TV GUIDE FOR CHANNEL 28

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from March 23 through 29

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.

■ **SECRETS to Aging Well. Lecture on health. One hour.**
Sue Taylor, educator and senior coordinator for Harborside Health Center, talks about an approach to unite physical, mental and spiritual health, an approach she discovered after witnessing loved ones with cancer and arthritis who improved with the use of cannabis. Taylor is certified by the state of California to provide medical marijuana education and continuing education credits to elder facilities.

■ **KING of Cool. Dean Martin impersonator. One hour.**
Matt Helm has been impersonating Dean Martin for nearly 20 years. Helm specializes in recreating Martin's charm, wit and charismatic persona. His manners and stories retrace the years of Martin when he was in his prime.

■ **VITAMIN D. Health lecture. One hour, five minutes.**
Doctor Janice Schwartz's program, "A Framework for Approaching Vitamin D in 2014," focuses on advances in vitamin D research and its significance in geriatric health. Schwartz received her medical degree from Tulane University, completed her residency at UCLA and Cedars-Sinai, with fellowships in cardiology at Cedars-Sinai and Stanford and in geriatrics at UCLA. She has published 159 articles in medical journals and held professorships at Baylor, UCSF and Northwestern University.

■ **"WHITEY Bulger." Author discussion. One hour, 10 minutes.** Award-winning Boston Globe reporters **Shelley Murphy** and **Kevin Cullen** talk about their latest literary venture, "Whitey Bulger: America's Most Wanted Gangster and the Manhunt that Brought Him to Justice," a story rich with family ties and intrigue, following Whitey's extraordinary career, resulting in the first full portrait of this legendary criminal figure. It's a gripping story of wise guys, cops, horrendous government malfeasance, and a 16-year manhunt that climaxed in Whitey's capture in Santa Monica in 2011. With a new afterword covering the trial, this book promises to become a true-crime classic.

■ **"The LAST Romance." Drama by DAOR. One hour, 25 minutes.** "The Last Romance," by Tony Award-winning playwright Joe DiPietro, set in Hoboken, New Jersey, is presented by the Drama Association of Rossmoor (DAOR). The cast includes **Stu Klitsner, Barbara Grant, Gail Wetherbee** and **Christian McCooey** and is directed by **Jean Wilcox.** The main theme, explored with humor, is that there might be familial complications, but there is no limit of time or age when it comes to beginning a new romance.

■ **Mt. DIABLO State Park. Informational talk. 30 minutes.**
Richard McDrew, vice president of the Mt. Diablo Interpretive Association, talks about Mt. Diablo State Park and its Summit Museum. The interpretive association is a non-profit all-volunteer organization that assists the California Department of Parks and Recreation in maintaining and interpreting Mt. Diablo State Park for its 700,000 visitors each year. Through education and sponsored activities, the organization fosters the enlightened use of the park.

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

■ **FLUTE Music by Opera Composers. Classical concert. One hour.** Professional musicians **Susan Waller**, flute, and **Joellen Piskitel**, piano, perform their program titled "Flute Music by Opera Composers," highlighting a wide assortment of composers ranging from the early 18th century to the 21st century. The concert included works from Donizetti and Tchaikovsky with a special spotlight on Mozart's "Magic Flute (in Five Minutes)."

= 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 3-23	Fri 3-24	Sat 3-25	Sun 3-26	Mon 3-27	Tues 3-28	Wed 3-29
6 a.m.	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!
6:30 a.m.							
7 a.m.	SECRETS	FLUTE	LAST	DIABLO	WHITEY	VITAMIN	SECRETS
7:30 a.m.							
8 a.m.	KING	ELDER		FLUTE			DIABLO
8:30 a.m.							
9 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 a.m.	ELDER	LAST	KING	WHITEY	VITAMIN	FLUTE	SECRETS
10:30 a.m.							
11 a.m.	WHITEY		VITAMIN			LAST	KING
11:30 a.m.							
Noon		SECRETS		LAST	DIABLO		VITAMIN
12:30 p.m.							
1 p.m.	DIABLO	ELDER	FLUTE		SECRETS	WHITEY	
1:30 p.m.							
2 p.m.	LAST	WHITEY	SECRETS	VITAMIN	KING		FLUTE
2:30 p.m.							
3 p.m.			DIABLO		FLUTE	ELDER	WHITEY
3:30 p.m.							
4 p.m.	SECRETS	VITAMIN	ELDER	FLUTE	LAST	DIABLO	
4:30 p.m.							
5 p.m.	FLUTE		WHITEY	KING		VITAMIN	ELDER
5:30 p.m.							
6 p.m.	VITAMIN	KING		DIABLO	ELDER		LAST
6:30 p.m.							
7 p.m.		DIABLO	LAST	SECRETS	WHITEY	KING	
7:30 p.m.							
8 p.m.	KING	FLUTE		ELDER		SECRETS	DIABLO
8:30 p.m.							
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC