

March 26, 2010



Successful Aging Institute

A Successful Winter Saturday Series

Over the past three Saturdays the staff of the Successful Aging Institute, along with several volunteers helped to run a very successful Saturday Series!

The SAI staff wish to send out a huge THANK YOU, to all of the volunteers for all of their help; it wouldn't be possible without you! .

In the photo to the right is Wilma Crow and her granddaughter showing students in the Native American Cultures class different styles of beading and examples of bead work that was done more than a century ago, up to current day items.

Other classes offered during the Saturday Series ranged from classical music,

to computers, and culinary arts!

If you missed out, don't worry!! Keep reading to find out about SAI's May Saturday Series!!



Looking for more fun?

The Next Saturday Series Starts May 8th!!

Don't miss out, there won't be another Saturday Series until Fall term!!

The following four classes will be held on Saturdays, May 8 - 22 from 10 - Noon. Please note that on May 8, everyone will meet in the lobby of building 5 at 9:30 a.m. on Lane's Main campus, 4000 E. 30th Ave.

42940 - Hands-On Organic Gardening

Roll up your sleeves and get your hands in the earth. Classroom and garden time will include planting techniques, water saving, crop rotations, adaptive gardening, mulching, and more from a Lifetime Master Gardener/Master Composter/Master Pruner. Seeds and tools provided for use in class.

42943- Natural History: Birds & Native Plants

Share your own knowledge and experiences in the natural world as you identify 10+ local birds and 10+ native plants with the help of a local wildlife biologist and educator.

42949 - Pastries, Produce, Chinese Cuisine

Celebrate spring with desserts using fresh fruits and herbs. Learn how to create fabulous '100 Mile Meals' made entirely from Willamette Valley produce and products.

42950 - Social Networking: The Next Step

Expand your knowledge and use of Facebook. Learn how to create avatars, sending messages to friends using their wall. Join us to discover new delightful ways to stay in touch with family and friends, near and far.

All of our Saturday Series classes are offered in collaboration with Campbell Community Center, River Road Park and Recreation District, and Willamalane Adult Activity Center. Register through Lane Community College by calling 541-463-4634.

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

Special points of interest:

- May Saturday Series
- April Classes
- We Want to Hear from You!!



*Join Us for the
LCC Delights Tour*

Tues, May 4 from 8:45 am-3:00 pm

Uncover some of Lane Community College's best kept secrets. Wander through unique gardens of layered plants which attract and benefit wild birds. Visit the award-winning Culinary Arts program's kitchens and enjoy a multi-course Renaissance Room lunch. Witness Lane's commitment to sustainability which includes conservation, renewable energy, recycling, a student-run learning garden and "green chemistry" club, and education programs to improve the health of systems that sustain life
Cost: \$15 to River Road Park & Recreation, to cover transportation (Repeated Wed, May 5, on same schedule.)

Classes starting in April!! You won't want to miss out!

Pilates for Mature Adults,

42946 M, Apr 5 - May 24, 10 - 11, DTC/317
(\$37.00 / Senior \$29)

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.

**** Also being offered Wed, Apr 21 - June 9, 6 - 7 pm. CRN 42947**

Families & Aging: The Dance of Communication

42938 W, Apr 7 - 21, 6 - 8p, DTC/115
(\$37.00 / Senior \$31)

As family members age, new challenges call for new ways to communicate together effectively. Learn the basics of family systems theory, how it can help clarify family roles, and

how it can be used to help navigate healthy adaptation to aging-related change.

Navigating Health Transitions

43346 TH, Apr 8 - 29, 6-8p, DTC/204 (\$47.00 / Senior \$39)

Examine the impact of the aging process on social and psychological functioning. Learn how care plans can be developed to promote safe independence, using functional criteria and community resources. Formal and informal care systems, as well as strategies and trends to enhance successful aging will be discussed.

Classes starting in May, 2010!!

- Life Beyond Work, May 4 - 18
- Poetry Across the Lifespan May 6 - 20
- Aging: Busting Myths/Embracing Change May 25 - June 8

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 classes? Please let us know by emailing us at dressert@lanecc.edu

April Classes Continued.....



Students participating in the March Saturday Series Culinary Class.

Creating the Next Chapter in Your Life,

42945, T, Apr 13 - 27, 6:30 - 8:30p, DTC/204 (\$37.00 / Senior \$31)

Become the designer of your own life and career. This class is for anyone facing a major personal or professional transition such as retirement, job change or loss, experiencing waning energy and passion about work or life, having questions about purpose and meaning, or having a desire to experience life more fully.

Understanding Aging Men: A Class for Men & Women,

42951 TH, Apr 15 - 29, 1 - 3, DTC/204 (\$37.00 / Senior \$31)

Women and men, both younger and older,

are welcome to explore the impact of rapid cultural change, current healthcare practices, informal support systems, and lifelong stresses on aging men in our society. Learn how older men can successfully adapt to change and loss.

Mahjong Solitaire for Mental Fitness

42942 M, Apr 19 - May 3, 6 - 8p, DTC/204 (\$29.00 / Senior \$23)

The game of mahjong has captivated the culture of China. Discover the cultural aspects of this game of strategy which can aid successful aging. Learn how the constant analysis and decision-making of mahjong helps keep players' minds alert and fit.

Lane is an equal opportunity/affirmative action institution.

