



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.

HILLSIDE POOL and **DOLLAR POOLS** are closed for the winter.

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.

Noon	Domino Play	Garden Room, D.....	Domino Club
2 p.m.	American Mah Jongg	MPR 1, G.....	Canasta/Mah Jongg Club
4 p.m.	Sunday Funnies	Peacock Hall, G	Rec. Dept.
7 p.m.	Sunday Funnies	Peacock Hall, G	Rec. Dept.

MONDAY, JANUARY 7

TIME	EVENT	LOCATION	ORGANIZATION
7 a.m.	Luk Tung Kuen	Diablo Room, H.....	Luk Tung Kuen
8:30 a.m.	Mens Exercise	MPR 1-2, G	Mens Exercise Group
9 a.m.	Drama Class/Rehearsals	Las Trampas, H	Drama Assoc.
9:30 a.m.	Meeting	Club Room, C	Emergency Prep. Org.
10 a.m.	Mah Jongg	Card Room 1, D.....	Luk Tung Kuen
11:30 a.m.	Piano With Frank Chui	Redwood Room, G	Rec. Dept.
11:30 a.m.	Intermediate Bridge	MPR 1, G.....	Connection
12:30 p.m.	Duplicate Bridge	Oak Room, G.....	Bridge, Duplicate
1 p.m.	Italian Cultural Group	Vista Room, H.....	Italian American
1 p.m.	Mindful Living Movie Event ..	Peacock Hall, G	Mindful Living Club
1:30 p.m.	Gathering Of Company	Club Room, C.....	Drama Assoc.
3 p.m.	Entre Amigos	MPR 3, G.....	Entre Amigos
4 p.m.	Opera Club Movie Event	Peacock Hall, G	Opera Club
6 p.m.	Domino Play	Oak Room, G.....	Domino Club
7 p.m.	Square Dance	Diablo Room, H.....	Square Dance Club
7 p.m.	Book Club	MPR 3, G.....	Couples Club
7 p.m.	AA Open 12 Step Meeting	Vista Room, H.....	Rec. Dept.

THURSDAY, JANUARY 3

TIME	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.	Domino Play	Oak Room, G.....	Domino Club
11 a.m.	Luncheon	Fireside Room, G.....	SIRs (Sons In Retirement)
Noon	Ira S. Feldman	Redwood Room, G.....	Rec. Dept.
12:45 p.m.	Partnership Bridge	Oak Room, G.....	Bridge
1 p.m.	Scrabble Play	Echo Room, EC.....	Scrabble Club
1 p.m.	Movie	Peacock Hall, G	Rec. Dept.
1 p.m.	18ers Bridge Group	Card Room 1, D.....	Golf Womens 18 Holers
1 p.m.	Writers Group Meeting	MPR 1-2, G	Writers Group
3 p.m.	Ukulele Practice	Vista Room, H.....	Rossmoor Ukulele Club
3:45 p.m.	Cocktails	Mulligan Room, C.....	Connection
4 p.m.	Line Dance Club	Diablo Room, H.....	Chinese/American Club
4 p.m.	Movie	Peacock Hall, G	Rec. Dept.
6 p.m.	English Language Class	MPR 2, G.....	Chinese/American Club
7 p.m.	Movie	Peacock Hall, G	Rec. Dept.
7 p.m.	Duplicate Bridge	Oak Room, G.....	Bridge, Duplicate

TUESDAY, JANUARY 8

TIME	EVENT	LOCATION	ORGANIZATION
7 a.m.	Luk Tung Kuen	Diablo Room, H.....	Luk Tung Kuen
9 a.m.	Ladies Party Bridge	Card Room 1-2, D	Couples Club
9 a.m.	Pinochle Play	MPR 1, G.....	Pinochle Mens & Womens
9 a.m.	Drama Classes/Rehearsals ..	Las Trampas, H	Drama Assoc.
9:45 a.m.	Tai Chi Chih Beginning	Diablo Room, H.....	Tai Chi Chih Club
10 a.m.	Meeting	Echo Room, EC	Modern Physics Discussion
10 a.m.	Sign Language Meeting	Vista Room, H.....	Rossmoor Sign Language Club
10 a.m.	Men's Ministry Group	Ivy Room, D.....	St. Annes Society
10 a.m.	Arts & Crafts	MPR 2, G.....	Chinese/American Club
10 a.m.	Ukulele Practice	Pine Room, H.....	Rossmoor Ukulele Club
11 a.m.	Tai Chi Chih Continuing	Diablo Room, H.....	Tai Chi Chih Club
11 a.m.	Dar Meeting	Fairway A/B, C	Daught/Amer./Rev.
Noon	Mah Jongg Club	MPR 1-2, G.....	Chinese/American Club
12:30 p.m.	Duplicate Bridge	Oak Room, G.....	Bridge, Duplicate
1 p.m.	Movie	Peacock Hall, G	Chinese/American Club
1 p.m.	Canasta	Eisenhower Room, D.....	Afr-Americans & Friends
2 p.m.	Canasta	Pine Room, H.....	Afr-Americans & Friends
2:30 p.m.	Tuesday Rehearsal	Las Trampas, H	Ashmolean Singers
3 p.m.	Drama Berkeley Rep	Club Room, C.....	Drama Assoc.
4 p.m.	Social Dance Club	Diablo Room, H.....	Social Dance Club
4 p.m.	Moor Alive	Echo Room, EC	Moor Alive
4 p.m.	Voices For Justice Movie	Peacock Hall, G.....	Voices For Justice In Palestine
5 p.m.	Overeaters Anonymous	Garden Room, D.....	Rec. Dept.
5 p.m.	Meeting	MPR 3, G.....	Persian Club
6 p.m.	Monthly Mtg.	Fairway A/B, C	Sustainable Rossmoor
6 p.m.	Poker With George	Chess Room, D	Chess Club
6 p.m.	Partnership Bridge	Oak Room, G.....	Bridge, Partnership
6:30 p.m.	Flick Fans	Peacock Hall, G	Couples Club
7 p.m.	Meeting	Diablo Room, H.....	Medical Marijuana Club
7 p.m.	Book Club	Bunker Room, C.....	Connection
7 p.m.	Supervised Bridge	MPR 1-2, G.....	Supervised Bridge

FRIDAY, JANUARY 4

TIME	EVENT	LOCATION	ORGANIZATION
7 a.m.	Luk Tung Kuen	Vista Room, H.....	Luk Tung Kuen
8:30 a.m.	Mens Exercise	MPR 1-2, G	Mens Exercise Group
9 a.m.	Domino Play	Garden Room, D.....	Domino Club
9 a.m.	Drama Class/Rehearsal	Las Trampas, H	Drama Assoc.
9 a.m.	Duplicate Bridge	Oak Room, G.....	Bridge, Duplicate
9:30 a.m.	Cribbage Play	MPR 1-2, G	Cribbage Club
10 a.m.	Movie	Peacock Hall, G	Rec. Dept.
11 a.m.	Ball Machine Clinic	Buckeye Tennis Courts, BC.....	Tennis Club
Noon	Mah Jongg Club	Oak Room, G.....	Chinese/American Club
12:30 p.m.	Songs By Fil & Mil	Redwood Room, G.....	Rec. Dept.
1 p.m.	Meeting	Vista Room, H.....	Friends Of Mt. Diablo
1 p.m.	Movie	Peacock Hall, G	Rec. Dept.
2 p.m.	Mah Jongg Lessons	Garden Room, D.....	Canasta/Mah Jongg Club
2 p.m.	Practice	Las Trampas, H	Chinese Performing Arts
4 p.m.	Movie	Peacock Hall, G	Rec. Dept.
6 p.m.	Poker With Donald	Chess Room, D	Chess Club
6 p.m.	Partnership Bridge	Oak Room, G.....	Bridge, Partnership
7 p.m.	Meeting	MPR 1, G.....	Rossmoor French Club
7 p.m.	Movie	Peacock Hall, G	Rec. Dept.
7:30 p.m.	Bnai Israel Service	Vista Room, H.....	Bnai Israel
9 p.m.	Movie	Peacock Hall, G	Rec. Dept.

SATURDAY, JANUARY 5

TIME	EVENT	LOCATION	ORGANIZATION
8 a.m.	Laughter Yoga	Echo Room, EC.....	Mindful Living Club
9 a.m.	Ballroom With Style	Vista Room, H.....	Ballroom With Style
9 a.m.	Wildcard Tournament	Buckeye Tennis Courts, BC.....	Tennis 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
1 p.m.	Movie	Peacock Hall, G	Rec. Dept.
1 p.m.	Mah Jongg/Canasta Play	MPR 1, G.....	Canasta/Mah Jongg Club
4 p.m.	Movie	Peacock Hall, G	Rec. Dept.
6:30 p.m.	Boomers Game Night	Oak Room, G.....	Boomers Forever
7 p.m.	Movie	Peacock Hall, G	Rec. Dept.

