



A weekly  
publication  
February 25, 2024

*Published by Your Log Team*

*Input for this newsletter is welcome by Friday a.m. each week sent to [tvlog@timbervalleysskp.com](mailto:tvlog@timbervalleysskp.com)*

### THIS WEEK'S CALENDAR REMINDERS

Sunday February 25 @ 2pm - Chair Volleyball - Big Room

Monday February 26 @ 4pm - FRS Radio Roll Call - Your Rig

Tuesday February 27 @ 8:45am - Support Group - Card Room

Wednesday February 28 @ 12noon - Chef Denis Soup - \$5 Donation - Dining Room

Thursday February 29 @ 8:30am - Breakfast Fundraiser \$5 Donation - Dining Room

🔪 Friday March 1 @ 3pm - Social Hour w/Speaker - Dining Room 🔪

Saturday March 2 @ 9am - Coffee & Donuts Social - Dining Room

**(Keep track of scheduled weekly activities and updates on the online TeamUp calendar)**

☀️ ☀️ **February Sunshine Person is Rhonda Scott – Lot #145 – (916) 267-7663** ☀️ ☀️

☀️ ☀️ **March Sunshine Person is Cathey Johnson – #15 – (541) 459-3767** ☀️ ☀️

🔪 **Jacks and Jills - Monday February 26 @ 1pm - Dining Room** 🔪

Every Timber Valley Park resident is a member of Jacks and Jills. This is the activities group of the Park. Please come and join us to plan, volunteer and enjoy lots of Park events.

**Chef Denis Lunch - Wednesday February 28 @ 12noon - Dining Room**



Enjoy Cream of Chicken, Garlic and Cheese Biscuits, and Spice Cake with Brown Sugar Frosting! Please sign up in the Dining Room if you plan to attend. \$5 donation.

**Timber Valley Garden Fundraising Breakfast - Thursday February 29 @ 8:30am - Dining Room**



The Timber Valley Garden is planning a fundraising breakfast on Feb. 29th, 8:30 to 10am. The Leap Year Breakfast will be provided by Chef Denis including your choice of Bacon and Eggs, Pancakes, Biscuits and Gravy, as well as Orange Juice and Coffee. \$5 donation.

**Social Hour - Friday March 1 @ 3pm - Dining Room**

Join us Friday afternoon for wine and bring snacks to share! Last Friday's presentation by Mary Jane Morey of The Woodshop was attended by over 20 members and provided a fascinating behind-the-scenes look at the amazing art by some of the 15 woodworkers. We learned about spurtles (a wooden kitchen utensil used for stirring and mixing), Lichtenberg/fractal (electrical) wood burning, different types of wood including myrtlewood and yew wood, and lots of updates to downtown Sutherlin!



### This Week's Committee Meetings

Tuesday February 27 @ 10am - Finance Committee - Zoom



## Chair Volleyball - Sundays @ 2pm - Big Room



**Chair volleyball** is a delightful and inclusive physical activity that allows people of varying abilities to participate while remaining seated. Here's what you need to know:

### 1. Game Overview:

- Chair volleyball is played with a **beach ball** and a **four-foot-high net**.
- Participants remain seated throughout the game, making it accessible for those with physical limitations.
- The rules: anything goes, just stay seated.

### 2. Benefits:

- **Upper Body Mobility:** Engaging in chair volleyball enhances upper body mobility and joint flexibility.
- **Muscle Tone:** Regular participation helps improve muscle tone.
- **Reflexes and Coordination:** The game sharpens hand-to-eye coordination and reflexes.
- **Endurance:** Players build endurance while having fun.

### 3. Who Can Play?:

- Chair volleyball is suitable for a wide range of participants, from those who are wheelchair-bound to those who are regularly active.
- It's a fantastic way for older adults to stay active and connected.

So come to the Clubhouse Big Room any Sunday at 2pm, find a comfortable seat, and enjoy the spirited game of chair volleyball!

Then at 3:30, join us for an Ice Cream Social where your volunteer "Scoopers" will serve up delicious creamy Umpqua Ice Cream at only 50 cents per scoop (Bring A Bowl & Spoon).

See Timber Valley residents in action: <https://youtu.be/MrbPOzGZrvo>

—Richard Hickethier

