GUIDE FOR ROSSMOOR TV

ROSSMOOR COMMUNITY CHANNEL 1083

Programs running from July 11 through July 17

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.

■ **DUO GADJO. Music. 1 hour 22 minutes.**
The musical group Duo Gadjo, Isabelle Fontaine and Jeff Magidson, accompany themselves on guitars, the Melodica and vocals. Their music is inspired by the sounds of the 1920s and 30s, when jazz was the thing and Paris was the place to be. The duos' style is generally called "French Café" and their repertoire spans from Bal-Musette to Edith Piaf, and Serge Gainsbourg, but also selections from the Great American songbook. (2024)

■ **ALLA Markovich in Concert. Music. 1 hour 13 minutes.**
Soprano Alla Markovich performs a program of operatic favorites, including selections by composers such as Wagner, Schumann, Puccini and others. Markovich was a soloist of the Rimsky-Korsakov Opera Theatre in Saint Petersburg, Russia, from 1998-2003. (2024)

■ **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 50's through the 80's. (2024)

■ **Rossmoor Community CHORUS. Concert. 57 minutes.**
The Rossmoor Community Chorus returns with a summer concert directed by Frank Ryken that includes classical, folk and Broadway music. Judy Ryken, soprano, sings "My Hero" from "Chocolate Soldier." (2018)

■ **PRESTO Rossmoor: Community Town Hall with Contra Costa Transportation Authority. 58 minutes.**
The Contra Costa Transportation Authority introduces a new pilot program featuring the low-speed, self-driving shuttle system called PRESTO. Deployed and operated by Beep, Inc., the shuttles are set to launch during the summer of 2024 within Rossmoor. CCTA Executive Director Tim Haile gives a presentation introducing CCTA and the technology they will be deploying. (2024)

■ **PREVENTING and Recognizing Skin Cancer. Health. 45 minutes.**
Rossmoor Counseling Services presents this program on Skin Cancer featuring Grace Cho, a clinical professor of dermatology at the Stanford School of Medicine. This program aims to educate residents about types of non-melanoma skin cancer, understanding potential treatment options and side effects. Cho also will discuss how to prepare for appointments, when to obtain second opinions, clinical trials, universal challenges of an NMSC diagnosis and finding emotional support. (2024)

■ **Meet the SILVERSMITH. Interview. 1 hour 30 minutes.**
Chuck Escott is a trained silversmith, focusing on creating, mastering and teaching the art of silversmithing. In this production he explains the techniques of turning raw metals into jewelry, bowls, sculptures and even wall designs. Escott is a Rossmoor resident working in the lapidary studio, repairing items, teaching residents his skills and still creating new pieces. (2019)

■ **LA VIDA Segunda -The Second Life. Book/Author. 25 minutes.**
Esther Escott set this fiction in the Santa Cruz mountains, a place she called home for many years before Rossmoor and borrows from real life the murders rampant there several decades ago. She develops this story around a silver art piece her husband, Chuck Escott (see above item) created. Resident and author Jill Woolums interviews Escott. (2020)

■ **Essentials of a Well Supplied GRAB-N-GO Bag. Information. 1 hour 30 minutes.**
The Rossmoor Emergency Preparedness Organization (EPO) hosts Lisa Katzki, a CERT and Red Cross Trainer who is also a registered nurse and the CEO of ReadyCare, which aims to have a healthy, well-informed and well-prepared community. Katzki discusses Grab-n-Go Bags in depth to make sure you have the supplies necessary if a sudden evacuation is required. (2022)

= 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 7-11	Fri 7-12	Sat 7-13	Sun 7-14	Mon 7-15	Tues 7-16	Wed 7-17
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.	ALLA	GRAB-N-GO	PREVENTING	GOLD	DUO GADJO	ALLA	SILVERSMITH
7:30 a.m.							
8 a.m.			CHORUS	PRESTO			
8:30 a.m.							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.	DUO GADJO	SILVERSMITH	ALLA	GRAB-N-GO	GOLD	PRESTO	PREVENTING
10:30 a.m.							
11 a.m.					PREVENTING	CHORUS	DUO GADJO
11:30 a.m.		LA VIDA					
Noon	GRAB-N-GO	CHORUS	DUO GADJO	SILVERSMITH	ALLA	GOLD	
12:30 p.m.							
1 p.m.		PRESTO				PREVENTING	CHORUS
1:30 p.m.				LA VIDA			
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.	GOLD	DUO GADJO	GRAB-N-GO	PREVENTING	PRESTO	SILVERSMITH	GRAB-N-GO
3:30 p.m.							
4 p.m.	SILVERSMITH			ALLA	CHORUS		
4:30 p.m.						LA VIDA	
5 p.m.		GOLD	SILVERSMITH		GRAB-N-GO	DUO GADJO	ALLA
5:30 p.m.	LA VIDA						
6 p.m.	PRESTO	PREVENTING		CHORUS			
6:30 p.m.			LA VIDA				
7 p.m.	CHORUS	ALLA	GOLD	DUO GADJO	SILVERSMITH	GRAB-N-GO	PRESTO
7:30 p.m.							
8 p.m.	PREVENTING		PRESTO				GOLD
8:30 p.m.					LA VIDA		
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: 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 #2: 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.

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: 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 #5: 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 #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: 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.