

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: 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 #2: Yoga for All. 30 minutes. Barbara Bureker puts emphasis on flexibility as the theme of this program. She demonstrates a variety of body stretches to keep active and limber.

FIT #3: Muscle Conditioning. 30 minutes. Karel Nun**nink** has been teaching fitness for over 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 #4: Lower Body Strengthening. 30 minutes. Bob Huff has been a fitness instructor for 25 years and has taught in Rossmoor for over 20 years. He is a certified medical exercise specialist, personal trainer and athletic trainer, and is Pilates certified. Huff shows beginning Pilates to help viewers understand the concept. He welcomes residents to join him at the Fitness Center.

FIT #5: 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 #6: 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: Qigong. 30 minutes. Qigong (pronounced "Chee gung") is translated from the Chinese to mean "energy cultivation" or "working with the life energy." Qigong is an ancient Chinese system of postures, exercises and breathing techniques. Adam Wallace is a certified instructor, and explains the value of this exercise for seniors.

GUIDE FOR ROSSMOOR TV

ROSSMOOR COMMUNITY CHANNEL 1083 Programs running from July 17 through July 23

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

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.

Generations in <u>JAZZ</u> Festival. Music. 2 hours 5 minutes.

The Big Band of Rossmoor's 28th annual Generations in Jazz Festival is headlined by the Northgate Jazz Band II, Stanley Middle School Jazz Messengers and the Big Band of Rossmoor Alumni Combo. The Big Band is an intergenerational group and performs pieces from its dynamic repertoire consisting mainly of 1940s and '50s big band swing and the American songbook. (2024)

■ The <u>IDEA</u> Which Thinks Itself. Book/Author. 26 minutes. Jon Fovt has authored many books and continues his prolific writing with his new book "The Idea Which Thinks Itself." Foyt is interviewed by Ron Wren, another member of the Published Writers of Rossmoor; they discuss the avant-garde fiction about one man's true self as influenced by his imaginary friend, set in the Central Valley. The main character meets local businessmen who prosper and young women who challenge the system, which they say is dominated by old white men. (2021)

■ <u>CANTABILE</u> Chamber Singers 2024 New Year's Concert. Music. 47 minutes.

Cantabile Chamber Singers is a 30-member chorus group founded and led by Conductor Yeong Bin Cho. This program will feature selections ranging from sacred songs, American pop and Korean pop. The Singers will be accompanied by soprano Kyungso Lim, Jinsil Lee (piano) and Su Yeon Kim (violin). (2024) **LAVENDER** Fields. Concert. 56 minutes.

Check the grid below for days and times for pro- 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 this Spotlight Series show. (2021)

■ <u>BARBERSHOP</u> Harmony. Concert. 1 hour.

Devil Mountain Chorus is a 30-member men's a capella group whose quartet members perform four-part harmony. They organized in Walnut Creek in 1972 and are part of the Society for the Preservation and Encouragement of Barbershop Quartet singing in America. (2019)

■ <u>MOZART</u> Choral Music. Lecture. 1 hour 18 minutes.

Steven Lowe, music lecturer and program notes writer for the Seattle Symphony, discusses the choral music of Wolfgang Amadeus Mozart (1756-1791). (2022)

<u>DIVING</u> Deep: Conversations at Rossmoor. Information. 1 hour.

Diving Deep host Irene Keenan interviews travel and bicycling enthusiasts Mary and Andy Franklin, who share their lives, including their enduring marriage of 63 years, Andy's childhood in London during World War II and the pair's travels and spiritual explorations. (2023)

BookEnds-<u>QUESTINY</u>: Poems Over the Years. Book/ Author. 37 minutes.

James Freeman is interviewed by Jacqui Ewing about his book "Questiny: Poems Over the Years," which compiles Freeman's poems and paintings from over the years. Some of the song lyrics Freeman penned, included in this anthology, served as his only writing outlet. Freeman was also a child prodigy in visual arts, though he viewed painting mainly as a form of relaxation. This expansive collection of poems is accompanied by Freeman's original paintings and spans over 60 years, from high school to the present, documenting his journey through darkness into light. (2025)

Trust and **ESTATE** Planning in Today's Environment. 1 hour 12 minutes.

Walnut Creek attorneys Joan Grimes and Jennifer Wallis discuss trust and estate planning in today's environment. In this program, the pair go over the fundamentals of creating an estate plan, including a revocable living trust, pour-over will, durable power of attorney and more. Tax planning is also discussed, as well as gift giving and property transfers. (2024)

= 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>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>	Mon	Tues	Wed
	7-17	7-18	7-19	7-20	7-21	7-22	7-23
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.	ESTATE	DIVING	MOZART	LAVENDER	CANTABILE	MOZART	ESTATE
7:30 a.m.							
8 a.m.		QUESTINY		BARBERSHOP	DIVING		
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.	JAZZ	MOZART	CANTABILE	ESTATE	JAZZ	BARBERSHOP	QUESTINY
10:30 a.m.							
11 a.m.			JAZZ			DIVING	MOZART
11:30 a.m.							
Noon		ESTATE		MOZART		LAVENDER	
12:30 p.m.	IDEA				IDEA		
1 p.m.	LAVENDER				QUESTINY	CANTABILE	BARBERSHOP
1:30 p.m.			IDEA				
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.	CANTABILE	JAZZ	QUESTINY	DIVING	LAVENDER	ESTATE	JAZZ
3:30 p.m.							
4 p.m.	DIVING		LAVENDER	CANTABILE	BARBERSHOP		
4:30 p.m.							
5 p.m.	BARBERSHOP		ESTATE	QUESTINY	MOZART	JAZZ	
5:30 p.m.		IDEA					IDEA
6 p.m.	QUESTINY	CANTABILE		JAZZ			DIVING
6:30 p.m.							
7 p.m.	MOZART	LAVENDER	BARBERSHOP		ESTATE		CANTABILE
7:30 p.m.						IDEA	
8 p.m.		BARBERSHOP	DIVING			QUESTINY	LAVENDER
8:30 p.m.				IDEA			
9 p.m.	CLASSIC						

