

September 20, 2010



Successful Aging Institute

Fall Term Classes Begin September 27th

Are you looking for something to do as the days get colder?

The Successful Aging Institute has a large selection of classes starting in September & October. With courses in career training, exercise & fitness, health occupations, and much more, there's something that's right for everyone!

Career Training

~Encore Careers

Express Yourself at Work

22793 - 6-8 pm, M, Oct 4-18

Redefining Retirement 1

22805 - 6-8 pm, Th, Oct 7-21

Starting a New Business in Retirement

10am-noon., Tu, Oct 12, Oct 19 & Nov 2

New Thoughts for New Careers

22795 - 6-8 pm, W, Oct 27-Nov 17

Redefining Retirement 2

22806 - 6-8 pm, Th, Oct 28-Nov 18

Use Your Expertise to Help Others in Business –An Intro to SCORE

10-11 am, Th, Oct 7

Computers

~Presentation Software

Beginning Slide Shows

22800 - 2-4 pm, M, Oct 18-Nov 1

Financial Planning

~Money Management

Finances in Flux

22799 - 10 am-noon, F, Oct 8-Oct 29

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

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

Health & Fitness

~Alternative Therapies

Naturopathy & Healthy Aging

22808 - 3-5 pm, W, Oct 6-20

~Exercise & Fitness

Chair Yoga

10-11am, Th, Sep 30-Dec 9

Pilates for Mature Adults

22796 - 3-4 pm, Tu, Sep 28-Nov 16

22797 - 3-4 pm, Th, Sep 30-Dec 2

Sign Language Dancing

22803 - 12:15-1:15 pm, M, Oct 4-Dec 6

Health Occupations

Personal Care Aide Free Preview

W, September 29, from 5:30-6:30 p.m.

Personal Care Aide

22791 - 5:30-8:30 pm, TuTh, Oct 7-Dec 2

Continued on page 2.....

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 starting in September & October
- Fall term dates to remember
- Senior Companion Program Receives Donation
- 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....

Human Development
~Parent, Family and Teacher

Legal Decisions:
Our Parents & Ourselves
22794 - 6-8 pm, W, Oct 13-27

Treat Your Parents Well
22802 - 2:30-4:30 pm, Th, Nov 4-Dec 2

~Personal Growth & Self Improvement

Effective Communication for Maturing Relationships
22804 - 6-8 pm, Tu, Oct 5-19

Personal Enrichment
~Culture

Honoring Elders: American Indian Cultural Traditions
10 am-noon, Th, Oct. 21- Nov 4

~Recreation

LCC Autumn Delights Tour
8:30 am – 3 pm M, Oct 11
8:30 am – 3 pm Tu, Oct 12

Fall Term Dates to Remember

- September 23, In-service, college closed
- November 11, Veteran's Day, college closed
- November 25 - 28, Thanksgiving Weekend, college closed
- December 20 - 27, Holiday Break, college closed

Senior Companion Program Receives an Unexpected Donation!

On September 11, 2010, the Senior Companion Program received a donation from the Imperial Sovereign Court of the Emerald Empire in honor of Danny Cook.

Danny Cook, who we lost this past December, was a Senior Companion for 7.5 years and also a member of the Imperial Sovereign Court of the Emerald Empire for more than 36 years. Danny was a person who loved life and was passionate about everything he did.

Danny's love for the Senior Companion Program led him to advocate for the SCP to become a recipient of the Impe-

rial Sovereign Court of the Emerald Empire fundraising. The group regularly donates the proceeds from their performances to local non-profits.

Thank you to the wonderful people of the Imperial Sovereign Court of the Emerald Empire!!



Quote of the Month

*"Compassionate the mountains rise
Dim with the wistful dimness of old eyes
That, having looked on life time out of mind,
Know that the simple gift of being kind
Is greater than all the wisdom of the wise."
-- DuBose Heyward*

Lane is an equal opportunity/affirmative action institution.