

April 28, 2011



Successful Aging
Institute

FREE Classes at the Library!! May 3rd & 4th

The Eugene Public Library and Successful Aging Institute are partnering to bring you informative and FREE brief introductory classes! Find us at the Downtown Eugene Library, 100 W 10th Avenue.

Information: 541.682.5450 • www.eugene-or.gov/library

Tuesday, May 3, 6:00 - 8:00 p.m.

Legal Decisions: Our Parents, Our Selves

Join us at the Downtown Eugene Public Library for an introduction to this important subject with Mark Williams, Elder Law Attorney. Explore long term care, elder abuse prevention, and end of life issues. All questions are welcome!

Wednesday, May 4, 6:00 - 8:00 p.m.

Out of Work, Now What?

Is it possible to keep self-esteem high and maintain a healthy lifestyle while looking for work? Yes it is! Join us in learning and sharing important tips with instructor, Paula Gourley.

Learn More!

Sign up today for the comprehensive classes on both important topics.
Call the Successful Aging Institute to register.

Out of Work, Now What?

Date & Time: T, May 10-31, 5 - 6 p.m.

Location: LCC Downtown Center, Rm 235

Cost: \$51 (Senior \$43)

Legal Decisions: Our Parents, Our Selves

Date & Time: W, May 11-25, 6 - 8 p.m.

Location: LCC Downtown Center, Rm 204

Cost: \$25

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

Special points of interest:

- Free Classes at Downtown Eugene Public Library
- LCC Spring Delight Tours
- Quote of the Month
- Dates to Remember



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 our classes? Please let us know by emailing us at

LCC Spring Delights Tour

May 16 & 17

Quote of the Month

Enjoy Lane Community College in full bloom. New buildings and exciting renovations abound at Lane main campus, including the LEED Silver Health & Wellness Building, the new dance studio, a fully completed Native American Longhouse, and unique gardens of layered plants. Relax with a multi-course Renaissance Room lunch.

The Successful Aging Institute at Lane offers the tour in collaboration with River Road Park & Recreation District, Campbell Community Center, and Willamalane Adult Activity Center.

To register, call River Road, at 541.688.4052.

8:15-3:30 pm, M, May 16 (6 hrs \$25)

8:15-3:30 pm, Tu, May 17 (6 hrs \$25)

The experience I gained at age 21 would be useful if I were ever 21 again. But I'm 71 and new at it and keep making age 71 mistakes.

~Robert Brault,

www.robertbrault.com

May Classes

Long Term Care: Preparation and Payment

This course can help you make informed decisions and address risks. Local care options and the array of governmental programs and financial & insurance products will be discussed. 5/10-31, T, 6-8 p.m., FREE

Life After Job Loss

This discussion-based course will cover how you can help yourself prepare for job loss, as well as cope with it once it has happened. 5/10-31, T, 6-8 p.m., \$51 (Senior \$43)

Create a Hand-bound Journal

Learn how to choose good materials, work cleanly, and produce a book with blank pages and a durable cover that will make you proud. 5/12-6/2, R, 6-8 p.m., \$57 (Senior \$49)

See e-mail attachment for complete descriptions, dates, times, location, & cost of SAI classes.

The Successful Aging Institute at Lane Community College provides lifelong learning opportunities for adults of all ages. 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. Contact SAI at www.lanec.edu/sai and 541-463-4634 for additional information or to register for classes.



Upcoming Dates to Remember

- May 6, In-service (College Closed)
- May 30, Memorial Day (College Closed)
- June 6, Summer Term Registration