GUIDE FOR ROSSMOOR TV

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from Nov. 17 through Nov. 23

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.

■ **Conversations with CEO Tim O'Keefe. Part 1. Interview by News editor. 1 hour +**
Communication Director **Ann Peterson** interviews Golden Rain Foundation's CEO **Tim O'Keefe**, who provides a look back of his seven eventful years here in Rossmoor and touches on some of the highlights including the construction of the new fitness center, sustainability initiatives like the solar farm and electric vehicle charging stations, emergency preparedness improvements and many others. (2022)

■ **EPHPHATHA. Book/Author. 30 minutes.**
Thomas M. Caulfield has kept a secret journal documenting the life of his only son Christopher, who was declared profoundly deaf at the age of 12 months. The journal, now a book, documents the unimaginable obstacles Christopher faced during his young life. A wonderful story of one man's heart, courage and resilience. **Jill Woolums** is the interviewer. (2019)

■ **Tom Rigney and FLAMBEAU. Concert. 1 hour 23 minutes.**
Virtuoso fiddler and Bay Area native **Tom Rigney** and his band play Cajun, blues and roots music in front of a live audience at the Event Center. (2021)

■ **Scott Joplin's RAGTIME – Part 4. Music. 1 hour.**
Acclaimed New York concert pianist **Richard Dowling** is known for his skill at performing the complete piano works of composer Scott Joplin, who achieved historical fame as the 'King of Ragtime." This is a four-part series of Joplin's complete works. (2017)

■ **In The SPOTLIGHT: Dustin Heer. Concert. 58 minutes.**
Up-and-coming vocalist/guitarist Heer performs repertoire from modern pop, country, classic rock and oldies. His playlist includes hits like "Twilight Time," "I Left My Heart in San Francisco," "Brown Eyed Girl," "My Girl" and "My Way". Backup vocals provided by Dustin's mother, **Cyndee Heer**. (2021)

■ **The OAKTOWN Strutters in Concert. Music. 54 minutes.**
The Oaktown Strutters bring their brand of jazz and western swing to Rossmoor's Fireside Room. Led by **Richard Chon**, the Strutters' repertoire draws from cowboy ballads, blues, Tin Pan Alley, honky tonk and polka. (2022)

■ **The Rossmoor TALENT Show. Variety. 51 minutes.**
The Rossmoor Talent Show, hosted by **Roger Hadlich** (who also joined **Warren Peterson** for a comedy sketch), honored the great entertainment of days gone by, featuring the vocal talents of **Jaqui Ewing** and **Bertha Messina**, accompanied by pianist **Joyce Temple**. **Harry Levy** led the audience in an old-time sing-a-long, **Annette Granger** performed her ever-popular record pantomimes, **Connie Bills** danced the hula, and "What For?," a men's barbershop quartet, rounded out the hour. (2014)

■ **TURANDOT. Opera Lecture. 1 hour 4 minutes.**
Diane Farrell Mauch presented a lecture on the much-beloved opera "Turandot" (meaning "Daughter of Persia") by Giacomo Puccini. Diane's credentials include a varied performance career in opera, concert and musical theater. She taught voice and opera theater for many years and has written extensively on vocal technique and vocal literature. (2011)

■ **TREATMENT Options for Low Back and Leg Pain. Health. 30 minutes.**
Kasra Amirdelfan, M.D., a world-renowned pain management expert and teacher who graduated from Texas A&M college of medicine, explains reasons for chronic pain as we age and provides information about less invasive new technologies to manage it. (2020)

■ **BIG Questions: How is Peace Possible in Today's World? Lecture. 1 hour 23 minutes.**
The Interfaith Council of Rossmoor presents the Big Questions Forum featuring **James Lichti** representing the Mennonite faith path and **Kaleo** and **Elise Ching** representing Taoism. Lichti discusses how the Mennonite "peace witness" has played out in our history, and what it means for our present and future. Kaleo and Elise Ching share their Aloha Qigong, an ancient Taoist shamanic practice grounded in Chinese medicine. (2022)

= 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 11-17	Fri 11-18	Sat 11-19	Sun 11-20	Mon 11-21	Tues 11-22	Wed 11-23
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.	TALENT	FLAMBEAU	TURANDOT	SPOTLIGHT	BIG	CEO	OAKTOWN
7:30 a.m.							
8 a.m.	SPOTLIGHT			OAKTOWN			TALENT
8:30 a.m.			TREATMENT			EPHPHATHA	
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.	BIG	TURANDOT	OAKTOWN	CEO	FLAMBEAU	BIG	RAGTIME
10:30 a.m.							
11 a.m.			RAGTIME				CEO
11:30 a.m.		TREATMENT		EPHPHATHA			
Noon	FLAMBEAU	CEO	SPOTLIGHT	BIG	TURANDOT	OAKTOWN	
12:30 p.m.							EPHPHATHA
1 p.m.			TALENT			RAGTIME	SPOTLIGHT
1:30 p.m.		EPHPHATHA			TREATMENT		
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.	OAKTOWN	BIG	FLAMBEAU	TALENT	RAGTIME	SPOTLIGHT	TURANDOT
3:30 p.m.							
4 p.m.	TURANDOT			RAGTIME	SPOTLIGHT	FLAMBEAU	
4:30 p.m.							TREATMENT
5 p.m.		SPOTLIGHT	CEO	TURANDOT	TALENT		BIG
5:30 p.m.	TREATMENT						
6 p.m.	CEO	RAGTIME			OAKTOWN	TALENT	
6:30 p.m.			EPHPHATHA	TREATMENT			
7 p.m.		OAKTOWN	BIG	FLAMBEAU	CEO	TURANDOT	FLAMBEAU
7:30 p.m.	EPHPHATHA						
8 p.m.	RAGTIME	TALENT					
8:30 p.m.					EPHPHATHA	TREATMENT	
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: 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 #3: Power Balance. 30 minutes. Keith Thomas is a physical therapist and Chinese health practitioner who 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 #4: Tai Chi. 30 minutes. Vadim Derevyanko has studied body movement for many years. This 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 #5: Muscle Conditioning. 30 minutes. Karel Nunnink has been coaching fitness for 35 years. He is a certified personal trainer and resistance training specialist and is indoor cycling certified. In this program Nunnink expresses the need for keeping one's body fit and ways to do so.

FIT #6: 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.

FIT #7: Upper Body 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 beginner techniques to aerobics, using light weights and chair exercises. Giannakis is an employee of GRF and can be scheduled for personal training at the Fitness Center.