

July 28, 2011



Successful Aging
Institute

Summer Term Classes Options & Opportunities

Thinking about your own business? Self-employment may just be your key to new adventures and sources of income.

Ready to Create Your Own Business?

What is your ideal life? What are your goals? What is your level of industry experience? 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. Find out what areas will need to be stable in your life to make your launch successful. Evaluate the prospect of full-time self-employment vs. running a business while still working for an employer. This class is a suggested pre-requisite for entry to Entrepreneurial Development Services (eDev), which helped develop the curriculum.

13789 - 1-3 pm, Th, Aug 4-25, DTC 233 (8 hrs \$51) (Senior \$43) – Reay

Legal Issues & Long term care: planning makes a difference. The earlier you start to plan, the greater the number of options you'll have.

Legal Decisions: Our Parents & Ourselves

A seasoned elder law attorney and adjunct law school faculty member invites students of all ages to learn how to help parents and themselves with legal issues. Explore long term care options and payment strategies, elder abuse and how to prevent it, end of life issues, and surrogate decision-making including power of attorney, trustees, and guardians. All questions welcome.

13783 - 6-8 pm, W, Aug 17- 31, DTC Rm 204 (6 hrs \$25) - Williams

Gardening provides nutritional fresh fruits and vegetables through out the year!

Container Gardening: Fruits, Veggies, Flowers, and More

You can create a flourishing veggie or flower garden, no matter where you live. In this class, you will create a small garden to take home. You will also learn how to adapt the tools you may already have to plant more easily. All supplies will be provided. Meet at the main courtyard at Oakway Center.

14829 - 1-4 pm, Tu, Aug 23-30, OCC (6 hrs \$53) (Senior \$47) - Berg

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

Special points of interest:

- August Classes
- Senior Companion Program - Volunteers Needed
- Courtsports Classes
- Quote of the Month
- Dates to Remember



Senior Companion Program - Volunteers Needed

Are you age 55 or better?
Can you volunteer 15 or more hours weekly?
Do you have limited income?

**Don't wait, training
begins this fall**

Make a difference in the lives of others and earn a small tax-free stipend! (\$2.65/hr)

Call 541.463.4630 for more information

Lane is an equal opportunity/affirmative action institution.

Fitness Classes at Courtsports

Enjoy a brand new multi-disciplinary comprehensive fitness class with a host of expert instructors.

Registration for classes offered in collaboration with Courtsports is ongoing! Once you have registered, take your proof of registration to either Courtsports location to receive your 10-session punch card. Call 541.463.4634 to register for this class, or to register for additional 10-session punch cards during the term.*

Don't miss out on this great opportunity to get fit and save money!

Aqua-fit

Aqua-Fit is designed to promote total body fitness in a low impact, but challenging environment. Classes include warm-up, deep water cardiovascular exercises, using flotation belts, abdominal work, cool-down, and stretching for all fitness levels.

13779 - 5:45-6:30 am, MW, CSPE (10 hrs \$50)

13780 - 5:10-6 pm, MW, CSPE (10 hrs \$50)

13781 - 10:30-11:30 am, MWSa, CSPA (10 hrs \$50)

Better Bones & Balance

This fitness program involves weight bearing activities to encourage development of muscle strength and power, as well as promote dynamic balance. The program can help maintain bone density and prevent falls. Research at Oregon State University indicates that regular participants have a reduced risk of osteoporosis and falling.

13782 - 1:30-2:30 pm, MW, CSPA (10 hrs \$50) – STAFF

Silver Sneakers

Silver Sneakers (R) MSROM- Muscular Strength & Range of Motion- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.

13791 - 10:30-11:30 am, TuTh, CSPA (10 hrs \$50) - STAFF

Vibronics

Enhance your equilibrium of brain, body and nervous system. This class is structured to assist all those with movement challenges, especially those with neurological disorders such as Parkinson's and Multiple Sclerosis.

13786 – TuTh, CSPA (10 hrs \$50) - STAFF

A maximum of 8 punch cards may be purchased for LCC/Courtsports classes over a lifetime.

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

“Dare to live the life you have dreamed for yourself. Go forward and make your dreams come true.”

~ Ralph Waldo Emerson



Upcoming Dates to Remember

- September 5, Labor Day
- September 12, Registration begins
- September 22, In-service (College Closed)