TV GUIDE FOR CHANNEL 28

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from June 14 through 20

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.

■ **GRF BOARD Mid-Month Meeting, June 12:** GRF Board conducts a status review of Rossmoor's General Plan. If the meeting runs longer than the time slot allows, all programs will be adjusted.

■ **SLEEP. Talk on health. 25 minutes.**
In this episode of the Healthy Aging Series, learn about the importance of sleep. UC Davis physicians **Dr. Kimberly Hardin**, director of the Sleep Medicine Fellowship Program**, Dr. Matthew Chow**, neurology and sleep medicine specialist, and **Dr. Jeffrey Tanji,** a sports medicine specialist, discuss ways to assess and improve sleep to support a healthy lifestyle.

■ **SUMMER Concert. Community Chorus. One hour.**
Rossmoor Community Chorus presents its Summer Concert. Director **Frank Ryker**'s varied program includes "In the Mood," "Waltzing Matilda," "Oh Susanna" and selections from the musical "Oliver." The accompanist is **Kerry Leyden**. The chorus performs premiers of "Hail, Holy Queen" and "Agnus Dei" ("Lamb of God"), composed and arranged by Joe Magdalena. Instrumental accompaniment includes oboe, harp and double bass. Guest artists are **Judy Ryken**, soprano, singing "Til There Was You" and "All I Ask of You," and **Jennifer Ellis**, harpist, playing Bach's Prelude in C.

■ **ELECTRIC Vehicles in Rossmoor. Informational presentation. One hour, 25 minutes.** Presenters are all Rossmoor residents: **Fred Kern, Brad Waite, David Vereeke, Vicki Swisher, Dick Locke, Marcia McLean, James P. Ware** and **Venna Famular.** This presentation covers EVs and how those who decide to purchase an EV and/or plug-in hybrid can gain maximum benefit from their investment. Presenters talk about EV and charging stations issues in garages and carports that are unique to Rossmoor. The program is the result of a two-year study by a special committee of Sustainable Rossmoor.

■ **Understanding SEWER District. Interview by CEO. 30 minutes. Roger Bailey,** general manager for the Central Contra Costa Sanitary District, known also as Central San, is interviewed by GRF's CEO, **Tim O'Keefe**. Did you ever wonder what happens beyond the flush of the toilet or liquid that goes down the drain? These and other questions are answered by Bailey, who shares the future for treatment plants in the area and how homeowners can help the environment by what they deposit down their pipes.

■ **KATHRYN Ryan Quartet. Musical favorites. One hour, 16 minutes.** Vocalist Kathryn Ryan performed for the public since age 5. She began writing songs in high school at "coffeehouse" nights, where she presented her talents to the school. Her debut album has received great reviews.

■ **FEENEY-Wyrick-Bogas Trio. Classical music. One hour, 16 minutes. Krista Feeney,** violin, **Peter Wyrick,** cello, and **Roy Bogas,** piano**,** perform a program that includes Ludwig van Beethoven's, Trio Opus 70 No. 2 in E-Flat Major for piano, violin and cello; Bohuslav Martinu's, Duo No.1 for violin and cello; and Johannes Brahms's, Trio Opus 101 in C minor. Feeney is concertmaster of the Orchestra of St. Luke's Chamber Ensemble and Lincoln Center's Mostly Mozart Festival Orchestra. Wyrick has served as associate principal cello of the San Francisco Symphony since 1999. Bogas was music director of the Holy Names Orchestra, Oakland, for 17 years. In addition to his Masterguild series at Holy Names, he is artistic director of the Gualala Summer Chamber Music Festival.

= 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 6-14	Fri 6-15	Sat 6-16	Sun 6-17	Mon 6-18	Tues 6-19	Wed 6-20
6 a.m.	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!
6:30 a.m.							
7 a.m.	SLEEP	FEENEY	KATHRYN	ELECTRIC	SEWER	KATHRYN	SEWER
7:30 a.m.							
8 a.m.	SUMMER				SLEEP		SUMMER
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.	SEWER			SLEEP	KATHRYN		ELECTRIC
10:30 a.m.							
11 a.m.	SLEEP			ELECTRIC			
11:30 a.m.							
Noon	ELECTRIC	POST IT!	POST IT!		FEENEY	POST IT!	SUMMER
12:30 p.m.							
1 p.m.		CLASSIC	CLASSIC	KATHRYN		CLASSIC	SLEEP
1:30 p.m.							
2 p.m.			ELECTRIC		SUMMER	KATHRYN	SEWER
2:30 p.m.							
3 p.m.				SEWER	ELECTRIC		FEENEY
3:30 p.m.							
4 p.m.	SUMMER	ELECTRIC	SEWER	SUMMER		ELECTRIC	
4:30 p.m.							
5 p.m.	KATHRYN		SLEEP	FEENEY	SEWER		KATHRYN
5:30 p.m.							
6 p.m.		SEWER	SUMMER		SLEEP	FEENEY	
6:30 p.m.							
7 p.m.	GRF BOARD	GRF BOARD	FEENEY	KATHRYN	GRF BOARD		GRF BOARD
7:30 p.m.							
8 p.m.						SLEEP	
8:30 p.m.							
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC