



Enhancing Lives through Collaboration

Class Highlights for October

Eugene Yoga

During the month of October SAI will join with Eugene Yoga to offer you a variety of yoga classes, with something for every stage of life. New classes include **Bitty Baby Yoga, Yoga & Ayurveda for Aging Bodies, and Yoga for the Holidays**. For additional information or to register for these and other Eugene Yoga classes, please contact them at (541) 520-8771.

HealerToday.com

Please welcome our newest partner, HealerToday.com. New classes being offered this term are **Aging with Grace, Heirloom Memories: Leave a Legacy, Moving On: Grief & Transition, and Skype It!** For contact and registration information please visit [www.lanecc.edu/sai/course-descriptions](http://www.lanecc.edu/sai/course-descriptions).

You Owe it to Yourself:  
Volunteer

Please join the Successful Aging Institute in collaboration with the Senior Companion Program of Lane County, and RSVP of Lane County to get information about the abundance of volunteer opportunities available right here in Lane County!

Please join us for one of three classes being offered during October: Thursday, October 3rd; Wednesday, October 9th; and Tuesday, October 29th.

For a full listing of locations and how to register please visit us at [www.lanecc.edu/sai/course-descriptions](http://www.lanecc.edu/sai/course-descriptions).

Personal Care Aide Training

Class begins October 8th!

Tu/Th, 5:30-8:30 p.m.

Room DCA 216

We are very excited to introduce not just one, but two new instructors for the Personal Care Aide Training! Please join R.N.'s Kathy Miller-Hoyt and Marilyn Welch as they take you through this 40-hour hand-on training!

During this class you will learn about the following and more:

- Aging Issues
- Communication & Compassionate Care
- Infection Control
- Chronic Disease
- Wheelchairs and Transfers
- Taking Care of You

For additional information please call (541) 463-6262.

SAI Thanks our  
Sponsors!

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



For additional information or to become an SAI sponsor please visit [www.lanecc.edu/sponsorship](http://www.lanecc.edu/sponsorship)

Points of Interest:

- Class Highlights October
- Personal Care Aide Training
- October Classes
- SAI Sponsors

October  
Classes

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

- AARP Driver Safety
- Delights by Bike!
- Design Concepts for Independent Living
- Greeting Cards
- Hospice Volunteer Training
- Italian Soups & Quick Breads
- Let's All Get Along
- School Garden Project Volunteer Training
- Science Teaching for Everyone
- Write a Compelling Story

For a full listing of SAI classes visit: [www.lanecc.edu/sai/course-descriptions](http://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](mailto:dressert@lanecc.edu)

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.

