



TICE CREEK FITNESS CENTER



Weekly News - 6/15

Hello Rossmoor Residents,

The team at Tice Creek Fitness Center welcomes you to another edition of our weekly newsletter, designed to provide you with a few helpful tips and resources during this challenging time. If you do not want to receive the newsletter, please click the unsubscribe link at the bottom. We miss you and hope you're staying safe and active!

Outdoor Pools Open

[CLICK HERE - Outdoor Pools Reopening Procedures](#)

Effective June 12th the Dollar and Hillside pools opened with restrictions. Click the link above and make sure you're familiar with all of the new rules and procedures.

Reservations Required!

Tice Creek pool is not open at this time.

Reservations & Questions

Phone: 925-988-7854

Email: aquatics@rossmoor.com

Fitness Team Member Retiring

Julie Hughes - Personal Trainer

Julie will be retiring, effective July 1st, 2020.

Julie has been a valued member of the Rossmoor



team for more than 20 years, primarily as a group fitness instructor, often teaching more than 10 classes per week.

Julie - Thank you for bringing a supportive, positive, and caring approach to the services you provided to residents and coworkers. Thank you for your dedication and hard work, and for bringing joy and happiness to the fitness center each and every day. The positive impact you have had on the community, and so many residents and staff over the years can not be measured.

We will miss you dearly and wish you all the best in your next chapter in life!

Click the link below to read a letter from Julie.

[CLICK HERE: Letter From Julie](#)

Fitness Trainer Spotlight



Julie Hughes - Personal Trainer

How long have you been working at Rossmoor?

My introduction to Rossmoor goes back about 25 years ago when I played music for various special events and clubs. I fell in love with the community and eventually got hired on. I have been working in Rossmoor since 1998. During the last 22 years I've held various staff positions but mostly as a Group Exercise Instructor.

Why does working at Rossmoor resonate with you?

The residents are incredibly astute, friendly, and community-minded with amazing life...

[CLICK HERE for the full spotlight article](#)

Riddles of the Week



Riddle 1

KNEE
LIGHTS

Riddle 2

A barrel of water weighs 60 pounds. What do you need to put in it for it to weigh 40 pounds?

(answers at bottom of newsletter)

Fit Quiz of the Week

Question 1

Name the two muscles located on the back of your lower leg.



Question 2

Can you define what antagonist and agonist muscles are?

(answers at bottom of newsletter)

Fitness Tips

Importance of the Feet in Posture

Bob Huff, Tice Fitness Trainer

There are many variables involved in having good posture. Well-known are things like keeping your shoulders back and the pelvis balanced and straight (topics for another day). However, many people (perhaps most?) are unaware that good posture actually starts with the feet.

Think of your feet as the foundation of a house. A solid foundation is the key to

[Read The Full Article Here](#)

At-Home Exercises of the Week

Foot Strengthening For Fallen Arches

Bob Huff, Tice Fitness Trainer

Flat foot (fallen arches) is one of the common problems seen in adults, especially older adults. Fallen arches can lead to a host of issues elsewhere in the body. Studies have shown that strengthening the feet is an effective means of decreasing fallen arches and improving overall function.

Toe Spreads (2 sets of 15-20 reps)

- Place your big toe on the ground.
- While pressing your big toe into the ground, rotate your heel inward and press your pinky toe into the ground to fan out the rest of your toes; then bring your heel to the ground.

Short Foot Exercise (2 sets of 5 reps)

- Sit with your feet flat on the ground.
- Pull all your toes down and in without having them leave the ground (your toes should stay long and straight, and the ball of your foot should lift slightly off the ground). You should see the arch lift and your foot slightly shorten.
- Hold 10 seconds, then relax.

Toe Curls (2 sets of 5 to 10 reps)

- Works best on a slick surface. Sitting in a chair, spread a towel out in front of you. Place your feet on the towel.
- Using your toes, try to pull the towel in toward you. Be sure to use all your toes, even the pinky toe. Then try to push the towel back out with your toes.

Heel Raise (2 sets of 10-15 reps)

- Stand about 12" from a wall with your feet parallel and hip distance apart.
- Press evenly through the balls of your feet to raise your heels as high as possible from the floor.
- Hold 10 seconds, then slowly lower to start.

Try these and see how they work for you. If you have questions, please don't hesitate to contact me or the fitness desk.

Walking Trails of Rossmoor

[CLICK HERE: Rossmoor Walking Trails Maps](#)



A few important benefits of walking include: balance improvement, cardiovascular conditioning, lowering blood pressure, and building muscle endurance. During this challenging time, outdoor walks can be a helpful routine to boost immune function to help fight illness, improve mood to help fight depression and/or anxiety, and to reduce other negative affects of isolation and sedentarism.

NOTE: As of Wednesday, April 22nd Contra Costa County is recommending that anyone who is outdoors should wear a mask. Specifically, the recommendation is for people who are in a public area where social distancing is not possible should wear a mask.

Other Fitness Resources

[CLICK HERE: Stay-At-Home Exercise Videos](#)

Video List

Jo Nash

Wake Up Routine, Abs and Back, Pilates w/ Band, Zumba, Mat Stretch and Relax, Hands and Feet Exercises, Abs - Back - Glutes

Becky Beckelman

Pickleball Balance Core, Pickleball Warm Up, Home Chair Workout, Balance Exercises

TRX @ Home, Resistance Band Workout, Beginner Step Sculpt, Chair Active Stretch

Bob Huff

Frame Isometrics, Beginner Pilates, Intermediate Pilates, Forearm/Wrist/Hand Exercises, Resistance Core Training

Spencer Hino

Home Workout 101, Walking and Running Warm Up, Functional Balance

Dino Giannakis

Circuit Training Level 1, Circuit Training Level 2, Circuit Training Level 3

Emm Yee

Standing Stretches, Beginning Barre

Julie Hughes

Muscle Movers, Chair Challenge

Dennis Shimoko

Breathwork for Relaxation, Meditation Techniques, Lounge Chair Fitness, Bus Stop Fitness

[CLICK HERE: Channel 28 TV Guide](#)

Channel 28 is playing previously recorded exercise classes from the fitness team. For a schedule and class descriptions for the week, click the link above.

Transportation

Starting June 1st 2020 the Transportation department in accordance with the Contra County social distancing requirements and adhering to the opening of

business and other community activities throughout the city of Walnut Creek will be adding more buses to our current Dial-A-Bus service. The buses will support the community with a limited seating capacity of 4 riders total at a time on each bus to allow continued social distancing.

The department and services will be running Sunday through Saturday. Dial -A-Bus is a same day service and requires a minimum of one-hour advance notice prior to your pickup request time.

A special downtown service will be offered to specific downtown areas previously supported by the Green Line bus with modifications to the schedule along with pick up and drop off requirements, meaning the bus will pick up at resident entry instead of the standard Gateway Clubhouse pick up location.

Phone hours are 8:00am - 4:00pm

Bus service is available from 9:30am - 5:00pm.

To Schedule a Ride please call 925-988-7676

Farmer's Market Returns!

The Rossmoor Farmers Market returned on Friday, May 15th to the Gateway Parking lot.

In order to keep everyone safe the Farmer's Market will have some guidelines for everyone to follow:

- Masks/Face Coverings are required at the market.
- Social Distancing guidelines must be adhered to. Booths will be wider and will limit how many people can be in a booth at one time to ensure safety.
- Reusable bags are not permitted. Market vendors will bag your produce/goods.
- The hours of the market are 9:30am-1:00pm every Friday now thru October.

For information please call 988-7700

Rossmoor Recreation Live

[CLICK HERE: Recreation Live on YouTube](#)

[CLICK HERE: Recreation Live Schedule](#)

The Recreation LIVE! channel features live streaming interactive content produced by the Recreation Department. It includes tours around the world, trivia games, classes, cooking demonstrations and choose your own adventures. Each episode will be hosted by a Recreation Department staff member so be sure to check the live stream schedule and tune in! Rossmoor residents are encouraged to interact via the Chat Box during the live episodes.

Recreation Contact Info

Kelly Berto

kberto@rossmoor.com

925-988-7780

Rossmoor Golf Open

[CLICK HERE - Golf Reopening Procedures](#)

Non-Golfing walkers are allowed on the Creekside course after 4pm.

[Golf Contact Info](#)
Mark Heptig
mheptig@rossmoor.com
925-988-786

Rossmoor Golf Videos

[CLICK HERE - Golf videos on Rossmoor.com](#)



Click the link above for a library of short videos that will give you an opportunity to review the basics of the swing, go over golf course strategy, look at the mental side of the game and give you some ideas on how to stay in good shape and create a better fitness and stretching routine for golf.

The videos at this time concentrate on improving or maintaining your game while we are in the shelter-in-place. That way, when the golf facilities are re-opened, you will be ready to enjoy this great game again.

Click the button below to see the full playlist of golf tips videos.

[Golf Contact Info](#)
Mark Heptig
mheptig@rossmoor.com
925-988-7861

Rossmoor Counseling

Rossmoor Counseling continues to offer counseling sessions by phone and Zoom meetings. We're currently providing two support groups via Zoom as well. Contact the Counseling Office for information on additional support groups.

- **On-going Caregiver Support Group: Wednesdays @ 10:00am**
- **Additional support groups via Zoom, contact the Counseling Office for details**

Counseling is also available by phone to discuss community resources that could help during the shelter in place or other unrelated issues as they come up. If you would like to schedule a session, join a support group, or speak to a clinician for resource information please contact the Counseling Office at **925-988-7750**.

[Counseling Contact Info](#)
counseling@rossmoor.com
925-988-7750

Riddle Answers

Answer 1: Neon Lights
Answer 2: A hole

Fit Quiz Answers

Answer 1: Gastrocnemius, Soleus

Answer 2: Antagonist and agonist muscles often occur in pairs, called antagonistic pairs. As one muscle contracts, the other relaxes. The muscles on the front (biceps) and back (triceps) of your upper arm are examples of an antagonist pair; the triceps must relax while the biceps contracts to bend your elbow and lift the arm.

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