

July 22, 2010



Successful Aging Institute

August Classes Coming Soon - Don't Miss Out - Register Today!

August classes are less than two weeks away and summer term is nearing the half way point. Not to worry, SAI still has several exciting classes starting soon! *Contact SAI at 541-463-4634 to register!*



Design YOUR Successful Aging

No matter your current age, you can prepare to age successfully right now. Cast off the old and welcome the new holistic approach to aging - - with healthy mind, body, and spirit. August 2-16

Life Starts Now! Doing What Makes Us Happy

The best days aren't behind us; they're here now. We'll explore how to get started fulfilling lifelong dreams, learn how to get the same joy from day-to-day life as from once-in-a-lifetime achievements, take first steps, and practice pushing past fear into joy. August 3 - 17

New Thoughts for New Careers

As many of us prepare for a second or third career, we can embrace new ways of seeing, feeling, and reacting more productively. Learn techniques to help change thought processes, and adapt more easily to new beginnings. August 5-26

Finances in Flux

Divorced? Widowed? Starting a new business? This course is for anyone facing major financial life changes as a mature adult. Prioritize, budget, and plan for what lies ahead. August 11-Sep 1

Legal Decisions: Our Parents & Ourselves

Explore long term care options and payment strategies, elder abuse and how to prevent it, and surrogate decision-making including power of attorney, trustees, and guardians. August 16-30

Please see the attached flyer for full descriptions, dates, times, & locations of all SAI summer course offerings.

To register for any of SAI's classes please call 541-463-4634 or e-mail Tina Dresser

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
- Thank you Continuing Education
- SAI & You!
- Fall Term Sampler



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

Thank you Continuing Ed!!

The Successful Aging Institute would like to send a HUGE thank you to our colleagues in Continuing Education.

For the past two weeks Tina has been out of the office on leave. During this time, several of the Continuing Ed staff members stepped up and helped to keep things running smooth.

You are ALL appreciated! Thank you!!

Something New! SAI and You!

We are still looking for community suggestions of people aging successfully.

Are you or someone you know doing a great job at successfully aging? If so, we want to hear from you!

The Successful Aging Institute would like to share the stories of those who are an inspiration to others, no matter their age! Let us tell your story!

Please contact Tina at 541-463-4634 or by e-mail at dressert@lanecc.edu

*Can't Wait for September to see SAI's Fall Classes?
Watch for More Fall Term Listings in our August Newsletter.*



Pilates for Mature Adults

The benefits of the mind/body practice of Pilates include better joint mobility, flexibility, balance and body awareness, improved posture and grace.

Express Yourself at Work

Learn how to present yourself authentically and successfully, communicating at work as a job applicant, employee, and/or employer. Discuss and practice skills in a safe and supportive environment.

Beginning Slideshows

Using free (yes, FREE) software, learn to make stunning, professional quality slide presentations. Folks will be begging to see your travel photos, wedding pictures, or whatever else you want to impress them with!

Sign Language Dancing

This unique class will exercise your mind, your body, and your self-expression. Enjoy a low- impact, yet highly aerobic, workout as you learn and practice accessible ballet movements. Stimulate your brain as you integrate American Sign Language into the dance.

Quote of the Month



*Quit hanging on to the handrails . . . Let go. Surrender.
Go for the ride of your life. Do it every day.*

Melody Beattie, "Finding Your Way Home"

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