TV Guide for Channel 28

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from April 19 through 25

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.

■ **"The SONG of Hiawatha." Poetry reading. 45 minutes.** Most know the lines: "By the shores of Gitche Gumee, by the shining Big-Sea-Water…" taken from "The Song of Hiawatha" poem written by **Henry Wadsworth Longfellow** in 1855. The story features a Native American hero, created by Longfellow through the many tales he heard from his friend, Ojibwe Chief Kahge-ga-gah-bowh. Longfellow's poem is a work of American Romantic literature, not a representation of Native American oral tradition. Resident **Fred Krock** reads this epic poem with clarity and passion.

■ **An INTRODUCTION to Wisdom Circles. Discussion forum. One hour, 10 minutes.** An Introduction to Wisdom Circles is the topic of the forum, led by author **Cindy Spring**, who co-authored a book called "Wisdom Circles: A Guide to Self-Discovery and Community Building in Small Groups." The concept is to gather in small group circles to share, heal, and celebrate, an idea that has moved from New Age workshops into the mainstream. Spring's intention is to encourage existing groups and to inspire new ones to form.

■ **EARTHQUAKE, Hazards and Current Topics. Talk on disasters. One hour, 40 minutes. Keith L. Knudsen**, deputy director of the Earthquake Science Center for the U.S. Geological Survey, quaternary geologist and geomorphologist specializing in the assessment of earthquake hazards, talks about the two most likely disasters residents would ever have to deal with – wildfire and earthquake.

■ **The MYTH of Cognitive Decline. Talk on health. 55 minutes. Joel Kramer, PsyD,** is a professor of neuropsychology in the Department of Neurology at the University of California, San Francisco (UCSF), and director of the Neuropsychology Program at the Alzheimer's Disease Research Center and the Memory and Aging Center at UCSF. He focuses on common misconceptions about the decline of cognitive abilities with age. Kramer reviews factors which contribute to or protect against cognitive change, including modifiable lifestyle variables.

■ **AGING As a Spiritual Practice. Book discussion. One hour, 10 minutes. Lewis Richmond** presents a lecture on his book titled "Aging As a Spiritual Practice: A Contemplative Guide to Growing Older and Wiser," exploring the aging process as an integral part of life's spiritual journey through contemplative exercises from his book. Richmond is the author of four books. His book on aging won the 2013 Nautilus Book Award gold medal in the aging/retirement category.

■ **ROSE World: Caring for Your Rose Garden. Talk on roses. Two hours.** Master rosarians **Rose Gilardi** and **Jack Fitzgerald** show how to tend to roses - planting, feeding and pruning. Both gardeners hold teaching and judging credentials from the American Rose Society and the Golden Gate Rose Society and have won numerous awards including the coveted Silver Honor Medal. A lifetime of traveling the world to judge roses and to learn new techniques makes this duo a wonderful resource for rose answers.

■ **TITO Gonzalez y Su Son de Cuba. Latin music. 55 minutes. Tito Gonzalez** brings his six-piece ensemble to play traditional Cuban music with an emphasis on authenticity. From local favorite venues like Yoshi's, to international venues such as a request to play for the king's coronation on the island of Tonga, Gonzalez' masterful stage presence, along with a great Latin beat, will have everybody celebrating Havana-style.

= 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 4-19	Fri 4-20	Sat 4-21	Sun 4-22	Mon 4-23	Tues 4-24	Wed 4-25
6 a.m.	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!
6:30 a.m.							
7 a.m.	ROSE	SONG	INTRODUCTION	TITO	EARTHQUAKE	ROSE	AGING
7:30 a.m.							
8 a.m.		MYTH		SONG			
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.	INTRODUCTION	EARTHQUAKE	AGING	SONG	MYTH	TITO	INTRODUCTION
10:30 a.m.							
11 a.m.				EARTHQUAKE	ROSE	MYTH	
11:30 a.m.							
Noon	SONG	MYTH	TITO			AGING	TITO
12:30 p.m.							
1 p.m.	MYTH	INTRODUCTION	ROSE	TITO	AGING		EARTHQUAKE
1:30 p.m.							
2 p.m.	EARTHQUAKE			INTRODUCTION		ROSE	
2:30 p.m.							
3 p.m.		SONG	MYTH		EARTHQUAKE		ROSE
3:30 p.m.							
4 p.m.	TITO	AGING	INTRODUCTION	ROSE		SONG	
4:30 p.m.							
5 p.m.	AGING				TITO	INTRODUCTION	SONG
5:30 p.m.							
6 p.m.		ROSE	EARTHQUAKE	MYTH	SONG		AGING
6:30 p.m.							
7 p.m.	ROSE			AGING	INTRODUCTION	EARTHQUAKE	
7:30 p.m.							
8 p.m.		TITO	SONG				MYTH
8:30 p.m.							
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC