



TICE CREEK FITNESS CENTER



Weekly News - 8/17

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!

Pool Reservations - Important Update

Due to a high demand for pool usage and in an effort to create more opportunities for residents to make pool reservations, the Aquatics Advisory Committee has decided to reduce the number of allowed pool reservations from 7 times per week down to 5 times per week.

This change will take effect starting today, August 17th. Any reservations already scheduled will not be affected.

Live Stream Zoom Fitness Classes

Click the blue buttons below to get all the information about how and when to participate in these virtual classes. You can also find some helpful tips for using Zoom by clicking the first link below.

We look forward to seeing you online! Encourage your Rossmoor friends and family to join in!

As a reminder, any Zoom class cancellations or changes will be posted on the Live Stream class schedule on the Tice

Fitness website. (second link below)

Pilates Mat: Bob Huff

Beginner Pilates Mat: Bob Huff

Light Strength & Balance: Katleen Lamport

Triple S - Stand, Sit, Strength: Becky Beckelman

Abs & Back: Jo Nash

Stretch: Jo Nash

Barre: Emm Yee

Abs & Hips: Dino Giannakis

NO REGISTRATION OR RESERVATIONS REQUIRED

CLICK HERE: Join Live Stream Zoom Fitness Classes

CLICK HERE: Up to Date Live Stream Class Schedule

Printable Workouts

Check out these printable/PDF at-home workouts the fitness team is putting together. Each workout includes images of the exercises to help show proper technique. We're in the process of adding more workouts to the list.

Click the link below to go to our "stay-at-home fitness" webpage, then scroll down to the "printable workouts" section.

CLICK HERE: Printable Workouts

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 \[fitnessdesk@rossmoor.com\]\(mailto:fitnessdesk@rossmoor.com\).](#) 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.

Riddle of the Week



Riddle

What question can you never honestly answer yes to?

(answer at bottom of newsletter)

Front Desk Team Spotlight



Mandi Forsland

How long have you been working in Rossmoor?

3 1/2 years

Why does working at Rossmoor resonate with you?

I used to be a caregiver, and helping care for someone's mom, dad, sister, wife or grandparent was the biggest compliment and rewarding job I've ever had, and working at Rossmoor provides me...

[Read The Full Spotlight Article Here](#)

Fitness Article



Thoracic Mobility and Why It's Important

Bob Huff, Fitness Center Trainer

Do you have lower back or neck pain? How about shoulder pain when reaching or lifting objects overhead? Or perhaps you have rounded shoulders when sitting or standing. All these issues could be caused, at least in part, by poor thoracic spine mobility.

The thoracic spine is the upper section of the back (between the low back and neck) and consists of 12 vertebrae which attach to the rib cage. While the lumbar spine (lower back) is built more for stability, the thoracic spine is designed to move, having the ability to flex, extend, rotate, and side bend. These movements...

[Read The Full Article Here](#)

Other Fitness Resources

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

Check out the library of exercise videos from the Tice Fitness staff. Click the link above.

[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 Counseling

Optimum Wellness Speaker Series via Zoom Webinar

Home Care and the Coronavirus: An Interactive Presentation

Lorna Van Ackeren of the Advisory Council on Aging and Hillendale Home Care will discuss negotiating risks of COVID-19 infection when hiring and employing caregivers. Registered Nurse, Tricia Macilwaine, will join Lorna by providing her medical guidance on this important topic.

Thursday, August 27 from 1:00 - 2:30 p.m.
via Zoom Webinar

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

[CLICK HERE: Event Flyer](#)

Rossmoor Counseling

Sleep is an important component in one's physical and emotional health. If you are having difficulty with sleep due to emotional concerns and would like to talk to a supportive counselor, call Rossmoor Counseling Services at 925-988-7750 to be connected to a counselor.

SLEEP HYGIENE

Tips for a Good Night's Sleep



Go to bed and get up at the same times each day



Don't eat or drink too much when it is close to bedtime



If you take naps, keep them short and before 5PM



Exercise Regularly



Develop rituals to wind down before going to bed



Keep the bedroom a relaxing place—avoid working or paying bills in bed



Go to bed in a dark, quiet room that isn't too hot or too cold



Don't lie in bed awake

Rossmoor Recreation

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

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 Answer

Answer: Are you asleep?

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fitnessdesk@rossmoor.com

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