



Editor: Rick De Young

#184

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### THERE'S NO NEED TO HIBERNATE IN TIMBER VALLEY

By Jackie Deal & Rick De Young

Winter is coming. Rain cascading down, wind howling, and snow forecast. Who wants to get out and walk? Not us! We hunker down in our burrows and wait for summer. And while we wait: arteries clog up, muscles wither and strokes and heart attacks hover 'round the corner.

You don't have to get outside for good exercise. On Monday, Wednesday and Friday mornings (10 a.m.) in the club house there is a wonderful exercise program. Now the name is funny and scares some people: Qi Gong (Pronounced Chee Gong). Yes, the concepts are Oriental, BUT the exercises can help all of us. They concentrate on deep breathing, flexibility, balance and strength. You can do them sitting or standing and they do help restore your body and increase one's lung capacity.

Talk about lung capacity: Even during maximum exercise we probably use only about 80% of our lung capacity. Most of the time: far less. Deep breathing exercise help you to use more of your lung capacity and thus send more oxygen and nourishment to every cell in your body. If you have COPD or other lung compromising conditions, this is great for you.

Flexibility, balance and strength? As we age, we lose all three. Qi Gong is a big help. After six months South with no Qi Gong, I come back and am far behind the rest of the class. Sure, you could do it on your own but it's so much more fun with a class. And the class uses about five different CDs made by professionals and beautifully filmed. The CD's are projected onto the big screen in our clubhouse dining room and provide detailed instruction. No boredom here.

Both men and women participate and those who do get better looking every day! You can too. So, crawl out of your burrows and try it!

### Calendar Reminders

#### Wednesday, October 10

- 9 am - Chapter 9 Breakfast
- 9 am - Apple Users Group
- 10 am - Qi Gong
- 10 am - Ladies Pool
- 3 pm - Prayer Circle
- 4-6 pm - Poker
- 6:30 pm - Bingo

#### Thursday, October 11

- 1 pm Crafts
- 1:30 pm Bowling in Roseburg
- 6-8 pm - Texas Hold'em
- 6:30 pm -Game Night

#### Friday, October 12

- 10 am - Qi Gong
- 3 pm Social Hour
- 4-6 pm - Poker
- 6:15 pm Pokeno

#### Saturday, October 13

- 9 am - Coffee & Rolls (\$1 donation)
- 3 pm - Bocce Ball - Snoopy's
- 6-8 pm - Texas Hold'em

#### Sunday, October 14

- 3 pm - Ice Cream Social
- 6:15 pm - PokeNo

#### Monday-October 15

- 10 am - QiGong
- 10:30 am - Art Class
- 1 pm - Mah Jongg
- 4-6 pm - Poker
- 6:30 pm - Game Night

#### Tuesday, October 16

- 10 am - Sit & Sew
- 6-8 pm Texas Hold'em
- 6:15 pm PokeNo

Sunshine Contact  
for October 2018  
Janice Edwards  
209- 217-6233

SKP OFFICE  
HOURS  
Mon - Fri  
9 am - 5 pm

Propane is pumped  
Mon- Fri  
9 - 11 am