

**Updated 4/9/13**

### **Del Valle Comments**

Just another vote that when there is a design for space, that the noisy machines could have their own areas away from the stretch/relaxation areas.

This applies mainly to the boxing bag which is not too lovely when you are on a machine very near it with higher decibels, and to the vibraflex which at full speed is like a jet engine.

Made these comments at a previous fitness meeting, but worth repeating again.

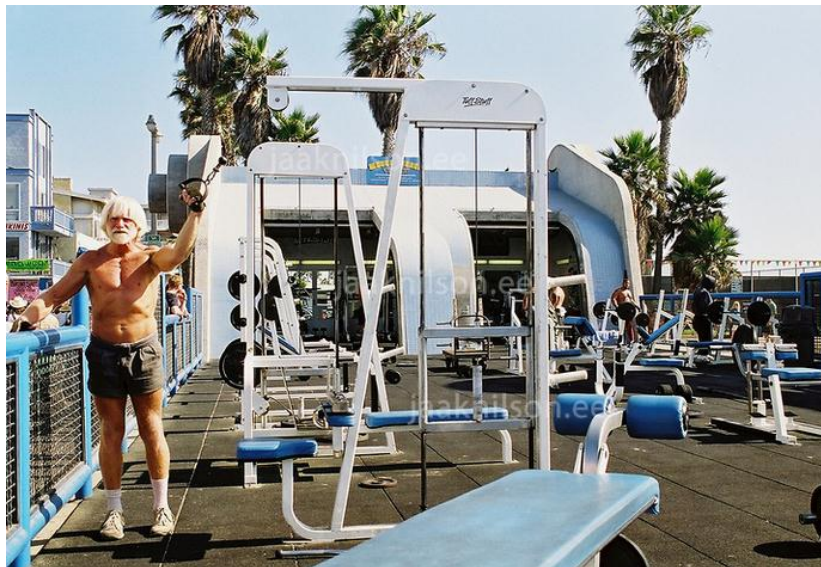
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My name is Jeanne Palmer and I live on Skycrest Drive and use the fitness center often. I would like to see an indoor track. It could be used in inclement weather and when it's too warm outside to walk/run. I have had an opportunity to use the indoor track at the Livermore Tennis Club where the track was built over the gym and there was an opening that looked down on the gym below. I have also used a track that is built on the same level as the fitness center, around the whole gym. I think many residents would use it. It would be an awesome addition. Rossmoor could advertise an "enclosed pool and track" which would encourage fitness buffs to move here.

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Well, this is probably a pie in the sky kind of thing, but one thing that might be nice is, if possible, some kind of outdoor area to exercise in.

While it might not be used much in the heat of summer, or the rain/cold of winter, in spring and fall it would be nice to be outside and do some exercise-not near the cars in the parking lot, of course!



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I'm attaching the dimensions of a pickleball court, hoping you'll use it when planning the future use of the Sierra Room. I understand and appreciate the need to expand the Fitness Center. However, the PB Club is hoping there will be space for 3 – 4 courts. Please let me know if you have questions or issues to discuss.

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I would like to see room for badminton and pickle ball courts when the fitness center is expanded and upgraded.

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I am writing in response to the article in the Rossmoor News (March 13, 2013) page A1 "Residents are invited to comment on the expansion of the Fitness center at Del Valle."

I urge the planners of this renovation to make room for the dance clubs here at Rossmoor. I am a member of both the tap and the line dancing clubs, and I think there are also ballet and ballroom clubs. It seems that the ballroom club will be able to use the new building at Stanley Dollar.

The tap club, in particular, needs a floor that "gives" and cannot be held in a room with a floor directly laid on a concrete slab. We are currently using the Shasta Room at Del Valle. We are not sure if the planned renovation will include the "upstairs" area where Shasta is.

At any rate, I hope that provision will be made for these clubs.

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My suggestions on the Fitness Center, based on my going there almost every day for several years:

- 1--Separate in another room the noisy activities, such as the punching bag and the vibrator. (I was on the Rotary Foundation Board when we bought the damn vibrator. I have regretted my "yes" vote ever since.). Tell Masha that all future noisy activities must go in The Noise Room.
2. Separate the treadmills by at least a foot. I have seen six people fall because the grab bars go only half the distance from the end.
3. More chairs in the waiting area. The existing six chairs are frequently filled and people waiting for transportation have no place to sit.
4. Tell Michelle not to play that godawful music, Comcast has many channels. Screeching singing sounds awful. (Michelle is deaf. She doesn't hear when I complain.)
5. The Fitness Center is a treasure, the best amenity at Rossmoor.
6. Buy more plastic book holders.

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I am totally opposed to the expansion of the fitness center.

There are hours in the day when it is possible to use all of the equipment with a short wait. I don't believe that we have to cater to the people who wish to use it early in the morning or the minute they wish to use it.

The Event Center does not have adequate parking. The Del Valle building will be needed for large gatherings.

It has its own parking which is large and is well-lighted and has an easy access. Large numbers of people walking from street parking at night and in bad weather to the Event Center is beyond belief.

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My name is Lyubov Santulli and I had read in the Rossmoor News that you are taking suggestions for the expansion of the Fitness Center. Me and my mother, also a resident of the community are quite passionate about having a sauna and a steam room installed in the Fitness Center ever since we first moved here.

A sauna and steam room would make a great addition to the gym experience as they eliminate toxins through sweat, ease joint pain, improve circulation and strengthen the immune system. These spas will offer something for everyone, for example Dr. Andrew Weil believes that saunas can "soothe sore muscles, decrease muscle stiffness and alleviate pain in patients with arthritis." While Dr. Simon states that sauna bathing "can help improve sleep, decrease stress and improve energy levels."

On the other hand, according to Dr. Weil and the University of Oulu report steam rooms can help sufferers of asthma, chronic bronchitis and other respiratory infections. Thus, as you can see these spas help with health problems that are common among the many residents in Rossmoor. Feel free to contact me if you have any comments regarding my submission.

All of the quotes came from BENEFITS OF SAUNAS & STEAM ROOMS article by Sam Ellyn published on June 18, 2012, which quoted many other reliable sources.  
<http://www.livestrong.com/article/152677-benefits-of-saunas-steam-rooms/>

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I use the gym about 3-4 times a week, and the pool as well. I have also done a class, and now Zumba. I am 62 and female.

I have had a gym membership for 25 years in Concord, before moving to Rossmoor 6 years ago. I love the convenience of the Rossmoor fitness center.

I really miss a basketball court and a larger aerobic room. It would be great if a half-court basketball court could be in the future plans and a larger aerobic room. The zumba class is packed! Another class member and I agree that Zumba is a good type of workout that is not achieved by any other exercise offered at the fitness center.

Thank you for asking for input in the Rossmoor news article of last week.

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I would like to make a comment I am taking Michelle's Zumba class Wed and Fri . She is very good I love it. I love the time of the class as I am busy in the daytime hard to take any morning classes.

However the room is not very big and the number of dancers is usually 20+ every class. We need a bigger room for aerobics type of class and more of the Zumba type of classes. As is shown in the popularity of Michelle's class. We need more classes of that agility at Rossmore.

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I am responding to the article in today's Rossmoor News regarding future uses of Del Valle Clubhouse.

I am a board member of the Rossmoor Pickle Ball Club. We are a sanctioned Rossmoor club with over 75 members. We have been playing pickle ball (the nations fastest growing senior sport) at the Tice Valley Gym for about three years. We would like you to consider the use of the sierra room for pickle ball play in your planning for future uses at Del Valle. We realize that there will be a number of users competing for the space, but think that our group and game is worthy of your consideration.

If you are not familiar with our sport, you can find information at [www.usapa.org](http://www.usapa.org), the recognized web site for the sport. If you have any questions, you could reach our president, Addie Maddox at 925-943-7681. If you want to experience what we are about, and perhaps even join in a game, we play at Tice Gym MWF 10-12.

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Excellent, Dick! I had sent him court dimensions a few weeks ago and asked for 3 – 4 courts in the Sierra Room. The more he hears from us, the better. I also sent dimensions to Diane Guilfoxy, GRF Board member, at her request.

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Thank you for giving us residents an opportunity to ask questions about the Fitness Center expansion at Del Valle Clubhouse.

I am a member of the Rossmoor Rhythm Review, a tap dancing club representing Rossmoor. We practice at the Shasta Room at Del Valle on Mondays, Tuesdays and Thursdays from 2pm to 4:30pm every week.

As the planning is now underway to determine the future of the Del Valle Clubhouse, we would like to ask the question: "Will the Shasta Room still be available for use by clubs like ours and for other classes being taught?" We depend upon the specific attributes of the Shasta Room – the mirrors, the floor, the size, and the bars.

I am planning on attending the April 10<sup>th</sup> meeting and would appreciate if you could include as an agenda topic: **"What is the future of the Shasta Room"**. If the Shasta Room will not be available, we would like to know what are the plans for making a similar room available to accommodate the current clubs and classes.

Our tap group schedules around 35-40 performances each year, where we perform at various Senior Centers, Assisted Living facilities, and even here at Rossmoor for Fun Day and the Fourth of July festivities. We take a lot of pride in sharing our talents in the Tri-Valley and bringing joy and happiness to our community seniors. We are Rossmoor ambassadors!

Our club has been around for twenty-six years, and Diana Starr has been our fantastic instructor for the last fifteen years. Thank you in advance for your consideration in helping us continue to have a place to practice our tap dancing and to continue to represent Rossmoor in a very positive and gratifying way.

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Hi, Jeff. hear you are collecting suggestion on future use of Del Valle for the design team. Here are my suggestions:

1. Add a social room, similar to the Redwood room that can be used by residents before/after workouts and for meetings by various fitness/dance groups. There could be beverages/snacks available either through vending machines and/or hosted counter. There should also be large scale TV so folks could gather to watch sports such as Monday Night Football, golf, tennis, or to show video of Rossmoor events, etc. It should have an outside entrance as well so groups could reserve room for gatherings after fitness center hours. Should have a larger capacity than Redwood room (59 people max), more in the 60-100 range. Could also be used as break/lunch room by Center staff.

2. In Sierra room, add an elevated walking track around the room perimeter about 8-10 feet from ceiling, for use in cold and/or inclement weather. Could be accessed from 2nd floor. An indoor walking track would also be a better walking surface than asphalt or concrete. Similar tracks are often seen in the gyms of Del Webb communities.

3. Add basketball, 1/2 court at least

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4. Add venting skylights to the Sierra room to add natural light and allow air flow.

5. Get rid of the stage, coatroom, and use entire Sierra room for fitness.

6. Redo Women's shower and Dressing room areas. Add more showers and increase drainage/ventilation in shower areas. I have to wear shoes in current showers or I get athlete foot fungus from wet mats and shower floor. And sorry, but most women do not like to get out of shower naked and dress in front of others so we need more showers with attached dressing areas.

6. Bocce - The demand for this sport is growing. Add bocce courts outside behind the rear wall of the Sierra room. OR, move the dog park to an area such as the Corporation Yard stables area and convert dog park area into additional bocce courts. This would also reduce noise complaints from current dog park neighbors. You would be able to add access to such courts for persons in wheelchairs.

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Thank you for the opportunity to comment about the exciting expansion of the fitness center! I still work full-time so I am unable to attend the opportunity to comment in person.

My employer provides me with a free membership to Oakwood Athletic Club in Lafayette and I have been a member from the day they opened. I love this place for the following reasons:

1. It is always clean.
2. The exercise machine area is very large and I don't feel claustrophobic as I do at Rossmoor fitness.
3. There are carpeted stretching areas which Rossmoor lacks.
4. There is a steam room (hot – not lukewarm) and sauna in the ladies' locker so we don't need to put on a bathing suit.
5. The staff is very friendly and helpful unlike Rossmoor.
6. When something stops working, it gets fixed immediately. (Rossmoor's blood pressure machine never worked and finally it has a sign saying "not working" – there really is no excuse for this type of management).
7. They provide unlimited towels – I know this is not practical without increasing cost.

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I would like to recommend that you visit Oakwood Athletic. Exercise is such a critical part of aging gracefully and maintaining good health – we need to create a "spa like" environment where members want to come. Please read Friday March 29<sup>th</sup> Wall Street Journal section called "Mansion" – this article features the changing world of senior retirement communities.

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I would like to offer my input of desires for the renovation of Del Valle Fitness.

aaa) I would like security put in place for entrance with a scan machine for entrance, etc. I have seen a mixture of people that may not be "legally" residents.

bbb) Also, for the Sierra Room, open it up to more light as a modern gym should be.

There are alot of newcomers to Rossmoor as I have experienced, and alot of them being boomers in age, so we need to update the look in order for all to enjoy. As it is now, it is quite depressing to be there with the exception of the Aerobic room.

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I am a 3 year resident home owner here in Rossmoor and am in my early 60s's. My husband and I had always used a gym before moving here from Oakland Hills area. But, the facility was so cramped and the equipment so old we never used it at all. I also tried to go to some classes there but again that room was beyond sad, and the tempo of classes was beyond slow!

So, we are putting our 2 cents worth into the ideas for the new expanded fitness center and are very excited about the coming changes. We feel that there should an overall feeling of an upscale gym in that there should be larger class rooms, more space in center and newer

machines. Also, there should be a lobby area at entrance as well as a sitting area with and an area for tables and chairs for after exercising where participants can refill water cans and chat. Also, you can just throw out all that equipment and start over....

Also, an outdoor area that can have multipurpose use would be welcome by all of us under 65. Our numbers are growing and the Rossmoor demographic is shifting so we need to address the needs of the under 65 crowd, now....

we would welcome a list of community meetings scheduled, can you email it to me? We are out of town till May 15.

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I would like to see more shower stalls & dressing rooms for the women. Sometimes we have to wait for a shower ( only 5 ) & get cold waiting. Or we have to wait for a dressing room to open b/c there are only 3 while the pool classes have 25-30 women on average.

I would like to see the Zumba (dance) room expanded b/c there are so many students that there is very little room to move. The floor of the mat science classes should be wood. Much easier on the back.

The weights and machine room obviously has to be expanded.

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We would both prefer that you improve the swimming facilities at all three pools, rather than expanding the hard floored portion of the facility, which is useless to both myself and my husband. We are younger than your average, too, and find most of your facility geared to our own grandparents' generation - please, something newer themed than 1950's!!! But still, don't care about hard to access facilities that we won't be able to use.

I don't know why you think 80 year old East Coast widows, your main population, would care about extending the athletic facilities... I even heard that somebody wants a gymnasium!! Do you think we are going to play basketball? So many of the new facilities are useless to us, and we resent paying for them. Including the golf course, tennis courts, and when do you think we are going to want to eat dinner with four hundred friends?

There are useful facilities, such as the Gateway area, but it looks like you are stinting on maintenance and upkeep there, while spending a fortune on new facilities that are largely USELESS to your residents. Did you know that the weak Wifi signal at Gateway only intermittently reaches the art buildings? The internet is an important tool, and very inexpensive to upgrade.

How about additional dog park facilities in the North and South ends of the valley?

How about making the bocce ball courts wheelchair accessible, the steps are a big problem for many of us?

You could trap and release the coyotes - I'm tired of the prospect of being attacked when I take my two small dogs out at night - why not?

You could spend some of the funds to bring the entire Rossmoor site up to code on wheelchair accessibility - it is obvious that you don't have enough ramps, I have been thinking about reporting some infractions, and the sidewalks are a huge tripping hazard due to shifting of the pavement in the 30+ years since it was installed.

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I suggest that you add a basketball court to the expanded gym.  
Thank you.

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I would like to see a social room similar to the Redwood Room where groups of up to 80 people could gather before or after social events. It would include comfortable seating, a large format screen, a separate entrance to be used after hours, Wi-Fi and vending machines to provide special coffee and tea drinks or concession stand offering these items in the afternoons and evenings. It would have good soundproofing so that others are not disturbed by enthusiastic Monday night football fans or those enjoying other televised events. There would be a great sound system to play soothing background music at other times. It would be an updated Redwood Room/in home theater/Peet's to meet the needs of the changing demographics of Rossmoor.

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My wife and I feel an upgraded social room similar to the Redwood room with a huge TV and perhaps a karaoke set up etc. would be an excellent partial use of Del Valle. Informal social groups base on various commonalities among Rossmoor residents as well as discussion groups etc. would make Rossmoor life even more vital.

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I read email below on the Boomers forever bulletin board.

I would just like all decision makers to know that whatever you do with the new fitness center please don't waste space with the idea suggested in the email below. If people want to watch TV in a group there are other places in Rossmoor to do it. The fitness center should be about people who want to stay fit and exercise. It should not be for social gatherings and people who want to sit around and watch TV sports !!! If you have that much room to spare I suggest expanding the men's locker room so more than four people can get dressed at the same time.

My one personal request is that the Fitness Administrators return to the original schedule of having the fitness center open until 9:00pm on weekends. There are many people here (I am one) who still work and evening hours are important.

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I would like to see a Super Circuit set up like that of DVC. It has traffic lights set up that change indicating when you start, stop, or to change machines. The intervals are about three minutes. The equipment is set up in rows. You get a good workout without realizing it. (Some of us need to be tricked into doing it!)

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I would like to be part of your planning team for the expansion of the fitness center. I have extensive background in the process, along with recreation planning and programming. Please



add me to your mailing list and let me know when you are meeting. I have some ideas for you. Let me know if you'd like to meet individually, prior to your committee meeting.

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After the Event Center experience, it would seem logical to ask for Resident's input *before* plans are drawn up. You might get some helpful suggestions.

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On my wish list for the new fitness center is a walking track. Could be placed along the walls. Roosmoor is a great place but with all the hills walking is difficult. A walking track would be level and much easier to walk. Thank You for allowing input.

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I concur with Pat Ranagan's ideas regarding the expansion at Del Valle. A social room as part of that expansion would not just be nice but a critical component of the complex. Thank you,

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My wife and I are away most of April, so we are giving our suggestions to you directly. My wife suggests that a sauna and steam room would be nice. I would like a TV at every machine, including the rowing machines. In the locker room, decent size lockers would be good, big enough to hold a typical gym bag. Wider lockers would also give people more room to dress.

The existing locker room has a basic design flaw -- there is no direct access from the swimming pool to the shower area. This forces swimmers to go through the locker room, dripping water on the floor. In addition, there should be an open drying area next to the showers, in addition to the small enclosed area next to each shower.

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My husband and I moved to Rossmoor from Montana last year, and--as we tell our friends back home--we thoroughly enjoy the beauty of the place and think it is very well managed.

However, we also tell them: the fitness center is very inadequate.

Our suggestions for the remodel to bring it up to the minimum standards of a serious fitness center are two:

(1) DEDICATE AN AREA FOR FLOOR STRETCHING. I begin my exercise route with floor stretches. The floor area in the little stretch room is too small, so I go into the classroom if it is empty. If that is not possible, I and others stretch in front of the doors opening into the hallway. Occasionally someone comes barreling through those doors and I do fear injury.

(2) A RUN/WALK TRACK. My husband and I have to cool off after our routines by walking around the parking lot outside.

Please--don't waste space on a snack bar or coffee shop. Make the remodel the serious workout gym we boomers crave.

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As a new resident of Rossmoor, I am thrilled that the Fitness Center will be expanded and updated as is so needed. I am taking this opportunity to give my suggestions, although I am hoping many of them are already included in your plans.

1) Fitness area: The aerobic machines (treadmills, exercycles, elliptical trainers, etc.) should be in a separate area or room from the weights and weight machines. I hope each area will have more room, more machines, more benches and more free weights.

2) Stretching area: We desperately need something other than the closet size room we have now with its 3 tables. It should encompass enough room for floor stretching/exercise with the use of mats, stability balls, rollers, etc. There should also be bars for standing stretching.

3) Jacuzzi and steam room: I would like to see these added.

4) Locker rooms: I have yet to use it, but I'm sure it needs updating as well.

5) Social Room: It would be nice to have some kind of room where one could have coffee/tea/cold drinks, etc. with friends after classes and workouts.

I am sure over time I will see more things that could be improved, but those mentioned above would be my priorities. They are things that, as a gym user for many years, I have seen in all other gyms I have used.

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I am sure this has been brought to your attention before but I want to make sure I voice my personal opinion.

They presently have a "boxing speed bag" in the gym, which I use on occasion. I don't use it every time I am in the gym, although I would like to.

Even when I use it, it is only for approx. 15 seconds instead of the 5 minutes that I would like to use it, due to all the complaints I receive about the noise made by the bag.

The bag needs to be in a separate enclosed room because the noise goes throughout the gym.

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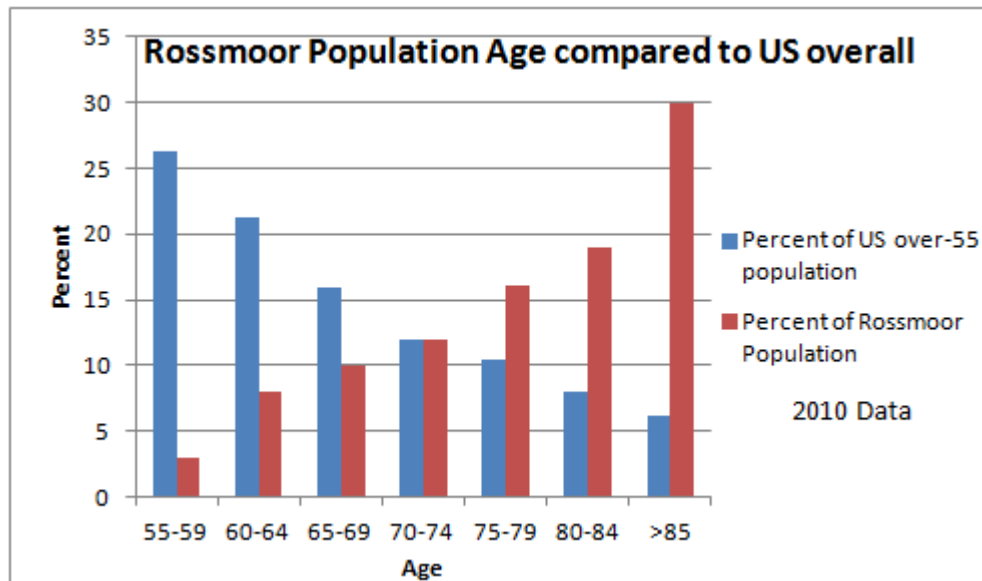
Thanks for the opportunity to provide suggestions for the fitness center expansion.

This is my personal opinion, not that of any club.

The Fitness Center usage has grown from 107,000 visits per year in 2004 (the year it moved into the present quarters) to nearly 151,000 in 2012. That's a compounded growth rate of 4.4% per year. At that rate it will double in 16 years. It's overcrowded with people during busy hours and the equipment takes up so much of the floor space that it's difficult to do any kind of floor exercise even during slow hours. It does need to expand.

It's not just a recreational amenity. It's vital to many resident's health. Speaking personally, I'd probably be diabetic if I didn't have a place to do aerobic exercise several times a week. And it's been great for rehabbing my new knee.

I suggest that the expansion be planned as a means of increasing Rossmoor's attractiveness to younger people. The graph below shows that about 50% of Rossmoor's available market (people over 55) were under 65, and only 10% of Rossmoor residents were under that age (2010 data). We're missing the bulk of our market.



I suggest a small portion of the expansion plan include items that might not have huge appeal to the current resident base. These could include a squash/racquetball court, pickleball space, and possibly even a rock climbing wall. I'm sure there are other possibilities.

Other suggestions:

- Create more space for table exercise
- Separate noisy equipment from the others
- Position the staff desk so it can see the exercisers
- Include a lounge area with modern furniture at the entrance (but please not the 4900 square feet mentioned in the LRPTF document) that sells water, sports drinks, and maybe some healthy snack items.
- Provide towels (for an optional fee)
- Expand and re-lay out the locker areas so there is more space to change clothes
- Plan the entrance for future use of smart cards to track usage and control access. It doesn't have to be a gate. Red and green lights would suffice.