GUIDE FOR ROSSMOOR TV

ROSSMOOR COMMUNITY CHANNEL 1083

Programs running from March 19 through March 25

Check the grid below for days and times for programs scheduled to broadcast this week.

For information about programs on Rossmoor Television, scan the QR code, call 1-925-988-7820 or visit www.rossmoortv.com

■ **POST IT!** is a community bulletin board that allows residents to view activities within Rossmoor, including 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. See key at left for descriptions.

■ **TOWN HALL with RWC General Manager Jeff Matheson. Information. 1+ hour. (2026)**
Matheson presents an ambitious plan to relocate most RWC and RPM management functions to Gateway, and answers questions about those plans.

■ **Nicolas Bearde Sings the GREATS. Concert. 1 hour 20 minutes. (2023)**
Internationally acclaimed jazz recording artist Nicolas Bearde and his kickin' band perform popular favorites by music legends such as Johnny Mathis, Nat King Cole, Frank Sinatra, Stevie Wonder and more. A seasoned and highly respected showman on stage, Bearde's lush vocals combine passion, wit and sensuality, with an engaging rapport that captures and draws the audience into his performance.

■ **The FUNDAMENTALS. Concert. 1 hour 30 minutes. (2019)**
The band has a dynamic stage show featuring two lead vocalists, two horn players and a four-piece rhythm section playing a wide range of music, including songs by Earth Wind and Fire, Beyoncé, the Rolling Stones, Journey, Bon Jovi and Lady Gaga.

■ **ANCESTRAL Water. Music. 1 hour. (2024)**
Ancestral Water is based out of Walnut Creek, featuring Jack Grady O'Neil on vocals and acoustic six-string guitar, Barbara Miercke on fiddle and Wayne Ditzel on electric guitar and vocals, Gerald Turetzky on vocals and drums, Jonathan Korn on mandolin and George Astin on bass and vocals. The band plays Americana music in the style of Bob Dylan, Mumford and Sons, The Band and others.

■ **David and CYNTHIA. Concert. 50 minutes. (2022)**
David Weston and Cynthia Wilson perform an instrumental set, with Weston providing dynamic melodies on electric guitar and Cynthia holding it down on percussion. The set also features backing tracks and a vocal feature from Karl Engdahl, a friend of the band.

■ **ACTIVITIES Council: 2026 Club and Community Updates. Information. 1 hour 8 minutes. (2026)**
This program provides important updates on clubs and the broader community. Ann Peterson, RWC director of communications, will share the latest website enhancements as the new website is set to launch. Ann Mottola, RWC director of community services, will discuss progress on the new restaurant, The Golden Pear, and facility use, while General Manager Jeff Matheson will highlight potential community projects and proposed studies.

■ **If A TREE Falls. Book/Author. 28 minutes. (2022)**
Award-winning actress and playwright Penny Kreitzer presents her newest project, a love story of a mother and the daughter she lost, written by Kreitzer. Kreitzer's daughter, Annais, was killed by a falling oak branch while serving as a counselor at a summer camp near Yosemite National Park. Kreitzer's journey of grief takes her to an orphanage in Africa where the children give the most profound lessons in empathy and healing. Interviewed by Adam Rittenberg (Kreitzer's son).

■ **HULA ALOHA at Rossmoor. Concert. 48 minutes. (2021)**
Na Kupuna O Kealoha is a hula ohana (family) sponsored by the Hawaii State Club of Rossmoor, with a mission to share the aloha of hula and Hawaii with Rossmoor and the community at large. This event celebrates the group's anniversary with hula dancing, history of the club, and personal reflections from some members.

■ **Creativity in CAREGIVING. Lecture. 46 minutes. (2025)**
Zoë Francesca Goldblatt has a background in cultural anthropology, creative writing, art and music, and archetypal symbols. She works as an activity therapist for people living with dementia and as a coach and support person for their caregivers. In her presentation, Goldblatt will facilitate two interactive activities with attendees to show how caregivers can use art, music, poetry and nature to connect the person with dementia and themselves to meaning, and show caregivers a new way to think about activities.

= 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 3-19	Fri 3-20	Sat 3-21	Sun 3-22	Mon 3-23	Tues 3-24	Wed 3-25
6 a.m.	FIT #1	FIT #2	FIT #3	FIT #4	FIT #5	FIT #6	FIT #7
6:30 a.m.	FIT #2	FIT #3	FIT #4	FIT #5	FIT #6	FIT #7	FIT #1
7 a.m.	ANCESTRAL	TOWN HALL	CAREGIVING	HULA ALOHA	GREATS	FUNDAMENTALS	ACTIVITIES
7:30 a.m.							
8 a.m.	CAREGIVING		CYNTHIA	ANCESTRAL			
8:30 a.m.							TREE
9 a.m.	FIT #0	FIT #0	FIT #0	FIT #0	FIT #0	FIT #0	FIT #0
9:30 a.m.	FIT #3	FIT #4	FIT #5	FIT #6	FIT #7	FIT #1	FIT #2
10 a.m.	ACTIVITIES	HULA ALOHA	FUNDAMENTALS	TOWN HALL	ANCESTRAL	GREATS	CYNTHIA
10:30 a.m.							
11 a.m.		CYNTHIA			ACTIVITIES		FUNDAMENTALS
11:30 a.m.	TREE						
Noon	FUNDAMENTALS	GREATS	ACTIVITIES	CAREGIVING		TOWN HALL	
12:30 p.m.					TREE		
1 p.m.				CYNTHIA	HULA ALOHA		ANCESTRAL
1:30 p.m.			TREE				
2 p.m.	FIT #4	FIT #5	FIT #6	FIT #7	FIT #1	FIT #2	FIT #3
2:30 p.m.	FIT #5	FIT #6	FIT #7	FIT #1	FIT #2	FIT #3	FIT #4
3 p.m.	GREATS	ACTIVITIES	TOWN HALL	FUNDAMENTALS	CYNTHIA	CAREGIVING	HULA ALOHA
3:30 p.m.							
4 p.m.					CAREGIVING	HULA ALOHA	TOWN HALL
4:30 p.m.		TREE					
5 p.m.	HULA ALOHA	ANCESTRAL	GREATS	ACTIVITIES	FUNDAMENTALS	CYNTHIA	
5:30 p.m.							
6 p.m.	TOWN HALL	CAREGIVING				ANCESTRAL	GREATS
6:30 p.m.				TREE			
7 p.m.		FUNDAMENTALS	ANCESTRAL	GREATS	TOWN HALL	ACTIVITIES	
7:30 p.m.							
8 p.m.	CYNTHIA		HULA ALOHA				CAREGIVING
8:30 p.m.						TREE	
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC

FITNESS CLASS KEY

Rossmoor Television continues to offer more fitness class options. See corresponding # from the TV grid described below:

FIT #0: Fitness Fun with Cathy as normally scheduled programming.

FIT #1: Muscle Conditioning. 30 minutes. Karel Nunnink has been teaching fitness for 35 years. He is a certified personal trainer and resistance training specialist, and is indoor cycling certified. He is a former marathon runner, Ironman triathlete and Master's ski champion. He talks about the need to exercise to keep the mind sharp and the body flexible.

FIT #2: Pilates. Exercise. 30 minutes. Bob Huff has been a fitness instructor for many years, including over 20 years at Rossmoor. He is a certified Medical Exercise Specialist, personal trainer and athletic trainer, and is Pilates certified. In this program, Huff runs through a routine that can be adapted for all levels. Huff is an employee of RWC, and can be scheduled for personal training at the Fitness Center.

FIT #3: Yoga for All. 30 minutes. Barbara Bureker's emphasis on flexibility is the theme of this program. She shows a variety of body stretches that will keep viewers active and limber.

FIT #4: Mindful Meditation. 30 minutes. Wendy Beckerman is a meditation instructor and certified yoga teacher. Her teaching style includes moment-to-moment mindful awareness to inspire her students to have a fulfilling experience of everyday life.

FIT #5: Seated Stretching. 28 minutes. Adam Cleary is a personal trainer and the manager of Tice Creek Fitness Center in Rossmoor. Join Cleary for this Seated Stretching routine, and check www.TiceFitnessCenter.com to find out about upcoming classes.

FIT #6: Core Workout. 30 minutes. Ash Harrison is a personal trainer and instructor working at Tice Creek Fitness Center in Rossmoor. Join her for this workout, and check www.TiceFitnessCenter.com to find out about her upcoming class schedule.

FIT #7: Leg Strengthening. 30 minutes. Dino Giannakis is a certified personal trainer and is Muscle Activation Techniques JumpStart certified. He enjoys focusing one on one. In this program, he provides a low-impact leg-strengthening routine for all levels. Giannakis is an employee of RWC, and can be scheduled for personal training at the Fitness Center.