



Winter Term Classes 2012

Career Training

Encore Careers

Boomers Rule!

Get a Job at My Age?

Getting Paid for Giving Care

Is Caregiving YOUR Encore Career?

Start-up and Early Stages

Ready to Create Your Own Business?

Volunteer Training

Creating Successful Volunteer Groups

Hospice Volunteer Training

Creative Arts

Creative Projects

Greeting Card Techniques

Health Occupations

Personal Care Aide

Free Personal Care Aide Preview

Personal Care Aide Training

Health & Fitness

Exercise & Fitness

Aqua-Fit

Arthritis Foundation Exercise Program

Better Bones & Balance Beginning

Complete Wellness

Never Too Old: West African Dance & Drumming

Nia Techniques Mind-Body Exercise

Pilates: Can One Be "Too Old?"

Pilates for Mature Adults

Silver Sneakers

West African Fitness

Zumba (Combo Class)

Health & Fitness Continued

First Aid and CPR

CPR/AED/First Aid for Adults

Yoga

Beginning Yoga

Chair Yoga

Guided Meditation

Home & Family

Cooking

Delicious Nutrition On a Tight Budget

5 Star Meals On a 1 Star Budget

Driver Training

AARP Driver Safety Program

Home Buying

Threshold Intensive Home Ownership

Money Management

Financial Recovery

Lifeline Financial Management

Long Term Care Planning

Parent Family Teacher

Best Friend's Approach to Alzheimer's Care

Grandparents Raising Grandkids

Personal Growth/Self Improvement

Boomers Don't "Retire!"

Joy-Sleep-Exercise-Diet

What Does "Retirement" Mean for Me?

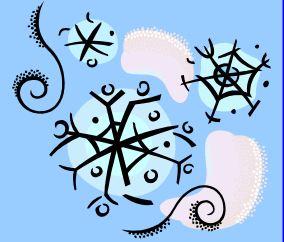
Language & Culture

Culture

Behind the Lens at Garden Way

West African Drumming

To register for classes contact the Successful Aging Institute at 541-463-4634.



For a full listing of upcoming classes, please visit our website at www.lanec.edu/sai/courses.html

