TV GUIDE FOR CHANNEL 28

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from Aug. 17 through 23

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.

■ **SLEEP and the Aging Brain. Health program, one hour, 10 minutes. Dr. Glen Xiong** addresses issues regarding how changes can occur to basic sleep patterns due to medicines, pain control and behavioral issues. He shares insight on adjusting to sleep and the effects that sleep have on our bodies and brain. He earned his medical degree from UC Davis. He is board-certified by the American Board in Neurology and Psychiatry and is certified by the American Medical Directors Association in Long-Term Care Medicine.

■ **SHAKESPEARE. Short readings. One hour, 5 minutes**
In celebration of Shakespeare's 400th birthday, residents from Rossmoor's Performing Arts Guild of Rossmoor performed excerpts from Shakespeare's vast works. Performing this tribute are **Tancred Agius, Michael Guastella, Bob Musgrave, Clair Toaspern, Dick Schleuning, Bill Toaspern, Gene Gordon, Barbara Vojta, Sherman Brown, Karoline De Martini** and **Janice Odell.**

■ **FLY Right Sisters. Harmony singing. 55 minutes**
The Fly Right Sisters – sisters in song–are **Kathleen Herrmann**, **Bonnie Schulkin** and **Rachel Kotok.** They perform three-part, close-harmony style music that was made famous by the Andrews Sisters. Their vintage attire, songs, style and swing music take their audience back to the '30s and '40s, while original arrangements and contemporary cultural references in song lyrics make their vintage tunes resonate with listeners today.

■ **FUNDZ Jazz. Jazz music. One hour, 15 minutes.**
Fundz Jazz, a group of talented Bay Area musicians who have performed together in a wide variety of musical ensembles over the last 20 years, features **Chris Cole**, vocals; **Alex Muryzn**, saxophone; **John Xepoleas**, drums; **Marc Levine**, bass; and **Thomas Suczek**, keyboard. The band performs some of its favorite jazz and R&B compositions from the last six decades. Its vast repertoire of classics includes works by Miles Davis, Herbie Hancock and Duke Ellington.

■ **UNLIKELY Allies. Book discussion. 40 minutes**
Lawyer and academic, Professor **Joel Richard Pauls,** examines three critical but forgotten characters of the American Revolution. The merchant is American, Silas Deane, a Connecticut man sent to France by Congress to broker an alliance and arms treaty for the Continental Army. The playwright is a Frenchman named Pierre-Augustin Caron de Beaumarchais, author of "The Barber of Seville," who saw the Revolution as an opportunity for profit. The spy is the colorful Chevalier d'Eon, who worked for Louis XV and threatened to provoke war with England after Louis XVI came to power.

■ **AVOID a Crisis. Information. 45 minutes**
Jann Oldenburg is a resident of Rossmoor and the president of Visionary Services. In this program she urges residents to open the subject of your end-of-life wishes with their families. Oldenburg suggests that the best time to discuss this matter is when alert and can make wishes clear. She also advises that it is safer to have family aware of medications, medical issues and long-term concerns for the future.

■ **"The DINING Room." Stage play. Two hours**
A.R. Gurney is an American playwright and novelist and author of "The Dining Room." The play highlighting a comedy of manners, set in a single dining room where 18 scenes from different households overlap and intertwine. Each story is focused around a different family during different time periods who has in their possession the same dining room furniture set, manufactured in 1898. This play was performed by the **Drama Association of Rossmoor** directed by **Aaron Murphy.**

= 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 8-17	Fri 8-18	Sat 8-19	Sun 8-20	Mon 8-21	Tues 8-22	Wed 8-23
6 a.m.	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!
6:30 a.m.							
7 a.m.	FLY	SLEEP	SHAKESPEARE	FUNDZ	UNLIKELY	DINING	AVOID
7:30 a.m.							
8 a.m.	AVOID				FLY		UNLIKELY
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.	SHAKESPEARE	SLEEP	UNLIKELY	FLY	DINING	FUNDZ	AVOID
10:30 a.m.							
11 a.m.			AVOID	SHAKESPEARE			FLY
11:30 a.m.							
Noon	SLEEP	DINING	FLY		FUNDZ	SLEEP	SHAKESPEARE
12:30 p.m.							
1 p.m.			SLEEP	DINING			
1:30 p.m.							
2 p.m.	FLY	SHAKESPEARE			UNLIKELY	AVOID	DINING
2:30 p.m.							
3 p.m.	DINING		FUNDZ	UNLIKELY	FLY	SHAKESPEARE	
3:30 p.m.							
4 p.m.		FUNDZ		AVOID	SLEEP		UNLIKELY
4:30 p.m.							
5 p.m.	AVOID		DINING	FUNDZ		FLY	SLEEP
5:30 p.m.							
6 p.m.	FUNDZ	AVOID			SHAKESPEARE	UNLIKELY	
6:30 p.m.							
7 p.m.		UNLIKELY	SHAKESPEARE	SLEEP		DINING	FUNDZ
7:30 p.m.							
8 p.m.	UNLIKELY	FLY			AVOID		
8:30 p.m.							
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC