



BC=Buckeye Courts D=Dollar Clubhouse G=Gateway Clubhouse EC=Event Center H=Hillside Clubhouse MPR=Multipurpose Room TC=Tice Creek C=Creekside

POOL AND TICE CREEK FITNESS CENTER HOURS

TICE CREEK POOL is open daily from 6 a.m. to 9 p.m. It's closed until 1 p.m. on Thursday for cleaning. It's also open Saturday and Sunday from 6 a.m. to 6 p.m. The locker rooms are open.

HILLSIDE POOL and **DOLLAR POOLS** hours for March are 6 a.m. to 4 p.m. **Hillside Pool** is closed until 1 p.m. for cleaning on Tuesdays and **Dollar Pool** is closed until 1 p.m. for cleaning on Wednesdays.

FITNESS CENTER: The Fitness Center is open Monday through Friday from 6 a.m. until 9 p.m. and Saturday and Sunday from 6 a.m. to 6 p.m.

INFORMATION: Fitness Center, call 988-7850. Pools, call 988-7854.

ROSSMOOR LIBRARY HOURS

Monday, Tuesday and Thursday from noon to 4 p.m.

Wednesday and Friday from 10 a.m. to 4 p.m.

Saturday from 10 a.m. to 1 p.m.

9 a.m.	Torah Study Class	Club Room, C.....	B'nai Israel
9 a.m.	Egg Hunt Brunch	Main Area, D.....	Boomers Forever
9 a.m.	Stamp Meeting	MPR 3, G.....	Philatelic Club
9:30 a.m.	Domino Play	MPR 1-2, G.....	Domino Club
10 a.m.	Chess Play	Chess Room, D.....	Chess Club
11:30 a.m.	Duplicate Bridge	Oak Room, G.....	Bridge, Duplicate
Noon	Mexican Train/Mah Jongg	Mulligan Room, C.....	Afr-Americans & Friends
1 p.m.	Italian Language Class	MPR 3, G.....	Italian American
1 p.m.	Movie	Peacock Hall, G.....	Rec. Dept.
1 p.m.	Scrabble Play	MPR 2, G.....	Scrabble Club
1 p.m.	American Mah Jongg	MPR 1, G.....	Canasta/Mah Jongg Club
1 p.m.	Aquacise	Pool, TC.....	Rec. Dept.
4 p.m.	Movie	Peacock Hall, G.....	Rec. Dept.
7 p.m.	Movie	Peacock Hall, G.....	Rec. Dept.
7 p.m.	Bridge	Garden Room, D.....	Connection

THURSDAY, MARCH 22

TIME	EVENT	LOCATION	ORGANIZATION
7 a.m.	Luk Tung Kuen	Diablo Room, H.....	Luk Tung Kuen
8 a.m.	Tax Aide	Vista Room, H.....	Rec. Dept.
9 a.m.	Bible Study	Garden, Ivy, Chess Room, D.....	Bible Study Group
9 a.m.	Bible Study	Card Room 1-3, D.....	Bible Study Group
9 a.m.	Open Tennis	Buckeye Tennis Courts, B.....	Tennis Club
9 a.m.	Stitchers	Sewing Room, G.....	Sewing Arts Club
9:30 a.m.	Domino Lessons	Oak Room, G.....	Domino Club
10 a.m.	Comcast	Fireside Lobby, G.....	Rec. Dept.
Noon	Optimum Wellness	Fireside Room, G.....	Rec. Dept.
Noon	Rummy Kube Play	Pine Room, H.....	Afr-Americans & Friends
12:15 p.m.	Jewish Community Chorus	Main Area, D.....	B'nai Israel
12:45 p.m.	Partnership Bridge	Oak Room, G.....	Bridge
1 p.m.	Drama Class	Ivy Room, D.....	Drama Assoc.
1 p.m.	Thursday Movie	Peacock Hall, G.....	Rec. Dept.
1 p.m.	4th Thurs Bridge	Garden Room, D.....	Connection
1 p.m.	Writers Club Meeting	MPR 1-2, G.....	Writers Group
2 p.m.	Line Dancing	Diablo Room, H.....	Rec. Dept.
4 p.m.	Line Dancing	Diablo Room, H.....	Chinese/American Club
4 p.m.	Thursday Movie	Peacock Hall, G.....	Rec. Dept.
5 p.m.	General Meeting	Entire Clubhouse, EC.....	Democrats
5 p.m.	Overeaters Anonymous	MPR 3, G.....	Rec. Dept.
5 p.m.	Aquacise	Pool, TC.....	Rec. Dept.
7 p.m.	Thursday Movie	Peacock Hall, G.....	Rec. Dept.
7 p.m.	Duplicate Bridge	Oak Room, G.....	Bridge, Duplicate

FRIDAY, MARCH 23

TIME	EVENT	LOCATION	ORGANIZATION
7 a.m.	Luk Tung	Vista Room, H.....	Luk Tung Kuen
8 a.m.	Deep Water Aerobics	Pool, TC.....	Rec. Dept.
8:30 a.m.	Men's Exercise Group	MPR 1-2, G.....	Men's Exercise Group
9 a.m.	Berean Forum	Fairway A/B, C.....	Berean Forum
9 a.m.	Board Meeting	MPR 3, G.....	JEICOR
9 a.m.	Brown Baggers	Garden Room, D.....	Domino Club
9 a.m.	Duplicate Bridge Class	Oak Room, G.....	Bridge, Duplicate
9:30 a.m.	Cribbage Club	MPR 2, G.....	Cribbage Club
9:30 a.m.	Quilters	Sewing Room, G.....	Sewing Arts Club
10 a.m.	Peripheral Neuropathy	Vista Room, H.....	Rec. Dept.
10 a.m.	Movie	Peacock Hall, G.....	Rec. Dept.
10 a.m.	Water Exercise	Pool, TC.....	Rec. Dept.
11 a.m.	Tennis Ball Machine Clinic	Buckeye Tennis Courts, B.....	Tennis Club
11:15 a.m.	Joint Efforts	Pool, TC.....	Rec. Dept.
Noon	Mah Jongg	Oak Room, G.....	Chinese/American Club
12:15 p.m.	Twinges In Hinges	Pool, TC.....	Rec. Dept.
12:30 p.m.	Songs With Fil And Mil	Redwood Rm., G.....	Rec. Dept.
12:30 p.m.	Chess Play	Chess Room, D.....	Chess Club
12:30 p.m.	AARP Smart Driver Program	MPR 3, G.....	Rec. Dept.
1 p.m.	Opera Club Olli	Fireside Room, G.....	Opera Club
1 p.m.	Great Books	Mulligan Room, G.....	Great Books (Fri. Afternoon)
1 p.m.	Friday Movie	Peacock Hall, G.....	Rec. Dept.
1 p.m.	Mah Jongg	MPR 1, G.....	National Council Of Jewish Women
4 p.m.	Friday Movie	Peacock Hall, G.....	Rec. Dept.
6 p.m.	Partnership Bridge	Oak Room, G.....	Bridge, Partnership
6:30 p.m.	Aquacise	Pool, TC.....	Rec. Dept.
7 p.m.	Movie	Peacock Hall, G.....	Rec. Dept.
7:30 p.m.	B'nai Israel Service	Vista Room, H.....	B'nai Israel
9 p.m.	Movie	Peacock Hall, G.....	Rec. Dept.

SATURDAY, MARCH 24

TIME	EVENT	LOCATION	ORGANIZATION
8 a.m.	Practicing Mindfulness	Fairway A/B, C.....	Mindful Living Club

SUNDAY, MARCH 25

TIME	EVENT	LOCATION	ORGANIZATION
7 a.m.	Sunday Service	Vista Room, H.....	Siloam Community Church
9 a.m.	Sunday Service	Diablo Room, H.....	St.Luke's Church
10:30 a.m.	Sunday Service	Fireside Room, G.....	Hope Lutheran
11 a.m.	Sunday Service	Peacock Hall, G.....	Tice Valley Methodist Church
2 p.m.	Mah Jongg Play & Lessons	MPR 1, G.....	Canasta/Mah Jongg Club
4 p.m.	Sunday Movie	Peacock Hall, G.....	Rec. Dept.
4:30 p.m.	CC Chamber Orchestra	Fireside Room, G.....	Rec. Dept.
7 p.m.	Dance	Entire Clubhouse, EC.....	Sunday Dancers
7 p.m.	Movie	Peacock Hall, G.....	Rec. Dept.

MONDAY, MARCH 26

TIME	EVENT	LOCATION	ORGANIZATION
7 a.m.	Luk Tung Kuen	Diablo Room, H.....	Luk Tung Kuen
8 a.m.	Deep Water Aerobics	Pool, TC.....	Rec. Dept.
8:30 a.m.	Men's Exercise Group	MPR 1-2, G.....	Men's Exercise Group
9 a.m.	Drama Class	Las Trampas, H.....	Drama Assoc.
10 a.m.	Mah Jongg	Card Room 1, D.....	Luk Tung Kuen
10 a.m.	Water Exercise	Pool, TC.....	Rec. Dept.
11:15 a.m.	Joint Efforts	Pool, TC.....	Rec. Dept.
Noon	Needleworkers	Sewing Room, G.....	Sewing Arts Club
12:15 p.m.	Twinges In Hinges	Pool, TC.....	Rec. Dept.
12:30 p.m.	Duplicate Bridge	Oak Room, G.....	Bridge, Duplicate
1 p.m.	Opera Quaterlies	Fireside Room, G.....	Opera Club
2 p.m.	Tap Practice	Las Trampas, H.....	Happy Hoofers Tap
3 p.m.	Entre Amigos	MPR 3, G.....	Entre Amigos
4 p.m.	Musical Monday	Peacock Hall, G.....	Rec. Dept.
6 p.m.	Domino Play	Oak Room, G.....	Domino Club
6:15 p.m.	Dealer's Choice Poker	Pine Room, H.....	Rec. Dept.
6:30 p.m.	Aquacise	Pool, TC.....	Rec. Dept.
7 p.m.	Square Dancing	Diablo Room, H.....	Square Dance Club
7 p.m.	Meeting	Fairway A/B, C.....	Wellness Club
7 p.m.	AA Open 12 Step Meeting	Vista Room, H.....	Rec. Dept.
7 p.m.	Musical Monday	Peacock Hall, G.....	Rec. Dept.

TUESDAY, MARCH 27

TIME	EVENT	LOCATION	ORGANIZATION
7 a.m.	Luk Tung Kuen	Diablo Room, H.....	Luk Tung Kuen
8 a.m.	AARP Smart Driver Program	MPR 3, G.....	Rec. Dept.
8 a.m.	Tax Aide	Vista Room, H.....	Rec. Dept.
9 a.m.	Pinochle Play	MPR 1, G.....	Pinochle Mens & Womens
9 a.m.	Open Tennis	Buckeye Tennis Courts, B.....	Tennis Club
10 a.m.	Tai Chi Chih Beginning	Diablo Room, H.....	Tai Chi Chih Club
10 a.m.	Comcast	Fireside Lobby, G.....	Rec. Dept.
10 a.m.	Meeting	Pine Room, H.....	Rossmoor Sign Language Club
10 a.m.	Paper Crafters	Sewing Room, G.....	Sewing Arts Club
11 a.m.	Tuesday Meeting	Fireside Room, G.....	Financial Forum
11:15 a.m.	Tai Chi Chih Continuing	Diablo Room, H.....	Tai Chi Chih Club
Noon	Mah Jongg	MPR 1, G.....	Chinese/American Club
Noon	Mah Jongg	MPR 2, G.....	Chinese/American Club
12:30 p.m.	Sing-A-Long Hootenanny	Redwood Rm., G.....	Rec. Dept.
12:30 p.m.	Duplicate Bridge	Oak Room, G.....	Bridge, Duplicate
1 p.m.	Diablo Symphony Movie	Peacock Hall, G.....	Diablo Symphony Guild
2 p.m.	Berkeley Rep Drama	Main Area, D.....	Drama Assoc.
2:30 p.m.	Rehearsal	Las Trampas, H.....	Ashmolean Singers
4 p.m.	Social Dance Club	Diablo Room, H.....	Social Dance Club
5 p.m.	Overeaters Anonymous	Garden Room, D.....	Rec. Dept.
5 p.m.	Aquacise	Pool, TC.....	Rec. Dept.
6 p.m.	Poker With George	Chess Room, D.....	Rec. Dept.
6 p.m.	Partnership Bridge	Oak Room, G.....	Bridge, Partnership
7 p.m.	Supervised Bridge	MPR 1-2, G.....	Supervised Bridge

Calendar information is provided to the News by Room Reservations at the Recreation Department.

Residents or groups who would like to make changes to the listing should contact Room Reservations at 988-7780 or 988-7781.

WEDNESDAY, MARCH 28

TIME	EVENT	LOCATION	ORGANIZATION
7 a.m.	Luk Tung Kuen	Diablo Room, H	Luk Tung Kuen
8 a.m.	Deep Water Aerobics	Pool, TC	Rec. Dept.
8:30 a.m.	Men's Exercise Group	MPR 1-2, G	Men's Exercise Group
9 a.m.	General Meeting	Donner A/B, EC	NCJW
9 a.m.	East Bay Friendship Line	Vista Room, H	Rec. Dept.
9 a.m.	Knitters	Sewing Room, G	Sewing Arts Club
9:30 a.m.	Duplicate Bridge	Oak Room, G	Bridge, Duplicate
10 a.m.	Spotlight	Fireside Room, G	Rec. Dept.
10 a.m.	Comcast	Fireside Lobby, G	Rec. Dept.
10 a.m.	Chess Play	Chess Room, D	Chess Club
10 a.m.	Board Meeting	Pine Room, H	Rotary Club
10 a.m.	Drama Class	MPR 1, G	Drama Assoc.
10 a.m.	Free Tennis Clinic	Buckeye Tennis Courts, B	Tennis Club
10 a.m.	Water Exercise	Pool, TC	Rec. Dept.
11 a.m.	Rotary Luncheon	Diablo Room, H	Rotary Club
11:15 a.m.	Joint Efforts	Pool, TC	Rec. Dept.
Noon	Ukulele Practice	Vista Room, H	Rossmoor Ukulele Club
12:15 p.m.	Twinges In Hinges	Pool, TC	Rec. Dept.
12:30 p.m.	Meeting	Fairway A/B, C	Antiques Club
12:45 p.m.	Partnership Bridge	Oak Room, G	Bridge
1:15 p.m.	Bouyant Balance	Pool, TC	Rec. Dept.
1:30 p.m.	Rehearsal	Las Trampas, H	Community Chorus
2 p.m.	Ukulele Practice	Pine Room, H	Rossmoor Ukulele Club
3 p.m.	Acim Meeting	MPR 3, G	Course In Miracles
3:30 p.m.	Spanish Conversation Group	Bunker Room, C	La Charla
3:30 p.m.	Ukulele Practice	Vista Room, H	Rossmoor Ukulele Club
3:30 p.m.	Ukulele Practice	Las Trampas, H	Rossmoor Ukulele Club
4 p.m.	Royal Society Jazz Orchestra	Entire Clubhouse, EC	Dixieland Jazz
4 p.m.	Bible Study	MPR 1, G	Chinese/American Club
4 p.m.	Phone Bank	Oak Room, G	Democrats
4 p.m.	Art House Movie	Peacock Hall, G	Rec. Dept.

4:30 p.m.	Tai Chi	Diablo Room, H	Chinese/American Club
6 p.m.	Boomers Schmooze	Main Area, D	Boomers Forever
6:30 p.m.	Bridge	MPR 2, G	Connection
6:30 p.m.	Aquacise	Pool, TC	Rec. Dept.
7 p.m.	AA Meeting	MPR 1, G	Rec. Dept.
7 p.m.	Art House Movie	Peacock Hall, G	Rec. Dept.

THURSDAY, MARCH 29

TIME	EVENT	LOCATION	ORGANIZATION
7 a.m.	Luk Tung Kuen	Diablo Room, H	Luk Tung Kuen
8 a.m.	Tax Aide	Vista Room, H	Rec. Dept.
9 a.m.	Bible Study	Garden, Ivy, Chess Room, D	DBible Study Group
9 a.m.	Bible Study	Card Room 1-3, D	Bible Study Group
9 a.m.	Open Tennis	Buckeye Tennis Courts, B	Tennis Club
9 a.m.	Stitchers	Sewing Room, G	Sewing Arts Club
9:30 a.m.	Domino Lessons	Oak Room, G	Domino Club
10 a.m.	Diablo Valley Team Play	Tahoe Room, EC	Golf Womens 18 Holers
10 a.m.	Comcast	FIRESIDE LOBBY, G	Rec. Dept.
Noon	Rummy Kube Play	Pine Room, H	Afr-Americans & Friends
12:15 p.m.	Jewish Community Chorus	Main Area, D	B'nai Israel
12:45 p.m.	Partnership Bridge	Oak Room, G	Bridge
1 p.m.	Drama Class	Ivy Room, D	Drama Assoc.
1 p.m.	Thursday Movie	Peacock Hall, G	Rec. Dept.
1 p.m.	Writers Club Meeting	MPR 1-2, G	Writers Group
1:30 p.m.	Maudy Thursday Service	Fireside Room, G	Hope Lutheran
2 p.m.	Line Dancing	Diablo Room, H	Rec. Dept.
3 p.m.	Meet The Candidates	Main Area, D	Informed Rossmoor Voices
4 p.m.	Line Dancing	Diablo Room, H	Chinese/American Club
4 p.m.	Thursday Movie	Peacock Hall, G	Rec. Dept.
5 p.m.	Overeaters Anonymous	MPR 3, G	Rec. Dept.
5 p.m.	Aquacise	Pool, TC	Rec. Dept.
7 p.m.	Movie	Peacock Hall, G	Rec. Dept.
7 p.m.	Duplicate Bridge	Oak Room, G	Bridge, Duplicate

TICE CREEK FITNESS CENTER CLASSES

The Fitness Center has TV screens in front of each studio with the most updated schedule. The schedule will showcase the classes for the day and includes staff classes, independent contractor classes, clubs and small-group-training classes. Some classes are taught by independent contractors and they collect fees directly for the class.

All fee classes are marked with a \$ after description. SGT- Small group training classes - are taught by Fitness Center staff. The fee is \$10 per class. See instructor for class and payment details. If residents want to be notified of class cancellation, they will need to go to the front desk to give their name, phone number and specify the class. Staff does not call for independent contractor classes and club classes—only Fitness Center staff classes.

AEROBICS STUDIO

MONDAY

Strength w/ Cathy Steen \$	8:45 to 9:30 a.m.
Muscle Movers w/ Julie Hughes	10 to 10:50 a.m.
Light Strength w/ Katleen Lamport	11:10 to noon
TRX-SGT w/ Emm Yee	12:30 to 1:30 p.m.

TUESDAY

Strength Circuit w/ Dino	6 to 7 a.m.
Smart Start w/ Cathy Steen \$	8:45 to 9:30 a.m.
Zumba class w/ Carol Lehr	9:45 to 10:45 a.m.
Ballet class w/ Ari Bowes	11 a.m. to noon
TRX SGT w/ Becky Beckelman	3 to 3:45 p.m.
Cardio Dance Lite w/ Bonnie Forman \$	4 to 5 p.m.

WEDNESDAY

Strength w/ Cathy Steen \$	8:45 to 9:30 a.m.
Muscle Movers w/ Julie Hughes	10 to 10:50 a.m.
TRX SGT w/ Emm Yee	12:30 to 1:30 p.m.
SGT Osteoporosis w/ Emm Yee	1:45 to 2:45 p.m.
Mindful Mat w/ Julie Hughes	4:30 to 5:20 p.m.
Sculpt and Tone w/ Michele Arvizu	6 to 7 p.m.

THURSDAY

Strength Circuit w/ Dino	6 to 7 a.m.
Smart Start w/ Cathy Steen \$	8:45 to 9:30 a.m.
Zumba class w/ Carol Lehr	9:45 to 10:45 a.m.

Light Strength w/ Katleen Lamport	11:10 to noon
Chinese folk dance w/ Zong Yi	12:30 to 2:30 p.m.
Self-defense class w/ Dennis Shimoko	7 to 7:50 p.m.

FRIDAY

Strength w/ Cathy Steen \$	8:45 to 9:30 a.m.
Muscle Movers w/ Becky Beckelman	10 to 10:50 a.m.
Line dancing w/ Jackie Johnson	11 a.m. to 12:30 p.m.

SATURDAY

Line dancing w/ Jackie Johnson	12 to 1:30 p.m.
Sculpt and Tone w/ Michele Arvizu	2:30 to 3:30 p.m.

SUNDAY

Self-defense class w/ Dennis Shimoko	10:45 to 11:35 a.m.
Mindful mat floor w/ Julie Hughes	12 to 12:50 p.m.

SERENITY ROOM

MONDAY

Int. yoga w/ Leena St. Michael \$	10 to 11:15 a.m.
TLC yoga w/ Leena St. Michael \$	11:35 a.m. to 12:55 p.m.
Mat Pilates w/ Bob Huff	1:15 to 2:15 p.m.
Hula class w/ Gloria Kern	2:30 to 4:30 p.m.
Flexible yoga w/ Barbara Bureker \$	5 to 6 p.m.

TUESDAY

Mat Pilates w/ Bob Huff	7 to 8 a.m.
Tai chi CAAR w/ Karen Sze	8:15 to 9:45 a.m.
Gentle yoga w/ Sarah Harvey \$	11 a.m. to noon
Active yoga w/ Sarah Harvey \$	12:15 to 1:15 p.m.
Tai chi Wu Shu	2:45 to 4:45 p.m.
Stretch yoga w/ Barbara Bureker \$	5 to 6 p.m.

WEDNESDAY

Gentle yoga w/ Bonnie Maeda \$	11:15 a.m. to 12:15 p.m.
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THURSDAY

Mat Pilates w/ Bob Huff	7 to 8 a.m.
Tai chi CAAR	8:15 to 9:45 a.m.
Int. yoga w/ Leena St. Michael \$	10 to 11:15 a.m.
Mat Pilates w/ Bob Huff	11:30 a.m. to 12:20 p.m.
Hula w/ Gloria Kern	2:30 to 4:30 p.m.
Strength yoga w/ Barbara Bureker \$	5 to 6 p.m.

FRIDAY

Flexible yoga w/ Barbara Bureker \$	10 to 11 a.m.
Gentle yoga w/ Sarah Harvey \$	11:45 a.m. to 12:45 p.m.
Mat Pilates w/ Bob Huff	1 to 2 p.m.

SATURDAY

Tibetan yoga \$	10 to 11:30 a.m.
Yoga for Healthy Bones w/ Sarah Harvey \$	11:45 a.m. to 1 p.m.

DANCE STUDIO

MONDAY

Spin w/ Katleen Lamport	6 to 7 a.m.
Abs/back w/ Jo Nash	7:10 to 8 a.m.
Keeping Fit w/ Marie Harp \$	9 to 10 a.m.
Zumba w/ Jo Nash	Noon to 1 p.m.
Parkinson's w/ Julie Hughes	1:30 to 2:30 p.m.
Beginning tap w/ Mary Lyons	2:45 to 4:45 p.m.
Cycle strength w/ Emm Yee	5 to 6 p.m.
Barre w/ Emm Yee	6:15 to 7:15 p.m.

TUESDAY

Bodyweight w/ Bob Huff	8:15 to 9:15 a.m.
Memory Fit w/ Austin Van Dyke \$	1:30 to 2:30 p.m.
Intermediate tap w/ Mary Lyons	2:45 to 4:45 p.m.

WEDNESDAY

Spin w/ Katleen Lamport	6 to 7 a.m.
Abs/back w/ Jo Nash	7:10 to 8 a.m.
Keeping Fit w/ Marie Harp \$	9 to 10 a.m.
Folk Dance w/ Judy Gordon	1:15 to 3:15 p.m.
Chair Challenge w/ Julie Hughes	3:30 to 4:20 p.m.

THURSDAY

Bodyweight w/ Bob Huff	8:15 to 9:15 a.m.
Parkinson's w/ Bob Huff	1:30 to 2:20 p.m.
Tap rehearsal w/ Judie Huse	2:45 to 4:45 p.m.
Cycle-strength w/ Emm Yee	5 to 6 p.m.
Barre w/ Emm Yee	6:15 to 7:15 p.m.

FRIDAY

Spin w/ Katleen Lamport	6 to 7 a.m.
Abs and back w/ Dino	7:10 to 8 a.m.
Keeping fit w/ Marie Harp \$	9 to 10 a.m.
Folk dance w/ Judy Gordon	1:15 to 3:15 p.m.
Chair challenge w/ Becky Beckelman	3:30 to 4:20 p.m.

SATURDAY

Memory Fit w/ Austin Van Dyke \$	1:30 to 2:30 p.m.
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SUNDAY

Chair sit and stretch w/ Julie Hughes	1:10 to 2 p.m.
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