GUIDE FOR ROSSMOOR TV

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from Feb. 8 through Feb. 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.

■ **Chinese LUNAR New Year Celebration. Variety. 1 hour 50 minutes.**
The Chinese American Association of Rossmoor (CAAR) celebrates the Chinese Lunar Year, featuring a variety of dance and musical performances, including a guzheng trio and a traditional lion and dragon dance. (2023)

■ **STRINGS Attached: Classical & Romantic Songs. Guitar. 1 hour 17 minutes.**
Randall Krieger presents a mix of classical, romantic, Latin and traditional music, featuring flute accompaniment by **Phoenix Thanatos**. Krieger is an accomplished guitarist, lutenist and composer, while Thanatos is a versatile musician who has played a in a variety of genres, including jazz, punk, and folk. (2023)

■ **"The HUG" by Tess Gallagher. Performed by Lee Gale Gruen.**
SPENCER Day Trio. Music. 1 hour 15 minutes.
Singer-songwriter-pianist **Day** and his trio perform some of Spencer's own compositions in addition to classic love songs for a Valentine's Day special. Day is known for the versatility and flexibility of his music, infusing elements of cabaret, storytelling and comedy with his piano and vocals; reflecting his roots in the Great American Songbook. (2017)

■ **Happy VALENTINE'S Day! Poems and Music. 16 minutes.**
"Love is in the Air." Poems read by **Tancred Agius.**
"Songs of Love". Rossmoor resident **Steve Lee** plays a series of love songs on piano to celebrate Valentine's Day.

■ **LOVE Is in The Air. Concert. 1 hour 30 minutes.**
The Ashmoleans singers perform a concert titled "Love Is in The Air" under the direction of **Steve Mullins,** performing love songs including "The Nearness of You," "Seasons of Love" from "Rent" and "Love is a Many Splendored Thing." (2019)

■ **EPO: Dealing with Post-Disaster Emotional Trauma. Lecture. 59 minutes.**
Rossmoor Emergency Preparedness Organization (EPO) hosts Rossmoor resident **Bill Coy**, who will present information on ways to remain emotionally, socially and physically resilient following a major incident. Coy is the senior coach and action learning curator for the Omidyar Fellows Program, which sponsors cross-sector learning collaborations in Hawaii that inspire individual and collective resiliency through well-trained change-makers who model "unified servant leadership." Coy is certified in critical incident stress debriefing. More information can be found at www.RossmoorEPO.org (2024)

■ **MOON Life. Book/Author. 35 minutes.**
It is the year 2051 and the International Space Institute has just sent two rival astrobiologists to search for extraterrestrial life on Europa, the mysterious ice moon of Jupiter. Learn about the book by Rossmoor resident **Hank Fabian** and his sister Marlene Fabian Stiles. Fabian is interviewed by **James "Doc" King**. (2022)

■ **Our WILD and Precious Lives. Drama. 59 minutes.**
"Our Wild and Precious Lives: Theater Memoirs" was performed by a cast of Drama Association of Rossmoor including **Tancred Agius, Bill Oakley, Judy Scott, Judith Hoppe, Rosie Rodrigues, Sydne Weiner, Sharon Noteboom, Karoline DeMartini and Sonja Christopher.** The play is a compilation of celebratory memoirs ranging from snapshot revelations to longer and more extensive renderings. (2015)

■ **STREET Stories: Bringing Safety Concerns to Light in Rossmoor. Information. 46 minutes.**
Presented by Neighbors for Safer Streets, discusses street and sidewalk safety in Rossmoor. Founders **Lynn Carruthers**, **Becky Smith** and **Tony Conte** share their personal stories as 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)

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: 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 #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: 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: 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.

FIT #5: Upper Body Strengthening. 30 minutes. Dino Giannakis is a certified personal trainer and is Muscle Activation Techniques Jump-Start 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: 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.

= 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 2-8	Fri 2-9	Sat 2-10	Sun 2-11	Mon 2-12	Tues 2-13	Wed 2-14
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.	WILD	EPO	STRINGS	LUNAR	LOVE	SPENCER	LOVE
7:30 a.m.							
8 a.m.	STREET	MOON					
8:30 a.m.			HUG			VALENTINE'S	
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.	LUNAR	LOVE	WILD	SPENCER	STRINGS	MOON	STREET
10:30 a.m.							
11 a.m.			MOON			EPO	LUNAR
11:30 a.m.				VALENTINE'S	HUG		
Noon	SPENCER	STRINGS	EPO	WILD	LUNAR	LOVE	
12:30 p.m.							
1 p.m.			STREET	MOON			EPO
1:30 p.m.	VALENTINE'S	HUG					
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.	LOVE	LUNAR	SPENCER	STREET	WILD	STRINGS	MOON
3:30 p.m.							
4 p.m.				EPO	SPENCER		WILD
4:30 p.m.			VALENTINE'S			HUG	
5 p.m.	MOON	STREET	LOVE	STRINGS		LUNAR	SPENCER
5:30 p.m.					VALENTINE'S		
6 p.m.	EPO	WILD			STREET		
6:30 p.m.				HUG			VALENTINE'S
7 p.m.	STRINGS	SPENCER	LUNAR	LOVE	EPO	WILD	STRINGS
7:30 p.m.							
8 p.m.					MOON	STREET	
8:30 p.m.	HUG	VALENTINE'S					HUG
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC