GUIDE FOR ROSSMOOR TV

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from May 25 through May 31

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.

■ **GRF BOARD Meeting, May 25.** The nine members of the GRF Board discuss and act on matters relevant to the Rossmoor community. For the agenda for this meeting see the news section in this paper. **Please note,** should the GRF Board meeting extend longer than this time slot allows, all programs following the meeting will be readjusted as needed. GRF meetings can be located at Rossmoor.com

■ **CHAMBER Music: The Next Generation. Concert. 1 hour 26 minutes.**
The Rossmoor Chamber Music Society presents three chamber music ensembles of players from high school age through college graduates – the **Ataraxia Woodwind Quintet**, the **Sirona String Quartet** and the 2021 Gold Medal winners of the Fischoff National Chamber Music Competition (Junior Division), the **Aveta Piano Trio**. The program includes music from Felix Mendelssohn, Astor Piazzolla, Hugo Wolf and others. (2021)

■ **Tom Rigney and FLAMBEAU. Cajun Music. 1 hour 50 minutes.**
Violinist and Cajun fiddler **Tom Rigney** has been a part of the Bay Area roots music scene for more than 35 years. In 2000, after 15 years as leader and violinist of the Sundogs, the fiddler/composer stepped out on his own with a new band called **Flambeau**. The new band's rise to fame was quick, with a 2003 release titled "Happy to be Here" that spent weeks on the Americana radio chart. Rigney continues to compose, perform and produce a new music album every year; he's become one of the premier blues and roots music violinists in the world. (2016)

■ **LADINO Music. Folk. 46 minutes.**
Rivka Amado performed traditional Ladino music. Ladino, also known as Judeo-Spanish, is the spoken and written Hispanic language of Jews of Spanish origin. Accompanied on guitar and vocals by **Achi Ben-Shalom,** Amado performs the traditional melodies learned from her grandmother while growing up in a Ladino-speaking home in Holon, Jerusalem. (2011)

■ **STEPS to a Healthier You. Health. 1 hour 16 minutes.**
Rossmoor Counseling Services hosts **Tracy Hu, M.D**., from the John Muir Health Family Residency Program to share her presentation "Steps to a Healthier You," which will explore the science behind motivation, creating habits and goal setting. Dr. Hu's presentation will also touch on the six pillars of lifestyle medicine (nutrition, physical activity, sleep, stress management, decreasing substance u and healthy relationships). (2023)

■ **AVOIDING the Knot. Information. 1 hour.**
Joan Grimes and **Jennifer Wallis (Grimes),** mother-daughter estate-planning attorney duo, discuss and role-play estate planning regarding the rights of married versus unmarried and Registered Domestic Partner couples covering property, transferring wealth, trusts, incapacity planning, advantages and practical considerations. The children and the surviving partner of these couples will appreciate good planning! (2019)

■ **The SUM of All Mornings. Book/Author. 39 minutes.**
Author **Patricia Teschner's** book of poems reveals the beauty of Humboldt County and the surrounding area. Teschner finds her poetry skills become fluid when she surrounds herself with tall trees and green earth. Teschner is interviewed by resident **Lee Gale Gruen**. (2020)

■ **SYMPTOM Management with Cannabis. Lecture. 1 hour.**
Sara Payan is a nationally recognized and award-winning cannabis educator, public policy advocate and consultant. She works with Kaiser and UCSF and also serves as the public education officer for the Apothecary in San Francisco. Payan's hands-on experiential medical cannabis patient research and her personal experience as a stage 3 colon cancer survivor enables her to provide guidance in navigating cannabis dosage for symptom management. (2019)

= 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 5-25	Fri 5-26	Sat 5-27	Sun 5-28	Mon 5-29	Tues 5-30	Wed 5-31
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.	SYMPTOM	CHAMBER	AVOIDING	FLAMBEAU	STEPS	SUM	LADINO
7:30 a.m.							
8 a.m.	AVOIDING		SUM			SYMPTOM	SUM
8:30 a.m.							
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.	FLAMBEAU	GRF BOARD	GRF BOARD	CHAMBER	LADINO	GRF BOARD	STEPS
10:30 a.m.							
11 a.m.					AVOIDING		
11:30 a.m.							
Noon	SUM	POST IT!	POST IT!	STEPS	FLAMBEAU	POST IT!	CHAMBER
12:30 p.m.							
1 p.m.	LADINO	CLASSIC	CLASSIC			CLASSIC	
1:30 p.m.							
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.	CHAMBER	FLAMBEAU	STEPS	LADINO	SUM	AVOIDING	SYMPTOM
3:30 p.m.							
4 p.m.				AVOIDING	SYMPTOM	LADINO	FLAMBEAU
4:30 p.m.							
5 p.m.	STEPS	SUM	LADINO	SYMPTOM	CHAMBER	FLAMBEAU	
5:30 p.m.							
6 p.m.		LADINO	SYMPTOM	SUM			AVOIDING
6:30 p.m.							
7 p.m.	GRF BOARD	GRF BOARD	CHAMBER	FLAMBEAU	GRF BOARD	STEPS	GRF BOARD
7:30 p.m.							
8 p.m.							
8:30 p.m.							
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: 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 up-tempo Zumba session and check 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: 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 #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: Stretching and Core. 30 minutes. The core consists of the muscles within the abdomen, hips and lower back. These muscles support the pelvic girdle and spine and facilitate movements of hips and torso. **Troy Hancock** shows moves to strengthen and stretch bodies.

FIT #6: 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 #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.