

## FITNESS CENTER ADVISORY COMMITTEE REPORT

### REGULAR MEETING

WEDNESDAY, JANUARY 8, 2020, AT 9:30 A.M.

A regular meeting of the Fitness Center Advisory Committee (FCAC) was called to order by the Chair, Catherine S. Herdering, at 9:30 a.m. on Wednesday, January 8, 2020, in the Fairway Room at Creekside Complex.

Present, in addition to the Chair, were James V. Grizzell, Vice Chairman, Janet Corda, Secretary; Alice King, Virginia Lee Rapp, Robert Remington, and Leslie Birdsall, ex-officio member and GRF representative. Larry Kaufman was excused. Also in attendance were Robert D. Kelso, President, GRF; Jeffrey P. Matheson, Director of Resident Services; Mark Metcalf, Regional Operations Manager of Active Wellness; Noah Yuzna, Fitness Lead; Cathy Tallyn, Staff Writer, and Dan Rosenstrauch, Photographer, Rossmoor News; and four residents. Attendance

The report of the Committee's regular meeting, November 13, 2019, was approved as written. Report Approved

The Chair reported that there were 255,146 visits to the Tice Creek Fitness Center and pools in 2019. Residents used 2,143 guest passes last year. The total revenue from personal training was \$230,086 for 2019 and total revenue was \$245,525. Chair's Report

There were no announcements or correspondence.

Mr. Metcalf reported that a new treadmill safety campaign is beginning, after a medical incident in December, with new signs and an article in the Rossmoor News. The Active Education program is starting up again, with free programs on the Pilates equipment by Jo Nash and the IBalance machine by Katleen Lamport. Staff Reports

Mr. Yuzna reported that a Fall Prevention seminar will start in late February with several trainers. A free Step and Sculpt class with Becky Beckelman and a fee based Ayurvedic workshop based on Indian health philosophy by Dennis Shimoko will also be offered. These will be announced in the Rossmoor News.

Mr. Matheson commended staff for their quick and effective response to a medical emergency in December. He reported that the contract with UC Davis for a five-year study of exercise and nutrition at Rossmoor will be signed this month. Publicity should begin in February with a community presentation and an invitation for residents to sign up. This program includes a full-time trainer and a half-time health coach, both funded by a UC grant. GRF will do the hiring and the University will pay their wages.

Alice King reported for the Publicity subcommittee that Marvin Shuldman has been added to the Wall of Fame. Two more residents will soon be added; one featuring Pilates equipment, and the other, aquatics classes. Publicity

There were two speakers at the Residents' Forum, both opposed to music in the gym due to medical issues. It was pointed out that some with hearing problems cannot tolerate piped music and would avoid the gym if it were playing. For them, noise canceling devices do not block it out adequately. Residents' Forum

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Under Unfinished Business, the Committee considered the results of the music Music Survey Results survey. There were a total of 1,150 responses. Half voted for, and half against, ambient music being played in the gym. It was pointed out that people who prefer music have the option of bringing their own headsets.

A motion was made by Ms. Rapp, seconded by Ms. Corda, and CARRIED UNANIMOUSLY to continue with no music in the gym.

Continue with No Music

Regarding New Business, the Committee discussed items for the Fitness/Aquatics Subcommittee to consider in February, and decided to raise the topic of the Guest Use Policy for guests of residents who are unable to attend with them due to illness or disability. The date and time for the Subcommittee is still to be arranged.

Topics for Subcommittee

There being no further business to come before the Committee, the meeting was adjourned at 10:15 a.m.

Adjournment

The next regular FCAC meeting will be held Wednesday, March 11, 2020, at 9:30 a.m. in the Fairway Room at the Creekside Complex.

Next Mtg. 3/11/20

DocuSigned by:  
Catherine S. Herdering  
Catherine Herdering, Chair  
Fitness Center Advisory Committee

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