



TICE CREEK FITNESS CENTER



Weekly News - 7/20

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 Reservations - Reminders

- **All pool users must adhere to the 6 feet social distancing policy.**
- **All pool users must wear a face covering at all times when not actively exercising in the pool.**
- **All pool users must exit the facility on or before the end of your 45 minute session.**
- **Cancel your reservation if you're not able to attend so that you can open that spot for someone else.** Cancel by phone @ 925-988-7854 (leave a voicemail if necessary), OR cancel in real time on your own by logging into your Mindbody account and cancel via computer or the App
- **Guests are not allowed to use the pools at this time.**

Pool Reservations & Questions

Phone: 925-988-7854

Email: aquatics@rossmoor.com

Fitness Trainer Spotlight



Dino Giannakis - Fitness Center Trainer

How long have you been working at Rossmoor?

Almost 13 years, started October 2007

Why does working at Rossmoor resonate with you?

I have worked at the YMCA and other gyms; most of the members' goals were focused on improving their appearance and to emulate people on magazine covers. Once they realized the work and lifestyle changes that come along with achieving their goals, they would give up and return to the same..

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

Riddles of the Week



Riddle 1

What is 3/7 chicken, 2/3 cat, and 2/4 goat?

Riddle 2

What has ten letters and starts with gas?

(answers at bottom of newsletter)

Fit Quiz of the Week



Question 1

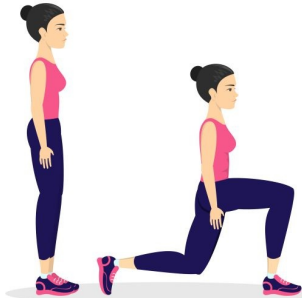
Aerobic exercise increases what?

Question 2

Where is your patella located?

(answers at bottom of newsletter)

Fitness Article



Master Foundational Movements

Bob Huff, Fitness Center Trainer

One of the keys to living a healthy and pain-free life physically is to master certain fundamental or foundational movement patterns. These are movements that we use every day as we move through the world. Yet for many gym users, the focus of their training is not on proper movement, but either on loading (how much weight they lift) or on fancy exercises they saw in a magazine. This is a serious mistake and often

[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 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:** Chicago
Answer 2: Automobile

Fit Quiz Answers

- Answer 1:** Heart Rate
Answer 2: Knee

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