



Successful Aging Institute

What does SAI have to offer? Keep reading and find out...

The Successful Aging Institute provides lifelong learning opportunities for mature adults and those who nurture their success. SAI courses promote health, wellness, intellectual growth, and information about the issues relevant to successfully aging adults.

Fall Saturday Series Theater Class.



February & March Classes

The Longevity Revolution,

Hurry— this class starts tomorrow!!!

32347 TH, Feb 11 - 25, 6 - 8p, DTC/237
(\$45.00 / Senior \$39)

The Baby Boom is a significant demographic phenomenon of the 20th Century, shaping all aspects of our economic lives from now on. Explore how this generation created a major paradigm shift in the way we view aging, and how the new vision will play out for future generations.

The Plight and the Glory: Caregivers,

32289 M, Feb 22 - Mar 8, 9 -11a,
DTC/237 (\$45.00 / Senior \$39)

Those who provide and/or manage care for chronically ill family members face a deeply challenging role. This class has been specifically created for family 'care partners' and those who want to provide support to them. The class will touch on issues including driving, finances, depression, memory impairment, and the importance of understanding limits as a caregiver.

Wisdom of Elders

32288 M, Feb 22 - Mar 15, 6:30-8:30p,
DTC/237 (\$45.00 / Senior \$37)

Explore the effect positive self-perception of personal wisdom can have on health and well-being, relationships, and productivity in one's elder years. Examine multicultural examples of honored elder wisdom. Discuss the ways we can claim and utilize our wisdom to help us age gracefully, creating a positive personal environment.

Work/Life Balance At 50+

32339 TH, Feb 18 - Mar 18, 9-11a,
DTC/237 (\$57.00 / Senior \$47)

Have your priorities shifted with age and experience? Identify how goals, stresses, and sense of self evolve as we approach and pass age 50. Recognize and prioritize vital areas of your life including profession, finances, spirit, relationships, health/wellness, and your emotional self.

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

Special points of interest:

- Upcoming Classes
- Saturday Series Classes
- Spring Term Sneak Peak



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Boomers and Beyond: Special Saturday Series

Trying to figure out how to spend your Saturday mornings? Pick one of our four Saturday Series courses, and join us for three Saturday's of learning and fun!

The following four classes will be held on Saturdays, March 6 - 20 from 10 - Noon. Please note that on March 6, everyone will meet in the lobby of building 5 at 9:30 a.m. on Lane's Main campus, 4000 E. 30th Ave.

32678 - American Indian Cultures: Then and Now

Celebrate the rich and varied legacy of Native American peoples of our region through demonstration and presentation.

32399 - Flavors of the NW Winter/Spring

Experience the bounty, distinct tastes, flavors, and nuances of foods from the Pacific Northwest with this hands on cooking class.

32382 - Fun and Easy Online Social Networking

Tweeting, blogging, and YouTube aren't only for the young. Explore the world through interactive social media.

32674 - Get in Tune with the Classics

Listen to glorious melodies from selected composers, and discover the world events that influenced their work. Live quintet planned for class.



Beautiful cake from our inaugural Saturday Series in October, 2009.

Sneak Peak Sampler - Spring Term Classes

Aging: Busting Myths and Embracing Change

Address aging with optimism. Discuss how to develop and adapt strategies to embrace changes in yourself and loved ones.

Chinese Art of Aging Gracefully

Explore the philosophical foundation underlying the Chinese art of living. Successful aging includes mental wellness, which will be viewed from the perspectives of Chinese ancestor worship, Fatalism, Taoism, Confucianism and Buddhism.

Understanding Aging Men: A Class for Men and Women

Women and men, both younger and older, are welcome to explore the impact of rapid cultural change, current healthcare practices, informal support systems, and life-long stresses on aging men in our society.

Hands-On Organic Gardening

Roll up your sleeves and get your hands in the earth.

*"Learning is not
attained by chance,
it must be sought for
with ardor and
attended to with
diligence. ~ Abigail
Adams (1744-1818)*

Quotes about Learning

The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live.

~Mortimer Adler

Get over the idea that only children should spend their time in study. Be a student so long as you still have something to learn, and this will mean all your life.

~Henry L. Doherty

The wisest mind has something yet to learn.

~George Santayana
(1863-1952)

Lane is an equal opportunity/affirmative action institution.