



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 11

TIME	EVENT	LOCATION	ORGANIZATION
7 a.m.	Luk Tung Kuen	Diablo Room, H	Luk Tung Kuen
8:15 a.m.	Sewing Club Meeting	Fairway A/B, C	Sewing Arts Club
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 a.m.	Bbq At Peacock Plaza	Peacock Plaza, 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.	Writers Club Meeting	MPR 1-2, G	Writers Group
2 p.m.	Beginning Line Dancing	Diablo Room, H	Rec. Dept.
3 p.m.	Trails Club Annual Meeting	Fireside Room, G	Trails Club
4 p.m.	Movie	Peacock Hall, 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

FRIDAY, OCTOBER 12

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.	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.	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	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
1 p.m.	Movie	Peacock Hall, G	Rec. Dept.
3 p.m.	Italian Americans	Entire Clubhouse, EC	Italian American
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.	Dwight Stone Concert	Diablo Room, H	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, OCTOBER 13

TIME	EVENT	LOCATION	ORGANIZATION
8 a.m.	Practicing Mindfulness	Fairway A/B, C	Mindful Living Club
9 a.m.	Meeting	MPR 3, G	Philatelic Club
9 a.m.	Light For Others Movie	Peacock Hall, G	St. Annes Society
9:15 a.m.	Threshold Choir	Las Trampas, H	Interfaith Council
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.	Luncheon	Fireside Room, G	Red Hatters

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.	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 Jong 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.

SUNDAY, OCTOBER 14

TIME	EVENT	LOCATION	ORGANIZATION
7 a.m.	Sunday Service	Vista Room, H	Siloam Community Church
9 a.m.	Pet Parade	Picnic Area 5-6, D	Gay Men's Club
10 a.m.	Sunday Night Showcase	Entire Clubhouse, EC	Rec. Dept.
10 a.m.	Senior Spirituality	Echo Room, EC	Mindful Living Club
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 Jong Club
4 p.m.	Sunday Movie	Peacock Hall, G	Rec. Dept.
7 p.m.	Sunday Movie	Peacock Hall, G	Rec. Dept.

MONDAY, OCTOBER 15

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.
9 a.m.	Master Swim	Pool, H	Silver Bullets Swim Club
10 a.m.	Chamber Music Concert	Entire Clubhouse, EC	Chamber Music 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.	Tennis Club Board Meeting	Bunker Room, C	Tennis Club
1 p.m.	Italian Culture Group	Vista Room, H	Italian American
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.	Chinese Language Class	Vista Room, H	Chinese/American Club
4 p.m.	Foreign Film	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.	AA Open 12 Step Meeting	Vista Room, H	Rec. Dept.
7 p.m.	Italian American Movie	Peacock Hall, G	Italian American

TUESDAY, OCTOBER 16

TIME	EVENT	LOCATION	ORGANIZATION
7 a.m.	Luk Tung Kuen	Diablo Room, H	Luk Tung Kuen
9 a.m.	Pinochle Play	MPR 1, G	Pinochle Mens & Womens
9 a.m.	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.	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
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.	Foreign Film	Peacock Hall, G	Rec. Dept.
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
7 p.m.	NatGeo: Gender Revolution	Peacock Hall, G	Lgbt Alliance

WEDNESDAY, OCTOBER 17

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.	East Bay Friendship Line	Vista Room, H	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.

9 a.m.	Knitters	Sewing Room, G	Sewing Arts Club
9:30 a.m.	Duplicate Bridge	Oak Room, G	Bridge, Duplicate
10 a.m.	Happiness Monthly Meeting	Main Area, D	Mindful Living Club
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 a.m.	Beat The Pro Tournament	Entire Clubhouse, EC	Golf Mens
11:15 a.m.	Joint Efforts	Pool, TC	Rec. Dept.
Noon	Ukulele Practice	Vista Room, H	Ukulele Club
12:15 p.m.	Twinges In Hinges	Pool, TC	Rec. Dept.
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	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	Ukulele Club
3:30 p.m.	Ukulele Practice	Las Trampas, H	Ukulele Club
4 p.m.	Bible Study	MPR 1, G	Chinese/American Club
4 p.m.	Phone Bank	Oak Room, G	Democrats
4:30 p.m.	Tai Chi	Diablo Room, H	Chinese/American Club
6:30 p.m.	Aquacise	Pool, TC	Rec. Dept.
7 p.m.	AA Meeting	MPR 1, G	Rec. Dept.
7 p.m.	Chinese Movie	Peacock Hall, G	Chinese/American Club

THURSDAY, OCTOBER 18

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.	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
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.	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 Rehearsal	Las Trampas, H	Drama Assoc.
4 p.m.	Movie	Peacock Hall, G	Rec. Dept.
5 p.m.	Aquacise	Pool, TC	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

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 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.

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.
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

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 Huff	7 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.
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Gentle yoga w/ Sarah Harvey \$...

Mat Pilates w/ Bob Huff

Barre w/ Emm Yee

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 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.
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 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.