



TICE CREEK FITNESS CENTER



Weekly News - 7/13

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!

Virtual Personal Training Services

Are you struggling to get or stay active during these challenging times?

Are you getting bored with your current At-Home routine or wondering how to start one?

Are you looking for a little extra motivation and direction to help get you going in the right direction?

The list of benefits of exercise is endless. Here are just a few of the important benefits during this time when people are more isolated, more sedentary, and at higher risk.

- **Improved immune function to combat illness and disease**
- **Improved mental health to combat stress and anxiety**
- **Improved cognitive function**
- **Decrease risk of falls**
- **Improved confidence and independence**

The Tice Fitness Center personal trainers are currently working with a number of residents via online, virtual platforms such as Zoom or FaceTime, and/or contacting clients regularly by phone or email. If you're interested in connecting with a trainer for help developing and maintaining an exercise routine please contact the fitness desk at 925-988-7850 or fitnessdesk@rosmoor.com. We

can tailor this service to meet your needs, from a one-time phone call to on-going, weekly virtual training sessions.

- *space limitations based on trainers schedules and availability.*
- *on-going virtual training services are currently free, this may change to a fee-based service in the future.*

Pool Usage - SAFETY FIRST

Important Safety Requirements

- **All pool users must adhere to the 6 feet social distancing policy.** *This is a MINIMUM requirement and people should try to stay further than 6 feet apart when possible.*
- **All pool users must wear a face covering at all times when not actively exercising in the pool.** *Masks must be worn while walking or sitting on the pool deck, while waiting in line to check-in, and while exiting the facility after your session. Per Contra Costa County health orders, people who have certain health conditions are exempt from wearing masks that fit snugly over the mouth and nose but must instead wear plastic face shields with cloth draping beneath to contain coughs and sneezes.*
- **All pool users must exit the facility on or before the end of your 45 minute session.** *The aquatics team needs the full 15 minutes after each session to clean and disinfect surfaces and equipment prior to the next group entering.*

For the safety of all residents, staff, and friends and family, please take these policies seriously. Anyone not willing to adhere to them should not participate, may not be permitted to enter the pool or may be asked to leave, and may be restricted from using the pools altogether.

Pool Reservations - CANCELING

Cancel Your Reservation If You're Not Coming!

It's important to cancel as soon as you know you're not going to be able to make it to your reserved time. Canceling allows others to reserve that time slot.

How To Cancel When Using A Computer (online)

1. Login to your Mindbody account
2. Click the "MY INFO" tab located on the top right
3. Click the "My Schedule" tab located just below the main tabs
4. The "My Schedule" section will show all of your upcoming reservations.
Click "CANCEL" to the right of the reservation you're not going to attend.

How To Cancel Using The APP

1. Login to your Mindbody account
2. Tap the three lines/bars on the top left of the App
3. Tap "My Classes" in the menu list
4. The "My Classes" screen will show all of your upcoming reservations. Tap the reservation date/time you're not going to attend. On the next screen tap the red "Cancel Booking" button at the bottom.
5. Tap "Yes" to confirm you want to cancel the reservation.

Phone Cancellations

- You can also call the aquatics line at 925-988-7854 to cancel your reservation. We prefer that you speak to someone so we can complete the cancellation in Mindbody right away. However, you can leave a

voicemail for cancellations and we'll process it as soon as possible.
When using the computer or the App, you must be logged in to your Mindbody account in order to view and cancel your reservations.

Pool Reservations & Questions

Phone: 925-988-7854

Email: aquatics@rossmoor.com

Fitness Team Member Resigning



Spencer Hino - Fitness Center Trainer

Spencer will be resigning, effective July 30th, 2020.

Spencer has been a valued member of the Rossmoor Fitness Center team since September 2019. We're very excited for him as he's been offered an opportunity with an out of state Physical Therapy program. There's no doubt he will be a great PT someday.

Spencer - thank you for bringing your knowledge, professionalism, and kindness each and every day while you were here. In your short time with us, you've made a positive impression on residents and co-workers. We will miss you and wish you the best in your pursuit of your career goals!

Fitness Trainer Spotlight



Spencer Hino - Fitness Center Trainer

How long have you been working at Rossmoor?

I began working at Rossmoor September 2019, so a little less than a year. I have worked as a personal trainer and coach for 4 years. I have been working and volunteering in the field of physical therapy since 2010.

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

Riddles of the Week

Riddle 1

You draw a line. Without touching it, how do you make the line longer?

Riddle 2

What loses it's head on the morning but gets it back at night?

(answers at bottom of newsletter)



Fit Quiz of the Week



Question 1

In what part of the body do you find the distal phalanges?

Question 2

How many muscles make up the Rotator Cuff, what is the Rotator Cuff's primary role, and what are the names of these muscles?

(answers at bottom of newsletter)

Fitness Article



Back Pain and Exercise

Bob Huff, Fitness Center Trainer

One of the most common ailments among Americans is back pain. According to the American Chiropractic Association, up to 80 percent of the population will experience back pain at some point in their lifetimes. There are many reasons for this, including poor posture, sedentary lifestyle, weak and inactive core muscles, and accidents, to name a few. Specific exercises which target the core musculature...

[Read The Full Article Here](#)

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.

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.

Rossmoor Recreation

[CLICK HERE: July Recreation LIVE Calendar](#)

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

SHRED DAY

Shred Day will be returning to the Gateway Parking lot on Tuesday, July 28th, from 8:30am-11:30am or until truck is full.

Contactless drop off and payment procedures include:

1. Place boxes/bags of items to Shred in Trunk.
2. Remain in car and staff will pop trunk.
3. Place payment in an envelope in next to boxes/bags to be shred.
4. Cash or check only. Exact change. Staff will be unable to provide change.
5. Checks made out to GRF. \$5 per. bag/box.

Please wear a mask. Staff will also have a mask and gloves on. If you have any questions, please call 988-7700.

Rossmoor Counseling Event

Techwise Seniors: Gadgets To Help You Age In Place

[CLICK HERE: Event Flyer](#)

Speakers from Senior Fusion, Vital Link, and Cherry Home will present technology products that can help with medication management, community connection, fall detection, emergency notification, and monitoring. Adult children or other family members are welcome to join the webinar.

Thursday, July 16th from 1:00 - 2:30 p.m. via Zoom Webinar

To register and receive the login information, please call 988-7750 or email counseling@rossmoor.com

You've mastered the computer, you readily text friends and family, and now you are Zoomers instead of Boomers. Most of us have increased the tech in our lives to stay connected during Shelter in Place. It hasn't been an easy transition, but the rewards have been worth the struggle. In addition to staying connected with each other, technology brings products that can help increase your safety at home. How can technology help you age in place?

As part of the Optimum Wellness Lecture Series, Rossmoor Counseling Services and the Rossmoor Fund will host a presentation entitled Techwise Seniors: Gadgets to help you age in place. This lecture will be presented as a webinar via Zoom and will be held on Thursday, July 16 at 1:00pm. The Counseling office and the Fund welcome four presenters who will discuss technology products that may help seniors live in their home independently for longer. Please feel welcome to invite your adult children or other family members to view this webinar too as the information could be helpful for everyone involved in your life.

Carla Din and Doug Mosher from Senior Fusion will discuss products that can help with medication management, community connection, and fall protection. Senior Fusion, an Oakland-based not-for-profit initiative, was established in 2019 to educate and connect seniors and their support networks to technology solutions that will enhance their quality of life. Senior Fusion is an initiative of the American Medical Women's Association.

Asher Hoffman from VitalLink will discuss products that help with fall detection and notification of family or emergency services. As a leader in the Medical Alert Systems industry, Vital Link is dedicated to providing the highest quality products and services for seniors and the disabled.

Carlos Ortega from Cherry Home will present their monitoring technology that allows a caregiver or family member to check-in on a loved one throughout the day. Cherry Home is a new monitoring technology for seniors in their home. It is designed to identify falls or behaviors indicating a health concern.

Rossmoor Transportation

Our goal during the COVID-19 is to continue to provide a bus service and help all Rossmoor residents maintain their independence and remain safe. For more information or questions, contact the Rossmoor Transportation Department:

Phone: (925) 988-7670
Monday-Friday 8:00 am - 4:30 pm
Email: buses@rossmoor.com

Rossmoor Bus Service Hours

Monday thru Friday: 9:00 am-5:00 pm

- First Schedule Ride starts at 9:30am
- Last Schedule Pick Up at 5:00 pm

Saturday, Sunday & Holiday's: 9:00 am-5:00 pm

- First Schedule Ride starts at 9:30am
- Last Schedule Pick Up at 5:00 pm

Dispatch (925) 988-7676 Phone Hours:

- Dispatch Monday thru Friday: 8:00 am - 4:00 pm
- Dispatch Saturday, Sunday & Holiday's: 8:00 am - 4:00 pm

Dial - A- Bus

The Rossmoor Bus service operates seven days a week. Dial-A-Bus operates on weekdays, weekends and holidays. The Dial-A-Bus service areas include destinations in the Rossmoor Community, Rossmoor Shopping Center, medical centers, and scheduled trips to our downtown service area at specific times. The Dial-A-Bus will pick you up at your curbside entry.

- **Call (925) 988-7676 at least one hour in advance to request a ride. Rides are scheduled on a space available basis.**

Shared Ride Service

Golden Rain Foundation (GRF) has contracted with GoGo Grandparents to provide a subsidized ride share service utilizing Uber/Lyft service. Resident's must register with the Transportation Department to utilize the subsidized service.

GoGo Grandparents schedules rides provided by Uber/Lyft. Rossmoor will subsidize \$10.00 per ride from the hours of 8:00am to 6:00pm and \$15.00 per ride from 6:01pm to Midnight. Residents must cover the remaining cost of each ride. Each resident may use the service 2 times per day with a maximum subsidy of \$20.00 per day provided by GRF.

- **Call the transportation office (925) 988-7670 to complete registration for this service.**

Paratransit

During the COVID-19, Paratransit service has the same hours as our Dial-A-Bus services. Rossmoor's paratransit bus will go anywhere the regular Rossmoor buses go. To qualify for the Rossmoor Paratransit service, you must be physically unable to use the regular Rossmoor bus and do not drive. Paratransit riders typically use wheelchairs, heavy walkers or they might live where they are unable to access the bus stop safely. All wheelchairs must have working footrests and brakes. Paratransit riders may be combined with other riders on the Green Line and on Dial-a-Bus.

- **Paratransit service must be requested the day before, by contacting 925-988-7676 between the hours of 8:00am - 4:30pm.**
- **To obtain an application please contact the Transportation Department at (925) 988-7670.**

The Rossmoor transportation service has continued to help the Rossmoor community to be safe and maintain social distancing during this COVID health crisis. The transportation departments has provided 449 rides in May and 860 rides in June.

Riddle Answers

Answer 1: You draw a shorter line next to it and it becomes the longer line.

Answer 2: A pillow

Fit Quiz Answers

Answer 1: Hands and Feet - the distal phalanges are the last bones at the ends of your fingers and toes

Answer 2: Four (4) muscles make up the Rotator Cuff. It's primary role is to stabilize the shoulder joint. Names: Subscapularis, Supraspinatus, Infraspinatus,

Teres Minor

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