30am