



SRCA 50 Plus

A Standing Committee of the SRCA

Aging Successfully in Scripps Ranch...

Questions: Contact us at SRCA50Plus@scrippsranch.org

SRCA 50 Plus Tai Chi for Seniors: Free and open to the Public

Every Monday, except Holidays, 1:30 – 2:30 pm [Scripps Ranch Library Community Room, 10301 Scripps Lake Drive, 92131](#)

50 Plus and Master Parker invite you to come and enjoy a fun-filled class, and reap the benefits of Tai Chi.



Tai Chi improves physical balance and mental focus and has been found to be helpful in recovering from injuries and operations. Master Parker has specialized in Tai Chi for Seniors for the past twenty years. His teachings include standing, walking, and chair practices. He writes that Tai Chi builds a stronger body through these soft movements, and is said to help with the control of many ailments.



Master Parker Linekin has been a Scripps Ranch resident since 1992. His [Academy of the Martial Arts](#), where he teaches Tai Chi, Qi Gong, Kung Fu and other ancient disciplines, has been in operation since 1997. He earned his PhD in Tai Chi through the White Tiger Kung Fu Association and is an active spokesperson for the mental, emotional and physical benefits of that popular and widespread practice.

Master Parker recently completed a certified instructors program given by the Integrative Medicine Program group of UCSD. It's a research based program designed for older adults to help older adults improve their balance. The unique training approach is the culmination of a systematic series of scientific studies. It is an evidence based fall prevention program. The founder, Fuzong Li, is a senior scientist in Oregon Research Institute. This, along with his 50 years of training, have gone into his instruction at the Scripps Library. He teaches students how to implement the tai chi moves into their everyday activities.

Watch this video to see [Master Parker Linekin demonstrate the Tai Chi Cane!](#)