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: Zumba. 30 minutes. Sabrina Monahan is a certified personal trainer and Zumba instructor working at the Tice Creek Fitness Center in Rossmoor. 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 uptempo Zumba session and check TiceFitnessCenter.com to find out about her upcoming class schedule.

FIT #2: 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 #3: 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 #4: 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 #5: 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 #6: 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 #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 28

Programs running from Feb. 2 through Feb. 8

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.

■ **Rossmoor TV BINGO. Game. 1 hour plus.**
On Tuesday, Feb. 7 starting at 5 p.m., play TV Bingo in your home. Order a free bingo card by calling Rossmoor TV's office in Creekside and play the first Tuesday of each month. Prizes are donated by local merchants for dinners, haircuts and even fresh flowers. Residents only.

■ **SAXOPHOBIA. Music. 1 hour 42 minutes.**
Rob Verdi's Saxophobia presents a riveting history of the saxophone and the players who gave the instrument its many voices. Joined by Curtis Brengle on piano, Bruce Lett on bass and Paul Johnson on drums. See some of the most unusual saxophones ever made. An historical, educational and entertaining performance. (2016)

■ **BELOVED Friends. Classical. 1 hour 31 minutes.**
Three well-known local and international artists — **Shawnette Sulker**, soprano; **Kristin Clayton**, soprano and **Silvie Jensen**. mezzo-soprano — performed for the Opera Club, accompanied by pianist **Cesar Cancino,** performing a few of their favorite arias and duets from the works of Mozart, Bizet, Straus, Rossini Menotti and Saint-Saens. (2016)

■ **DAVID and Cynthia. Concert. 50 minutes.**
David Weston and **Cynthia Wilson** perform an instrumental set with Weston providing dynamic melodies on electric guitar and Wilson holding it down on percussion. (2022)

■ **BEYOND the Rainbow: A Tribute to Judy Garland. Concert. 1 hour.**
Eileen Zamora pays tribute to Garland, accompanied by pianist **G. Scott Lacy**, **Brad Howell** on bass, and **Brett Zamora**, on drums. The show features all of Garland's most memorable songs including; "Zing Went the Strings of My Heart," "Get Happy," "The Man That Got Away," and many more. (2019)

■ **FAUST. Opera Lecture Series. 56 minutes.**
Diane Farrell Mauch presented a lecture on the opera "Faust," written by Charles Gounod, based on the classic German legend of an unsatisfied scholar who makes a pact with the Devil, exchanging knowledge and pleasure for his soul. Mauch is the president of the Opera/Ballet Club whose credentials include a varied career in opera and musical theater. (2013)

■ **ROSE World: Caring for Your Rose Garden. Information. 1 hour 50 minutes.**
Master Rosarians **Rose Gilardi** and **Jack Fitzgerald** show how to tend roses — planting, feeding and pruning. Both 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. (2015)

■ **The ARTIST View with Judy Schavrien. Interview. 1 hour 11 minutes.**
John Hopper hosts, shining a spotlight on the talented artists within the Rossmoor Art Association. In this episode **Dr. Judy Schavrien**, an artist and psychotherapist, shares her artwork and her story of survival. She considers herself a Figurative Expressionist. (2022)

■ **The AMPHIBIOUS Alligator. Book/Author. 30 minutes.**
Nathan Stone has written his memoir on his time in the Navy (1943-1946), during which he traveled from one end of the world to the other, visiting exciting lands, getting shot and even was at Normandy on D-Day. Stone is interviewed by **Ron Wren,** another published Rossmoor writer. (2018)

■ **PALLIATIVE Care. Health. 51 minutes.**
A discussion on palliative care, an interdisciplinary medical caregiving approach to optimize quality of life and mitigate suffering, with **Cindy Dominguez** of John Muir Medical Center and **Marcia Liberson** of Kaiser Permanente. (2021)

= 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 2-2	Fri 2-3	Sat 2-4	Sun 2-5	Mon 2-6	Tues 2-7	Wed 2-8
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.	PALLIATIVE	DAVID	ARTIST	FAUST	SAXOPHOBIA	BELOVED	ROSE
7:30 a.m.							
8 a.m.	FAUST	PALLIATIVE		BEYOND			
8:30 a.m.			AMPHIBIOUS				
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.	SAXOPHOBIA	ARTIST	ROSE	BELOVED	ROSE	FAUST	BEYOND
10:30 a.m.							
11 a.m.						SAXOPHOBIA	ARTIST
11:30 a.m.		AMPHIBIOUS					
Noon	ROSE	BELOVED	SAXOPHOBIA	DAVID	ARTIST		
12:30 p.m.							AMPHIBIOUS
1 p.m.				PALLIATIVE		BEYOND	DAVID
1:30 p.m.					AMPHIBIOUS		
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.	BELOVED	SAXOPHOBIA	DAVID	ROSE	BEYOND	ARTIST	FAUST
3:30 p.m.							
4 p.m.			BEYOND		PALLIATIVE		BELOVED
4:30 p.m.						AMPHIBIOUS	
5 p.m.	BEYOND	ROSE	FAUST	ARTIST	BELOVED	TV BINGO	
5:30 p.m.							
6 p.m.	DAVID		PALLIATIVE				SAXOPHOBIA
6:30 p.m.				AMPHIBIOUS			
7 p.m.	ARTIST	BEYOND	BELOVED	SAXOPHOBIA	FAUST	ROSE	
7:30 p.m.							
8 p.m.		FAUST			DAVID		PALLIATIVE
8:30 p.m.	AMPHIBIOUS						
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC