

December 28, 2010



Successful Aging Institute

SAI & Courtsports of Springfield

The Successful Aging Institute is proud to announce our new partnership with Courtsports of Springfield. Enjoy a variety of classes in cutting edge facilities, 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.

What are my choices? The following classes will be offered during Winter term in collaboration with Courtsports: Better Bones & Balance & Movement for Parkinson's and Multiple Sclerosis.

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.

Please feel free to contact SAI at dressert@lanecc.edu or 541-463-4634 with any questions you may have about these or any other classes we are offering.

SAI Ongoing Collaborative Partnerships

The Successful Aging Institute would like to thank both River Road Park & Recreation and Willamalane Park & Recreation for their ongoing collaborative partnerships. These collaborative partnerships allow us to bring additional classes to the community at very affordable prices.

You will find several classes in the Winter schedule that are being offered in collaboration with these partners. Classes offered include Chair Yoga, Classical Music Live, Discover Hula, and many more.

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.

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
- January SAI Classes
- Fall/Winter term dates to remember
- PCA Preview & Class
- 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

Personal Care Aid Preview & Training

Would you like to get paid for giving professional quality care?

*The Successful Aging Institute can help you achieve this goal through our 40-hour
Personal Care Aide Training!*

Free Personal Care Aide Preview Presentation

January 5th from 5:30 – 6:30 p.m.

Location: LCC Downtown Center, Room 036

Winter Term 2011 - Personal Care Aide Training

This 40-hour comprehensive training will prepare you for an entry-level professional position at in-home care and residential community settings. Basic care-giving, communication, and professional skill practice are included. Textbook, supplies, and course completion award are provided. Several local employers have offered special consideration to PCA graduates.

January 18 - March 3

5:30 – 8:30 p.m.

Cost \$359

Winter Term Dates to Remember

- December 31, New Year's, College Closed
- January 17, Martin Luther King, Jr. Birthday, College Closed
- February 21, Presidents Day, College Closed



SAI Winter Term - January Classes

Active Lives, Active Minds

Beginning Slide Shows

Better Bones & Balance: Basics

Better Bones & Balance: Ongoing Practice

Chair Yoga

Discover Hula

Movement for Parkinson's & Multiple Sclerosis

Out of Work? Now What?

Pilates for Mature Adults

Plus Size Yoga

Redefining Retirement 1

Sign Language Dancing

Zumba Gold

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

Quote of the Month

*It's the things you DO in life that make you
happy and successful, NOT the things you
wish and hope for.
Author Unknown*

Lane is an equal opportunity/affirmative action institution.