The following programs are all scheduled to be broadcast this week. Check the grid below for days and times of programs. For information about programs on Channel 28, please call 988-7820.

**FIT #0:** Fitness Fun with Cathy as normally scheduled programming.

**FIT #1:** Tai Chi Chuan. 30 minutes. Tai chi chuan (also write Tai Chi) is a slow motion, moving meditative ex-ercise for relaxation, health and self-defense. Originally from China, it has been practiced popularly in America and through-out the world for its health ben-efts. Adam Wallace demonstra-tes different exercises.

**FIT #2:** Power Balance. 30 minutes. Keith Thomas is a physical therapist and Chinese health practitioner who has been working in this field for over 20 years. He explains how power balance is an important part of maintaining body health and balance and discusses the core. Thomas is also a martial arts expert.

**FIT #3:** Tai Chi. 30 minutes. In this program Lee Taylor explains how slower exercise movements with a focus on each action is key to keeping the body stable and strong. Taylor has been working with seniors for many years, improving and reworking his classes to fit their active lifestyle. Taylor is over 70 years old and believes in keeping mind and body active.

**FIT #4:** Yoga. 30 minutes. Barbara Bureker’s emphasis on flexibility is the theme of this program. She demonstrates a variety of body stretches to keep viewers active and limber.

**FIT #5:** Qigong. 30 minutes. Vadim Derevyanko has studied body movement for many years. He encourages viewers to try qigong or chi kung, the Chinese philosophy and practice of aligning breath, physical activity and awareness for mental, spiritual and body 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 #6:** Circuit Training. 30 minutes. Dino Giannakis is a certified personal trainer, muscle activation technician and JumpStart certified. He enjoys focusing one-on-one. In this program he shows 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 (when it reopens).

**FIT #7:** ABS/Back Strengthening. 30 minutes. Rachael Anderson is a certified medi- cal physical therapy assistant, personal trainer and nutrition specialist. In this program she instructs viewers with a low-impact workout using stretching and floor exercises.

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**CLASSIC Art Showcase**

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**FIT #0:** 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.

**FIT #1:** Qigong. 30 minutes. Esther Escott has set this fiction in the Santa Cruz moun-tains, a place she called home for many years before Rossmoor. This mystery takes from real life the murders that were rampant several decades ago. She develops this story around a silver art piece her husband, Chuck Escott, a master silversmith, created. Escott is interviewed by resident and author Jill Woodman. (2020)

**FIT #2:** OTONOWA. 30 minutes. This program is a combination of documentary film titled “Sound Circle,” made in Japan, and a musical performance produced in Rossmoor. OTONOWA Jazz Quartet travels around the world raising funds and awareness of Japan’s devastating earthquake and tsunam-

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**FIT #2:** OTONOWA. 30 minutes. This program is a combination of documentary film titled “Sound Circle,” made in Japan, and a musical performance produced in Rossmoor. OTONOWA Jazz Quartet travels around the world raising funds and awareness of Japan’s devastating earthquake and tsunami that hit in 2011. The documentary shows the slow recovery and presents heartbreaking interviews exposing this issue. The second portion is a musical production in Rossmoor. The group consists of leader Akira Tana (trap drums and Japanese fan drums), Masaru Koga (reeds, percussion and shakuhachi), Ken Noryuoki Okada (acoustic bass) and Ben Stolorow (piano). Also performing are guest artists Shoko Hikage (koto, a traditional Japanese stringed musical instrument) and Saki Kono (vocals). (2017)

**FIT #3:** OPTIONS for Low Back and Leg Pain. Talk by doctor. 30 minutes. Kasra Amirdelfan, M.D., a world-renowned pain management expert and teacher who graduated from Texas A&M College of Medicine, explains reasons for chronic pain as we age and provides information about less inva-sive new technologies to manage it. (2020)

**FIT #4:** Tai Chi Chuan. 30 minutes. This program is a combination of documentary film titled “Sound Circle,” made in Japan, and a musical performance produced in Rossmoor. OTONOWA Jazz Quartet travels around the world raising funds and awareness of Japan’s devastating earthquake and tsunami that hit in 2011. The documentary shows the slow recovery and presents heartbreaking interviews exposing this issue. The second portion is a musical production in Rossmoor. The group consists of leader Akira Tana (trap drums and Japanese fan drums), Masaru Koga (reeds, percussion and shakuhachi), Ken Noryuoki Okada (acoustic bass) and Ben Stolorow (piano). Also performing are guest artists Shoko Hikage (koto, a traditional Japanese stringed musical instrument) and Saki Kono (vocals). (2017)

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**FIT #7:** Tai Chi Chuan. 30 minutes. This program is a combination of documentary film titled “Sound Circle,” made in Japan, and a musical performance produced in Rossmoor. OTONOWA Jazz Quartet travels around the world raising funds and awareness of Japan’s devastating earthquake and tsunami that hit in 2011. The documentary shows the slow recovery and presents heartbreaking interviews exposing this issue. The second portion is a musical production in Rossmoor. The group consists of leader Akira Tana (trap drums and Japanese fan drums), Masaru Koga (reeds, percussion and shakuhachi), Ken Noryuoki Okada (acoustic bass) and Ben Stolorow (piano). Also performing are guest artists Shoko Hikage (koto, a traditional Japanese stringed musical instrument) and Saki Kono (vocals). (2017)