

March 31, 2010



Successful Aging
Institute

Summer is Almost Here Get Up, Get Fit!

Each term you will find several fitness classes that are offered in collaboration with our community partners. By offering collaborative classes we are able to keep costs down and provide a wide range of classes to accommodate most fitness levels.

The following classes are offered in collaboration with River Road Park and Recreation. To register and for payment information please call 541.688.4052.

Chair Yoga

T, April 5 - June 7, 10-11 a.m. or
TH, April 7 - June 9, 2-3 p.m.

Zumba Gold

T, April 5 - June 9, 8:30-9:30 a.m.

Plus Size Yoga

W, April 6 - June 8, 10:15-11:15 a.m. or
S, April 9 - June 11, 10-11 a.m.

Classes listed below are being offered in collaboration with Courtsports. Courtsports 10-session punch cards are just \$50 when you register through SAI.*

Aqua-Fit

MW, March 28 - June 9, 5:45-6:30 a.m. or
MW, March 28 June 9, 5:10-6 p.m.

Better Bones & Balance

MW, March 28 - June 9, 1:30-2:30 p.m.

Movement for Parkinson's & MS

TR, March 29 - June 9, 1:30-2:30 p.m.

Silver Sneakers

TR, March 28 - June 9, 10:30-11:30 a.m.

*Limit of 8 per person

See e-mail attachment for complete descriptions, dates, times, location, & cost of SAI classes.

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:

- Collaborative Partners & Fitness Classes
- April Classes
- Quote of the Month
- Dates to Remember



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

April SAI Classes

Quote of the Month

Publish Your Writing (*Offered in collaboration with Willamalane Park & Recreation*) Elizabeth Engstrom, published author, will provide solid marketing strategies for getting your work published as a mature adult.

Container Gardening - In this class, you will create a small garden to take home. You will also learn how to adapt the tools you may already have to plant more easily. All supplies will be provided.

Your Money, Your Retirement - Created by the Institute for Financial Literacy, this class provides the basics on post-retirement planning, Medicare, money management tools, and prevention of fraud and identity theft.

Pilates for Mature Adults - The benefits of the mind/body practice of Pilates include better joint mobility, flexibility, balance and body awareness, improved posture and grace.

Sign Language Dancing - This popular class will exercise our mind, body and self-expression. Enjoy a low-impact, yet highly aerobic workout.

PCA Preview Class - Do you want to learn more about Lane's Personal Care Aide training? Come to a FREE informational meeting.

Hearts Apart: Long Distance Caregiving - Many families separated by long distance from loved ones ask, "How can I effectively participate in the care giving process?" Learn a positive, practical approach to understanding and overcoming this challenge.

Greeting Card Techniques - Create several lovely greeting cards using different techniques such as stamping on birch bark, embossing, iris folding, and using punches. Cost includes supplies.

Ready to Create Your Own Business? - Learn the connection between what you think you know about starting a business and what you can actually achieve.

Essential Tools for New Careers - As you prepare for a career in a new field, adapt your skills for success in cover letters, resumes, and interviews.

Create Memoirs Online - Document your life's journey and share your memoirs with the world.

Skying the Grandkids - Learn to communicate with your loved ones using Skype, Instant Messenger, Google phone and other services.

Personal Care Aide Training - This 40-hour comprehensive training will prepare you for an entry-level position at in-home care and residential community settings.

Mind Stretching From Your Desk - The MacArthur Foundation study on "successful aging" found that one of the key elements to boost your brainpower is developing new strategies to stretch your mind.

Two roads
diverged in a
wood, and I -
I took the one
less traveled by,
And that has
made all the
difference.
~Robert Frost,
"The Road Not
Taken," 1916



Upcoming Dates to Remember

- May 6, In-service (College Closed)
- May 30, Memorial Day (College Closed)
- June 6, Summer Term Registration

