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: 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 #2: 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 #3: Yoga. 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 #4: 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 #5: Circuit Training. 30 minutes. Dino Giannakis is a certified personal trainer and is Muscle Activation Techniques JumpStart certified. In this program he provides beginner techniques for aerobics, using light weights and chair exercises. Giannakis is an employee of GRF and can be scheduled for personal training at the Fitness Center**.**

FIT #6: Lower Body Strengthening. 30 minutes. **Bob Huff** has been a fitness instructor for over 25 years, teaching over 20 years at Rossmoor. He's a certified Medical Exercise Specialist, personal trainer and athletic trainer and is Pilates certified. In this program, Huff runs through a low-impact lower-body strengthening routine that can be adapted for all levels. Huff is an employee of GRF and can be scheduled for personal training at the Fitness Center.

FIT #7: Tai Chi Chuan. 30 minutes. Tai chi chuan (also written as t'ai chi) is a slow-motion, meditative exercise for relaxation, health and self-defense. Originally from China, t'ai chi has gained popularity in America and throughout the rest of the world for its health benefits. **Adam Wallace** demonstrates different exercises.

GUIDE FOR ROSSMOOR TV

ROSSMOOR COMMUNITY CHANNEL 1083

Programs running from March 13 through March 19

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.

■ **PICKLEBALL Town Hall held March 3, 1 Hour +**
This Town Hall provided an in-depth look at the proposed pickleball project, including its scope, design, cost and anticipated timeline. This event featured a presentation from ELS Architecture and Urban Design, the design firm leading the project's study. Representatives from ELS were available to discuss the design process and answer questions from attendees. (2025)

■ **LIONS of the North. Music. 1 hour 17 minutes.**
Lions of the North is a Sacramento-based band featuring Gavin Broussard, Kale Coppin and Cory Coppin. The group performs traditional Irish songs such as "Whiskey in the Jar" and "The Rocky Road to Dublin," as well as sea shanties like "Drunken Sailor" and "The Last Shanty." Lions of the North also performs some of its original tunes, which fit in seamlessly alongside the traditional songs with titles like "Pubbin," "Find Me An Irish Girl" and "Owen Boy River." (2023)

■ **OLD IRISH Blessings. Poems. 8 minutes.**
Several selected Irish poems read by actor and resident Tancred Agius. (2018)

■ **A Hundred Thousand WELCOMES: An Irish Celebration! Concert. 1 hour 15 minutes.**
Go green with the Contra Costa Wind Symphony as it performs Irish music and dance with a "Riverdance" flair. Liam Tiernan, founder of the legendary Belfast group "Barleycorn," sings favorites from his latest CD, and international competitive Irish dancers Cortney Millitello and Lauren Edberg step fast and lively with wind symphony accompaniment. (2013)

■ **MOLLY'S Revenge. Irish Music. 1 hour 5 minutes.**
The internationally acclaimed acoustic Celtic band Molly's Revenge is known for its unique and infectious on-stage enthusiasm. The band members are Peter Haworth, Bouzouki and mandola; Mora Smiley, vocals; David Brewer, bagpipes and whistles; John Weed, fiddle and Stuart Mason**,** guitar. (2011)
Followed by:

■ **DEAN'S Celtic Guitar. Guitar Music. 1 hour.**
Christopher Dean is an internationally acclaimed Celtic guitarist. (2010)

■ **HAPPY St. Patrick's Day. Music/Dance. 55 minutes.**
Celebrate St. Patrick's Day with The McBride Irish Dancers, performing traditional Irish dancing. The McBride School of Irish Dance was founded in 1967 under the direction of Ann McBride and has been instructing quality Irish Dance troops for over 50 years. Joining the stage was Kate Geraghty, singer and pianist, performing a short selection of famous Irish songs. (2018)

■ **STOP Calling Me! Lecture. 53 minutes.**
Want to stop receiving unsolicited calls? Washington Post technology columnist Geoffrey A. Fowler shares how to stop robotic callers and spammers from calling your cellular and landline phones. (2019)

■ **DIVING Deep: Conversations at Rossmoor. Information. 47 minutes.**
An interview program hosted by Irene Keenan. In this episode she interviews Rossmoor resident Jean Wilcox, a transplant from England who fell in love with the theater and did drama training at the London School of Drama. In 1962 she immigrated to the US and fell in love with the Bay Area and her husband. After retirement, she and her husband moved to Rossmoor, where she promptly became a founding member of the Drama Association of Rossmoor (DAOR). (2023)

■ **REPORTER'S Note Book by Duffy Jennings. Book/Author. 40 minutes.**
Duffy Jennings is interviewed about his latest book, "Reporter's Note Book: A San Francisco Chronicle Journalist's Diary of the Shocking Seventies," by Dick Friedman. In "Reporter's Note Book," Jennings weaves the political, criminal, public and personal events of the 1970s into a masterful reflection on the heart of a turbulent Bay Area. (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.

	Thu 3-13	Fri 3-14	Sat 3-15	Sun 3-16	Mon 3-17	Tues 3-18	Wed 3-19
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.	MOLLY'S	PICKLEBALL	WELCOMES	STOP	DIVING	HAPPY	LIONS
7:30 a.m.							
8 a.m.	DEAN'S			HAPPY	REPORTER'S	DIVING	
8:30 a.m.							OLD IRISH
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.	DIVING	LIONS	REPORTER'S	PICKLEBALL	WELCOMES	MOLLY'S	DEAN'S
10:30 a.m.							
11 a.m.	STOP		DIVING			DEAN'S	WELCOMES
11:30 a.m.		OLD IRISH		CLASSIC			
Noon	WELCOMES	REPORTER'S	LIONS	MOLLY'S	PICKLEBALL	STOP	
12:30 p.m.							
1 p.m.		HAPPY		DEAN'S		REPORTER'S	MOLLY'S
1:30 p.m.			OLD IRISH		CLASSIC		
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.	REPORTER'S	MOLLY'S	PICKLEBALL	LIONS	HAPPY	WELCOMES	STOP
3:30 p.m.							
4 p.m.	LIONS	DEAN'S			STOP		PICKLEBALL
4:30 p.m.			CLASSIC	OLD IRISH			
5 p.m.		WELCOMES	HAPPY	REPORTER'S	MOLLY'S	LIONS	
5:30 p.m.	OLD IRISH						CLASSIC
6 p.m.	PICKLEBALL		STOP	DIVING	DEAN'S		HAPPY
6:30 p.m.						OLD IRISH	
7 p.m.		DIVING	MOLLY'S	WELCOMES	LIONS	PICKLEBALL	REPORTER'S
7:30 p.m.	CLASSIC						
8 p.m.	HAPPY	STOP	DEAN'S				DIVING
8:30 p.m.					OLD IRISH	CLASSIC	
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC