# TV Guide for Channel 28

ROSSMOOR COMMUNITY CHANNEL 28

## Programs running from January 3 through 9

The following programs are all scheduled to be broad- **TOM** Rigney and Flambeau. Cajun music. Two hours, 10 mincast 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.
- <u>CLASSIC</u> 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.

#### **■** TRAIL Club of Rossmoor. Interview. 45 minutes

Rossmoor resident Sumner Walters, a 35-plus-year as a Trail Club member, is interviewed by **Linda Ritz** about the history of the Trail Club. Chatting about club members, changes that have taken place in the running of the club and the membership throughout the years, Walters shares interesting stories of this vibrant club that is always on the move.

#### ■ <u>NUTRITION</u> Pitfalls. Health. One hour, 18 minutes

**Tinrin Chew** is a registered dietician, board certified in oncology nutrition, and certified in adult weight management. Chew practiced at Alta Bates Comprehensive Cancer Center for over two decades and is currently a nutrition consultant and facilitator of nutrition workshops. Chew explores common misconceptions of nutritional needs as people age and common nutrition problems and challenges faced by seniors.

■ UNDERSTANDing Contemporary American Conservatism. Book discussion. 29 minutes. Joel D. Aberbach is a writer, lecturer and distinguished professor of political science and public policy director, Center for American Politics and Public Policy at UCLA. Aberbach discusses the results of his studies and what is a conservative. He identifies the qualities that characterize the conservative. He is interviewed by Lee Gale Gruen, a member of Rossmoor's Published Writers.

utes Violinist and Cajun fiddler Tom Rigney has been part of the Bay area music scene for more than 35 years. His band the Flambeau has been performing for the last 20 years. Rigney has won a BAM-MIE for his bluegrass and western swing song "Back in the Saddle." He tours worldwide and brings the blended sounds of Cajun, blue, and rock and roll to his audiences.

#### ■ VUCKOVICH Trio in Rossmoor. Jazz music. 45 minutes

**Larry Vuckovich** is a highly regarded veteran of Jazz music. He grew up in Yugoslavia and studied classical piano. In 1951 he immigrated to California and became an eager listener of jazz music. He's maintained a great passion for the music and has played with some of the top musicians of his time. He's performed throughout Europe, America and Canada. Performing also are **Buca Necak** and **Sanna Craig**.

#### **■ GEOLOGY** of Mt. Diablo. Slide show. 45 minutes

Rossmoor resident, geographer Dr. Barrie Bieler, who has a doctorate in mineralogy, presents his slide show on the topic of the geology of Mt. Diablo. Mt. Diablo lies between converging earthquake faults and continues to grow slowly with uplift and subsequent weathering and erosion that have exposed ancient oceanic Jurassic and Cretaceous age rocks that now form its summit. Bieler gives great insight on the mountain.

#### ■ PAMELA Joy Jazz Concert. Jazz music. 40 minutes

**Pamela Joy** sings melodies that were created for the Broadway stage and Hollywood screen. This program contains upbeat, playful love songs, such as "Let's Fall In Love" and "Zing Went the Strings of My Heart." interspersed with sweet ballads. Her trio consists of **Jon** Herbst, pianist, composer and arranger with several film scores under his belt. **Ruth Davis**, bass is also well known on the jazz circuit. Paul Kagawa, on guitar, collaborates with Joy on occasion.

■ The Four SEASONS. Classical music. One hour, 30 minutes The San Francisco Chamber Music Orchestra features **Paul Thomp**son, narrator, and musicians: Elizabeth Runnicles, violin; Kay Stern, violin; Dawn Harms, violin; Thomas Elliott, viola; Thalia Moore, cello; Richard Worn, bass; Jeanne-Minette-Cillers, harpsichord; and **Seth Asarnow**, bandoneon. The orchestra performs "The Four Seasons" starting with Vivaldi and including Piazzolla's "Four Seasons of Buenos Aires." Antonio Vivaldi's (1678 -1741) "Four Seasons" is certainly among the best-loved classical pieces of all time, representing the cycle of life in a changing mix of moods of the seasons.

= 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.

	<u>Thu</u> 1-3	<u>Fri</u> 1-4	<u>Sat</u> 1-5	<u>Sun</u> 1-6	<u>Mon</u> 1-7	<u>Tues</u> 1-8	<u>Wed</u> 1-9
6 a.m.	POST IT!	POST IT!					
6:30 a.m.							
7 a.m.	VUCKOVICH	NUTRITION	TRAIL	VUCKOVICH	SEASONS	NUTRITION	GEOLOGY
7:30 a.m.							
8 a.m.	TRAIL		GEOLOGY	PAMELA			PAMELA
8:30 a.m.							
9 a.m.	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS
9:30 a.m.	POST IT!	POST IT!					
10 a.m.	NUTRITION	TRAIL	TOM	SEASONS	VUCKOVICH	GEOLOGY	PAMELA
10:30 a.m.							
11 a.m.		SEASONS			TOM	PAMELA	TRAIL
11:30 a.m.							
Noon	TOM			GEOLOGY		TRAIL	VUCKOVICH
12:30 p.m.			UNDERSTAND				
1 p.m.		PAMELA	SEASONS	VUCKOVICH		NUTRITION	TOM
1:30 p.m.					UNDERSTAND		
2 p.m.		GEOLOGY		TOM	SEASONS		
2:30 p.m.	UNDERSTAND						
3 p.m.	TRAIL	NUTRITION	PAMELA			SEASONS	
3:30 p.m.							UNDERSTAND
4 p.m.	VUCKOVICH		GEOLOGY		PAMELA		GEOLOGY
4:30 p.m.				UNDERSTAND			
5 p.m.	SEASONS	TOM	TRAIL	NUTRITION	GEOLOGY	VUCKOVICH	NUTRITION
5:30 p.m.							
6 p.m.			VUCKOVICH		NUTRITION	TOM	
6:30 p.m.							
7 p.m.	PAMELA		NUTRITION	TRAIL			SEASONS
7:30 p.m.		UNDERSTAND					
8 p.m.	GEOLOGY	VUCKOVICH		PAMELA	TRAIL		
8:30 p.m.						UNDERSTAND	
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC