



# SAILL into SUMMER!

with the Springfield Area Institute of Lifelong Learning

Registration begins  
**Monday, June 24**

USS Summer SAILL Sessions run July 8 - August 9, 2019

Stop by the Matthies Welcome Center for Registration Information

**Basics of Poker** - Become a more confident poker player and learn a variety of poker games. Your instructor is a pro who stresses kindness, patience and the importance of having fun! Five weekly classes taught by Jack Buster. Maximum 8 participants. \$25 *Mondays, beginning July 8, 9-10:30am*

**Chair Yoga Dance** - Chair Yoga DANCE is an upbeat, fun and healthy way to strengthen balance, focus concentration, stay limber and fit. Learn a rewarding Shavasana (body pose) to end each session. Four weekly classes taught by Denise Hays, RYT200. Maximum 20 participants. \$20 *Wednesdays, beginning July 10, 9-10am*

**Discover the JOY of Still Life Art** - Learn basic still life drawing techniques. Students bring up to 5 items to set up their own still life and create a composition using basic line drawing while learning how to define light, darkness and shadow. Students should bring paper or canvas, colored pencils, pastels or acrylic paint and brushes. Five weekly classes taught by Gail Hakala-Eldridge. Maximum 10 participants. \$25 *Tuesdays, beginning July 9, 1-2:30pm*

**Easy Crazy Quilt** - If you can sew a straight seam, this class is for you! No previous quilting experience is required as you create a fun, colorful quilt. Bring fabrics (precut 2" wide, 4-10" length), scissors, and your sewing machine. Muslin fabric provided. Two weekly classes taught by Carol DeVore. Maximum 10 participants. \$10 *Wednesdays, July 17 and 24, 9-10am*

**Get to Know Your iPhone and iPad** - Learn how to set up your iPad or iPhone, using its native features and functions, and customizing the device for an optimal experience. You can ask specific questions, as well as collaborate with others to learn more about your device, IOS apps and practical use for professional work. Five weekly classes taught by Matt Gerberick, Director of Technology, Clark County Educational Service Center. Maximum 15 participants. \$25 *Wednesdays beginning July, 17, 1-2pm*

**History of the Little Miami River** - Join former First Lady Hope Taft to learn about the history of the Little Miami River, how it got Scenic River Status, and why it is an important asset to our Ohio region. Hope is co-founder of the Little Miami Kleeners and the Little Miami Watershed Network. Maximum 25 participants. \$5 *Thursday, July 11, 10-11am*

**How It's Made in Clark County** - SAILL continues to explore Clark County's gems. USS and Springfield Masonic Community are collaborating to make these tours possible with SMC providing bus transportation. Choose the tour you want - go on one, two or all three!

**Tour 1: Mother Stewart's Brewing Company, Wednesday, July 17, \$5** - (No transportation provided.) Learn how beer is made at this family-owned production brewer in downtown Springfield. After the tour relax and taste-test a flight for only \$10. Maximum 20 participants. Meet at the Brewery at 11:45am, tour begins at noon.

**Tour 2: Gordon Food Service, Wednesday, August 7, \$5** - For over 120 years, GFS has delivered excellence, expertise and quality products to their customers. GFS is the largest family-operated broad line food distribution company in North America. Maximum 14 participants. Bring a jacket and wear closed-toed shoes during the tour. Meet at USS at 9:30am for bus, tour begins at 10am.

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Summer 2019 SAILL Class Schedule

**Continued...**

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### How It's Made in Clark County - Continued

**Tour 3: Young's Jersey Dairy, Wednesday, July 31, \$5** - In 1958 Young's Dairy began selling milk to the public. Since that time they have grown to include two restaurants, ice cream, a miniature golf course, batting cages, driving range, and seasonal events. Maximum 14 participants. Meet at USS at 10:15am for bus, tour begins at 11:45am. Ice Cream included.

**Line Dancing** - Kick up your heels and strut your stuff! Line Dancing is a fun way to exercise and stay in shape. Beginner level, basic dance steps. Five weekly classes taught by Cathy Robinson. Maximum 20 participants. \$25 *Wednesdays beginning July 10, 10:30-11:30am*

**Pilates** - This popular class introduces you to the principles of Pilates - low impact exercise which strengthens the core and improves posture, balance, and coordination. Bring an exercise mat. Five weekly classes taught by Teresa Magill. Maximum 15 participants. Instructor: Teresa Magill. \$25 *Mondays beginning July 8, 9-10am*

**Retirement: Making Your Money Last** - Learn strategies to help you work toward fulfilling retirement expectations that focus on providing today's income needs as well as into the future. Explore key concerns such as inflation, health care expenses and market volatility. Presented by Jerry Cagle, Edward Jones Financial Advisor. Maximum 20 participants. \$5 *Thursday, July 25, 11am-12pm*

**The Language of Flowers** - Did you know flowers have a language of their own? Many flowers, herbs, and trees traditionally symbolize feelings, moods, and ideas. Nearly every sentiment imaginable can be expressed with flowers. Learn why June is a popular month for weddings and why Queen Victoria carried orange blossoms in her wedding bouquet, and many more fascinating facts of flowers throughout history. Presented by Fabenne Brandenburg. Maximum 20 participants. \$5 *Thursday, July 18, 10-11am*

## Sponsored by Springfield Masonic Community

**How Many is Six Million?** Learn the story of the now-famous middle school diversity project in Whitwell, Tennessee where the students created the *Children's Holocaust Memorial*, known around the world. The documentary film *Paper Clips* is based on this true story. Presented by Rosemary Deitzer, Free, *July 8, 1pm* at the Springfield Masonic Community, Festival Green Clubhouse, light refreshments provided.

**Chief Black Hoof** - Historical reenactor William "Rusty" Cottrel returns as Chief Black Hoof sharing national and local history and perspectives from Chief Black Hoof's amazing 111-year life, including serving as an active warrior well into his 90's. Free, *July 15, 1pm* at the Springfield Masonic Community, Festival Green Clubhouse, light refreshments provided.