

October 22, 2010



Successful Aging Institute

There's Still Time to Take a Fall Class!

Have you been looking for something to do that's new, different, and fun? Don't miss out on the final Successful Aging Institute classes being offered this term.

Redefining Retirement 2

This class may be taken as a continuation of Redefining Retirement 1 or on its own. Explore how our beliefs and values about money affect how we plan for the second half of our lives. Start work on a personal plan to address wellness and your own sense of "elderhood." - Anderson

Discover Hula

Learn basic words and phrases, hula steps, myths and legends of ancient Hawai'i, and traditional dance and songs of the ancestors. To register, call our co-sponsor River Road Park & Rec at 541-688-4052. Please show up 10 minutes early to your first class. No class on Tuesday, Nov 9.



Treat Your Parents Well

Today many of us provide vital care for our parents as well as our children. Learn some skills and explore service and educational resources to help you significantly reduce the stress and continue to treat your parents well. - Peterson

You Are the Chef!

Learn directly from the experts as Lane's award-winning Culinary Arts chefs show you how to use the very best Northwest seasonal produce, fish, chocolates, wines, and cheeses to delight any sweet or savory palate. All ingredients included. - Fether

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For full class descriptions, dates, times, and locations please see the attached class flyer.

To register for any of SAI's classes please call 541-463-4634 or e-mail Tina Dresser at dressert@lanecc.edu

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

Special points of interest:

- Fall Term Classes
- Fall term dates to remember
- Wanted: China Expert
- Quote of the month



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

SAI Fall Term Classes Continued....

Healing & Moving On

Each loss we experience is personal and unique. In addition to grieving the loss of those we love, we may grieve the move from a family home full of memories to a new residence, or the changes in our own bodies over time. Learn from a well-seasoned gerontologist, educator, and support group facilitator how to help yourself and others relax and grow through the grief process. - Jacoby

Tools for New Careers

Are you returning to work for an encore career? Learn the current techniques and processes for obtaining employment in this challenging market place. Update your skills for writing captivating introductory letters and resumes. Practice interviewing with confidence and ease. And learn essential follow-up procedures to help you secure the position you seek. - Reay

Fall Term Dates to Remember

- November 11, Veteran's Day, college closed
- November 25 - 28, Thanksgiving Weekend, college closed
- December 7 - Phone registration begins
- December 20 - 27, Holiday Break, college closed

Wanted: Instructor for Contemporary China Class

Are you an expert on China or know someone who is?

SAI would like to offer a class about contemporary China in collaboration with River Road Park & Recreation District. If you know someone who fits the bill, please contact Barbara Susman at susmanb@lanecc.edu or 541-463-4644."



Quote of the Month

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. - Melody Beattie

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