# TV Guide for Channel 28

ROSSMOOR COMMUNITY CHANNEL 28

## *Programs running from Feb. 15 through 21*

**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.

■ **DERMATOLOGY. Healthy Aging Series. 20 minutes.**
In this episode of the Healthy Aging Series, learn about important skin health issues such as skin cancer. UC Davis physicians **Dr. Oma Agbai**, assistant clinical professor of dermatology, and **Dr. Daniel Eisen**, director of dermatologic surgery and head of the Micrographic and Dermatologic Oncology Fellowship program, discuss the warning signs of skin cancer and how to protect the skin from its biggest enemy, the sun.

■ **"TWILIGHTS in Rossmoor." Book discussion. 40 minutes.**
**Shing-Yi (S.Y.) Huang,** a former official of the United Nations Secretariat and a Rossmoor resident, presents his book "Twilights in Rossmoor." It was first published in 2004 and now is a more developed version. It offers keen observations on the lifestyle of residents. The book is filled with positive energy about community spirit and the importance of volunteering and friendships. Through a series of articles, letters and pictures, one learns to understand the author's love of his community and friends.

■ **CHINESE New Year. Chinese opera. One hour, 20 minutes.**
Chinese opera concert with performances by local and international vocalists **Fang Hong** (traditional singer) from China, **Chunxia Ma** (lyric soprano), a graduate from Shen-Yang School of Music, **Xiao-hua Song** (dramatic mezzo), graduate from Shanghai Music School, **Melody Zhou** (lyric soprano), and **Shine Zhao** (tenor) from California. They are accompanied by **Lv Zhen** on piano. This production is sponsored by resident **Ellie Mao Mok**.

■ **ARIANA Savalas. Cabaret music. One hour, 15 minutes.**
Vocalist **Ariana Savalas** is the daughter of legendary actor Telly Savalas. She performs her saucy cabaret revue in America's poshest clubs from Beverly Hills to Manhattan and is described as having smooth-as-silk vocals, a quick wit and naughty sense of humor. Joining Savalas for some memorable duets is two-time Grammy Award–winning jazz violinist **Mads Tolling**.

■ **The FELONIUS Blues Review. Ragtime and jazz. One hour.**
**Jeff (Felonius) Smith,** guitar, banjo and vocals, **Philip Johnson**, guitar and vocals, and **Mark (Fenny) Fenichel** on harmonica comprise the band, which performs acoustic delta, country, and folk blues from the 1920s, carrying on the tradition of pre-war blues.

■ **"COLD Betrayal" Book discussion. One hour, 10 minutes.**
**J.A. Jance,** a New York Times bestselling author and intriguing hard fact detective, makes her stories come alive with thrilling cases splattered with red herrings, characters coming out of the woodwork, back stories, and a conclusion that readers won't see coming.

■ **FEED Your Mind. Talk on nutrition. One hour.**
**Chelsea Bowman, M.D.,** and **Sonal Advani, M.D.**, primary care physicians with the Palo Alto Medical Foundation in Danville, talk about optimizing brain function through nutrition. Focusing on the intersection between nutrition and cognition, they highlight how nutrition can have long-term consequences on brain health and function, and how to optimize nutrition.

■ **SADDLE Cats. Cowboy and western music. One hour.**
**Saddle Cats** are a western swing pocket orchestra that is enlivening cowboy and western music. With a repertoire that draws from the rich tapestry of traditional American music, this four-piece ensemble embraces swing, cowboy ballads, blues, Tin Pan Alley, honky-tonk, string band music and polka. The musicians include **Bobby Black** (steel guitar), **Richard Chon** (fiddler and vocalist,) **Bing Nathan** (bass) and **Dix Bruce** (guitar).

***= 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 2-15 | Fri 2-16 | Sat 2-17 | Sun 2-18 | Mon 2-19 | Tues 2-20 | Wed 2-21 |
|---|---|---|---|---|---|---|---|
| 6 a.m. | POST IT! | POST IT! | POST IT! | POST IT! | POST IT! | POST IT! | POST IT! |
| 6:30 a.m. | | | | | | | |
| 7 a.m. | DERMATOLOGY | CHINESE | ARIANA | SADDLE | TWILIGHTS | COLD | FEED |
| 7:30 a.m. | | | | | | | |
| 8 a.m. | FELONIUS | | | FEED | DERMATOLOGY | | SADDLE |
| 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. | TWILIGHTS | ARIANA | FELONIUS | CHINESE | COLD | FEED | DERMATOLOGY |
| 10:30 a.m. | | | | | | | |
| 11 a.m. | CHINESE | | SADDLE | | | TWILIGHTS | COLD |
| 11:30 a.m. | | | | | | | |
| Noon | | COLD | CHINESE | FEED | ARIANA | SADDLE | |
| 12:30 p.m. | | | | | | | |
| 1 p.m. | ARIANA | | | DERMATOLOGY | | COLD | FEED |
| 1:30 p.m. | | | | | | | |
| 2 p.m. | | FEED | ARIANA | TWILIGHTS | CHINESE | | FELONIUS |
| 2:30 p.m. | | | | | | | |
| 3 p.m. | DERMATOLOGY | SADDLE | | FELONIUS | | CHINESE | ARIANA |
| 3:30 p.m. | | | | | | | |
| 4 p.m. | FELONIUS | DERMATOLOGY | TWILIGHTS | COLD | SADDLE | | |
| 4:30 p.m. | | | | | | | |
| 5 p.m. | COLD | CHINESE | FEED | | FELONIUS | DERMATOLOGY | TWILIGHTS |
| 5:30 p.m. | | | | | | | |
| 6 p.m. | | | DERMATOLOGY | ARIANA | TWILIGHTS | FELONIUS | SADDLE |
| 6:30 p.m. | | | | | | | |
| 7 p.m. | SADDLE | FELONIUS | COLD | | FEED | ARIANA | CHINESE |
| 7:30 p.m. | | | | | | | |
| 8 p.m. | FEED | TWILIGHTS | | SADDLE | DERMATOLOGY | | |
| 8:30 p.m. | | | | | | | |
| 9 p.m. | CLASSIC | CLASSIC | CLASSIC | CLASSIC | CLASSIC | CLASSIC | CLASSIC |