

### Enjoy The Fables of Ancient Greece With Us May 7-19, 2008

Few places on earth can rival Greece’s blend of intriguing history, architectural antiquities, charming villages and warm hospitality. Visit world-famous historical sites and relish the legends attached to them. Walk in the footsteps of the first Olympians. Savor the centuries-old Greek traditions in charming harbor towns and picturesque villages. Consider a 4-day cruise extension through the Greek Isles.

If this whets your appetite for a travel adventure, you may be interested in our private GoAhead Vacations 13-day tour to Greece, including guided sightseeing in Athens, Delphi, Corfu, Olympia, Epidaurus and Mycenae, plus a post tour extension to the Greek Isles.

The price—an excellent value, including the current airline fuel surcharge—lists the following:

**13-day tour includes: Double occupancy—\$3361  
With post tour 4-day extension to Greek Isles—\$4027**

- Round trip air transportation from Boise to Athens
- Services of, bilingual GoAhead Tour Director, Jesus Martin
- Guided sightseeing and free time
- 11 nights accommodations in comfortable hotels
- Breakfast daily and some meals
- Private deluxe motor coach



Single supplements, Travelsafe Plus Insurance and optional excursions will be available for purchase at a later date.

Greece lends itself to walking. Travelers should be in reasonable health and prepared for uneven terrain.

If you are interested in the specific travel agenda or more information, feel free to contact Jan Mittleider at 208-732-6488 or [jmittleider@csi.edu](mailto:jmittleider@csi.edu). Reservations will be accepted during September and October.

*Don't miss your opportunity to experience the myriad wonders of Greece at an exceptional value.*

“Travel is fatal to prejudice, bigotry and narrow-mindedness.” ~Mark Twain~

### AGE-DEFYING FITNESS MAKES A DIFFERENCE

“The antidote to aging is activity”, says Marilyn Moffat and Carole Lewis in their recently published book, Age-Defying Fitness. Inactivity magnifies age-related changes, but action maintains and increases your abilities in all five domains of fitness.

See how you do on this quick quiz that access the status of your posture, strength, balance, flexibility and endurance:

1. Are you not standing as straight and tall as you once did?
2. Are you getting up from a chair more slowly than you used to?
3. Is standing on one leg difficult for you?
4. Do you get stiff sitting through a long sermon...or a movie?
5. Does walking or jogging a distance take longer than it used to?
6. Is it getting harder to look to either side as you back up your car?

To counter the inevitable declines with age, incorporate regular activities to supplement walking or other cardiovascular workouts, including:

- Stretch daily using slow, controlled movements to prevent stiffness and maintain joint mobility.
- Strength train to protect against falls and maintain mobility, especially the front and sides of thigh muscles which stabilize the knee and the core muscles (back, butt and abdomen) of the trunk to protect the spine.
- Practice standing on one leg while you’re waiting in line to improve static balance.
- Prevent postural slump by purposely lengthening the space between your collarbone and chin to counteract prolonged sitting and working on a computer.



## YOGA FOR SENIORS

Yoga for Seniors, taught by Joyce Ballard, will be Thursdays in the CSI Gym room 236 starting September 13th from 11:00 to 11:50 am. Cost is \$45. Registration will be held the first class.

## WATER AEROBICS



Interested in a water aerobics class? Water aerobics offers a great workout with minimum impact on the joints and is great for all ages and fitness levels.

Benefits of Water Aerobics:

- Good weight loss/fat burning tool
- Easier on the joints and bones—the water bears a person's weight
- Builds strength, flexibility and increases the range of motion
- Excellent cardio-respiratory exercise
- Renews energy levels as it releases stress and tension
- Great exercise year-round

CSI offers a Beginning Water Aerobics class on Tuesdays and Thursdays at the Twin Falls City pool from 5:10 pm — 6:00 pm beginning August 27, 2007. With CSI Gold Card, obtained from the Office On Aging, the course fee is \$30. Spaces are limited so hurry and enroll in the Taylor building today!

For more information, call the Office On Aging at 736-2122 or Ginger Doan at 732-6475.

## Jumpstart Your Activity Program With An Over 60 Class Near You!!

The program, free to students over 60 years of age, is a guided walking workout with stretching and gentle resistance.

Classes begin September 10th and 11th. Interested persons can sign up during the first week of classes in the following locations:

<b>CSI Gymnasium</b>	MWF	Begins Sept. 10th	9 am—10 am
<b>Jerome Rec Center</b>	MWF	Begins Sept. 10th	9 am—10 am
<b>Filer Elementary</b>	MTTH	Begins Sept 10th	9 am—10 am
<b>Buhl 7th St. Gym (Old Middle Gym)</b>	MTTH	Begins Sept. 10th	10:30—11:30 am
<b>Shoshone High School (Old Gym)</b>	MWF	Begins Sept.10th	9 am—10 am
<b>Gooding ISDB Gym</b>	MWF	Begins Sept. 10th	9 am—10 am
<b>CSI Burley</b>	MWF	Begins Sept. 10th	11:30-12:30 pm
<b>Outreach Center Gym</b>			
<b>Rupert Civic Gym</b>	MWF	Begins Sept 10th	9 am—10 pm
<b>Blaine County Campus Gym</b>	MWF	Begins Sept 10th	9 am—10 am
<b>Hagerman High School Gym</b>	TTH	Begins Sept 11th	9 am—10 am

For more information call CSI at 732-6475 or 732-6488

The Over 60 and Getting Fit Program is made possible by the College of Southern Idaho in partnership with the Office on Aging, the Filer, Buhl, Burley, Hagerman and Shoshone School Districts, the Idaho State School for the Deaf and Blind and the Blaine, Jerome and Rupert Recreation Districts.

### 7 Perks for Being Over 60

1. No one expects you to run—anywhere
2. People call at 9 pm and ask, “Did I wake you??”
3. There is nothing left to learn the hard way.
4. You can live without sex, but not your glasses.
5. You quit trying to hold your stomach in no matter who walks into the room.
6. Your joints are more accurate meteorologists than the national weather.
7. Your secrets are safe with your friends because they can't remember them either.



It's bad to suppress laughter, it goes back down and spreads to your hips." unknown