

August 29, 2011



Successful Aging
Institute

Collaborative Classes Beginning in September

For full descriptions, information on collaborative partners, cost, dates, times and locations please see the attached full fall class listing

Do you get the feeling it's time to brush up on your driving skills?

AARP Driver Safety Program

Since its inception in 1979, the program has covered defensive driving techniques, rules of the road, and normal changes in vision, hearing, and reaction time – including ways to compensate for these changes. Open to all ages and non- AARP members.

As a caregiver you face tough decisions and stressful situations. Join us to find ways of reducing stress and making those tough decisions.

NEW! Powerful Tools for Caregivers

In this free class, presented by area nurses, you can develop self-care tools to reduce personal stress, change negative self-talk, communicate more effectively in challenging situations, and make tough caregiving decisions.

Do you love studying different cultures and the sound of drumming? If so, this hands-on class is perfect for you!

NEW! West African Drumming

Join us in the fun and uplifting class taught by professional drummer/dancer Ibrahim Sylla from Guinea West Africa. Learn beginning level djembe drumming techniques and traditional rhythms.

Are you looking for a way to stay active as the weather changes? Join SAI and our collaborative partners in a variety of fitness classes being offered through out fall term.

Aqua-fit

Aqua-Fit is designed to promote total body fitness in a low impact, but challenging environment. Classes include warm-up, deep water cardiovascular exercises, using flotation belts, abdominal work, cool-down, and stretching for all fitness levels.

NEW! Arthritis Foundation Exercise Program

These gentle activities have been designed to help people with arthritis increase joint flexibility and range of motion, maintain muscle strength, and decrease pain. Exercise from the comfort of your chair. Instructors are certified by the Arthritis Foundation.

Better Bones & Balance Beginning

This fitness program involves weight bearing activities to encourage development of muscle strength and power, as well as promote dynamic balance. The program can help maintain bone density and prevent falls.

To register for classes
call 541-463-4634 or
visit us on the web at
www.lanecc.edu/sai.

Special points of interest:

- September Classes
- Dates to Remember
- Senior Companion Program - Volunteers Needed
- Quote of the Month



Upcoming Dates

- September 5, Labor Day
- September 12, Registration begins
- September 22, In-service (College Closed)

Fall Classes in September Continued....

Chair Yoga

This safe and effective practice was created for those who use wheelchairs or have problems standing or getting up or down from the floor.

NEW! Healthy Steps Gentle Therapeutic Movement

Enjoy this system of exercises based on therapeutic techniques to benefit older adults, cancer survivors, and others. The objective is to make exercise fun through stretching, movement and laughter.

NEW! Nia Technique Mind-Body Fitness

Nia is nonimpact, aerobic exercise to music. It combines dance, yoga, tai chi, and self-healing. Nia can help you lose weight, build strength, improve balance, and reduce stress.

Plus Size Yoga

Gentle, yet dynamic, flowing yoga for those who want to increase flexibility, strength, balance and deep relaxation in a supportive environment.

Silver Sneakers

Silver Sneakers (R) MSROM- Muscular Strength & Range of Motion- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills.

Vibronics

This fun class can assist development of balance, coordination, flexibility, nerve function, strength, endurance and gait. Learn to minimize the symptoms of Parkinson's and M.S. as well as other neuromuscular conditions.

West African Fitness

While gradually improving your endurance and flexibility, you will learn dances to the various rhythms and their reflection of the West African culture.

Zumba Combo

Fuse hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. You can achieve long-term benefits with this calorie-burning, body-energizing movement.

Quote of the Month

"Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all."

~Stanley Horowitz



Don't wait, training begins this fall

Senior Companion Program - Volunteers Needed

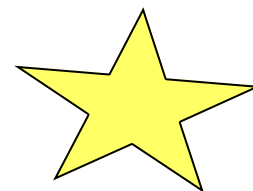
Are you age 55 or better?

Can you volunteer 15 or more hours weekly?

Do you have limited income?

Make a difference in the lives of others and earn a small tax-free stipend! (\$2.65/hr)

Call 541.463.4630 for more information



The Successful Aging Institute at Lane Community College provides lifelong learning opportunities for adults of all ages. Explore new careers, including those related to work with older adults; cultivate skills for the third age of life; and enjoy stimulating interactive courses in a variety of disciplines. Tailored training for senior-related businesses is also available. Contact SAI at www.lanec.edu/sai and 541-463-4634 for additional information or to register for classes.