TV Guide for Channel 28

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from November 15 through 21

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.

- **SCOTT** Joplin's Ragtime Part 3. Ragtime music. One hour, 11 minutes. New York concert pianist Richard **Dowling** is known for his skill at performing the complete piano works of composer Scott Joplin. Joplin (1868-1917) achieved historical fame for his ragtime pieces and was known as the King of Ragtime. He died at the age of 48. This is a four-part series of Joplin's complete works. Dowling mixes the order of Joplin's published compositions to give variety for the listener.
- A <u>BIRD's</u> Rainbow. Talk about birds. One hour, 20 minutes. Naturalist and photographer **Bob Lewis** presents his talk on "The Bird's Rainbow," examining how birds perceive color and the purpose of the striking patterns and colors in their appearance. He also discusses their feather structure, molt and bird behavior related to color. Lewis, who is a board member of the Golden Gate Audubon Society and chairman of its Adult Education Committee, richly enhances the presentation with his own dramatic photographs.
- **MEDICARE** 2018-2019. Information from HICAP. 50 minutes. Ruth Atkins and Diane Whaley, senior advocates with Contra Costa County HICAP (Health Insurance Counseling and Advocacy Program) explain the many levels of Medicare and what choices recipients have this year. HICAP

The following programs are all scheduled to be broadcast this is a non-profit organization, dedicated to Medicare advocacy and education for Californians. For more information, call the county's HICAP volunteers at 1-800-510-2020. A copy of this program is available in the Rossmoor Library. Note: Medicare's open enrollment is Oct. 15 to Dec. 7, 2018 for a Jan. 1, 2019 effective date.

- WILDFIRE Safety. Information from PG&E. One hour, 15 minutes. Four PGE representatives address concerns residents have regarding wildfires. Vic Baker, senior manager of the Diablo Division of PG&E, leads the group and talks about the utility's wildfire safety and power shutdown programs. Fire Marshal **Steve Aubert**, Assistant City Manager Fran Robustelli, and Bruce Jower also contribute and answer questions.
- 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 and great Latin beat will have viewers celebrating Havana style. **DRIVING** As You Age. Driver information. 45 minutes. **Dr. Lawrence Hicks**, a physician at John Muir Health, discusses how the aging process affects driving ability, the warning signs associated with unsafe driving, the health benefits of not having a vehicle, and transportation alternatives that can lead to a less stressful life. Hicks also discusses how people can drive well into their senior years by reducing risk factors and incorporating safe practices.
- **FIDDLAROUND.** Fiddle tunes. One hour, 20 minutes. Fiddlaround is an acoustic trio playing the music of Louisiana, Texas and California. They weave an infectious blend of swamp boogie, blues, Cajun, Zydeco, Latin, fiddle tunes and country. Fiddlaround features three-part vocal harmonies and the intricate fiddle work of Annie Marie, accordion accompaniment by Maureen Coyle, Diane Dutra on standup bass and low hat and David Garfinkle on 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.

	<u>Thu</u> 11-15	<u>Fri</u> 11-16	<u>Sat</u> 11-17	<u>Sun</u> 11-18	<u>Mon</u> 11-19	<u>Tues</u> 11-20	<u>Wed</u> 11-21
6 a.m.	POST IT!	POST IT!					
6:30 a.m.							
7 a.m.	MEDICARE	BIRD	WILDFIRE	TIT0	SC0TT	FIDDLAROUND	DRIVING
7:30 a.m.							
8 a.m.	TIT0			DRIVING			MEDICARE
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.	SCOTT	WILDFIRE	DRIVING	FIDDLAROUND	TIT0	MEDICARE	BIRD
10:30 a.m.							
11 a.m.			BIRD		SCOTT	WILDFIRE	
11:30 a.m.							
Noon	MEDICARE	DRIVING		TIT0			FIDDLAROUND
12:30 p.m.							
1 p.m.	TIT0	SCOTT	FIDDLAROUND	MEDICARE	WILDFIRE	TIT0	
1:30 p.m.							
2 p.m.	BIRD			DRIVING		SCOTT	WILDFIRE
2:30 p.m.							
3 p.m.		BIRD	MEDICARE	SCOTT	DRIVING		
3:30 p.m.							
4 p.m.	DRIVING		WILDFIRE		FIDDLAROUND	BIRD	MEDICARE
4:30 p.m.							
5 p.m.	WILDFIRE	FIDDLAROUND		BIRD			DRIVING
5:30 p.m.							
6 p.m.			SCOTT SCOTT		MEDICARE	FIDDLAROUND	TIT0
6:30 p.m.							
7 p.m.	FIDDLAROUND	TITO		WILDFIRE	BIRD		SCOTT
7:30 p.m.							
8 p.m.		MEDICARE	TIT0			DRIVING	
8:30 p.m.							
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC