



**Springfield Area  
Institute for Lifelong  
Learning**

**2026 Spring Class  
Catalog**



**Registration for classes opens at 8:30am  
Wednesday, February 25th at USS. All classes are  
offered at USS Downtown unless otherwise noted.**

## Creative Arts

### Classical Guitar

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

Instructor: Christina Darding,  
Founder of Element Music Studio

**Fee:** \$20 class fee

**Schedule:** 4 sessions meeting on  
Wednesdays, March 18th - April  
8th; 10-11am



### Organic Approach to Art

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, March 19<sup>th</sup> - May 7<sup>th</sup>, 4-6pm

### Machine Paper Piecing Quilt Blocks

Machine paper piecing is a method that allows you to create accurate patchwork blocks quickly & easily. Simply cut oversized fabric pieces and sew them in sequence to a paper foundation.

Instructor: Phyllis Bageant

**Fee:** \$40 class fee

**Schedule:** 8 sessions meeting on Mondays, March 16<sup>th</sup> - May 4<sup>th</sup>, 1:30-3:30pm

### Memoir Writing 101

Memoir Writing 101 is your opportunity to learn how to set personal & family memories down on paper. This course provides easy-to-follow step-by-step instruction. The course criteria applies equally well to those who wish to write fiction. Get your imagination in gear & sign up!

Instructor: Connie Chappell, Bestselling & Award Winning Author

**Fee:** \$30 class fee

**Schedule:** 6 sessions meeting on Thursdays, March 19<sup>th</sup> - April 23<sup>rd</sup>, 10 - 11am

### Stained Glass Flower Plant Stake

Learn how to foil, solder and polish precut glass pieces, creating a lovely floral plant stake. 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 plant stake to display in your home.



Instructor: Jonelle Bates, Founder of La Petit Pomme Glassworks

**Fee:** \$25 class and material fee

**Schedule:** 1 session meeting on Friday, April 10<sup>th</sup> 10am - Noon or 1-3pm; OR Friday, May 15<sup>th</sup>, 10am - Noon or 1-3pm (4 separate class times offered)

### German Star Workshop

Learn how to make a traditional holiday decoration, common in Germany, by folding strips of paper into a multi-point star and dipping in was with a sprinkling of glitter.

Instructor: Denise See

**Fee:** \$10 class and material fee

**Schedule:** 1 session meeting on Monday March 16<sup>th</sup>, 2-4pm

## Health & Wellness

### 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.

Facilitators: Melissa Conners & Sharon Mitchell

**Fee:** No fee

**Schedule:** 8 session meeting on Tuesdays, March 17<sup>th</sup> - May 5<sup>th</sup>, 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, March 16<sup>th</sup> - May 4<sup>th</sup>, 9-10am

### Spring Into Wellness: Mind Body & Spirit Renewal

Reconnect with your energy, deepen your self-awareness, and create meaningful personal growth. Each week explores a different pillar of holistic well-being, the chakras, mindful movement, journaling & intentional goal setting, giving you practical tools to support balance in mind, body and spirit.

Instructor: Catherine Hinkle

**Fee:** \$20 class fee

**Schedule:** 4 sessions meeting on Wednesdays, March 18<sup>th</sup> - April 8<sup>th</sup>, 4:30-5:30pm

**2026 SAILL SPRING CLASS CATALOG  
REGISTRATION BEGINS  
FEBRUARY 25TH**

## History & Local Interest

### Ferncliff Cemetery Trolley Tours

Take a ride on the open-air Ferncliff trolley through the historical, original sections of the cemetery. Participants will observe and learn about those in our community.

Instructor: Ski Schanher

Fee: \$ 5 tour fee

Schedule: 2 individual sessions meeting at Ferncliff Cemetery, 501 W McCreight Ave, Springfield, Wednesday, 2-3:30pm:  
May 20th Women of Ferncliff  
June 17th Black History

### Highlighting Local History as We Celebrate 250 Years of America's Stories

Join us for a journey through the rich history of Springfield and Clark County as we explore stories of people, places, and objects that are a part of the Clark County Historical Society's collections. Natalie Fritz will share photographs that tell stories and take people on a walk down memory lane and provide some background and insight into some little known stories the make our community what it is. This presentation is sure to stir up warm memories and provide new perspectives on the city's past. Instructor: Natalie Fritz, Clark County Historical Society Archivist & Outreach Director

Fee: \$5 class fee

Schedule: 1 session meeting Tuesday, March 24th, 2-3:30pm

### Lincoln's Favorite Document

If you knew that by signing an important document your life would be lost or in danger and your family and property would be lost or in danger, would you do it? That is what the 56 signers of the Declaration of Independence did not take into consideration when they affixed their signatures to the bottom of that soon-to-be hallowed piece of parchment. Study the background of the Declaration, followed by its interpretation. Instructors: Wes Baker and Ski Schanher

Fee: \$5 class fee

Schedule: 1 session meeting on Friday, April 24th, 1:30 - 3pm

### Exploring Clark County Parks History, Culture and Nature

This 6-week program designed in partnership with the Clark County Park District, provides participants with a deeper understanding of the parks that help shape Clark County's landscape, history and community life today. Each session will focus on a different Clark County park, and explore its story in depth.

Instructor: Leann Castillo, Brad Boyer, and Penny Dunbar, Clark County Park District & National Trail Parks & Recreation District

Fee: No fee

Schedule: 6 sessions meeting on Thursdays, April 2nd - May 7th, 2:30-3:30pm

## The National Road in Ohio & Clark County

America250's theme for April is transportation - an appropriate topic for Clark County since its history mirrors that of the country, from foot paths to futuristic VTOL vehicles. Trace the development and impact of the National Road, focusing on Clark County. Along the way we'll hear stories of largely forgotten sites and events along its route and examine its economic ups and downs throughout its 200 year history in Ohio. Instructors: Wes Baker

Fee: \$20 class fee

Schedule: 4 sessions meeting on Fridays, March 27<sup>th</sup> - April 17<sup>th</sup>, 1:30 - 3pm

## Cooking & Technology

### Air Fryer Basics

Learn the fundamentals of air frying! Discover tips on how to prepare a variety of foods in your air fryer that will lower the fat in your meals and save you time. A dish will be prepared in class to sample.

Instructor: Donna Kuykendall, Central State University Extension Educator

Fee: No fee

Schedule: 3 sessions meeting on Wednesdays, April 22nd - May 6th, 11am - 12:30pm

### 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: 6 sessions meeting on Wednesdays, March 18th - April 22nd, 3-5pm

### Getting to Know Your Phone

Do you have an Android or iPhone and want to learn more? 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 & Tracy Koverman, Clark County Public Library Librarians, IT Dept

Fee: No fee

Schedule: Android: 4 sessions meeting on Wednesdays, March 18th - April 8th; OR, iPhone: 4 sessions meeting on Wednesdays April 15th - May 6th; 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](mailto:clockwood@ussohio.org) for more information.*

*Register in person with USS Member Services beginning at 8:30am on February 25th. Telephone registrations will be returned after 12:00 noon on February 25th. Please call 937-521-3002 to register by telephone.*