



# TICE CREEK FITNESS CENTER



*Weekly News - 8/3*

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!

## **Live Stream Zoom Fitness Classes**

### **Classes Starting Today!!**

We're excited to announce that live stream Zoom fitness classes are coming to your living room. Join the Tice Fitness Center trainers online in some of your favorite group fitness classes.

Click the blue button below to get all the information about how and when to participate in these virtual classes.

- ***NO REGISTRATION OR RESERVATIONS REQUIRED***
- *Some classes start this week, others will start the week of August 10th. See website for dates.*
- *You can use the link below, OR you can also go to [www.ticefitnesscenter.com](http://www.ticefitnesscenter.com), then click "Schedule", then click "Live Stream Zoom Fitness Classes" in the drop-down menu.*
- *Class formats being offered is limited based on several factors, such as instructor availability, space and time resources, and at-home equipment limitations with residents.*

## 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.*

## Riddles of the Week



### **Riddle 1**

It's been around for millions of years, but is never more than a month old. What is it?

### **Riddle 2**

I have two main bodies and I'm turned all about. When I'm standing still, time will run out. What am I?

*(answers at bottom of newsletter)*

## Front Desk Team Spotlight



### **RUTH BRATTON**

***How long have you been working in Rossmoor?***

I have been working at Rossmoor for almost 4 years.

***Why does working at Rossmoor resonate with you?***

Working at Rossmoor resonates with me because I find being able to provide and be a part of..

[Read The Full Spotlight Article Here](#)

## Fitness Article



### How To Prevent Dehydration While Exercising

*Bob Huff, Fitness Center Trainer*

In a recent phone conversation, one of my Pilates class members (who is also a member of the hiking club) shared with me how two members of the club suffered from dehydration during a recent hike, one severe enough to warrant hospitalization. With August (and presumably hotter weather) approaching, it seems like a good time to remind Rossmoor residents of the importance of drinking enough water and give...

[Read The Full Article Here](#)

## 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, [Pool Noodle Exercises](#)

#### 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,

[Standing Abs](#)

#### 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: 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 Answers

**Answer 1:** The Moon

**Answer 2:** An Hourglass

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