## 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: 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.

FIT #2: Zumba. 30 minutes. Sabrina Monahan is a certified personal trainer and Zumba instructor working at Tice Creek Fitness Center. She loves helping others with their health and wellness goals, and believes that smiling and laughing are keys to a happier life. Join Monahan for an up-tempo Zumba session, and check www.TiceFitnessCenter. com to find out about her upcoming class schedule.

FIT #3: Lower Body Strengthening. 30 minutes. Bob Huff has been a fitness instructor for over 25 years, teaching over 20 years at Rossmoor. He's a certified medical exercise specialist (MEC), personal trainer and athletic trainer, and is Pilates certified. In this program, Huff runs through a low-impact lower-body strengthening 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 #4: Mat Yoga. 30 minutes. Nora Pallotta is a personal trainer and certified yoga instructor working at the Tice Creek Fitness Center. Join Pallotta for this Mat Yoga routine, and check www.TiceFitness-Center.com to find out about her upcoming class schedule.

FIT #5: Stretching and Core. 30 minutes. The core consists of the muscles within the abdomen, hips and lower back. These muscles support pelvic girdle and spine, and facilitate movements of hips and torso. Troy Hancock shows moves to strengthen and stretch bodies.

FIT #6: Circuit Training. 30 minutes. Dino Giannakis is a certified personal trainer, and is Muscle Activation Techniques JumpStart certified. In this program, he provides beginner techniques for aerobics, using light weights and chair exercises. Giannakis is an employee of RWC, and can be scheduled for personal training at the Fitness Center.

FIT #7: Yoga. 30 minutes. Barbara Bureker emphasizes flexibility as the theme of this program. She demonstrates a variety of body stretches to keep active and limber.

# Guide for Rossmoor TV

ROSSMOOR COMMUNITY CHANNEL 1083

# Programs running from Sept. 25 through Oct. 1



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.

### ■ RWC BOARD Meeting, Sept. 25

The nine members of the RWC Board discuss and act on various community issues. For the agenda for this meeting, see the news section in this paper. **Please note:** Should the RWC Board meeting extend beyond its allotted time slot, start times for all programs following the meeting will be readjusted as needed. RWC meetings can be located on Rossmoor.com website.

# ■ The <u>ASHMOLEAN</u> Singers: A Grand Night for Singing. Music. 1 hour 25 minutes. (2025)

The Ashomolean Singers present their cabaret show "A Grand Night for Singing" featuring the music of Rodgers and Hammerstein. The show is directed by Jenny Matteucci and Daniel Lockert, and it is enriched by the added spice of choreography. Favorite performers take center stage to bring to life songs from "The King and I," "The Sound of Music," "Flower Drum Song," "Oklahoma," "Carousel" and more

# ■ The <u>OAKTOWN</u> Strutters Spotlight Concert. Music. 53 minutes. (2024)

The Oaktown Strutters celebrate the classic sounds of swing, jump blues and the Great American Songbook. Bandleader Richard Chon fiddles his way through a variety of classics while singing along with warm baritone vocals.

### **COLGATE** Thirteen. Concert. 48 minutes. (2020)

**Thu** 

New York's Colgate University all-male a capella group travels over 13,000 miles a year to perform in venues in all states. This musical

Fri

Sat

group, known for its unique blend of song and humor, has been in existence since 1942.

### **■ KING** of Cool. Favorites. 57 minutes. (2008)

Matt Helm has been impersonating Dean Martin for nearly 20 years. Helm specializes in recreating that ever captivating charm, wit and charismatic persona. His manners and stories retrace the years of Martin when he was in his prime.

### **■ HISTORY** of Rossmoor. Information. 1 hour.

This series is written and narrated by the late John Nutley, one-time president of the Rossmoor Historical Society.

**Part 9 – 1990-1995 – Coming Together.** This program covers the various factions of working together toward the common good.

Part 10 – 1995-1996 – Planning the Future. This video covers the residents planning the new building and remodeling of the Rossmoor community.

# ■ MEDICAL Aid-in-Dying. Lecture. 1 hour, 16 minutes. (2025) Rossmoor's End of Life Concerns Club hosts this talk concerning Medical Aid-in-Dying to help remind viewers that they have autonomy in their options at the end of life, with Medical Aid-in-Dying being only one of them. Club president and retired physician Jim Greenberg goes over the California End of Life Option Act, with a review of the history of California's law, who qualifies, and what sequence of events must occur to comply with the law. David Birnbach will provide first-hand experience with the topic; his life partner chose to end her life shortly before her 90th birthday. Birnbach will discuss what his experience was like, and share some videos of his partner taken just days before passing.

### **■ FAUST.** Opera Lecture Series. 56 minutes. (2013)

Mon

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.

# ■ <u>DIVING</u> Deep: Conversations at Rossmoor. Information. 47 minutes. (2023)

An interview program hosted by Irene Keenan. In this episode, she interviews Rossmoor resident Jean Wilcox, a transplant from England who fell in love with the theater and did drama training at the London School of Drama. In 1962, she immigrated to the United States and fell in love with the Bay Area and her husband.

Tues

**Wed** 

= 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.

Sun

	9-25	9-26	9-27	9-28	9-29	9-30	10-1
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.	KING	COLGATE	MEDICAL	ASHMOLEAN	OAKTOWN	FAUST	DIVING
7:30 a.m.							
8 a.m.	HISTORY	FAUST			DIVING	KING	COLGATE
8:30 a.m.							
9 a.m.	FIT #0						
9:30 a.m.	FIT #3	FIT #4	FIT #5	FIT #6	FIT #7	FIT #1	FIT #2
10 a.m.	ASHMOLEAN	RWC BOARD	RWC BOARD	DIVING	MEDICAL	RWC BOARD	KING
10:30 a.m.							
11 a.m.				COLGATE			ASHMOLEAN
11:30 a.m.							
Noon	DIVING	POST IT!	POST IT!	HISTORY	ASHMOLEAN	POST IT!	
12:30 p.m.							
1 p.m.	OAKTOWN	CLASSIC	CLASSIC	KING		CLASSIC	FAUST
1:30 p.m.							
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.	FAUST	MEDICAL	ASHMOLEAN	MEDICAL	KING	DIVING	HISTORY
3:30 p.m.							
4 p.m.	COLGATE				FAUST	OAKTOWN	MEDICAL
4:30 p.m.							
5 p.m.	MEDICAL	KING	COLGATE	OAKTOWN	HISTORY	ASHMOLEAN	
5:30 p.m.							
6 p.m.		HISTORY	DIVING	FAUST	COLGATE		OAKTOWN
6:30 p.m.							
7 p.m.	RWC BOARD	RWC BOARD	OAKTOWN	ASHMOLEAN	RWC BOARD	MEDICAL	RWC BOARD
7:30 p.m.							
8 p.m.			FAUST				
8:30 p.m.							
9 p.m.	CLASSIC						