



Springfield Area Institute for Lifelong Learning



2019

Spring



Classes

2019 Spring Session is April 1 - May 24

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 2019 Spring SAILL Registration provided by the Springfield Masonic Community

Registration is Easy as 1-2-3!*



1 • Come In to USS
Monday, March 25
 10am to Noon

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 2019 USS member to register for classes.

If you are not sure if your membership is current call 323-4948 before 10 am Monday, March 25.

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

Basic Knitting - Knit a Dishcloth

Knitting a dishcloth gives you the opportunity to learn basic knitting techniques as you make something useful without a huge investment of time. This class is for those who have never knitted or those who have knit in the past but need a refresher. You will need 1-2.5 ounce skein Lily Sugar and Cream, 100% cotton yarn in a plain color of your choice and 1 set of size 7 or 8 knitting needles. Maximum 6 participants. Instructor: Teresa Stettler-Clear

Fee: \$20

Schedule: 4 weeks, Mondays beginning April 1, 2:30-4pm, USS, 125 West Main Street

Beginning Piano, Level 1

If you've never played the piano, this class is for you! Learn history of the piano, proper keyboard fingering, basic rhythm and note placement as you learn to play a few easy pieces. Piano and keyboards are provided, or you can bring your own. Maximum 6 participants. Instructor: Carol Pederson

Fee: \$20

Schedule: 4 weeks, Fridays beginning April 5, 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, or you can bring your own. Maximum 6 participants. Instructor: Carol Pederson

Fee: \$20

Schedule: 4 weeks, Fridays beginning May 3, 10-11am, USS, 125 West Main Street

Browsers and Cyber Security

Learn about the three most popular browsers, Microsoft Edge, Google Chrome, and Firefox. Also learn what to do to protect your computer and private information to safely surf the internet. Maximum 20 participants. Instructor: Steve Berner

Fee: \$40

Schedule: 8 weeks, Thursdays beginning April 4, 10-11am, USS 125 West Main Street

Chair Yoga

This class will show you how to increase flexibility, range of motion and muscle tone using breathing techniques for relaxation—all while seated in a chair. Maximum 15 participants. Instructor: Andrea Rak

Fee: \$40

Schedule: 8 weeks, Mondays beginning April 1, 10-11am, USS, 125 West Main Street

Dull to Dazzling!

Transform an everyday piece into a keepsake! Create a one-of-a-kind, unique treasure to keep or give away using acrylic paint applied to a flea market find, or any small item (chair, wooden box, bench, etc.) you have around the house. The instructor will teach the elements and principals of design to help you create a one-of-a-kind masterpiece! Maximum 12 participants. Instructor: Gail Hakala-Eldridge

Fee: \$40

Schedule: 8 weeks, Tuesdays beginning April 2, 1:15-2:45pm, USS, 125 West Main Street

Great Decisions 2019 - All New Topics for 2019!

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. This spring two 8-week sessions are being offered.

Fee for a single session: \$55 (\$40 class fee + \$15 Great Decisions Briefing Book which you will receive at registration)

- Great Decisions Session 1: Maximum 15 participants, Instructor: Mike Lyons
 Schedule: 8 sessions, Tuesdays beginning, April 2, 10:30-11:30am, USS, 125 West Main Street
- Great Decisions Session 2: Maximum 15 participants, Instructors: John Paulsen and Rick Ellison
 Schedule: 8 sessions, Tuesdays beginning April 2, 4-5pm, USS, 125 West Main Street

Same class.
Two different
time options.

Grow Your Own Veggies Worthy of Landscape and Dinner Plate

Learn how to grow your own produce in limited spaces, creating edible landscapes. Then learn how to prepare your home grown vegetables and understand their health benefits. Maximum 20 participants. Instructors: Andrea Myers and Kathy McConkey, SNAP-ED Program, OSU Extension of Clark County.

