

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

**FIT #1: Tai Chi.30 minutes.** **Vadim Derevyanko** has studied body movement for many years. Tai Chi 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 #3: Upper Body Strengthening. 30 minutes.** **Dino Giannakis** is a certified personal trainer and is Muscle Activation Techniques Jump-Start certified. He enjoys focusing one on one. In this program, he provides beginners' techniques to 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 #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 #7: ABS/Back strengthening.30 minutes. Rachael Anderson** is a certified medical exercise specialist, personal trainer, and nutrition specialist. She instructs viewers with a low-impact workout using stretching and floor exercises.



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](http://www.rossmoortv.com)

■ **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.

This program is scheduled every day at 9 a.m. The program changes daily to vary the exercises. See key at left for descriptions.

■ **Diablo SYMPHONY Orchestra: The Sea in Us. 1 hour 10 minutes. (2025)**

■ **Getting Up From a FALL. Lecture. 28 minutes. (2025)**  
Tice Creek Fitness Center trainers Adam Cleary and Ash Harrison demonstrate the safest ways to get back up from a fall, including using the help of a chair, the help of a cane and using no furniture at all. They also provide demonstrations on exercises to strengthen the muscles needed to get back up from a fall.

Local barbershop quartet Queen Over Jacks brings its stellar harmonies to the Rossmoor Spotlight music series, featuring music from the 1930s through the 1960s in a cappella style, four-part-harmony style.

■ The OAKTOWN Strutters Spotlight Concert. Music. 53

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.

Master Rosarians Rose Gilardi and Jack Fitzgerald show how to tend your roses – planting, feeding and pruning. Both gardeners hold teaching and judging credentials with the American Rose Society and the Golden Gate Rose Society and have won numerous awards including the coveted Silver Honor Medal.

Ernie Adams is a fitness trainer specializing in working with older adults. In this workshop, Adams demonstrates foot-to-core exercises to stabilize knees, hips and spine.; how to wake up and strengthen foot muscles to control aches; and the good, bad and ugly about shoes, orthotics and barefoot training. Adams is a certified Pilates instructor, personal fitness trainer (NASM), Feldenkrais movement educator (FGNA) and barefoot trainer (EBFA Global), with an extensive background as a professional dancer. This program is presented as part of Rossmoor Counseling Services' Optimum Wellness Series. For more information email [counseling@rossmoor.com](mailto:counseling@rossmoor.com)

Linda Riebel, Ph.D., presents an introduction to opera for the uninitiated. Riebel is a Past President of the Friends of Opera San Jose, now retired, and has given many lectures on the art of opera.

Walnut Creek attorneys Joan Grimes and Jennifer Wallis discuss The Estate Planning Process to help viewers prepare for their 60s and beyond. In this program, the pair go over the fundamentals of creating an estate plan, including goals for each decade once you enter your 60s, 70s, and 80s.

*= 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.*

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