



Successful Aging Institute

For additional information
call 541-463-4634 or
visit us on the web at
www.lanecc.edu/sai.

Enhancing Lives through Collaboration

Fall Classes Begin THIS month!

Join the Successful Aging Institute and our collaborative partners for a variety of fun and educational classes!

Fall term is just around the corner and we have added several new and exciting classes to choose from. New classes being offered are during the upcoming term include classes in the following categories: Exercise & Fitness, Yoga, Money Management, Parent - Family - Teacher, Personal Growth & Self Improvement, & Recreation. No matter what your interests are, you are sure to find one or more classes that fit your needs.

SAI classes can be found in the Lane Community College Community Education Class Schedule or on-line at lanecc.edu/sai.

Points of Interest:

- Fall term classes
- Senior Companion Program Recruiting
- SAI Sponsors & Sponsorship Opportunities

September Classes

Sept. 8 - ABC's of Home Buying

Sept. 11 - Nia Techniques

Sept. 13 - Nia Techniques

Sept. 17 - Slimnastics;
Deep Water Exercise;
Seniors In Motions:
Shallow Water Exercise &
Deep Water Exercise;
Exerstart

Sept. 18 - Slimnastics;
Foreclosure & Financial
Recovery; Arthritis Exercise Program; Circuit
Training; Pilates for Mature Adults; Zumba Gold;
Chair Yoga

Sept. 20 - Chair Yoga;
West African Fitness

Sept. 22 - Plus Size Yoga

Sept. 24 - Beginning Yoga

Sept. 25 - Beginning Yoga,
Netherlands, Belgium &
Paris (free introduction)

Make a Difference, Become a Senior Companion!

Are you age 55 or better? Have a limited income? Want to volunteer 15 or more hours weekly? You can make a difference in the lives of others and earn a small tax-free federal stipend (\$2.65/hr).



We are currently seeking volunteers for the following areas: Eugene, Springfield, Cottage Grove, Creswell, Junction City, Veneta, & Oakridge! To learn more about becoming a Senior Companion call 541-463-4630 or visit www.lanecc.edu/scp.

We will be scheduling a special informational meeting at Campbell Adult Activity Center, 155 High St. and will notify applicants of the date and time as it nears.

NOTE: If you would like to become a Program client, please contact the Aging & Disability Resource Center at 541-682-4038.

SAI Thanks our Platinum Sponsors!

Please take a moment to visit their websites by clicking on their logo.



For additional information or to become an SAI sponsor please visit
www.lanecc.edu/sponsorship

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.

Newsletter Opt-Out

If you no longer wish to receive the SAI Newsletter, please e-mail your request to: dressert@lanecc.edu

