

## History

### Hodgepodge of History

Join in a fun systematic study of a "hodgepodge" of important historical events and topics on the national as well as the local stage. Come with an open heart and open mind to learn. Instructor: Ski Schanher

**Fee:** No fee

**Schedule:** 6 sessions meeting on Fridays, September 19th - October 31st, 1:30-3:30pm. No class October 24th.

## Lifestyle

### 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! Instructor: Natasha Ridenour, Second Harvest Food Bank Outreach Specialist

**Fee:** No fee

**Schedule:** 8 sessions meeting on Wednesdays, September 17th - November 5th, 3-5pm

### Ghosts, Spirits & Other Paranormal Entities

What's the difference between a "Ghost" and a "Spirit"? Learn about Clark County's haunted places and the origin of their reported hauntings. Instructor: Lemoine Rice

**Fee:** \$40 class fee

**Schedule:** 8 sessions meeting on Mondays, September 15th - November 3rd, 11am - 12pm

### Raptors of Ohio

Have you ever looked up to the sky and wondered what birds you saw zooming overhead? Meet 3-4 different birds of prey and learn about what makes them so unique and how they are able to adapt to an everchanging environment. There is no better way to learn about raptors than meeting them in person! Instructor: Glen Helen Raptor Center Staff

**Fee:** \$5 class fee

**Schedule:** 1 session meeting on Tuesday, September 16th, 10:30-11:30am



### Getting to Know Your Phone

Do you have an Android or Apple iPhone and 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! Instructors: Josh Lagle and Tracy Koverman, Clark County Public Library IT Specialists

**Fee:** No Fee

**Schedule:** Android: 4 sessions meeting on Wednesdays, September 17th - October 8th; or iPhone: 4 sessions meeting on Wednesdays, October 15th - November 5th, 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 Fall Class Catalog

Registration for classes opens at 8:30am Monday, August 25th at USS. All classes are offered at USS downtown unless otherwise noted.

## Creative Arts

### Continuing Calligraphy

Review the Bookhand alphabet and further develop your ability to discern angles and spacing. This is a very individualized course, possible to be taken more than once. Instructor: Anne Kazez

**Fee:** \$30 class and material fee

**Schedule:** 4 sessions meeting on Thursdays, October 16th - November 6th, 9-10:30am



### Design Drawing in Black and White

Whether you are a beginner or experienced artist, you will enjoy the challenges of black and white projects introduced. Learn the elements and principles of art, while pushing your creativity in fun ways! Bring 2-3 black flair markers. Instructor: Gail Hakala-Eldridge

**Fee:** \$40 class fee

**Schedule:** 8 sessions meeting on Tuesdays, September 16th - November 4th, 10-11am



### Dresden Plate Quilt

Learn to make one of America's most beloved and endearing quilt patterns. This pattern was one of the most popular quilts made during the 1920's and 1930's. Supply list available at time of enrollment. Instructor: Phyllis Bageant

**Fee:** \$40 class fee

**Schedule:** 8 sessions meeting on Mondays, September 15th - November 3rd, 1:30-3:30pm

### German Star Workshop

Learn how to make a lovely holiday decoration, common in Germany, by folding strips of paper into a multipoint star. Instructor: Denise See

**Fee:** \$5 class fee

**Schedule:** 1 session meeting on Wednesday, October 1st, 2-4pm



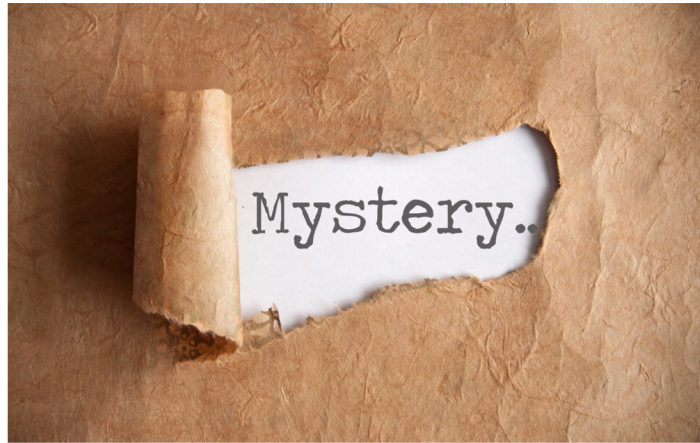
### How to Write Mysteries

Learn the tools of writing a mystery, from the history of mysteries to planning the perfect crime and what is a "red herring". The class will also learn how to research a mystery. Participants will write the first few pages of a mystery and submit it for critique.

Instructor: Debra Gaskill

**Fee:** \$40 class fee

**Schedule:** 8 sessions meeting on Wednesdays, September 17th - November 5th, 1:30-2:30pm



### Organic Approach to Drawing/Painting

Learn the history of drawing while using a variety of materials, papers, and concepts. Create while learning wash drawings, silver point, ink and pen, ink and brush, how to use light to alter a drawing, pencil skills, watercolors with drawings and using textures as part of a drawing. Instructor: Joe Lewis

**Fee:** \$40 class fee

**Schedule:** 8 sessions meeting on Thursdays, September 18th - November 6th, 4-6pm

### Seasonal Art Crafts

Create a variety of projects, different each week, including fabric pumpkins, fall scene on canvas, abstract on canvas, glass painting a holiday plate or candy jar, and snowman Christmas bulbs!

Instructor: Victoria Trempe

**Fee:** \$45 class and material fee.

**Schedule:** 7 sessions meeting on Thursdays, September 18th - November 6th, 1:30 - 3pm. No class September 25th.

### Stained Glass Holiday Sun-Catcher

Learn how to foil, solder and polish precut glass pieces, creating a lovely sun-catcher! 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.

Instructor: Jonelle Bates



**Fee:** \$20 class and material fee

**Schedule:** 1 session meeting on Friday, October 31st OR 1 session meeting on Friday, November 7th, 1-3pm

### Wooden Bowl Workshop

Let's make a bowl from 2 flat boards! Is that possible? Watch the cutting demonstration of 2 pine boards, creating beveled rings that each participant will then glue, sand and decorate to create a unique bowl!

Instructor: Garry Getz

**Fee:** \$15 class and material fee

**Schedule:** 1 session meeting on Tuesday, September 30th, 4:30-6:30pm



## Health & Fitness

### A Matter of Balance

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award winning, evidence-based program, designed to manage falls and increase activity levels by promoting exercise to enhance strength and balance. Instructors: Patricia Bray and Melissa Conners

**Fee:** No fee

**Schedule:** 8 sessions meeting on Thursdays, September 18th - November 6th, 9-11am

### 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, September 15th - November 3rd, 9-10am



### QPR Training

QPR, Question, Persuade, and Refer, is a free, 90 minute suicide prevention training that helps caring individuals recognize the signs and symptoms of suicidal ideation and connect those in need with counselors, therapists, and pastors who can treat them. We want to see the suicide rate in Clark County continue to decrease, and we invite you to be a part of the solution! Instructor: Kelton Moore

**Fee:** No fee

**Schedule:** 1 session meeting on Monday, September 29th, 10-11:30am



### 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. Instructor: Nettie Carter-Smith

**Fee:** \$40 class fee

**Schedule:** 8 sessions meeting on Wednesdays, September 17th - November 5th, 12-1pm

### 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: Cynthia Griffin

**Fee:** \$40 class fee

**Schedule:** 8 sessions meeting on Tuesdays, September 16th - November 4th, 9:30am - 10:30am.