

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

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 #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.TiceFitnessCenter.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 #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.



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

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

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 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 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.

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

*= 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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