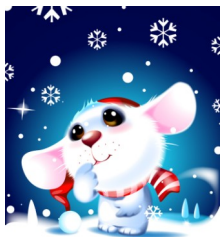


October 22, 2010



Successful Aging Institute



SAI Winter Term January Classes

With the cold weather upon us, it's the perfect time to take a class with SAI. Warm up your body, mind, or both with one or more of our exciting classes being offered during Winter term.

Active Lives, Active Minds

Aqua-Fit

Aqua-Fit Express

Beginning Slide Shows

Better Bones & Balance: Basics

Better Bones & Balance: Ongoing Practice

Chair Yoga

Discover Hula|

Movement for Parkinson's and Multiple Sclerosis

Out of Work? Now What?

Pilates for Mature Adults

Plus Size Yoga

Redefining Retirement 1

Sign Language Dancing

Zumba Gold



For full class descriptions, dates, times, and locations please see the attached class flyer.

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.lanecc.edu/sai and 541-463-4634 for additional information or to register for classes.

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

Special points of interest:

- January SAI Classes
- Fall/Winter term dates to remember
- PCA Preview & Class
- Quote of the month



The Successful Aging Institute Wants to Hear from You!

Please send this SAI Newsletter on to interested friends, colleagues, and family members.

Do you have a suggestion, idea, or comment about this newsletter or our classes? Please let us know by emailing us at dressert@lanecc.edu

Personal Care Aid Preview & Training

Would you like to get paid for giving professional quality care?

*The Successful Aging Institute can help you achieve this goal
through our 40-hour Personal Care Aide Training!*

Free Personal Care Aide Preview Presentation

January 5th from 5:30 – 6:30 p.m.

Location: LCC Downtown Center, Room 036

Winter Term 2011 - Personal Care Aide Training

This 40-hour comprehensive training will prepare you for an entry-level professional position at in-home care and residential community settings. Basic care-giving, communication, and professional skill practice are included. Textbook, supplies, and course completion award are provided. Several local employers have offered special consideration to PCA graduates.

January 18 - March 3

5:30 – 8:30 p.m.

Cost \$359

Fall /Winter Term Dates to Remember

- December 7 - Phone registration begins
- December 20 - 27, Holiday Break, college closed
- December 31, New Year's, College Closed
- January 17, Martin Luther King, Jr. Birthday, College Closed
- February 21, Presidents Day, College Closed



Fall 2010 PCA Student

Quote of the Month

Never are voices so beautiful as on a winter's evening, when dusk almost hides the body, and they seem to issue from nothingness with a note of intimacy seldom heard by day. ~ Virginia Woolf

Lane is an equal opportunity/affirmative action institution.