SUNDAY, JANUARY 6

TIME	EVENT	LOCATION	ORGANIZATION
8 a.m.	Sunday Service	Diablo Room, H.....	Siloam Community Church
10 a.m.	Coffee Hour	MPR 1-2, G	Tice Valley Methodist Church
10:30 a.m.	Sunday Service	Fireside Room, G.....	Hope Lutheran
11 a.m.	Sunday Service	Peacock Hall, G ..	Tice Valley Methodist Church

WEDNESDAY, JANUARY 9

TIME	EVENT	LOCATION	ORGANIZATION
7 a.m.	Luk Tung Kuen	Diablo Room, H.....	Luk Tung Kuen
8 a.m.	Meeting	Entire Clubhouse, EC.....	Friends Of Assistance
8:30 a.m.	Mens Exercise	MPR 1-2, G	Mens Exercise Group
9 a.m.	Drama Class/Rehearsals	Las Trampas, H	Drama Assoc.
9 a.m.	Duplicate Bridge	Oak Room, G.....	Bridge, Duplicate
10 a.m.	Spotlight	Fireside Room, G.....	Rec. Dept.
10 a.m.	Concert	Redwood Room, G.....	Rec. Dept.
10 a.m.	Mah Jongg	Card Room 2, D.....	Rossmoor Hadassah
10 a.m.	Chess Club Play	Chess Room, D	Chess Club
10 a.m.	Drama Class	MPR 1, G.....	Drama Assoc.
10 a.m.	Tennis Clinic	Buckeye Tennis Courts, BC.....	Tennis Club
11 a.m.	Rotary Luncheon	Diablo Room, H.....	Rotary Club
Noon	Ukulele Practice	Vista Room, H.....	Rossmoor Ukulele Club
12:45 p.m.	Partnership Bridge	Oak Room, G.....	Bridge
1 p.m.	Bridge Men's	Card Room 1-2, D	Couples Club
2 p.m.	Ukulele Practice	Pine Room, H.....	Rossmoor Ukulele Club
3 p.m.	Meeting	MPR 2, G.....	Course In Miracles
3 p.m.	Ukulele Practice	Vista Room, H.....	Rossmoor Ukulele Club
3 p.m.	Speaker Series	Peacock Hall, G	Nature Association
3:30 p.m.	Spanish Conversation	Bunker Room, C.....	La Charla

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.

3:30 p.m.	Ukulele Practice	Las Trampas, H	Rossmoor Ukulele Club
4 p.m.	Phone/Texting Bank	Oak Room, G	Democrats
6 p.m.	Poker With Donald	Chess Room, D	Chess Club
6 p.m.	Movie	Peacock Hall, G	Sustainable Rossmoor
7 p.m.	AA Meeting	MPR 1, G	Rec. Dept.
7:30 p.m.	Big Band Rehearsals	Diablo Room, H	Big Band

9 a.m.	Bible Study	Main Area, D	Bible Study Group
9 a.m.	Domino Play	Oak Room, G	Domino Club
Noon	Ira S. Feldman	Redwood Room, G	Rec. Dept.
12:45 p.m.	Partnership Bridge	Oak Room, G	Bridge
1 p.m.	Scrabble Play	Echo Room, EC	Scrabble Club
1 p.m.	Movie	Peacock Hall, G	Rec. Dept.
1 p.m.	18ers Bridge Group	Card Room 1, D	Golf Womens 18 Holers
1 p.m.	Writers Group Meeting	MPR 1-2, G	Writers Group
4 p.m.	Movie	Peacock Hall, G	Rec. Dept.
5 p.m.	Meeting	Mulligan Room, C	Persian Club
6 p.m.	English Language Class	MPR 2, G	Chinese/American Club
6 p.m.	Poker Faces	Pine Room, H	Couples Club
7 p.m.	Movie	Peacock Hall, G	Rec. Dept.
7 p.m.	Duplicate Bridge	Oak Room, G	Bridge, Duplicate

THURSDAY, JANUARY 10

TIME	EVENT	LOCATION	ORGANIZATION
7 a.m.	Luk Tung Kuen	Diablo Room, H	Luk Tung Kuen
9 a.m.	Market Moguls	Club Room, C	Financial Forum

TICE CREEK FITNESS CENTER CLASSES

The Fitness Center has TV screens in front of each studio with the most updated schedule. The schedule showcases 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 Lamport	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.
Barre w/ Emm Yee	6:15 to 7:15 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 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.
Tai Chi CAAR	3 to 5 p.m.
SGT 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.
Barre w/Emm Yee	6:15 to 7:15 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.
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 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 Movement CAAR	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.
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.
Strength yoga w/ Barbara Bureker * \$	10 to 11 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.
<i>*as of Jan 3, Strength Yoga has moved to 10 to 11 a.m.</i>	

FRIDAY

Abs/back w/ Dino	7:05 to 7:35 a.m.
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.
<i>(* meets second and fourth Saturdays)</i>	

DANCE STUDIO

MONDAY

Spin w/ Katleen Lamport	6 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.

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 Lamport	6 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 Lamport	6 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.