



TICE CREEK FITNESS CENTER



Weekly News - 6/22

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!

Tice Pools Opening Soon!

Effective June 12th the Dollar and Hillside pools opened with restrictions.

Effective June 25th, the Tice Lap and Warm Pool are expected to open at 1pm with restrictions.

Reservations are required at all locations!

All rules and openings are subject to change at any time based on factors such as county health orders and adherence to safety guidelines.

Click the link above for current rules and reservation guidelines.

Pool Reservations

Aquatics Phone: 925-988-7854

Reservations can be made online, on the Tice Fitness Center App, or by phone..

See section below for online and App instructions!

Pool Rules and Reservation Guidelines

[CLICK HERE - Pools Rules, Effective June 22nd](#)

[CLICK HERE - Reservation Rules, Effective June 22nd](#)

Reservation Instructions

Video and written instructions for using a computer and the Tice Creek Fitness Center -APP to make reservations on your own are available through the links below.

We're encouraging as many people as possible to reserve by computer or the App, which allows residents to schedule and keep track of their own reservations. You most likely will experience wait times and you may need to call back if reserving by phone. As a reminder, we are not accepting reservation requests via email or voicemail. You must speak to someone if reserving by phone. Reservations by phone: 925-988-7854

We do not have a reopen date for the fitness center yet, but we are expecting to require reservations when we do reopen.

Contact the fitness desk at 925-988-7850 or fitnessdesk@rossmoor.com if you are unable to connect and make reservations on your computer or App using the instructions provided.

[CLICK HERE - Instructions in Video Format](#)

[CLICK HERE - Written Instructions For Using A
COMPUTER](#)

[CLICK HERE - Written Instructions For Using The
APP](#)

Fitness Tips

Tips For Fall Prevention

Katleen Lamport, Tice Fitness Trainer

1. Light up living space, use light with high wattage bulbs to see more clearly, use night lights in dark spots or rooms frequented during the night such as bathrooms
2. Wear sensible shoes, properly fitted, non-skid soles with Velcro fasteners instead of laces. Be mindful of wearing slippers as they tend to be loose with limited traction.
3. Keep walkways clear, eliminate clutter on floor surfaces.
4. Use an assistive device when needed.
5. Never hurry, especially when the phone rings or when going up or down stairs.
6. Re-arrange most commonly used items in your home so they are closer to you on shelves.
7. Install grab bars in bathroom, near toilet and in shower area.
8. Keep emergency flashlights near bed.
9. Drink water, dehydration can cause dizziness.
10. Only carry one thing in one hand, keeping one hand empty so that it is possible to grab something in case support is needed.
11. Remove all scatter or throw rugs or secure rugs to floor.

12. Make sure all electric cords and phone cords run behind furnishings.

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, then go to the NEWS/TV Menu, then TV GUIDE.

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

Tice Creek Fitness Center
1751 Tice Creek Drive
Walnut Creek, CA 94595
ticefitnesscenter.com
925-988-7850
fitnessdesk@rossmoor.com

This email was sent to {{ contact.EMAIL }}
You received this email because you are registered with Rossmoor Walnut Creek

[Unsubscribe here](#)

