

June 22, 2010



Successful Aging Institute

It's Been a Year Already?



The SAI Director and staff would like to take this opportunity to thank everyone involved in making our first year a success.

With a lot of hard work, determination, feedback, and support from the Continuing Education department, instructors, our community, and students, SAI has come to the end of our first year of classes.

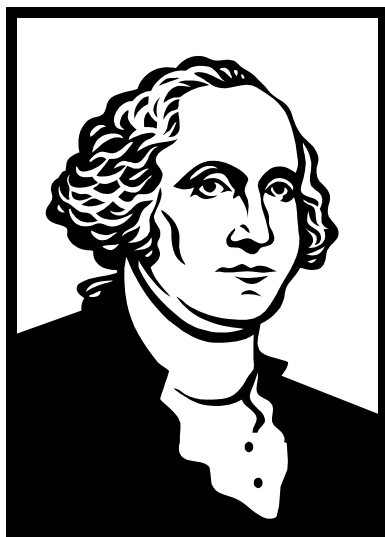
With summer term here we would like to remind everyone that SAI summer classes begin **June 30th**.

Something New! SAI and You!

Are you or someone you know doing a great job at successfully aging? If so, we want to hear from you!

The Successful Aging Institute would like to share the stories of those who are an inspiration to others, no matter their age! Let us tell your story!

Please contact Tina at 541-463-4634 or by e-mail at dressert@lanecc.edu



Your Photo
Here?

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

Special points of interest:

- SAI's First Year of Classes
- SAI & You
- Summer Classes

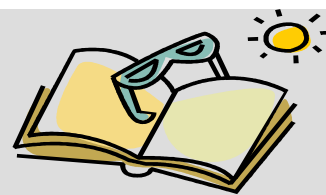


The Successful Aging Institute Wants to Hear from You!

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

Summer Term Classes for June & July



With Summer term fast approaching, we want to make sure that our SAI newsletter recipients are the first to see the classes being offered in late June and throughout the month of July.

Naturopathy & Healthy Aging

Learn from a practicing doctor of naturopathy how it can be used in combination with more traditional Western medicine, to deal with several medical conditions, pain, and women's health. Jun 30-Jul 14

Out of Work? Now What?

Designed for mature adults with work and life experience who may find themselves unexpectedly out of work, or who are looking for something different. July 6-10

Starting a Business as a Mature Adult

Your entrepreneurial spirit keeps telling you to start a business. The love the idea, but don't know where to start. This course will help you look at the ins and outs of developing your dream from idea to writing a business plan. July 6-27

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. Each session will include warm-ups; exercises focusing on strength, body alignment, and balance; and cool down stretching. July 6-Aug 5

Volunteering to Create a Business

Do you dream of being your own boss? You love to volunteer, and know that the skills you've developed over a lifetime would make a great business. This course will help you look at the ins and outs of developing a business idea based on your meaningful work. July 7-28

Finances for the Mid-Career Entrepreneur

Starting your own business as a mature adult? Here are the nuts and bolts of being your own boss. Learn about taxes, payroll, and financial organization. Money 101 in mid-life is for new business owners, and for those wanting to improve the bottom line of their existing businesses. July 8-29

Writing Funny Memoirs

We all have great stories to tell; the problem is getting people to listen. This class will help you learn to use comedy writing tools such as misdirection, list of three, and the "K" rule to add laughter to your own favorite funny stories. July 12-26

Please see the attached flyer for full descriptions, dates, times, & locations of all SAI summer course offerings.

To register for any of SAI's classes please call 541-463-4634 or e-mail Tina Dresser at dressert@lanecc.edu

Quote of the Month

Let us think of education as the means of developing our greatest abilities, because in each of us there is a private hope and dream which, fulfilled, can be translated into benefit for everyone and greater strength for our nation.
~ John F. Kennedy

Lane is an equal opportunity/affirmative action institution.

