

January 25, 2010



Successful Aging Institute

SAI & Courtsports of Springfield

A Message from Courtsports Springfield

Courtsports is excited about growing its Senior Program and offering more classes that encourage adults of ALL ages to become more active in a supportive environment.

-Christa Causey, Courtsports

**Aqua-Fit
Better Bones & Balance
Movement for Parkinson's & MS
Silver Sneakers**



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

Special points of interest:

- SAI & Courtsports
- Upcoming dates to remember
- Classes to look for during Spring Term
- Quote of the month



The Successful Aging Institute is proud to announce our new partnership with Courtsports. Enjoy a variety of classes in cutting edge facilities in Eugene & Springfield, while paying less than regular Courtsports membership fees.

How does this work? Courtsports will provide students with a 10-session (1-hour each session) punch card that may be used for any combination of classes that are offered in collaboration with SAI. To register, call SAI at 541-463-4634. Then take proof of registration to Courtsports of Springfield to receive your punch card.

How do I get more than 10 sessions?: Simply contact SAI and register for another set of 10 sessions. Take proof of registration to Courtsports to receive a second (or third!) punch card.

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.

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 dressert@lanecc.edu

Look for the Exciting Offerings during Spring Term

Art

Create a Hand-bound Journal
Greeting Card Techniques

Career Training

Essential Tools for New Careers
Express Yourself at Work
Life After Job Loss
Out of Work? Now What?
Ready to Create Your Own Business?

Computers

Create Memoirs Online
Skyping the Grandkids

Financial Planning

Long Term Care Preparation & Payment
Your Money, Your Retirement

Health & Fitness

Aqua-Fit
Better Bones & Balance
Chair Yoga

Movement for Parkinson's & MS
Pilates for Mature Adults
Plus Size Yoga
Silver Sneakers
Zumba Gold

Health Occupations

PCA Preview Class
Personal Care Aide Training

Human Development

Hearts Apart: Long Distance Caregiving
Legal Decisions: Parents & Self

Personal Enrichment

Container Gardening
LCC Spring Delights Tour
Mind Stretching from Your Desk
Publish Your Writing
Welcome to LCC Downtown Center
Sign Language Dance
Discover Hula

Upcoming Dates to Remember

- February 21, Presidents Day, College Closed



Quote of the Month

In learning to know other things, and other minds, we become more intimately acquainted with ourselves, and are to ourselves better worth knowing.
~Philip Gilbert Hamilton

Photos from Previous SAI Classes!



Lane is an equal opportunity/affirmative action institution.