



Springfield Area Institute
for Lifelong Learning



2018

Spring



Classes

2018 Spring Session is March 26 - May 18

Offering a catalog of intellectually stimulating education for Clark County adults at least 55 years of age that inspires congenial discovery and discussion in an informal atmosphere.



Learn more about SAILL at 937-323-4948
or lifelonglearning@unitedseniorservices.org

Light refreshments for the 2018 Spring SAILL Registration provided by the Springfield Masonic Community



Registration is Now Easy as 1-2-3! *

No prior registration!
No formal program, lunch or presentations!

1 - Come In

Monday, March 19, 2018 between 10am to 2pm

2 - Pick Your Classes

Each class will have a designated table. Go to the tables of the classes you want to attend where a volunteer will enter your name on the class list.

When the list is full, the class is full. Waitlists will be accepted.

3 - Pay for Your Classes

When you have signed up for all your chosen classes, go to a payment table to pay with cash, check, or credit card.

You are Registered!



You must be a 2018 USS member to register for classes.

If you are not sure if your membership is current call 323-4948 before 10 am Monday, March 19.

SAILL Steering Committee

Marjorie Vereen, USS SAILL Coordinator

Stephanie Clark
Dr. Barbara Matthies

Anne Deam
Dr. Paul Parlato
Virginia Weygant

Dr. Barb Mackey
Linda Saunders

Aging Smart

Aging Smart is a eight-module program offered by OSU Extension. Topics include: Falls Prevention, Universal Home Design, Aging and Eating, Nutritious Cooking for One or Two, Personal Safety, Gardening for Health, and Strategies to Enhance Your Memory. Maximum 25 participants. Instructor: Kathy Green

Fee: \$40

Schedule: 8 weeks, Tuesdays beginning March 27, 10-11am, USS, 125 West Main Street

Beginning Guitar 101

Do you have an inner rock star or country singer just waiting to shine through? Learn easy cords, scales, exercises, and simple strumming patterns that will have you playing songs in no time! No practice required, just play and enjoy. Bring your guitar. Maximum 10 participants. Instructor: John Lippolis

Fee: \$25

Schedule: 5 weeks, Tuesdays beginning April 17, 10-10:45am, 125 West Main Street

Beginning Piano, Level 1

Learn history of the piano, proper keyboard fingering, basic rhythm and note placement as you learn to play a few easy pieces. Pianos and keyboards provided. Maximum 8 participants. Instructor: Carol Pederson

Fee: \$20

Schedule: 4 weeks, Thursdays beginning April 19, 10-11am, USS, 125 West Main Street

Beginning Piano, Level 2

Beginning Piano 1 or previous experience is needed for this class. Required text: *Adult All-in-One Course* by Palmer/Manus/Lethco can be purchased at Kincaid's Is Music in Springfield. Pianos and keyboards provided. Maximum 8 participants. Instructor: Carol Pederson

Fee: \$20

Schedule: 4 weeks, Thursdays beginning April 19, 11am-12pm, USS, 125 West Main Street

Beginning Spanish

If you're a newbie or need to brush up on your Spanish skills, this class is for you! Learn to speak, read and write basic Spanish vocabulary. Maximum 20 participants. Instructor: Ginny Angus-Hall

Fee: \$30

Schedule: 6 weeks, Fridays beginning March 30, 9-10am, USS, 125 West Main Street

Beginning Ukulele, Part 2

This class is a continuation of Ukulele, Part 1. Review techniques and cords then continue learning new songs and strumming patterns. Remember all the fun you had? Maximum 15 participants. Instructor: John Lippolis

Fee: \$25

Schedule: 5 weeks: Tuesdays beginning April 17, 9-9:45am, USS, 125 West Main Street

Construction of a Small-Town Mystery

Take a trip behind the scenes with local author Connie Chappell. Learn how a mystery series is developed, from the creation of characters, to sprinkling of clues, and ultimately, building the fictional town of Havens, Ohio. Maximum 30 participants. Instructor: Connie Chappell

Fee: \$5

Schedule: Tuesday, May 15, 11:15am-12:15pm, USS, 125 West Main Street

Doodlin' Daisies

This course is designed for beginners and those with minimal painting experience. You will begin by drawing an outline; then fill it in using acrylic paints to create a beautiful picture. Experience how creative art benefits your emotional and physical well-being. Maximum 15 participants. Instructor: Tammy Irick

Fee: \$5 plus \$10 material fee payable to instructor first day of class

Schedule: One day, Tuesday, April 10 at 4-5:30pm USS, 125 West Main Street

Drums for Fitness

Let music drive your drumsticks into giving your body and mind a great workout! Students drum on exercise balls that result in a light cardio upper body workout. This workout can be done standing or sitting. Maximum 25 participants. Instructor: Shari Davis

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Fee: \$40, Students bring a 65 inch exercise ball. Drumsticks and holder for exercise ball provided.

Schedule: 8 weeks, Fridays beginning March 30, 12:15-1pm, USS, 125 West Main Street

Easy-to-Sew Classic Leggings

Learn how to sew leggings from the fabric of your choice, tailored to fit in the perfect length, a waistband that stays in place and no baggy knees. Learn how to download a pattern, sew on knit fabric and construct an elastic waist. Bring your own sewing machine, notions and fabric. Supply list available at registration. Maximum 10 participants. Instructor: Jane Skogstrom

Fee: \$10

Schedule: 2 weeks, Wednesdays beginning May 2, 3:30-5pm, USS, 125 West Main Street

Everyone is an Artist!

This class will bring out the artist in everyone - all you need is your imagination! Each session you will learn design fundamentals including lines/shapes, shading skills, patterning, contour drawings, texture, combining colors, and much more. Maximum 10 participants. Instructor: Gail Hakala-Eldridge

Fee: \$40, Students need to bring a sketchbook and #2 pencils with erasers. Additional supplies provided by instructor.

Schedule: 8 weeks, Tuesdays beginning March 27, 1-2pm, USS, 125 West Main Street

Great Decisions

The Foreign Policy Association's *Great Decisions* program is America's largest discussion program on world affairs. The program model involves reading the *Great Decisions Briefing Book*, watching a corresponding DVD, and group discussion of the most critical global issues facing America today. Topics include: The Future of Europe, Trade in the South China Sea, Saudi Arabia in Transition, U.S. Foreign Policy and Petroleum, Latin America's Political Pendulum, Prospects for Afghanistan and Pakistan and Nuclear Security. Maximum 15 participants. Instructors: John Paulsen and Rick Ellison

Fee: \$55 (\$40 class fee, \$15 *Great Decisions Briefing Book* which you will receive book at time of registration.)
 Schedule: 8 weeks, Mondays beginning March 26, 4:30-5:30pm, USS, 125 West Main Street

Jigsaw Jewelry

Make jewelry by re purposing junk - jigsaw puzzle pieces, jar lids, beads, buttons, bottle caps, jewelry findings, acrylic paint and tools. Have fun designing earrings, necklaces and/or pins. Students should bring tweezers. Maximum 10 participants. Instructor: Denise Roberts

Fee: \$10
 Schedule: 2 weeks, Mondays beginning April 23, 1-2pm, USS, 125 West Main Street

Journeys: A Life Well-Lived

Want to enhance and enjoy your Golden Years? Learn how to have a healthy retirement, weather unexpected storms, and prepare for a peaceful passing. Maximum 15 participants. Instructor: Carrie Tess Shapiro

Fee: \$20
 Schedule: 4 weeks, Wednesdays beginning April 4, 1:30-2:30pm, USS, 125 West Main Street

Lyrical Gems of American Popular Music

This class will focus on works that combine lyrics with great melodies to imprint songs into our memory. Listen to giants such as Irving Berlin, Ira Gershwin, and Oscar Hammerstein, as well as lyricists who may have only had single hit. You'll listen to these memorable songs and say *Wow!* as you recognize the great artistry of this music. There may even be a sing-along or two. Maximum 20 participants. Instructor: Dr. Paul Parlato

Fee \$20
 Schedule: 4 weeks, Mondays beginning April 16, 8:15-10am, USS, 125 West Main Street

Preserving Family Heirlooms

Everyone has special objects, papers, and photographs that represent our family history that we want to enjoy now and preserve for the future. This low stress, hands-on class will give you basic low-to-no cost tools and techniques to preserve your family's treasures. You will receive a take-home preservation kit with resources you can use to care for your heirlooms. Maximum 20 participants. Instructors: Virginia Weygandt, Director of Collections; Kasey Eichensehr, Senior Curator; and Natalie Fritz, Curator of Library and Archives.

Fee: \$25
 Schedule: 5 weeks, Tuesdays beginning April 3, 10-11:30am, Heritage Center in the Crabill Discovery Hall, 1st Floor

Quilting: New Twist On Dresden Plate

Make a 40" X 40" wall hanging based on the traditional quilt pattern, the Dresden Plate. Rather make just one block for a pillow or two or three blocks for a table runner? The decision is yours! Supply list available at registration. Maximum 8 participants. Instructor: Joan Butz

Fee: \$30
 Schedule: 6 weeks, Wednesdays beginning March 28, 10-11:30am, USS, 125 West Main Street

Renaissance Science and the Life of Galileo

Learn about the scientific advances of the Renaissance through which modern science was born. The instructor will discuss the complex interaction between the Roman Catholic Church and the scientific community of the 15th, 16th and 17th centuries. The first session will cover the astronomy, history, religion, architecture and engineering of the Renaissance. The second session will cover the life and work of Galileo, the greatest of the Renaissance scientists. Maximum 40 participants. Instructor: Daniel Fleisch, Ph.D., Professor of Physics, Wittenberg University

Fee: \$10
 Schedule: 2 classes, Tuesday, April 10 and Tuesday, May 1, 3:30-5pm, USS, 125 West Main Street

Self-Care with Energy Balancing

Looking for relief from stress and energy blocks? This class will teach you the self-care healing techniques Brain Gyms and Emotional Freedom Tapping - a technique that combines internal focus and finger tapping on specific acupressure points to release the worry or concern. Maximum 12 participants. Instructor: Carrissa Girbert

Fee: \$15

Schedule: 3 weeks, Wednesdays beginning April 18, 1:30-2:30pm, USS, 125 West Main Street

Sew a Pillow Case

Sew a standard 20" X 30" bed pillowcase to suit your taste, dreams, and aspirations. Learn how to personalize the cuff with pieced heart or sailboat blocks for that special someone. Bring your own sewing machine, notions and fabric. Supply list available at registration. Maximum 8 participants. Instructor: Jane Skogstrom

Fee: \$10

Schedule: 2 weeks, Wednesdays beginning May 16, from 3:30-5pm, USS, 125 West Main Street

Social Dance

Come have fun and learn basic dance steps, etiquette, rhythm and how to lead your partner to all types of music in a no stress environment. People with 2 left feet are welcome! Satisfaction guaranteed! Couples preferred, but not required. Wear smooth-bottomed shoes and bring water. Maximum 30 participants. Instructor: Sue Cavanaugh

Fee: \$30

Schedule: 6 weeks, Fridays beginning March 30, 3:30 to 4:30pm, USS, 125 West Main Street

Stamp Class...Card Making

Birthday cards, holiday cards, thank-you cards and more! Each week you will create 4 themed greeting cards designed by the instructor. Learn beginning stamping techniques while you make a unique variety of cards to send friends and relatives. No previous skills required. Maximum 8 participants. Instructor: Carol Lloyd

Fee: \$20 plus \$10 material fee payable to instructor the first day of class

Schedule: 4 weeks, Thursdays beginning March 29, 9-10am, USS, 125 West Main Street

Stained Glass Panel

Stained glass class is back by popular demand! Make a 5 x 7 inch, 16 piece glass panel with a beveled center in a color combination of your choice from a large variety of colored glass. You will work with a pattern, cut glass and solder. Maximum 8 participants. Instructor: Cindy Gatten

Fee: \$25 plus \$25 material fee payable to instructor the first day of class

Schedule: 5 weeks, Wednesdays beginning March 28, 3:30-5:30pm, USS, 125 West Main Street

Tech Tips and Techniques

If you are you overwhelmed keeping up with technology, then this class is for you. Learn tips and tricks to understanding your Apple devices, how to perform basic functions, understand social media, take better pictures, prevent cyber-attacks and more. There will also be time for one-on-one assistance. Maximum 25 participants. Instructor: Kelley Alexander

Fee: \$40

Schedule: 8 weeks, Wednesdays beginning March 28, 3-4pm, USS, 125 West Main Street

The Language of Shakespeare

Reading Shakespeare can be difficult. Shakespeare needs to be heard. This class will help you *hear* Shakespeare, drawing your attention to the play of language, increasing your understanding and enjoyment of the sonnets, histories, comedies, tragedies and romances. Maximum 15 participants. Instructor: J. Arthur Faber, Emeritus Professor of Wittenberg University

Fee: \$30

Schedule: 6 weeks, Thursdays beginning March 29, 2-3pm, USS, 125 West Main Street

Two Sticks and Some String - Knit Summer Bag

Say, "I made it!" when you carry your hand-knit summer bag. Use it as a purse for all your 'must-haves' or take it to the farmer's market. This class is for those familiar with the basics of knitting such as casting-on, executing knit and purl stitches, and binding-off. Supply list available at registration. Maximum 10 participants. Instructor: Teresa Stetler-Clear

Fee: \$30

Schedule: 6 weeks, Wednesdays beginning March 28, 3:30-5pm, USS, 125 West Main Street

Vocal Lessons

Whether you sing in the shower or in a community venue, this class is for you. Learn how to lengthen and strengthen your breath, relieve vocal fatigue through proper placement and more. Apply your strengthening skills to classic standards and oldies. Maximum 15 participants. Instructor: Mary Katherine Somers

Fee: \$40

Schedule: 8 weeks, Thursdays beginning March 29, 9-10am, USS, 125 West Main Street

World Religions

What is the relationship between humans and the divine? What paths and practices lead humans to transformation? If these questions are important to you this lecture and discussion class - Religions of the One and Religions of the Many - could open some understanding. Course materials will include visuals and short readings. Maximum 25 participants. Instructor: Rev. Dr. Jennifer Oldstone-Moore, Professor of Religion at Wittenberg University,

Fee: \$30

Schedule: 6 weeks, Fridays beginning April 6, 12-1pm, USS, 125 West Main Street

Springfield Masonic Community Lecture Series

The Smokies - The Fire of 2016

Starting the day before Thanksgiving, the devastating Gatlinburg Fires Of 2016 only took five days to spread across the Great Smokie Mountain National Park, Gatlinburg and Pigeon Forge, Tennessee. These fires claimed 14 lives and destroyed over 2,400 residential homes and commercial structures. Learn the inconceivable series of events and circumstances that took place which will impact this popular area forever. Maximum 125 participants. Instructors: Bill and Rosemary Deitzer

Fee: Free - Light refreshments provided

Schedule: Monday, April 16, 1-2:15pm, Springfield Masonic Community Festival Green Clubhouse

Yellowstone National Park: Fire of 1988, Winter and Wildlife

Join your instructor on a picturesque journey through the United States' first National Park. Learn how 1988's historically harsh winter and forest fires - which burned through nearly a third of the park - affected its unique wildlife and beautiful foliage. Maximum 125 participants. Instructor: Bill Deitzer

Fee: Free- Light refreshments provided.

Schedule: Monday, April 2, 1-2:15pm, Springfield Masonic Community Festival Green Clubhouse

Explore additional lifelong learning opportunities offered in Clark County.

Clark State Community College Adult Education - 937-325-0691

<https://www.clarkstate.edu/admissions-financial-aid/what-kind-of-student-are-you/adult-returning-student/>

NTRPD - National Trail Recreation and Park District Activity Guide

<http://www.ntprd.org/NewsLetter.html> or 937-328-7275

The Heritage Center of Clark County - Clark County Historical Society and Museum

<http://heritage.center> or 937-324-0657

Clark County Public Library Adult Learning

<https://ccploho.org/library-databases/gale-courses/> or 937-328-6903