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: Bells and Bands. 30 minutes. Ash Harrison is a personal trainer and instructor working at the Tice Creek Fitness Center in Rossmoor. Join Ash for this workout and check www.TiceFitnessCenter.com to find out about her upcoming class schedule.

FIT #2: Muscle Conditioning. 30 minutes. Karel Nunnink has been coaching fitness for 35 years. He is a certified personal trainer and resistance training specialist and is indoor cycling certified. In this program Nunnink expresses the need for keeping one's body fit, and ways to do so.

FIT #3: 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.

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: Upper Body 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 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: 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: Tai Chi. 30 minutes. Vadim Derevyanko has studied body movement for many years. This is the Chinese philosophy and practice of aligning breath, physical activity and awareness for mental, spiritual and corporeal health, as well as the development of human potential. It includes aspects of Chinese martial arts and the spiritual awakening to one's true nature.

GUIDE FOR ROSSMOOR TV

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from Nov. 16 through Nov. 22

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.

■ **CELL BLOCK 7. Jazz Concert. 1 hour 55 minutes.**
Disguised as musicians with and armed with a collection of antique musical instruments, these popular cons are on the loose again. **Bob Romans'** California jazz band favors the West Coast traditional jazz sound of Lu Watters, Turk Murphy and the Bay City jazz bands of the 1950s, including double bell euphonium. (2022)

■ **NIKOLA Printz. Opera. 1 hour 6 minutes.**
Renowned lyric mezzo-soprano **Nikola Printz** performed a full-length recital, accompanied by **Matthew Lee Cannon** on piano. Printz performs locally at many different venues for different companies, including West Edge Opera Company, Opera San Jose and Boxcar Theatre. For this production, Printz performed a varied program that included selections by Bizet (Carmen Jones), Duke Ellington and cabaret songs by Kurt Weill and Benjamin Britten. (2015)

■ **FALL Prevention & Emergency Medical Services. Information. 21 minutes.**
Isaiah Leon goes over the resources and procedures of the Emergency Medical Services in relation to falls and other emergency events. (2022)

■ **Scott Joplin's RAGTIME – Part 4. Music. 1 hour.**
Acclaimed New York concert pianist **Richard Dowling** is known for his skill at performing the complete piano works of composer Scott Joplin (1868-1917), the 'King of Ragtime." This is the last of a four-part series of Joplin's complete works; Dowling mixes the order of Joplin's published compositions to give variety for the listener. (2017)

■ **BEYOND the Rainbow: A Tribute to Judy Garland. Concert. 1 hour.**
Eileen Zamora pays tribute to Judy 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)

■ **HICAP MEDICARE Information 2024. Information. 58 minutes.**
Medicare's open enrollment runs through Dec. 7. In this program, HICAP (Health Insurance Counseling and Advocacy Program) provides information and the new changes affecting Medicare for 2023-2024. Representing Contra Costa County HICAP are **Diane Whaley** and **Pam Brown**, both senior advocates in this program, explaining the many levels of Medicare and what choices you have this year. (2023)

■ **GRF Town Hall on INSURANCE. Information. 1 hour 45 minutes.**
GRF General Manager **Jeff Matheson** leads a discussion with representatives from **Gallagher Insurance** as well as GRF staff and knowledgeable Mutual residents. Information is provided to help Rossmoor residents make sure their own properties are as "insurable" as possible, and to support ongoing efforts by GRF to do whatever it takes to reduce the risks of wildfire (and other threats) and help fight rampant insurance premium increases. (2023)

■ **Meet the SILVERSMITH. Interview. 1 hour 30 minutes.**
Rossmoor resident **Chuck Escott,** a trained silversmith who creates pieces and teaches the art of silversmithing, explains the techniques of turning raw metals into jewelry, bowls, sculptures and even wall designs. (2019)

■ **LA VIDA Segunda -The Second Life. Book/Author. 25 minutes.**
Esther Escott set this mystery, taken from real-life murder cases, in the Santa Cruz mountains, a place where she called home for many years before Rossmoor. She develops the story around a silver art piece made by her husband, Chuck Escott (see above item). Esther Escott is interviewed by resident and author **Jill Woolums**. (2020)

■ **The ARTIST View. Interview. 1 hour.**
Kathleen Stumpfel has spent much of her life enjoying looking at things through an artist's eye and shares her thoughts behind the images she paints and where she finds inspiration. Fellow artist **John Hopper** interviews Stumpfel. (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 11-16	Fri 11-17	Sat 11-18	Sun 11-19	Mon 11-20	Tues 11-21	Wed 11-22
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.	ARTIST	MEDICARE	NIKOLA	MEDICARE	CELL BLOCK 7	SILVERSMITH	INSURANCE
7:30 a.m.							
8 a.m.	RAGTIME	BEYOND		ARTIST			
8:30 a.m.			FALL			LA VIDA	
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.	SILVERSMITH	INSURANCE	CELL BLOCK 7	NIKOLA	MEDICARE	ARTIST	BEYOND
10:30 a.m.							
11 a.m.					BEYOND	RAGTIME	CELL BLOCK 7
11:30 a.m.	LA VIDA			FALL			
Noon	CELL BLOCK 7	ARTIST	SILVERSMITH	INSURANCE	RAGTIME	NIKOLA	
12:30 p.m.							
1 p.m.		RAGTIME			ARTIST		MEDICARE
1:30 p.m.			LA VIDA			FALL	
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.	NIKOLA	CELL BLOCK 7	BEYOND	SILVERSMITH	INSURANCE	MEDICARE	ARTIST
3:30 p.m.							
4 p.m.			INSURANCE			BEYOND	SILVERSMITH
4:30 p.m.	FALL			LA VIDA			
5 p.m.	INSURANCE	SILVERSMITH		BEYOND	NIKOLA	CELL BLOCK 7	
5:30 p.m.							LA VIDA
6 p.m.			MEDICARE	RAGTIME			NIKOLA
6:30 p.m.		LA VIDA			FALL		
7 p.m.	BEYOND	NIKOLA	RAGTIME	CELL BLOCK 7	SILVERSMITH	INSURANCE	
7:30 p.m.							FALL
8 p.m.	MEDICARE		ARTIST				RAGTIME
8:30 p.m.		FALL			LA VIDA		
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC