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: Tai Chi. 30 minutes. Vadim Derevyanko has studied body movement for many years. This is the Chinese philosophy and practice of aligning breath, physical activity and awareness for mental, spiritual and corporeal health, as well as the development of human potential. It includes aspects of Chinese martial arts and the spiritual awakening to one's true nature.

FIT #2: Bells and Bands. 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.

#3: Upper FIT Body 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 beginner techniques to aerobics, using light weights and chair exercises. Giannakis is an employee of GRF and can be scheduled for personal training at the Fitness Center.

FIT #4: Mat Stretching. 28 minutes. Adam Cleary is a personal trainer and instructor working at Tice Creek Fitness Center in Rossmoor. Join Cleary for this mat stretching routine, and check www. TiceFitnessCenter.com to find out about his upcoming class schedule.

FIT #5: Yoga for all. 30 minutes. Barbara Bure-ker'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 #6: 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 #7: Power Balance. 30 minutes. Keith Thomas is a physical therapist and Chinese health practitioner and has been working in this field for over 20 years. He explains how power balance is an important part of keeping the body healthy and strengthening the core. Thomas is also a martial arts expert.

Guide for Rossmoor TV

ROSSMOOR COMMUNITY CHANNEL 1083

Programs running from March 6 through March 12



Check the grid below for days and times for proin Rossmoor's Fireside Room. The band will play a mix of timeless
grams 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

- <u>POST IT!</u> 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.
- <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. See key at left for descriptions.

■ <u>FOOD</u> Service Study Update. Town Hall. 1 hour 30 minutes. Synergy partners Danny Bendas and Mandy DeLucia return to Rossmoor to present a preview of the vision for what expanded food and beverage options could look like inside the Rossmoor gates. As a reminder, this project goal is to determine the viability of additional food service inside Rossmoor from a financial, logistical and practical standpoint. Several months of feedback have been gathered to help share the vision. (2025)

■ <u>DECADES</u>-From Chuck Berry to Katy Perry. Music. 1 hour 21 minutes.

Decades is one of Northern California's most in-demand concert and show bands. In this concert titled "From Chuck Berry to Katy Perry," residents will hear rock 'n' roll hits and classic songs from the '50s and '60s through today. These versatile musicians effortlessly swap between several instruments (including saxophone, harmonica, penny whistle, trumpet and more) and belt out four-part harmonies that will have everyone singing and dancing along. (2024)

■ ZENITH Jazz Band. Music. 1 hour 40 minutes.

The Dixieland Jazz Club of Rossmoor welcomes the Zenith Jazz Band, whose sound simmers with traditional New Orleans flavor and is played with skill and verve. Their repertoire was assembled over many years by founder Earl Scheelar. (2024)

■ JACK Convery and his Band. Music. 54 minutes.

Banjoist/singer Jack Convery brings his talented band of pianist century, the U.S. Army Cavalry Gary Neuman and clarinetist John Stafford for a Spotlight Concert throughout this country. (2018)

in Rossmoor's Fireside Room. The band will play a mix of timeless jazz classics, novelty showstoppers and country, pop and bluegrass standards. Convery was the winner of the 1973 United Artists Best Banjoist of Northern California Contest and has performed with such music legends as Bing Crosby, Ella Fitzgerald and Perry Como. (2024)

■LAVENDER Fields. Concert. 56 minutes.

Vocals and guitar duo Steve Haddad and Cory Gowan cover Fleetwood Mac, Van Morrison, Neil Young, Cat Stevens, Ben E. King, Leon Bridges and others in their show for the Spotlight Series.

■ FAUST. Opera Lecture Series. 56 minutes.

Diane Farrell Mauch presented a lecture on the opera "Faust," written by Charles Gounod, based on the classic German legend of an unsatisfied scholar who makes a pact with the Devil, exchanging knowledge and pleasure for his soul. Mauch is a former president of the Opera Club with credentials that include a varied performance career in opera and musical theater. (2013)

■ Senior Exploitations and <u>SCAMS</u>. Lecture. 1 hour 10 minutes.

Ken Jonah delivers a presentation on scams targeting seniors and how Rossmoor residents can avoid being "scammed" (a fraudulent act or operation of someone making money by tricking people). Jonah is an expert on senior scams involving finance, romance, grandparenting, lottery and sweepstakes, Medicare, computer and prescription drugs. (2024)

■ GAIT and Balance. Health. 28 minutes.

Emma Marchant is a physical therapist, working with Lafayette Physical Therapy and Bay Area Physical Therapy. Marchant will discuss how gait and balance affect daily life, especially when affected by chronic health issues such as peripheral neuropathy or osteoporosis, among others. Marchant received her Doctor of Physical Therapy from UC San Francisco and San Francisco State University. (2024)

■ <u>NATURE'S</u> Army. Book/Author. 42 minutes.

Harvey Meyerson has ink in his blood. He's always had the heart of a journalist, and a Ph.D. in American history to boot. With that passion, his research has evolved into an exciting book about the care of our national forests. Meyerson shares that in the late 19th century, the U.S. Army Cavalry was dedicated to the care of nature throughout this country. (2018)

= 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> 3-6	<u>Fri</u> 3-7	<u>Sat</u> 3-8	<u>Sun</u> 3-9	<u>Mon</u> 3-10	<u>Tues</u> 3-11	<u>Wed</u> 3-12
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.	FAUST	NATURE'S	ZENITH	SCAMS	DECADES	LAVENDER	FOOD
7:30 a.m.							
8 a.m.	JACK	LAVENDER				FAUST	
8:30 a.m.				GAIT			CLASSIC
9 a.m.	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.	SCAMS	JACK	DECADES	FOOD	SCAMS	ZENITH	FAUST
10:30 a.m.							
11 a.m.		FAUST					DECADES
11:30 a.m.	GAIT			CLASSIC	GAIT		
Noon	DECADES	FOOD	SCAMS	JACK	ZENITH	NATURE'S	
12:30 p.m.							
1 p.m.				LAVENDER		JACK	NATURE'S
1:30 p.m.		CLASSIC	GAIT				
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.	NATURE'S	DECADES	FAUST	ZENITH	FOOD	SCAMS	JACK
3:30 p.m.							
4 p.m.	ZENITH		FOOD				LAVENDER
4:30 p.m.					CLASSIC	GAIT	
5 p.m.		SCAMS		FAUST	NATURE'S	DECADES	ZENITH
5:30 p.m.			CLASSIC				
6 p.m.	FOOD		LAVENDER	NATURE'S	LAVENDER		
6:30 p.m.		GAIT					
7 p.m.		ZENITH	JACK	DECADES	FAUST	FOOD	SCAMS
7:30 p.m.	CLASSIC						
8 p.m.	LAVENDER		NATURE'S		JACK		
8:30 p.m.						CLASSIC	GAIT
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC