

December 28, 2010



*Successful Aging*  
Institute

## *SAI & Courtsports of Springfield*

The Successful Aging Institute is proud to announce our new partnership with Courtsports of Springfield. Enjoy a variety of classes in cutting edge facilities, while paying less than regular Courtsports membership fees.

**How does this work?** Courtsports will provide students with a 10-session (1-hour each session) punch card that may be used for any combination of classes that are offered in collaboration with SAI. To register, call SAI at 541-463-4634. Then take proof of registration to Courtsports of Springfield to receive your punch card.

**What are my choices?** The following classes will be offered during Winter term in collaboration with Courtsports: Better Bones & Balance & Movement for Parkinson's and Multiple Sclerosis.

**How do I get more than 10 sessions?:** Simply contact SAI and register for another set of 10 sessions. Take proof of registration to Courtsports to receive a second (or third!) punch card.

Please feel free to contact SAI at [dressert@lanecc.edu](mailto:dressert@lanecc.edu) or 541-463-4634 with any questions you may have about these or any other classes we are offering.

## *SAI Ongoing Collaborative Partnerships*

The Successful Aging Institute would like to thank both River Road Park & Recreation and Willamalane Park & Recreation for their ongoing collaborative partnerships. These collaborative partnerships allow us to bring additional classes to the community at very affordable prices.

You will find several classes in the Winter schedule that are being offered in collaboration with these partners. Classes offered include Chair Yoga, Classical Music Live, Discover Hula, and many more.

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*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](http://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](http://www.lanecc.edu/sai).

Special points of interest:

- SAI & Courtsports
- 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](mailto: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 5<sup>th</sup> 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**

## *Winter Term Dates to Remember*

- December 31, New Year's, College Closed
- January 17, Martin Luther King, Jr. Birthday, College Closed
- February 21, Presidents Day, College Closed



## *SAI Winter Term - January Classes*

**Active Lives, Active Minds**

**Beginning Slide Shows**

**Better Bones & Balance: Basics**

**Better Bones & Balance: Ongoing Practice**

**Chair Yoga**

**Discover Hula**

**Movement for Parkinson's & Multiple Sclerosis**

**Out of Work? Now What?**

**Pilates for Mature Adults**

**Plus Size Yoga**

**Redefining Retirement 1**

**Sign Language Dancing**

**Zumba Gold**

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

## *Quote of the Month*

*It's the things you DO in life that make you  
happy and successful, NOT the things you  
wish and hope for.  
Author Unknown*

Lane is an equal opportunity/affirmative action institution.

