



Successful Aging Institute

SAI has a New Mission Statement!



SAI at Lane Community College strives to enhance the lives of mature adults, and those who nurture their success, through vibrant collaboration, education and innovation..

*Please join the Successful Aging Institute for
Ready to Create Your Own Business*

and

I've Lost My Keys, Have I Lost My Mind?

Ready to Create Your Own Business

What is your ideal life? What are your goals? What is your level of industry experience? You can design a business around the life you want. Learn the connection between what you think you know about starting a business and what you can actually achieve.

Date: Nov 8-29
Time: 6-8 pm
Location: DTC 320
Instructor: Reay
Cost: \$51 (Senior \$43)

I've Lost My Keys, Have I Lost My Mind?

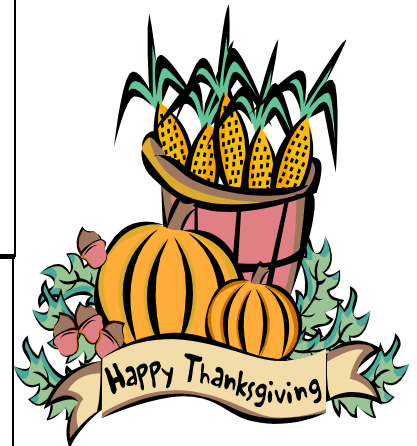
There is a difference between misplacing your keys and forgetting what keys are for. Explore some of the differences between dementia and normal age-related memory loss.

Date: Wed, Nov 23-Dec 7
Time: 10-Noon
Location: DTC 322
Instructor: Henry
Cost: \$39 (Senior \$33)

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

Special points of interest:

- SAI New Mission Statement
- Ongoing Fall Term Classes
- Winter Term Class Sampler
- Quote of the Month



Upcoming Dates

- ◆ Nov 11 - Veteran's Day
- ◆ Nov 24-27 - Thanksgiving Holiday

Don't Miss Out - Ongoing Fall Term

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.

Are you looking for a way to stay active as the weather changes?

Join SAI and Courtsports for a variety of on-going fitness classes being offered fall term.

Aqua-fit
Better Bones & Balance Beginning
Silver Sneakers
Vibronics

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

For additional information or to register for SAI classes please call 541.463.4634 or visit www.lanecc.edu/sai

Winter Term Class Sampler

The Successful Aging Institute will be bringing you more than 60 classes during Winter term! Phone registration begins *December 6th*, so mark your calendars!

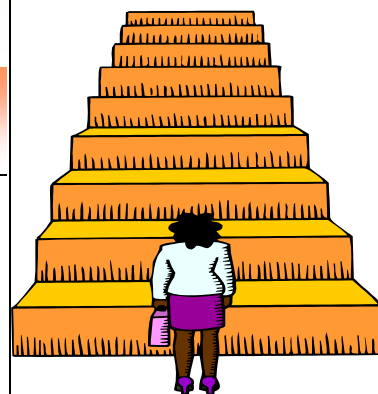
Get a Job at My Age? - Jan 17
Getting Paid for Giving Care - Jan 17
Creating Successful Volunteer Groups - Jan 24-Feb 7
Hospice Volunteer Training - Jan 20-22
Greeting Card Techniques - Jan 26-Mar 1
Personal Care Aide FREE Preview Presentation - Jan 31
Arthritis Foundation Exercise Program - Jan 10-Mar 22
Aqua-fit - Jan 9-Mar 22
Better Bones & Balance - Jan 9-Mar 21
NEW! CPR/AED/First Aid for Adults - Jan 20 or Mar 20
NEW! Guided Meditation - Jan 18-Feb 15
NEW! 5 Star Meals on a 1 Star Budget - Feb 27-Mar 12
NEW! Threshold Intensive Home Ownership - Jan 23-Mar 19

Many of our classes are offered in collaboration with community partners.

Contact information is provided for each partner by visiting lanecc.edu/sai/register.html and is included in class descriptions.

Quote of the Month

"Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome."
- Booker T. Washington



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 or visit lanecc.edu/scp for additional information

SAI at Lane Community College strives to enhance the lives of mature adults, and those who nurture their success, through vibrant collaboration, education and innovation. 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.lanecc.edu/sai and 541-463-4634 for additional information or to register for classes.