



Successful Aging Institute

For additional information
call 541-463-6262 or
visit us on the web at
www.lanecc.edu/sai.

Enhancing Lives through Collaboration

Community Partners!

Each term The Successful Aging Institute partners with diverse community organizations to bring you exciting, affordable, accessible classes for adults of all ages. Contact this summer's partners to sign up for these classes today! (Registration and class details on the attached class list):

Campbell Community Center: *Get Paid for Giving Care, Get a Job at My Age?*

Cascade Health Solutions: *Living with Early Memory Loss*

Eugene Public Library: *Teach Others to Garden, Teach Others to Paint*

Eugene Yoga: *Guys Love Yoga Too, Yoga for Natural Sleep*

NEDCO: *ABC's of Home Buying, Financial Foundations, Lifeline Financial*

Olive Plaza - *Always Be Prepared, Beginning Belly Dancing*

Paul's Bicycle Shop: *Delights by Bike!*

River Road Park & Recreation: *Circuit Training, Writing Funny Memoirs*

Tamarack Wellness Center: *Ai Chi/Warm Water Aquatics Intro*

Tomlin Benefits Planning: *Long-term Care Planning*

Willamalane Adult Activity Center: *Nia Techniques 52 Moves Conditioning*

Points of Interest:

- Senior Companion Program Recruiting in Rural Communities
- July Classes
- SAI & SCP Office closed Fridays through August

July Classes

Look for these, and other exciting classes during the month of July:

- AAPR Driver Safety
- Age-Defying Gardening
- Always Be Prepared
- Beginning Belly Dance
- Better Balance Tai Chi Plus
- Get a Job at My Age?
- Getting Paid for Giving Care
- Italian Cooking for One
- Pain Like Monet!
- Teach Others to Move
- Yoga for Rejuvenation
- Yoga in the Park

For a full listing of SAI classes visit:

www.lanecc.edu/sai/course-descriptions

Newsletter Opt-Out

If you no longer wish to receive the SAI Newsletter, please e-mail your request to:

dressert@lanecc.edu

Senior Companion Program

Rural Outreach Assistance Needed

The Senior Companion Program of Lane County is currently recruiting men and women



who are 55 and better and meet low income guidelines to work at the following locations: Creswell, Cottage Grove, Junction City, Oakridge, and Veneta.

Senior Companions receive extensive training and support as well as an hourly tax-exempt stipend of \$2.65/hr and some reimbursement for meals and mileage.

For more information call (541) 463-6260 or apply online at www.lanecc.edu/scp

SAI Thanks our Sponsors!

Please take a moment to visit our Sponsor's websites by clicking on their logos below.



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.

