GUIDE FOR ROSSMOOR TV

ROSSMOOR COMMUNITY CHANNEL 1083

Programs running from Oct. 3 through Oct. 9

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.

■ **BIG BAND of Rossmoor "Winter Show and Dance." Jazz music. 1 hour 46 minutes.**
The 46-member Big Band of Rossmoor plays its usual great array of dance tunes at their "Winter Show and Dance." The players are Rossmoor residents and students from local high schools. The band's 140-page repertoire consists mainly of '40s and '50s Big Band swing and the American songbook. (2024)

■ **MADS TOLLING and the Mads Men with Special Guest Stella Heath. Music. 1 hour 21 minutes.**
Mads Tolling, a violinist and composer, along with special guest vocalist Stella Heath, perform hits and classics from the 1960s. Some songs from Tolling's album "Reimagining the '60s" are performed, as are other beloved tunes. (2023)

■ **The MAGIC of Italian Music from Baroque to Modern. Music. 51 minutes.**
Alla Markovich, a Jazep Vitol International Vocal Competition Award-winning soprano singer, accompanied by Larisa Smirnova, a pianist, will perform songs composed by Verdi, Vivaldi and Puccini. (2023)

■ **Kimberlye GOLD and Friends. Music. 52 minutes.**
Singer and San Francisco native Gold brings her quartet to the Fireside Room to perform popular songs from the 1950s through the '80s. Joining her is Joe Lococo on guitar and vocals, Daniel Casares on saxophone and flute, and Steffen Kuehn on trumpet. (2024)

■ **HOPE for ALS, Alzheimer's and Parkinson's. Health. 58 minutes.**
Paul Alan Cox, Ph.D., presents the history and exciting progress that his organization, Brain Chemistry Labs, has made in addressing age-related neurological diseases including ALS, Alzheimer's and Parkinson's. Cox has spent most of his adult life studying these diseases. In this presentation, Cox discusses how he came to revolutionize the understanding of these diseases, the current state of progress in dealing with them, and some future hopes. (2024)

■ **HISTORY of Rossmoor. Information. 1 hour.**
This series is written and narrated by John Nutley, president of the former Rossmoor Historical Society.
Part 11: Changes and More Changes. This video covers the development that took place within the Rossmoor community. In the 1990s to early 2000s, the focus is on changes within Golden Rain Foundation, the Mutuals and the Medical Center.
Part 12: Rossmoor in the Year 2000. This program covers the year 2000. Change was everywhere, from renovations at the Gateway Complex to interpreting the Trust Agreement. The detention basin was cleared and Indian remains were found; rebuilding the Dollar pool led to a new cabana and lockers; and several new programs were introduced to the community.

■ **Rodgers and Hammerstein: CONSCIENCE of America with Jonathan Bailey. Lecture. 1 hour 19 minutes.**
Bailey, a Rossmoor resident and professor at the Fromm Institute for Lifelong Learning, leads viewers through a tour of the musical lives and work of Richard Rodgers and Oscar Hammerstein III. In this lecture, Bailey will investigate how the duo's artistic output reflects the conscience of America and how truly progressive they were for their day. (2024)

■ **The Great California SHAKEOUT: How to Prepare for a Major Earthquake. Information. 1 hour 24 minutes.**
Rossmoor EPO welcomes International ShakeOut Drill Global Director Mark Benthien, who will tutor the community in earthquake safety and resiliency. Learn safety tips on how to protect oneself based on physical abilities and through mobility challenges. (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 10-3	Fri 10-4	Sat 10-5	Sun 10-6	Mon 10-7	Tues 10-8	Wed 10-9
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.	SHAKEOUT	CONSCIENCE	BIG BAND	GOLD	MADS TOLLING	BIG BAND	SHAKEOUT
7:30 a.m.							
8 a.m.				HOPE			
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.	MADS TOLLING	HISTORY	CONSCIENCE	BIG BAND	SHAKEOUT	HOPE	MAGIC
10:30 a.m.							
11 a.m.		MAGIC				HISTORY	MADS TOLLING
11:30 a.m.							
Noon	HISTORY	HOPE	MADS TOLLING	SHAKEOUT	BIG BAND	CONSCIENCE	
12:30 p.m.							
1 p.m.	MAGIC	GOLD					HISTORY
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.	BIG BAND	MADS TOLLING	SHAKEOUT	CONSCIENCE	HISTORY	GOLD	CONSCIENCE
3:30 p.m.							
4 p.m.					GOLD	MAGIC	
4:30 p.m.							
5 p.m.	CONSCIENCE	SHAKEOUT	GOLD	MAGIC	HOPE	MADS TOLLING	BIG BAND
5:30 p.m.							
6 p.m.			HOPE	HISTORY	MAGIC		
6:30 p.m.							
7 p.m.	HOPE	BIG BAND	MAGIC	MADS TOLLING	CONSCIENCE	SHAKEOUT	GOLD
7:30 p.m.							
8 p.m.	GOLD		HISTORY				HOPE
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: Leg 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 a low-impact leg-strengthening routine for all fitness levels. Giannakis is an employee of GRF and can be scheduled for personal training at the Fitness Center.

FIT #2: 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 #3: 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 #4: Pilates. Exercise. 30 minutes. Bob Huff has been a fitness instructor for many 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 routine that can be adapted for all fitness levels. Huff is an employee of GRF and can be scheduled for personal training at the Fitness Center.

FIT #5: Core Workout. 30 minutes. Ash Harrison is a personal trainer and Instructor working at Tice Creek Fitness Center in Rossmoor. Join Harrison for this workout and check www.TiceFitnessCenter.com to find out about her upcoming class schedule.

FIT #6: 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 #7: 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.