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 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 #2: 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 levels. Huff is an employee of GRF and can be scheduled for personal training at the Fitness Center.

FIT #3: 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 #4: 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 #5: 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 #6: Core Workout. 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 #7: 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 levels. Giannakis is an employee of GRF and can be scheduled for personal training at the Fitness Center.

GUIDE FOR ROSSMOOR TV

ROSSMOOR COMMUNITY CHANNEL 1083

Programs running from May 16 through May 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.

■ **GRF BOARD Annual Meeting, Officer Installation for 2024-25, May 13.**
For the agenda for this meeting see the news section in this paper. Please note, should the GRF Board meeting extend longer than this time slot allows, all programs following the meeting will be readjusted as needed. GRF meetings can be located on Rossmoor.com website.

■ **Generations In JAZZ. Concert. 1 hour 48 minutes.**
The festival brings together musicians featuring the award-winning Northgate High School Jazz Bands I and II directed by Roberto Garcia-Leiva, and Robert Dehlinger's Alpha Rhythm Kings, a jump-blues band. (2022)

■ **Tom Rigney and FLAMBEAU. Concert. 1 hour 23 minutes.**
Virtuoso fiddler Tom Rigney and his band play in front of a live audience at the Event Center. Rigney is a native of the Bay Area and has been entertaining audiences around the world for over 40 years with his unique blend of Cajun, blues and roots music. (2021)

■ **CANTABILE Chamber Singers 2024 New Years Concert. Music. 47 minutes.**
Cantabile Chamber Singers is a 30-member chorus group, led by founder and conductor Yeong Bin Cho. This program will feature selections ranging from sacred songs to American pop to Korean pop. The Singers will be accompanied by Jinsil Lee (piano, soprano) and Kyungso Lim and Su Yeon Kim (violin). (2024)

■ **How To Improve Your ESTATE Plan. Information. 53 minutes.**
Walnut Creek attorneys Joan Grimes and Jennifer Wallis discuss estate planning and offer practical tips to improve your estate plan, even before you visit your estate planning attorney. In this program the pair do a little role playing, with Grimes as the attorney and Wallis as the client working through her own personal estate plan. (2024)

■ **New PERSPECTIVES on Cancer–Prevention, Diagnosis, Treatment, Survivorship. Health. 1 hour 34 minutes.**
Dr. Nicola Ally will discuss exciting new developments in the field of oncology that represent a sea of change in prevention, diagnosis, treatment, and survivorship are approached. Her presentation will include details of different cancer types such as breast, prostate, lung and many others. (2023)

■ **Project COYOTE: Fostering Coexistence. Lecture. 1 hour.**
The Nature Walkers of Rossmoor host Rob Ruiz, former chief ranger of Parks and Open Space. Ruiz represents Project Coyote, a Bay Area nonprofit organization. When Rossmoor residents hear the word "coyote," they tend to react with apprehension but Project Coyote, with the support of its fiscal sponsor, Earth Island Institute, promotes coexistence between people and wildlife rather than abuse, mismanagement and extermination. (2023)

■ **LEMON Drops. Book/Author. 37 minutes.**
Frances Chin, author of "Lemon Drops, A Bittersweet Memoir" is interviewed by Julie Blade; both are members of the Rossmoor Published Writers Group. Chin's book contains stories that center on her mother's journey coming from China to the USA through an arranged marriage. Chin shares inside stories of growing up in San Francisco's Chinatown, as well as living in Oakland with her four sisters. This book took her 20 years to write, but she felt it necessary to complete it for her grandchildren. (2015)

= 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 5-16	Fri 5-17	Sat 5-18	Sun 5-19	Mon 5-20	Tues 5-21	Wed 5-22
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.	LEMON	JAZZ	PERSPECTIVES	FLAMBEAU	ESTATE	JAZZ	COYOTE
7:30 a.m.							
8 a.m.	COYOTE				CANTABILE		ESTATE
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.	FLAMBEAU	GRF BOARD	GRF BOARD	PERSPECTIVES	COYOTE	GRF BOARD	CANTABILE
10:30 a.m.							
11 a.m.					LEMON		PERSPECTIVES
11:30 a.m.							
Noon	PERSPECTIVES	POST IT!	POST IT!	JAZZ	FLAMBEAU	POST IT!	
12:30 p.m.							
1 p.m.		CLASSIC	CLASSIC			CLASSIC	LEMON
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.	JAZZ	ESTATE	FLAMBEAU	COYOTE	PERSPECTIVES	CANTABILE	FLAMBEAU
3:30 p.m.							
4 p.m.		LEMON		CANTABILE		ESTATE	
4:30 p.m.							
5 p.m.	ESTATE	PERSPECTIVES	CANTABILE	LEMON	JAZZ	FLAMBEAU	JAZZ
5:30 p.m.							
6 p.m.	CANTABILE		COYOTE	ESTATE			
6:30 p.m.							
7 p.m.	GRF BOARD	GRF BOARD	JAZZ	FLAMBEAU	GRF BOARD	PERSPECTIVES	GRF BOARD
7:30 p.m.							
8 p.m.							
8:30 p.m.							
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC