GUIDE FOR ROSSMOOR TV

ROSSMOOR COMMUNITY CHANNEL 1083

Programs running from April 4 through April 10

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: 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 #2: 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 #3: 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 #4: Muscle Conditioning. 30 minutes. Karel Nunnink has been coaching fitness for 35 years. He is a certified personal trainer and a 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 #5: 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 #6: 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 #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.

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.

■ **GRF Virtual TOWN HALL Meeting, May 25. 1 hour.**
The new series of virtual town halls provides residents an opportunity to meet with staff and ask questions about various aspects of GRF and MOD community operations. This town hall features General Manager **Jeff Matheson** and Director of Community Services **Ann Mottola** discussing topics related to facility rentals, the Tice Creek Fitness Center, the pools, transportation, capital projects and planning questions. (2024)

■ **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 numbers at its "Winter Show and Dance" (2024). The band's members range in age from 14 to 86 and consist of 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. Under the direction of educational consultant **Greg Brown**, Latin pieces are also in the repertoire. (2024)

■ **NOMAD Session. Concert. 1 hour 15 minutes.**
San Francisco's premier wind and brass octet performs, hosted by the Rossmoor Chamber Music Society and featuring a West Coast premiere of **Jonathan Russell's Nomad Session** Concerto for Bass Clarinet with **Jeff Anderle**. Nomad Session is known for its ensemble of woodwind and brass instruments, and for commissioning contemporary repertoire. (2022)

■ **LA DI DA Quartet. Concert. 50 minutes.**
La Di Da performs unaccompanied four-part close harmony vocal music, including jazz, swing, barbershop standards and popular works from the past 40 years. The band members bring extensive experience in both classical and musical theater genres. (2023)

■ **Chinese Performing Arts and Culture Club Winter EXTRAVAGANZA. Variety. 1 hour 25 minutes.**
The Chinese Performing Arts and Culture Club's Winter Extravaganza features traditional and contemporary music, dance, theatrical performances and costumes, including CPAC's 30-member chorus and excerpts from traditional Peking Opera. (2024)

■ **Why Love OPERA? An Invitation. Lecture. 47 minutes.**
Linda Riebel, Ph.D., presents an introduction to opera for the uninitiated. Riebel is a past president of the Friends of Opera San Jose, now retired, and has given many lectures on the art of opera. She conducted a psychotherapy practice in San Francisco and Berkeley for 25 five years, specializing in eating disorders, anxiety and depression. (2023)

■ **Effective Communication Strategies for CAREGIVERS. Health. 1 hour 8 minutes.**
Jon Lucas and Patt Martin-Lucas are community educators from the Alzheimer's Association who both have practical experience caring for a spouse with dementia. In this program, they will teach techniques for effectively and compassionately communicating with people with Alzheimer's and dementia, highlighted by their personal experience as caregivers. (2023)

■ **LOOK Twice. Book/Author. 30 minutes.**
Award-winning mystery writer **R. Franklin James** shares about her novel, the second book in James' Johanna Hudson mystery series. A prolific writer and Rossmoor resident, James' work includes the Hollis Morgan Mysteries. James is interviewed by Rossmoor resident **Lynne Forrette**. (2022)

■ **PROTECT Yourself and Loved Ones During Incapacity. Information. 36 minutes.**
Jennifer Wallis, an estate planning attorney in Walnut Creek, will give a presentation guide on how to navigate your own incapacity, should that occur. She will provide advice on how to safeguard assets, protect your loved ones, and establish a plan so that those who become incapacitated can have a team ready to carry out their wishes. (2023)

Effective April 1, Rossmoor TV has moved from Channel 28 to the HD Channel 1083.

= 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 4-4	Fri 4-5	Sat 4-6	Sun 4-7	Mon 4-8	Tues 4-9	Wed 4-10
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.	CAREGIVERS	EXTRAVAGANZA	OPERA	CAREGIVERS	BIG BAND	EXTRAVAGANZA	NOMAD
7:30 a.m.							
8 a.m.			TOWN HALL				
8:30 a.m.	LOOK			LOOK			
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.	LA DI DA	BIG BAND	NOMAD	EXTRAVAGANZA	PROTECT	TOWN HALL	CAREGIVERS
10:30 a.m.							
11 a.m.	PROTECT				NOMAD	BIG BAND	
11:30 a.m.							LOOK
Noon	NOMAD	TOWN HALL	CAREGIVERS	OPERA			EXTRAVAGANZA
12:30 p.m.							
1 p.m.		PROTECT		LA DI DA	TOWN HALL	OPERA	
1:30 p.m.			LOOK				
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.	EXTRAVAGANZA	OPERA	BIG BAND	NOMAD	CAREGIVERS	LA DI DA	PROTECT
3:30 p.m.							
4 p.m.		LA DI DA				PROTECT	OPERA
4:30 p.m.					LOOK		
5 p.m.	BIG BAND	CAREGIVERS	EXTRAVAGANZA	PROTECT	LA DI DA	NOMAD	TOWN HALL
5:30 p.m.							
6 p.m.				TOWN HALL	OPERA		LA DI DA
6:30 p.m.		LOOK					
7 p.m.	TOWN HALL	NOMAD	LA DI DA	BIG BAND	EXTRAVAGANZA	CAREGIVERS	BIG BAND
7:30 p.m.							
8 p.m.	OPERA		PROTECT				
8:30 p.m.						LOOK	
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC