



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** are open 6 a.m. to 8 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.

FAMILY SWIM: Family swim is at Hillside pool Monday, Wednesday, Thursday and Friday from 11 a.m. to 1 p.m. and weekends and holidays from 11 a.m. to 2 p.m. There is no family swim on Tuesdays.

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.

THURSDAY, OCTOBER 18

DATE	EVENT	LOCATION	ORGANIZATION
7 a.m.	Luk Tung Kuen	Diablo Room, H	Luk Tung Kuen
9 a.m.	Bible Study	Main Area, D	Bible Study Group
9 a.m.	Open Tennis	Buckeye Tennis Courts, B	Tennis Club
9 a.m.	Master Swim	Pool, H	Silver Bullets Swim 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.
10:30 a.m.	Water Conservation Meeting	MPR 3, G	Sustainable Rossmoor
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, Duplicate
1 p.m.	Drama Class	Ivy Room, D	Drama Assoc.
1 p.m.	Movie	Peacock Hall, G	Rec. Dept.
1 p.m.	Writers Club Meeting	MPR 1-2, G	Writers Group
2 p.m.	Beginning Line Dancing	Diablo Room, H	Rec. Dept.
2 p.m.	Hicap Event	Fireside Room, G	Rec. Dept.
4 p.m.	Line Dancing	Diablo Room, H	Chinese/American Club
4 p.m.	Salon Rehearsals	Las Trampas, H	Drama Assoc.
4 p.m.	Movie	Peacock Hall, G	Rec. Dept.
6 p.m.	Terrie Odabi Concert	Entire Clubhouse, EC	Rec. Dept.
6 p.m.	Dollar Bridge	Mulligan Room, C	Connection
7 p.m.	Threshold Singers	MPR 2, G	Interfaith Council
7 p.m.	Movie	Peacock Hall, G	Rec. Dept.
7 p.m.	Duplicate Bridge	Oak Room, G	Bridge, Duplicate

FRIDAY, OCTOBER 19

DATE	EVENT	LOCATION	ORGANIZATION
7 a.m.	Luk Tung Kuen	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	Donner A/B, EC	Berean Forum
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.	General Meeting	Club Room, C	Genealogical Society
10 a.m.	CSU Opera Languages Class	Fireside Room, G	Opera Club
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	Salon Rehearsals	Las Trampas, H	Drama Assoc.
Noon	Mah Jongg	Oak Room, G	Chinese/American Club
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
12:45 p.m.	American Mah Jongg	MPR 2, G	Canasta/Mah Jongg Club
1 p.m.	Movie	Peacock Hall, G	Rec. Dept.
4 p.m.	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.	French Clubs	MPR 1, G	Rossmoor French Club
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, OCTOBER 20

DATE	EVENT	LOCATION	ORGANIZATION
8 a.m.	Practicing Mindfulness	Fairway A/B, C	Mindful Living Club
9 a.m.	Library Association Party	Main Area, D	Library Assoc.

9:30 a.m.	Domino Play	MPR 1-2, G	Domino Club
10 a.m.	Torah Study	Club Room, C	B'nai Israel
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.	Saturday Movie	Peacock Hall, G	Rec. Dept.
1 p.m.	Scrabble Play	MPR 2, G	Scrabble Club
1 p.m.	Mah Jongg And Canasta	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.	Ballroom Dance	Entire Clubhouse, EC	Ballroom Dance
7 p.m.	Movie	Peacock Hall, G	Rec. Dept.

SUNDAY, OCTOBER 21

DATE	EVENT	LOCATION	ORGANIZATION
7 a.m.	Sunday Service	Vista Room, H	Siloam Community 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.	American Mah Jongg	MPR 1, G	Canasta/Mah Jongg Club
4 p.m.	Movie	Peacock Hall, G	Rec. Dept.
4:30 p.m.	Nats Student Recital Concert	Fireside Room, G	Rec. Dept.
7 p.m.	Movie	Peacock Hall, G	Rec. Dept.

MONDAY, OCTOBER 22

DATE	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.
9 a.m.	Master Swim	Pool, H	Silver Bullets Swim Club
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
2 p.m.	Met-Hd Opera Series	Club Room, C	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.	Meeting	Club Room, C	Wellness Group
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.	AA Open 12 Step Meeting	Vista Room, H	Rec. Dept.
7 p.m.	Musical Monday	Peacock Hall, G	Rec. Dept.

TUESDAY, OCTOBER 23

DATE	EVENT	LOCATION	ORGANIZATION
7 a.m.	Luk Tung Kuen	Diablo Room, H	Luk Tung Kuen
9 a.m.	Meeting	Fireside Room, G	Activities Council
9 a.m.	Pinochle Play	MPR 1, G	Pinochle Mens & Womens
9 a.m.	AARP Smart Driver Program	MPR 3, G	Rec. Dept.
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	Vista Room, H	Rossmoor Sign Language Club
10 a.m.	Paper Crafters	Sewing Room, G	Sewing Arts Club
11:15 a.m.	Tai Chi Chih Continuing	Diablo Room, H	Tai Chi Chih Club
Noon	Sing-A-Long Hootenanny	Redwood Rm., G	Rec. Dept.
Noon	Mah Jongg	MPR 1-2, G	Chinese/American Club
12:30 p.m.	Duplicate Bridge	Oak Room, G	Bridge, Duplicate
1 p.m.	Senior Legal Services	Mulligan Room, C	Rossmoor Fund
2 p.m.	Berkeley Rep Drama	Main Area, D	Drama Assoc.
2:30 p.m.	Rehearsal	Las Trampas, H	Ashmolean Singers
2:45 p.m.	Papercraft Group	Sewing Room, G	Sewing Arts Club
4 p.m.	Social Dance Club	Diablo Room, H	Social Dance Club
4 p.m.	Moor Alive	Echo Room, EC	Moor Alive
5 p.m.	Overeaters Anonymous	Garden Room, D	Rec. Dept.
6 p.m.	Poker With George	Chess Room, D	Rec. Dept.
6 p.m.	Partnership Bridge	Oak Room, G	Bridge, Partnership
6:30 p.m.	Aquacise	Pool, TC	Rec. Dept.
7 p.m.	Supervised Bridge	MPR 1-2, G	Supervised Bridge

WEDNESDAY, OCTOBER 24

DATE	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.

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.

8:30 a.m.	Men's Exercise Group	MPR 1-2, G	Men's Exercise Group	4 p.m.	Art House Movie	Peacock Hall, G	Rec. Dept.
9 a.m.	General Meeting	Donner A/B, EC.....	NCJW	4:30 p.m.	Tai Chi	Diablo Room, H.....	Chinese/American Club
9 a.m.	East Bay Friendship Line	Vista Room, H.....	Rec. Dept.	6:30 p.m.	Aquacise	Pool, TC.....	Rec. Dept.
9 a.m.	Knitters	Sewing Room, G	Sewing Arts Club	7 p.m.	AA Meeting	MPR 1, G.....	Rec. Dept.
9:30 a.m.	Duplicate Bridge	Oak Room, G.....	Bridge, Duplicate	7 p.m.	Art House Movie	Peacock Hall, 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.	Spotlight	Peacock Plaza, G	Rec. Dept.				
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.				
12:45 p.m.	Partnership Bridge	Oak Room, G.....	Bridge,				
1 p.m.	Monthly Meeting	Fairway A/B, C.....	Antiques Club				
1 p.m.	Reel Event	Peacock Hall, G	Buddhist Study Group				
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.	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.	Thrown Together Jazz Band	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				

THURSDAY, OCTOBER 25

DATE	EVENT	LOCATION	ORGANIZATION
7 a.m.	Luk Tung Kuen	Diablo Room, H.....	Luk Tung Kuen
9 a.m.	Bible Study	Main Area, D.....	Bible Study Group
9 a.m.	Open Tennis	Buckeye Tennis Courts, B.....	Tennis Club
9 a.m.	Master Swim	Pool, H	Silver Bullets Swim 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	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.	Scrabble Play	Echo Room, EC	Scrabble Club
1 p.m.	Drama Class	Ivy Room, D	Drama Assoc.
1 p.m.	Movie	Peacock Hall, G	Rec. Dept.
1 p.m.	Bridge	Garden Room, D.....	Connection
1 p.m.	Meeting	MPR 1-2, G	Writers Group
2 p.m.	Beginning Line Dancing	Diablo Room, H.....	Rec. Dept.
4 p.m.	Line Dancing	Diablo Room, H.....	Chinese/American Club
4 p.m.	Movie	Peacock Hall, G	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.

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 Lampport..... 11:10 to noon
- TRX-SGT w/ Emm Yee..... 12:30 to 1:30 p.m.
- Men's Hula class w/ Roger Hadlich..... 2-3 p.m.

TUESDAY

- Strength Circuit w/ Dino6 to 7 a.m.
- Smart Start w/ Cathy Steen \$ 8:45 to 9:30 a.m.
- Zumba Club w/ Carol Lehr.....9:45 to 10:45 a.m.
- Ballet class w/ Ari Bowes.....11 a.m. to noon
- Tai Chi Movement CAAR 1 to 2:45 p.m.
- TRX SGT w/ Becky Beckelman 3 to 4 p.m.
- Cardio Dance Lite w/ Bonnie Forman \$.. 4:15 to 5:15 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.
- SGT Sculpt and Tone w/ Michele Arvizu..... 6 to 7 p.m.

THURSDAY

- Strength Circuit w/ Dino6 to 7 a.m.
- Smart Start w/ Cathy Steen \$ 8:45 to 9:30 a.m.
- Zumba class w/ Carol Lehr9:45 to 10:45 a.m.
- Light Strength w/ Katleen Lampport..... 11:10 to noon

Chinese folk dance w/ Zong Yi..... 12:30 to 2:30 p.m.

FRIDAY

- Abs/back w/ Dino..... 7:05 to 7:35 a.m.
- Strength w/ Cathy Steen \$ 8:45 to 9:30 a.m.
- Muscle Movers w/ Becky Beckelman 10 to 10:50 a.m.
- Int. Line dancing w/ Jackie Johnson. 11 a.m. to 12:30 p.m.

SATURDAY

- Cardio Mix with Michele Arvizu 10:45-11:45 a.m.
- Adv. 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 w/Dennis Shimoko 10:45-11:45 a.m.
- Mindful mat floor w/ Julie Hughes 12 to 12:50 p.m.
- Light Strength with Julie Hughes 3-3:50 p.m.

SERENITY ROOM

MONDAY

- Abs/back w/ Jo Nash 7:05 to 7:35 a.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 Huff7 to 8 a.m.
- Tai Chi Movement CAAR 8:15 to 9:45 a.m.
- Tai Chi Movement CAAR 10 to 10:45 a.m.
- Gentle yoga w/ Sarah Harvey \$..... 11 a.m. to noon
- Active yoga w/ Sarah Harvey \$ 12:15 to 1:15 p.m.
- Stretch yoga w/ Barbara Bureker \$..... 5 to 6 p.m.

WEDNESDAY

- Abs/back w/ Jo Nash 7:05 to 7:35 a.m.
- Gentle yoga w/ Bonnie Maeda \$.. 11:15 a.m. to 12:15 p.m.
- Mindful Mat w/ Julie Hughes 4:30 to 5:20 p.m.

THURSDAY

- Mat Pilates w/ Bob Huff.....7 to 8 a.m.
- Tai chi CAAR 8:15 to 9:45 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.

Barre w/ Emm Yee 6:15 to 7:15 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.

(* second and fourth Saturdays only)

DANCE STUDIO

MONDAY

- Spin w/ Katleen Lamport6 to 7 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

- SGT Bodyweight w/ Bob Huff..... 8:15 to 9:15 a.m.
- Intermediate tap w/ Mary Lyons 2:45 to 4:45 p.m.

WEDNESDAY

- Spin w/ Katleen Lamport6 to 7 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

- SGT 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.
- Self-defense class w/ Dennis Shimoko.....7 to 7:50 p.m.

FRIDAY

- Spin w/ Katleen Lamport6 to 7 a.m.
- Keeping fit w/ Marie Harp \$ 9 to 10 a.m.
- Folk dance w/ Judy Gordon..... 1:15 to 3:15 p.m.

SUNDAY

SGT Bal./Fall Prevention with Julie Hughes 10:30-11:30 a.m.

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