## TV Guide for Channel 28

ROSSMOOR COMMUNITY CHANNEL 28

## Programs running from July 20 through 26

The following programs are all scheduled to be broadcast this **ZOFO**. Piano music. One hour, 24 minutes. 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.

- Understanding <u>REVOCABLE</u> Living Trusts. Talk by attorney. 45 minutes. Joan Grimes, a Walnut Creek attorney, talks about what a revocable living trust is and how it works. Wills and living trusts often appear confusing, but Grimes makes the information easy to understand and walks viewers through each step with an explanation of what needs to be in the document.
- "MAMBO in Chinatown." Book discussion. One hour, **10 minutes.** From the bestselling author of "Girl in Translation," **Jean Kwok**, comes a new novel, "Mambo in Chinatown," about a young woman torn between her family duties in Chinatown and her escape into the world of ballroom dancing. Charlie Wong grew up in New York's Chinatown, the older daughter of a Beijing ballerina and a noodle maker, but when she lands a job as a receptionist at a ballroom dance studio, Charlie gains access to a world she hardly knew existed, and everything she once took to be certain turns upside down when she must tread lightly to find balance between her Eastern and Western worlds.
- DON'T Go Broke in a Nursing Home. Talk on health. One hour. Michael Young speaks to a topic that worries most seniors, which is having the funds available for care in a nursing home. Young has been an attorney since 1977 and has 20 years of experience in estate planning, probate and trust administration. He is a member of the National Academy of Elder Law Attorneys, author of "Alzheimer's Legal Survival Kit" and publisher of the monthly newsletter "Elder Law Today."

ZOFO professional piano duo Eva Maria Zimmermann and Keisuke Nakagoshi perform chamber music. The two musicians play individual parts on one instrument in a complex choreography of four hands. ZOFO, shorthand for 20-finger orchestra, also performs a duet arrangement of famous orchestral pieces such as Stravinsky's "Rite of Spring," exploring the realms in which many composers first experienced their symphonic visions.

- JOEL the Band. Billy Joel tribute. One hour, 40 minutes. Joel the Band is the premier rock 'n' roll Billy Joel tribute band on the West Coast, according to KCRA. This high-energy show is a must for all Billy Joel enthusiasts. The band's musicians are Kyle Martin, piano; Larry Hart, bass; Jerry White, guitar; **Jeff Teczon**, sax; and **Tony Providence**, drums.
- **POWER** Balance. Talk on health. 30 minutes.

**Keith Thomas**, a physical therapist and Chinese health practitioner, has been working in this field for over 20 years. He explains how power balance is an important part of maintaining body health and strengthening the core. Thomas is also a martial arts expert whose classes are available in the Fitness Center.

- **HUNTING** Birds with a Camera. Nature talk and slideshow. One hour. Bob Lewis, naturalist and photographer, presents a slideshow and lecture on photographing birds in the wild. He provides tips and pointers on how to use the camera for best pictures. Lewis is president of the Farallon Island Foundation and is on the board of the Golden Gate Audubon Society. He has taught birding classes since 1993, first in Golden Gate Audubon in Berkeley and then master birding classes at the California Academy of Science in San Francisco.
- **HARD** Travelin' Country music. One hour.

Hard Travelin' is a group of talented musicians, with a great mixture of music, including rock, folk and blues. The band features Gordon Locklear, vocals; Bob Collins, bass, banjo, vocals; George Bungarz, guitar, vocals; and Billy Smith, lead guitar, bass and fiddle. These veteran players are all accomplished songwriters and recording artists who have played with greats like Santana and Arlo Guthrie.

= 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 7-20	<u>Fri</u> 7-21	Sat 7-22	Sun 7-23	Mon 7-24	Tues 7-25	Wed 7-26
6 a.m.	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!
6:30 a.m.							
7 a.m.	POWER	JOEL	REVOCABLE	MAMBO	POWER	ZOFO	HARD
7:30 a.m.	POST IT!				POST IT!		
8 a.m.	HUNTING		DON'T		REVOCABLE		DON'T
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.	MAMBO	ZOFO	POWER	REVOCABLE	JOEL	HUNTING	DON'T
10:30 a.m.			POST IT!				
11 a.m.			HUNTING	MAMBO		HARD	ZOFO
11:30 a.m.							
Noon	REVOCABLE	HUNTING	HARD		ZOFO	JOEL	
12:30 p.m.							
1 p.m.	POWER	MAMBO	JOEL	DON'T			HUNTING
1:30 p.m.	POST IT!						
2 p.m.	ZOFO			POWER	REVOCABLE	DON'T	MAMBO
2:30 p.m.				POST IT!			
3 p.m.		HARD	REVOCABLE	ZOFO	HARD	POWER	
3:30 p.m.						POST IT!	
4 p.m.	HUNTING	POWER	DON'T		MAMBO	REVOCABLE	JOEL
4:30 p.m.		POST IT!					
5 p.m.	JOEL	DON'T	MAMBO	HARD		ZOFO	
5:30 p.m.							
6 p.m.		REVOCABLE		JOEL	HUNTING		POWER
6:30 p.m.							POST IT!
7 p.m.	HARD	JOEL	ZOFO		DON'T	MAMBO	REVOCABLE
7:30 p.m.							
8 p.m.	DON'T			HUNTING	POWER		HARD
8:30 p.m.					POST IT!		
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC