GUIDE FOR ROSSMOOR TV

ROSSMOOR COMMUNITY CHANNEL 1083

Programs running from Jan. 22 through Jan. 28

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.

■ **Crescent KATZ. Music. 1 hour 43 minutes. (2025)**
The Crescent Katz off-the-cuff, no-rules, no-arrangements style harkens back to the days when jazz was party music, and the party never ended. Conjuring memories of smoke-filled bars, Shakey's pizza parlors and Old Town Sacramento, these West Coast musicians make you want to tap your toes and buy a round for the room. This high-energy group breathes new life into the music of the 1920s and '30s, playing popular tunes from Louis Armstrong, Kid Ory, Fats Waller and more. With the Crescent Katz hootin,'hollerin' and downright irreverence aren't just encouraged, they're enforced. This lineup features Brandon Au (trombone), Justin Au (trumpet), Marty Eggers (drums), Don Neely (reeds), Clint Baker (tuba), and J. Hansen (drums).

■ **Chamber Music: SEQUOIA Camerata. Music. 1 hour 53 minutes. (2023)**
The Rossmoor Chamber Music Society welcomes Sequoia Camerata, performing J.S. Bach and other composers on period instruments. Their performance will be a reflection on how Bach's music was influenced by the French Baroque.

■ **RON KEMP: In The Spotlight. Music. 1 hour. (2025)**
Singer-songwriter and guitarist Ron Kemp has honed his musical chops as a "busker," a street performer who entertains in public spaces. He performs his own songs here at Rossmoor, as well as rock and pop classics from artists like Bruce Springsteen, Jackson Browne, Joni Mitchell and Tom Petty.

■ **OLD PUPPY Band. Concert. 1 hour. (2021)**
A self-described "exotica lounge band" playing music from around the world. The band specializes in traditional Hawaiian music, the American Songbook and songs from the 1880's to 1980. The band is a seasoned group with over 140 years of combined musical experience and is led by Steven Strauss on ukulele and vocals.

■ **20th Annual BURNS Supper. Music/Dance. 1 hour 9 minutes. (2025)**
The Caledonian Society of Rossmoor celebrates the life and works of Robert Burns, Scotland's national bard. The celebrations features recitals of Burns' work, toasts, singing, and entertainment by bag piper Bob Ingham and live music and dancing by the Dunsmuir Scottish Dancers.

■ **Book Ends: Advanced FOOLING Around. Book/Author. 30 minutes. (2024)**
Ronald J. Cohn explains the unique concept behind his book, "Advanced Fooling Around," a combination of photographs on every other page, and across from them arrangements of computer-generated phrases, produced in the thousands, and organized into various shapes and pictures. He also discusses his journey to the East among other life experiences and influences. Interviewed by Ellen Sarbone.

■ **Rossmoor NEWS: Tips For Submitting Content. Information. 1 hour 17 minutes. (2025)**
The staff of the Rossmoor News provide insights on how to get articles, columns, and photos into the newspaper. Learn about the process for submitting content, including deadline and how to make corrections. The presentation also covers tips on what makes an effective article, how to write a headline and how to take the best photos. Featuring Ann Peterson (director of communications), Craig Lazzeretti (managing editor), Mike Wood (staff editor/writer), and Dan Rosenstrauch (staff photographer).

■ **Participating in Clinical Trials for VISION Related Diagnoses. Health. 53 minutes. (2024)**
The Low Vision Group welcomes Dr. Yingna Snowy Liu, of Bay Area Retina Associates, who discusses the basics of clinical trials: what they are for, who participates, and which active trials her practice is participating in for wet and dry age-related macular degeneration.

■ **The ARTIST View. Interview. 45 minutes. (2019)**
Tim Dowell has always found painting intense yet soothing to his soul. He uses brushes to create a story and loves working in oils because of the texture and deep colors.

= 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 1-22	Fri 1-23	Sat 1-24	Sun 1-25	Mon 1-26	Tues 1-27	Wed 1-28
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.	KATZ	OLD PUPPY	BURNS	NEWS	VISION	BURNS	SEQUOIA
7:30 a.m.							
8 a.m.		ARTIST			RON KEMP		
8:30 a.m.			FOOLING			FOOLING	
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.	NEWS	RON KEMP	KATZ	SEQUOIA	BURNS	OLD PUPPY	ARTIST
10:30 a.m.							
11 a.m.		VISION				SEQUOIA	KATZ
11:30 a.m.					FOOLING		
Noon	SEQUOIA	BURNS	NEWS	OLD PUPPY	KATZ		
12:30 p.m.							
1 p.m.				ARTIST		VISION	RON KEMP
1:30 p.m.		FOOLING					
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.	BURNS	KATZ	SEQUOIA	RON KEMP	OLD PUPPY	NEWS	VISION
3:30 p.m.							
4 p.m.				VISION	ARTIST		OLD PUPPY
4:30 p.m.	FOOLING						
5 p.m.	ARTIST	NEWS	OLD PUPPY	BURNS	SEQUOIA	KATZ	NEWS
5:30 p.m.							
6 p.m.	RON KEMP		VISION				
6:30 p.m.				FOOLING			
7 p.m.	VISION	SEQUOIA	RON KEMP	KATZ	NEWS	ARTIST	BURNS
7:30 p.m.							
8 p.m.	OLD PUPPY		ARTIST			RON KEMP	
8:30 p.m.							FOOLING
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: 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 #2: 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.

FIT #3: Core Workout. 30 minutes. Ash Harrison is a personal trainer and instructor working at the 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 #4: 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 #5: 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 #6: Seated Stretching. 28 minutes. Adam Cleary is a personal trainer and instructor working at the Tice Creek Fitness Center in Rossmoor. Join Cleary for this Seated Stretching routine and check www.TiceFitnessCenter.com to find out about his upcoming class schedule.

FIT #7: Pilates. Exercise. 30 minutes. Bob Huff has been a fitness instructor for many years, teaching 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.