Fee: No Cost

Schedule: 4 weeks, Tuesdays beginning April 2, 9:30-10:30am, USS, 125 West Main Street

Happy Feet! Learn to Tap Dance

This class is for BEGINNERS only! If you never had the chance to tap dance, now is the time! Bring your own tap shoes and get ready for fun and exercise. Maximum: 15 students. Instructor: Stephanie Clark

Fee: \$30

Schedule: 6 weeks, Thursdays beginning April 4, 6-7pm, USS, 125 West Main Street

How It's Made - Clark County Edition

Clark County has a rich industrial, agricultural history. During the 19th century Clark County was dominated by industrialists and it continues that legacy today. Hit the road with your SAILL classmates and tour and see it made first hand. USS and the Springfield Masonic Community (SMC) are collaborating to make these tours possible. SMC will provide bus transportation to tour destinations. Please arrive at USS 30 minutes before each tour. Maximum 20 participants

Fee: \$15 for all three tours.

Tours listed on page 4.

How It's Made - Clark County Edition, Tours -continued**Tour 1 • O.S. Kelly Company** - Wednesday, April 10, 1-2pm

This historic Springfield firm produces piano plates for Steinway and Sons. The cast-iron plates are a key component to Steinway pianos which are produced in Long Island, NY and Hamburg, Germany. They demand a high level of precision, holding together steel piano wire strings at 40,000 pounds per square inch of pressure. It's a fascinating process! (Must wear closed-toe shoes.)

Tour 2 • TAC Industries - Wednesday, April 17, 10-11am

The Abilities Connection (also known as TAC Industries) is an amazing nonprofit that employs, connects and cares for people with developmental or physical disabilities. This tour will highlight the many ways TAC employees are making a difference doing meaningful work such as making cargo nets for the US military to growing hydroponic lettuce in the TAC greenhouse for local restaurants and schools.

Tour 3 • Dole Fresh Vegetables Company - Wednesday, May 1, 11am-Noon

You've heard the phrase "You are what you eat." Take this tour to see first hand how Doles processes their vegetables from receiving produce into the factory, through cutting and washing, then packaging. You'll see how Dole Food Company upholds its commitment to consistently providing safe, high-quality fresh food products.

Jelly Roll® Rug

Make your own small, oval, soft, washable rug, suitable to use as a throw rug or bath mat. This rug is made with 40 strips of 40-42" wide fabric which can be purchased in a single small bundle of 2½" precut strips (called a *Jelly Roll®*, *Strip Roll®*, *Design Roll®*, *Roll-Up®*, *Bali Pop®* - depending on the fabric company.) These bundles come in endless color combinations! Bring your own sewing machine with zigzag capability and jeans needle. Supply list available upon registration. Maximum 8 participants. Instructor: Jane Skogstrom

Fee: \$15

Schedule: 3 weeks beginning Wednesday, May 8, 1-2:30pm, USS, 125 West Main Street

Learn to Crochet

Learn the basics of crochet. All you need is yarn and a crochet hook to make potholders for you to keep or to give to someone special. You will need to bring 2-skeins of 2.5 ounces of 100% cotton yarn. Brand names are Peaches and Cream or Lily Sugar Cream, any color you choose. Crochet hook "H", aluminum or wood. Maximum 8 participants. Instructor: Tracy Wickham.

Fee: \$20

Schedule: 4 weeks beginning Monday, April 29, 2:00-3:30, USS, 125 West Main Street

Lyrical Gems of American Popular Music

Examine and be inspired by the artfully-crafted words that make popular songs so memorable while you also learn about the artists who crafted them. Concentrating on the *Golden Age of the Great American Songbook* you will listen to and explore some of the finest lyrical/musical expressions of the period. Maximum 20 students. Instructor: Dr. Paul Parlato

Fee: \$25

Schedule: 5 weeks beginning Tuesday, April 16, 10:15-11:45am, USS, 125 West Main Street

Make-It, Take It Classes**Krafty, Krazy Kaleidoscopes**

Make a unique and personal, artistic kaleidoscope with Denise Roberts. Supplies will be provided but consider bringing photos of pets and special people for your creation. Maximum 10 participants. Instructor: Denise Roberts

Fee: \$10

Schedule: 2 weeks: Monday, April 8 and April 22, 10:30-11:30am, USS, 125 West Main Street

Toad Abodes to Go

Whimsical as well as practical, a toad house will make a charming addition to your garden. Toads consume 100 or more insects and slugs every day, so a toad house makes a great gift for a gardener who is fighting the battle of the bug. Toads can live for years, so once they discover the house you made, they will become a permanent part of your garden. Maximum 15 participants. Instructor: Tammy Irick

Fee: \$5 (plus \$10 material fee payable to instructor the day of class)

Schedule: 1 class, Tuesday, April 16, 4:30-6:00pm, USS, 125 West Main Street

Memoir Writing 101

Memoir is a subcategory of biography or autobiography that generally tells stories from the author's life. This class will provide the necessary elements for successful writing in an easy-to-understand format. Start with one story and develop your confidence to create a collection of stories - a memoir! Maximum 10 participants. Instructor: Connie Chappell

Fee: \$30

Schedule: 6 weeks beginning Monday, April 15, 12:30-2pm, USS, 125 West Main Street

Outsmart the Scammers

Incidents of fraud are on the rise, and scammers' tactics are becoming more complex. That is why it is important to educate yourself about fraud. This class will feature strategies to help protect you and the ones you love. Maximum 20 participants. Instructor: Jerry Cagle, Financial Advisor, Edward Jones

Fee: \$5

Schedule: Thursday April 4, 11:30am-12:30pm, USS, 125 West Main Street

Pilates

Pilates is a system of movement that utilizes heightened mind-body awareness to strengthen and stabilize the core and improve posture, balance and coordination. This beginners class will introduce you to the principles of Pilates while performing exercises on an exercise mat which you will provide. Maximum 10 participants. Instructor: Teresa Magill

Fee: \$40

Schedule: 8 weeks beginning Monday, April 1, 8:30-9:30am, USS, 125 West Main Street

Plarn (Plastic/Yarn)Mat

Looking for a way to recycle your plastic grocery bags? Learn how to crochet plastic strips into a usable, waterproof mat that can be used for camping, durable door mats or donated to homeless shelters. You will need to supply your own plastic grocery bags (a full-size mat takes 700-800 plastic bags), a size P or Q crochet hook, and a good pair of scissors. Basic crochet skills are required. Maximum 15 participants. Instructor: Mary Steele

Fee: \$15

Schedule: 3 weeks beginning Friday, April 26, 1-2pm, USS, 125 West Main Street

Preserving Your Family Heirlooms

Learn simple methods of preserving antiques, photographs and digital materials, including how to identify deterioration, safe cleaning and storage techniques. The fourth week students can bring in personal objects to be reviewed by the instructors. Students will practice hands-on techniques the last week. Maximum 20 participants. Instructors: Virginia Weygandt, Director of Collections; Kasey Eichensehr, Senior Curator; Natalie Fritz, Curator of Library and Archives.

Fee: \$25

Schedule: 5 weeks beginning Tuesday, April 2, 10-11:30am, Crabill Discovery Hall (1st Floor), Heritage Center of Clark County

Quilted Table Runner

Brighten your table for Spring with a beautiful quilted table runner - made by you! This design features four blocks, each with a vase of flowers and gives you the opportunity to learn three applique techniques. You will need to bring your own sewing machine. Class supply list available at registration. Maximum 8 participants. Instructor: Joan Butz

Fee: \$30

Schedule: 6 weeks beginning Wednesday, April 24, 10-11:30am, USS, 125 West Main Street

Ready or Not: Preparing for the Unexpected

Life is full of surprises that can have a major impact on your family and financial situation. Discover strategies to keep your finances from veering off course. Maximum 20 participants. Instructor: Jerry Cagle, Financial Advisor, Edward Jones.

Fee: \$5

Schedule: 1 class Thursday, May 2, 1:30-2:30pm, USS, 125 West Main Street

Space Exploration and Observation

Astronomical discoveries are being made at a record-breaking pace. Learn about recent space missions and observations that continue to revolutionize human understanding of the universe. Session one will feature discussion of how this remarkable burst of scientific investigation was achieved and what has been discovered. Session two will feature discussion of Earth-based observation, and why it remains valuable in an era of space missions. In addition, participants will get hands-on experience with astronomical instruments by assembling an astronomical telescope and by learning to use powerful (and free!) astronomy software and apps. Maximum 30 participants. Instructor: Dr. Daniel Fleisch, Ph.D., Professor of Physics, Wittenberg University

Fee: \$10 for both sessions

Schedule: First session: Tuesday, May 7, 3:30-4:30pm, USS, 125 West Main Street

Second session: Tuesday, May 21, 3-4:30pm, Weaver Observatory, Wittenberg University

Springfield Symphony Orchestra

To celebrate the final concert of the Springfield Symphony Orchestra's 75th Anniversary season, SSO Chorale Director, Basil Fett, will discuss Beethoven's monumental Symphony No. 9, and how it broke with previous symphonic traditions and moved orchestral music from the classical to the romantic era. This class will be a perfect companion to the SSO's May 18 performance, featuring this seminal work from the orchestral repertoire. Attendees will receive 50% off vouchers for tickets to that performance - the final performance of the season. Maximum 20 participants. Instructor: Basil Fett

Fee: \$5

Schedule: 1 class, Thursday, May 16, 1-2pm, USS, 125 West Main Street

Stained Glass Stepping Stone

Create a lovely stepping stone to grace your garden or your favorite spot that will last for at least 20 years. You will cut the glass and learn how to secure it with cement mortar. Classes will be held at Cindy Gatten's workshop (address below.) Maximum 5 participants. Instructor: Cindy Gatten

Fee: \$25 (plus \$40 material fee payable to instructor the first day of class)

Schedule: 5 weeks beginning Wednesday, April 3, 6-8pm, Cindy Gatten's Workshop, 3496 Old Mill Road, Springfield

Ukulele, Part 2

Continue the happiness of learning to play this miniature four stringed instrument with a sweet sound and colorful history! You'll play and sing along to favorites from the 1960's including some Beatle's tunes. Bring your ukulele and forget all your troubles. Maximum 15 participants. Instructor: John Lippolis

Fee: \$25

Schedule: 5 weeks beginning Tuesday, April 2, 9-9:45am, USS, 125 West Main Street

Vocal and Performance Workshop

Get your singing game on! Strengthen your vocal skills and cultivate your ability to perform the songs you love in style. Learn how to WOW an audience with your stage presence and ability to deliver lyrics and melody with meaning and feeling. Maximum 15 students. Instructor: Mary Katherine Somers

Fee: \$40

Schedule: 8 weeks beginning Wednesday, April 3, 11:30am-12:30pm, USS, 125 West Main Street

Springfield Masonic Community Lecture Series**Aromatherapy-Create Your Own Natural Medicine Chest**

Learn how to create your own personal, natural and safe *Aromatherapy Wellness Chest*. Aromatherapy (sometimes called essential oil therapy) is a holistic healing treatment that uses natural plant extracts to promote health and well-being. Many people use essential oils in ways that can be harmful. This presentation will help you learn how to use essential oils in a way that is safe and gets results! Maximum 100 participants. Instructor: Patti McCormick, RN, PHD, President, Institute of Holistic Leadership, LLC

Fee: Free - Light refreshments provided

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

The Miracle of the North Platte Canteen

Come hear the amazing story of how a small town of 12,000 people in the middle of Nebraska welcomed and fed 6 million traveling WWII soldiers 20 hours/day from Christmas of 1941 through April 1, 1946 at the Union Pacific Railroad station. The North Platte Canteen was a lunch counter where volunteers—almost all women—provided food, cigarettes and magazines to soldiers passing through. One of approximately 120 community-based canteens in the United States during World War II, North Platte was by far the largest. By comparison, the second largest canteen, in Lima, Ohio, served 2.5 million soldiers. Maximum 100 participants. Instructor: Rosemary Deitzer.

Fee: Free - Light refreshments provided.

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