



# 2020 Winter SAILL Classes

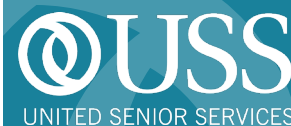
**Spanish:** We've just begun to explore the basics of Spanish. This class refreshes what we've learned so far and continues to expand your fluency. We will be using the book *"Easy Spanish, Step by Step"* by Barbara Bregstein. Maximum 15 participants. Instructor: Connie Kearns  
Fee: \$25 (book not included)  
Schedule: 5 weeks; beginning Thursday, January 16, 3-4pm; USS, 125 W Main

**Windows 10 Basics:** Explore the basics of *Windows 10*. Steve keeps stress and frustration levels at a minimum! Come and learn at a comfortable pace, and more importantly, have fun! Bring your laptop or tablet. Maximum 10 participants. Instructor: Steve Berner  
Fee: \$20  
Schedule: 4 weeks; beginning Monday, January 6, 12-1pm; USS, 125 W Main

## Springfield Masonic Community Lecture Series:

**Finding the Fountain of Youth-The Secret Link Between Community and Longevity:**  
Discover the secrets to living a longer, healthier life. In this session, we will uncover the commonalities between the world's largest populations of centenarians and reveal how Continuing Care Retirement Communities are designed specifically around them.  
Maximum 50 participants  
Instructor: Tiffany Harding, Corporate Director of Sales for the Ohio Masonic Home  
No Fee, light refreshments provided  
Schedule: 1 class; Monday, January 13, 1-2pm  
Springfield Masonic Community, Festival Green Clubhouse

**Prevent and/or Care for Colds and Flu with Holistic Health:**  
Patti McCormick, RN, PH.D, presents on a holistic approach to care for colds & the flu. Come join Patti as she talks about curing the common cold and preventive ways to decrease the chances of getting ill.  
Maximum 50 participants  
Instructor: Patti McCormick, RN, PHD, President of Holistic Leadership  
No Fee, light refreshments provided.  
Schedule: 1 class; Monday, January 27, 1-2pm,  
Springfield Masonic Community, Festival Green Clubhouse



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**Winter Term: January 6 - February 7**  
**Registration: December 16 - January 3**  
Stop by the Matthies Welcome Center for registration information

## 2020 Winter Term Class Offerings:

**Basic Embroidery:** Give your fingers a "digital detox"; instead of texting, learn to create a keepsake sampler of basic embroidery stitches suitable for framing. A kit and variety of embroidery floss will be provided. Maximum 12 participants. Instructor: Mary Anna Robinson  
Fee: \$20 plus \$5 embroidery kit payable to instructor the first day of class  
Schedule: Two 2-hour sessions; Thursdays, January 23 & 30, 10-12pm; USS, 125 W Main

**Beginning/Intermediate Guitar:** John continues to teach guitar basics and familiar songs. His stress-free technique will have you strumming like a pro! Chase away those Winter Blues while singing the Blues! Bring your own guitar. Maximum 10 participants. Instructor: John Lippolis  
Fee: \$25  
Schedule: 5 weeks; beginning Tuesday, January 7, 9-9:45am; USS, 125 W Main

**Committing to a Better You:** A successful approach to weight loss is not one-size-fits-all or a quick fix. Learn to use technology to help with weight loss while understanding nutrition, exercise, partnering with your physician, spiritual mindfulness, and developing a commitment to change your mindset. Design a plan that works for you to maintain a healthy weight. Maximum 20 participants. Instructor: Missy Hawley, RN  
Fee: \$5  
Schedule: 1 class; Wednesday, January 22, 2-3pm; USS, 125 W Main

**Fused Glass Snowman Ornament:** Create your own snowman out of glass, with whatever expression you want. You will cut the glass pieces, and put them in a kiln for firing. We promise not to melt your snowman! Maximum 6 participants. Instructor: Cindy Gatten  
Fee: \$25 plus \$20 material and firing fee payable to instructor the first day of class  
Schedule: 5 weeks; beginning Wednesday, January 8, 4-6pm  
Gatten Glass Studio, 3496 Old Mill Road, Springfield, OH

