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. Sabrina loves helping others with their health and wellness goals and believes that smiling and laughing are keys to a happier life. Join Sabrina for an up-tempo Zumba session and check TiceFitnessCenter.com to find out about her upcoming class schedule.

FIT #2: 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.

FIT #3: Circuit Training. 30 minutes. Dino Giannakis is a certified personal trainer, 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 #4: 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 body moves to strengthen and stretch bodies.

FIT #5: 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, 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 #6: 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 #7: 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.

GUIDE FOR ROSSMOOR TV

ROSSMOOR COMMUNITY CHANNEL 1083

Programs running from May 8 through May 14

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.

■ **TIA CARROLL and Her Awesome Band. Concert. 1 hour 19 minutes.**
Tia Carroll and Her Awesome Band perform at the Rossmoor Event Center. Born and raised in Richmond, Carroll started out as a rock and roll singer with a band called Yakety Yak. Over the years she has accumulated an impressive entertainment resume and become a sought-after singer on the West Coast. She has headlined venues and festivals all over the world, shared stages with legends including Ray Charles and Jimmy McCracklin, and opened for Gladys Knight, Patti LaBelle and Tower of Power. (2025)

■ **A COSMOPOLITAN Mixer. Music. 1 hour 8 minutes.**
Clarinet Fusion is the Bay Area's premier clarinet choir, and the group shares its resonating sound on a musical journey presenting various genres of music from different places around the world including: Latin music, Irish music, Boogie Woogie, Jazz, Pop, Klezmer, Film scores, Marches, classical music and more! (2023)

■ **The NATURE of Rossmoor. Book/Author. 20 minutes.**
Cassie Tzur came from a family that played with photography, and it's in her blood. Her love of animals and nature shows up in the pictures in her book "The Nature of Rossmoor." A resident of Rossmoor she enjoys the views all around her. She tells us that at least every week she makes a point of capturing moments in the valley. In this program Lee Gale Gruen is the interviewer. (2019)

■ **SONG of Love. Concert. 59 minutes.**
The Diablo Symphony Orchestra performs works by German pianist Clara Schumann (1819-96) and her husband and composer, Robert (1810-1856). This program is directed by Matilda Hofman, and featuring Nadia Blank-Koliha on piano. (2019)

■ **BOLIVIAN Delight with Reynolds and Ezquierdo. Folk Music. 41 minutes.**
Bolivian Delight describes this program, featuring Oscar Reynolds and Lalo Ezquierdo, both master musicians who have excited audiences with their traditional Bolivian music. Playing a variety of flutes, drums and guitar, the duo accomplishes the sound of deep, earthy music from another place and time. (2008)

■ **CARMEN. Opera Lecture. 1 hour 29 minutes.**
Diane Farrell Mauch presented a lecture on the much-beloved opera Carmen. This is an opera written in four acts by the French composer Georges Bizet and the libretto was written by Henri Meihac and Ludovic Halevy. (2014)

■ **Participating in Clinical Trials for VISION Related Diagnoses. Health. 53 minutes.**
The Low Vision Group welcomes Dr. Yingna Snowy Liu, of Bay Area Retina Associates, who discusses the basics of clinical trials: what they are for, who participates, and which active trials her practice is participating in for wet and dry age-related macular degeneration. (2024)

■ **WILDFIRES and Evacuations. Lecture. 1 hour 45 minutes.**
The Rossmoor Emergency Preparedness Organization (EPO) and Walnut Creek Community Emergency Response Team (CERT) co-host an informative program on Wildfires and Evacuations. Noell Crosse from the Contra Costa County Fire Protection District and Lt. Jeff Slater from the Walnut Creek Police Department provide essential and potentially life saving information about how to prepare for and react to wildfire threats. For more information visit RossmoorEPO.org (2023)

■ **STREET Stories: Bringing Safety Concerns to Light in Rossmoor. Information. 46 minutes.**
This event is presented by Neighbors for Safer Streets, spotlighting the pressing issue of street and sidewalk safety in the Rossmoor community. Founders Lynn Carruthers, Becky Smith, and Tony Conte share their personal stories of being victims of car accidents in their neighborhoods, offering viewers a unique perspective on ongoing safety challenges. Their narratives of resilience, perseverance, and insight are interspersed with enriching discussions with the Neighbors. (2023)

= 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 5-8	Fri 5-9	Sat 5-10	Sun 5-11	Mon 5-12	Tues 5-13	Wed 5-14
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.	COSMOPOLITAN	CARMEN	VISION	WILDFIRES	TIA CARROLL	STREET	CARMEN
7:30 a.m.							
8 a.m.			BOLIVIAN			SONG	
8:30 a.m.	NATURE						
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.	SONG	WILDFIRES	TIA CARROLL	CARMEN	BOLIVIAN	COSMOPOLITAN	VISION
10:30 a.m.							
11 a.m.	STREET				VISION		TIA CARROLL
11:30 a.m.						NATURE	
Noon	TIA CARROLL	VISION	COSMOPOLITAN	SONG	WILDFIRES	CARMEN	
12:30 p.m.							
1 p.m.		BOLIVIAN		STREET			SONG
1:30 p.m.			NATURE				
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.	CARMEN	TIA CARROLL	WILDFIRES	COSMOPOLITAN	STREET	BOLIVIAN	WILDFIRES
3:30 p.m.							
4 p.m.					COSMOPOLITAN	VISION	
4:30 p.m.				NATURE			
5 p.m.	WILDFIRES	SONG	CARMEN	VISION		TIA CARROLL	COSMOPOLITAN
5:30 p.m.					NATURE		
6 p.m.		STREET		BOLIVIAN	SONG		
6:30 p.m.							NATURE
7 p.m.	BOLIVIAN	COSMOPOLITAN	SONG	TIA CARROLL	CARMEN	WILDFIRES	STREET
7:30 p.m.							
8 p.m.	VISION		STREET				BOLIVIAN
8:30 p.m.		NATURE					
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC