



Ting, who teaches 10 classes each week in Laguna Woods and surrounding communities, shows a Chi Kung movement to get the arms and wrists in motion. Ting says it's important for seniors to keep the body moving every day. > PAUL BERSEBACH, ORANGE COUNTY REGISTER

# MARCH HONOREE

HISTORICAL SOCIETY NAMES  
ROSE TING HONOREE OF THE  
MONTH. PAGE 3

# Rose Ting named Honoree of Month for March

BY CLAIRE WEBB  
LAGUNA WOODS GLOBE

Keep it simple, and keep moving. That is Rose Ting's philosophy.

And the best ways to keep moving, said Ting, 76, are walking, swimming and Chi Kong.

The latter, also called Qi-gong, is a meditative Chinese exercise that integrates "physical postures, breathing techniques and focused intentions," according to the National Qi-gong Association USA.

Ting has been teaching Chi Kong for the last 15 years. There was a time her husband would drive her to as many as 18 classes a week from Anaheim to Mission Viejo. These days, however, because of her husband's Parkinson's, Ting takes the 89 bus to Laguna Beach, the 70 to Laguna Niguel or the 9 around Laguna Hills to teach 10 classes a week with loyal pupils.

It's that dedication that won her honoree of the month from



Laguna Woods resident Rose Ting is a Chi Kong exercise instructor and the Historical Society's Honoree of the Month for March. Ting, 76, teaches seniors the importance of movement every day using moves like this one, where she simulates hanging clothes u-p to dry.

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the Historical Society of Laguna Woods.

"Just a ball of fire that girl," said John Dudley, a student of Ting's for the past 10 years. "It's invigorating and it's easy, and mostly it makes you feel better."

Ting said she has a hard time keeping quiet during her hour-long classes. She jumps out of her chair on Monday morning to show her signature movement, the "washing machine."

Ting places both hands at

the small of her back and gyrates her hips while saying

"Just like the machine," she said giggling. "It moves you from your head to the soles of your feet."

Ting was born in Shanghai and came to California in 1970. She lived in the bay area for many years where she met her husband, Fritz Dunnbier, 79, on the bus from Mill Valley to downtown San Francisco.

For more than four years, Ting would enlist Dunnbier's help on the bus each day translating English phrases she didn't understand, like when a co-worker told her lunch was "on the house." It took the two 20 years, but they eventually married in 1995 at St. Nicholas Church on El Toro Road.

"He was my number one supportive person," Ting said.

Ting, a self-proclaimed former couch potato, was first introduced to Chi Kong while working in administration at Santa Monica College. Ting's

neighbor asked her to come to his Chi Kong class to translate his instruction because many of his students had trouble understanding his English. Ting quickly became a student and devotee of the exercise over the next six months.

In 1995, Ting moved to Laguna Woods after her apartment was damaged in the Northridge earthquake. There, she found residents who wanted to learn Chi Kong. She began teaching classes at one of the clubhouses, and the 4-foot, 9-inch instructor would stand on the patio BBQ pit so her students could see her.

"I had only six people when I first started," Ting said.

Ting said Chi Kong is particularly accessible to seniors because it revolves around low-impact, mild movements that are easy to follow.

"Older people tend to sit down and watch television," Ting said, but "every part of the body has to be moved."