**Intermediate Dulcimer:** Let's continue to play this beautiful Appalachian instrument. We will review and practice old tunes as well as learn new folk songs and hymns. Melt away the winter chill singing and strumming your favorite songs. Bring your own dulcimer or one will be provided. Maximum 12 participants. Instructor: Christina Darding  
Fee: \$25  
Schedule: 5 weeks; beginning Monday, January 6, 10:30-11:30am; USS, 125 W Main

**Melt Your Heart:** Valentine's Day is the perfect time to show your love. Join Dustin at Doug Frates' Glass Studio to make a one-of-a-kind blown glass heart for that someone special in your life. Pick colors, dip, roll and shape your very own heart masterpiece. Wear comfortable clothing. Maximum 12 participants. Instructor: Dustin Wagner  
Fee: \$10 plus \$65 payable to instructor the day of class  
Schedule: 1 class; Tuesday, January 14, 10am-12pm, 402 East Street (across from Brain Lumber)

**Native Wrapping Basket:** Using thick roping, students will wrap the roping with scraps of fabric and/or yarn to construct a Native-American style basket. Bring a roll of Sisal rope 50 ft by 3/8 in, or wider. (Find at hardware store, discount store, etc.), scraps of fabric and/or yarn and a large yarn needle. Maximum 10 participants. Instructor: Gail Hakala-Eldridge  
Fee: \$25  
Schedule: 5 weeks; beginning Tuesday, January 7, 1-2pm; USS, 125 W Main

**Photography 101:** Now is the time to fine-tune your photography skills. Learn basic applications and tips using your personal camera. Whether you have a Canon, Nikon or a "smartphone," this class is for you. Let's have fun taking pictures. You will be amazed at the results! Maximum 15 participants. Instructor: Dean Elam  
Fee: \$25  
Schedule: 5 weeks; beginning Friday, January 10, 10-11am, USS, 125 W Main

**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 class will continue teaching principles of Pilates while performing exercises on a mat that you will provide. Maximum 10 participants. Instructor: Teresa Magill  
Fee: \$25  
Schedule: 5 weeks; beginning Monday, January 6, 9-10am; USS, 125 W Main

**Pillowcases with the "Burrito Method":** This is a course to teach people how to sew a standard bed pillowcase to suit your taste, dreams and aspirations. The dimensions of the pillowcase are 20" by 30". This includes a cuff of 4.5" and an accent strip of 1". We will use the Burrito Method to assemble the pillowcase. Maximum 8 participants. Instructor: Jane Skogstrom  
Fee: \$10, supply list available at registration  
Schedule: One 2-hour class; Wednesday, January 15, 1-3pm; USS, 125 W Main

**R&B Line Dancing 101:** Dance off those "Winter Blues" and pounds. Get up, groove to the music, sweat a little, and have a good time! Learn the Wobble, Cupid Shuffle, Biker Shuffle, and lots more. Maximum 20 participants. Instructor: Nettie Carter-Smith  
Fee: \$25  
Schedule: 5 weeks; beginning Monday, January 27, 12-1pm; USS, 125 W Main

**Renew your "Joy of Cooking":** Do you need to scale back the amount you cook? Are you tired of eating the same boring leftovers? Do you want to prepare quick, easy, and tasty weekly meals? This introductory cooking class can answer these questions and more! Cooking demos and food tasting each week.  
Maximum 15 participants. Instructor: Zachery Puhula, executive chef at Wittenberg University  
Fee: \$25  
Schedule: 5 weeks; beginning Thursday, January 9, 3-4pm; USS, 125 W Main

**Senior Scams:** Seniors are particularly vulnerable to fraud and scams; however, many incidents likely go unreported. Learn about the latest scams targeting our senior population and find out how to protect yourself and your loved ones. Maximum 15 participants.  
Instructor: Danielle Murphy, Consumer Educator, Office of Ohio Attorney General Dave Yost  
Fee: \$5  
Schedule: 1 class; Thursday, January 9, 1-2pm; USS, 125 W Main

**Silver and Single:** So... you're an old person, senior citizen, old fogey, methuselah, golden ager, baby boomer... however you define yourself, let's look at the joy and challenges of older, single life. Join Diane as she shares research about stereotypes, myths, attitudes, dating, and reinventing ourselves as 'single'. Positive attitudes and sense of humor a must!  
Maximum 20 participants. Instructor: Diane Holt  
Fee: \$25  
Schedule: 5 weeks; beginning Friday, January 10, 2:30-3:30pm; USS, 125 W Main