

“Awareness is the Root of T'ai Chi Chih”- *Justin Stone*
Saturday, March 9, 2024 10:00AM-4:00PM
Rossmoor Hillside Clubhouse



This workshop, presented by T'ai Chi Chih teacher trainer Sandy McAlister and other TCC instructors, will focus on ways in which T'ai Chi Chih can cultivate mindfulness and serenity.

All are welcome, especially beginners.



REGISTRATION:

- There is a suggested attendance fee of \$40 or whatever donation feels right for you.
- Please bring cash or a check made out to “**NorCal TCC Workshop 2024**”.
- Bring a bag lunch or you can buy food at the Safeway Deli just outside Rossmoor.

NOTE: Security procedures at Rossmoor require names of drivers entering for this event be submitted **one week in advance**, so, if you are driving, please **email Dick Dye (dye824@gmail.com, 847-732-6191) with your name and phone number.**

Driver IDs will be checked at the gate based on this list, so please register early or arrange to carpool with someone who has submitted their name.

Directions to the Hillside Clubhouse-1641 Tice Valley Blvd, Walnut Creek

From Highway 24, either East or West:

- Take the **Pleasant Hill Road South exit**
- Go 1 mile south on Pleasant Hill Road to **Olympic Blvd**, and turn left at the roundabout.
- Go 0.8 mile east on Olympic Blvd and turn right onto **Tice Valley Blvd**
- Go 0.7 mile south on Tice Valley Blvd to **Rossmoor Parkway** and turn right

* Follow Rossmoor Parkway to the **Rossmoor entry plaza**. Use the two left lanes marked for visitors.

(Note entry security procedures described in registration section)

Take the first right turn onto **Golden Rain Rd.** and **continue to Lower Golden Rain Rd.** turn left. In a short distance you will see the Hillside Complex at left (with lawn bowling green). Park in the parking lot and follow signs to **The Diablo Room**

From Highway 680:

- Take the **Olympic Blvd.** exit; go west about a mile to **Tice Valley Blvd.**
- Turn left on **Tice Valley Blvd.** and go 0.7 mile south to **Rossmoor Parkway**. Turn right and follow the above directions from *(above) into Rossmoor.

Questions? Please contact Barbara Kristoff, bkristoff2@gmail.com (415) 960 9497