TV GUIDE FOR CHANNEL 28

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from Aug. 16 through 22

The following programs are all scheduled to be broadcast this week. Check the grid below for days and times of programs. For information about programs on Channel 28, please call 988-7820.

■ **POST IT!** is a community bulletin board that allows residents to view activities within Rossmoor, including trips, movies and club events. This program runs between other programs when possible.

■ **CLASSIC Arts Showcase** includes video samplings of animation, architectural art, ballet, chamber and choral music, dance, folk art, museum art, musical theater, opera and orchestral performances, as well as classic film and archival documentaries.

■ **FITNESS Fun. Exercise. 30 minutes.**
This program is scheduled every day at 9 a.m. The program changes daily to vary the exercises.

■ **EYE Health. Healthy Aging Series. 20 minutes.** In this episode of the Healthy Aging Series, learn about maintaining healthy vision. UC Davis's **Dr. Jeffrey Caspar**, an ophthalmologist, and **Dr. Lawrence Morse**, a retinal specialist, share their expertise on eye health. They explain how the visual system ages and key behaviors to adopt to protect eyesight over time.

■ **My DAILY Rules to Live By. Book discussion. 40 minutes. Sol Weingarten** is interviewed by **James Alexander**, both psychologists in the Bay Area. Weingarten has been practicing in the field for over 50 years. After years of experience he believes he has the secret to becoming a better person: learning to stop reactions to anger and fear, including checking one's emotions before saying the wrong thing. Weingarten states that altering habits can be "game changing" if practiced on a daily level.

■ **Jay ALEXANDER. Magic/comedy show. One hour, 10 minutes. Jay Alexander** brings his unique blend of magic and comedy to Rossmoor for a show that is equal parts astonishing and humorous. Alexander is the great grandson of the legendary vaudeville performer Gentleman Ben Darwin. At age 14, he was the youngest recipient of the Society of American Magicians Gold Medal of Honor.

■ **VIENNA City of Opera. Talk on opera music. Two hours. Simon Williams** is a well-known lecturer and writer on opera and a professor in the department of Theater and Dance at U.C. Santa Barbara. He has published widely in the fields of European continental theater, the history of acting, Shakespearean performance and operatic history. He is also an active director and reviewer of opera. In his talk Williams will identify the reasons why opera is so central to Vienna's life and will play many examples of Viennese operatic music. Vienna has produced some of the most melodious and extravagant operas in history.

■ **Bringing SOLAR Power to Rossmoor. Panel discussion. Two hours.** A panel of experts in solar power presents a lecture and answers questions about outfitting homes in Rossmoor with solar. Representatives discussed installations, maintenance, usage, savings and future needs of solar power. Speakers include **James Hamill-Stout** (Solar Technologies), **Bruce R. Ressen** (Simply Solar), **Kelly Knutsen** (California Solar and Storage Association), **Carmen Corrales** (Diablo Solar), **Colin Swan** (Skytech Solar) and **Marcus Savage** (Diablo Solar).

■ **ELDER Rights and Elder Abuse. Talk by expert. 55 minutes. Nicole Howell** speaks on the subject of elder rights and elder abuse. Howell is the executive director of Ombudsman Services of Contra Costa County and is responsible for ensuring that the 9,000 residents of long-term care in her community have access to the highest level of care and respect and are able to live free of abuse and neglect. A question-and-answer session follows the talk.

■ **ROYAL Society Jazz Orchestra. Jazz, swing music. One hour, 52 minutes.** For more than 30 years, **Don Neely** and his 11-member **Royal Society Jazz Orchestra** have entertained audiences with forgotten gems as well as well-known songs. Drawing inspiration from the great bands, performers and composers of the Jazz Age and Swing Era such as Louis Armstrong, Benny Goodman and Duke Ellington, they recapture the excitement of that musical heyday. The orchestra also plays songs made famous by such greats as Bing Crosby, Cab Calloway, Ruth Etting, Eddie Cantor and Billie Holiday.

= Screened boxes indicate that programming continues into next half-hour time slot.
When program ends, Post-It is broadcast. Reference programs below by titles in capital letters above.

	Thu 8-16	Fri 8-17	Sat 8-18	Sun 8-19	Mon 8-20	Tues 8-21	Wed 8-22
6:00 a.m.	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!
6:30 a.m.							
7:00 a.m.	DAILY	VIENNA	EYE	ROYAL	ELDER	SOLAR	ALEXANDER
7:30 a.m.							
8:00 a.m.	EYE		ELDER		DAILY		
8:30 a.m.							
9:00 a.m.	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS
9:30 a.m.	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!
10:00 a.m.	DAILY	ALEXANDER	ELDER	SOLAR	ROYAL	EYE	ELDER
10:30 a.m.							
11:00 a.m.	EYE		ROYAL			ALEXANDER	DAILY
11:30 a.m.							
Noon	VIENNA	ELDER		ALEXANDER	DAILY		ROYAL
12:30 p.m.							
1:00 p.m.		EYE	SOLAR		VIENNA	DAILY	
1:30 p.m.							
2:00 p.m.	ALEXANDER	DAILY		EYE		SOLAR	VIENNA
2:30 p.m.							
3:00 p.m.		ROYAL	EYE	ELDER	SOLAR		
3:30 p.m.							
4:00 p.m.	ELDER		ALEXANDER	DAILY		VIENNA	SOLAR
4:30 p.m.							
5:00 p.m.	SOLAR	VIENNA		ROYAL	ELDER		
5:30 p.m.							
6:00 p.m.			VIENNA		ALEXANDER	ROYAL	EYE
6:30 p.m.							
7:00 p.m.	ROYAL	SOLAR		VIENNA			ALEXANDER
7:30 p.m.							
8:00 p.m.			DAILY		EYE	ELDER	
8:30 p.m.							
9:00 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC