

June 1, 2011



Successful Aging
Institute

FREE Classes at the Library!! June 14th, 21st, & 28th

The Eugene Public Library and Successful Aging Institute are partnering to bring you three informative and FREE introductory classes! Find us at the Downtown Eugene Library, 100 W 10th Avenue. Pre-registration not required.

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

I Lost My Keys, Have I Lost My Mind?

Tuesday, June 14, 6:00 - 8:00 p.m.

There is a difference between misplacing your keys and forgetting what keys are for. Explore the difference between dementia and normal age-related memory loss.

Getting Paid for Giving Care

Tuesday, June 21, 6:00 - 8:00 p.m.

Put your lifetime of caregiving skills to work. Lane Community College provides several types of opportunities to hone and professionalize your skills.

Are You Ready to Start Your Own Business?

Tuesday, June 28, 6:00 - 8:00 p.m.

You can design a business around the life you want. Learn the connection between what you think you know about starting a business and what you can actually achieve.

Learn More!

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

Ready to Create Your Own Business?

Date & Time: Th, July 7-28, 1-3 p.m. or Th, Aug 4-25, 1-3 p.m.

Location: LCC Downtown Center, Rm 233

Cost: \$51 (Senior \$43)

I Lost My Keys, Have I Lost My Mind?

Date & Time: Tu, July 19 - Aug 2, 10 a.m. - Noon

Location: LCC Downtown Center, Rm 233

Cost: \$39 (Senior \$33)

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
- June Classes
- Quote of the Month
- Dates to Remember



Summer Classes at Courtsports

~Aqua-fit

~Better Bones &
Balance

~Silver Sneakers

~Vibronics

For dates, times, locations or to register contact SAI at lanecc.edu/sai or by calling 541-463-4634.

SAI June Classes

Classes Offered through SAI *To register call 541-463-4634*

Welcome to LCC Downtown Center! - Hop on the River Road van to LCC Downtown Center to get your bearings, learn about easy parking options, and enjoy light snack, June 23, R, 10-11:30 a.m., \$5.

Writing with Your Funny Bone - This course will provide students the tools to add humor to their writing - whether they write for pleasure or publication. The formulas and brainstorming techniques can be applied to memoirs, essays, fiction, novels, screen-plays, and more. 2-4 pm, W, Jul 20-Aug 3, DTC Rm 233, \$51 (Senior \$45) - Jasheway.

Classes Offered in Partnership with AARP

AARP Driver Safety Program - Learn defensive driving techniques and how to compensate normal age-related changes in response time. Open to all ages and non- AARP members. Call SAI for dates & location, 6/20-6/27 start dates.

Yes, You Really Can Retire - AARP describes the 4 pillars of Retirement Security as Savings, Social Security, Health Care and Work. Enjoy a lively interactive dialogue, 6/22-23, WR, 12:30-3:30 p.m., FREE *Contact River Road Park & Rec to register.*

Classes Offered in Partnership with Garden Way Retirement *To register call 541-343-3317*

Beyond the Lens at Garden Way - Explore American classic cinema and its connection to American life. Each session includes an Alfred Hitchcock film, followed by discussion, 6/22-8/31, W, 6:30-9:30 p.m., \$12 or \$3 per session.

Classes Offered in Partnership with River Road Park & Recreation *To Register call 541-688-4052*

Chair Yoga - Safe and effective practice for those who use wheelchairs, or have problems standing or getting up or down from the floor, 6/21-7/26, T, 2-3 p.m., or 6/23-7/28, R, 10-11 a.m., \$20.

Discover Hula - Learn basic words and phrases, hula steps, myths and legends of ancient Hawai'i, 6/21-7/19, T, 4:30-6 p.m., \$35.

Learn to Use Your Whole Self - Learn to move with greater comfort, ease, security and confidence, 6/30-8/4, R, 10-11 a.m., \$23.

Plus Size Yoga - Gentle, yet dynamic, flowing yoga to increase flexibility, strength, and balance, 6/22-8/10, W, 10:15-11:15 a.m., or 6/25-8/13, S, 10-11 a.m., \$25.

Zumba (Combo Class) - Fuse hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program, 6/21-8/25, TR, 8:30-9:30 a.m., \$50.

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.lanecc.edu/sai and 541-463-4634 for additional information or to register for classes.

Quote of the Month

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young."
~Henry Ford



Upcoming Dates to Remember

- June 6, Registration begins
- July 4, Independence Day (College Closed)
- September 5, Labor Day