TV Guide for Channel 28

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from March 14 through March 20

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.

■ **POST IT!** is a community bulletin board that allows residents to view activities within Rossmoor, including trips, 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.

■ **GRF BOARD Mid-Month Meeting, March 12***. The nine members of the GRF Board discuss actions and issues that will be presented on the agenda for the end-of-month GRF Board meeting. For the agenda for this meeting check, see the News section of this paper. Note that if the GRF Board meeting extends longer than this time slot allows, all programs following the meeting will be readjusted as needed.
**Past copies of GRF Board meetings are available in the Rossmoor Library.*

■ **MOLLY's Revenge.Irish music. One hour.**
Internationally acclaimed acoustic Celtic band Molly's Revenge is known for its infectious on-stage enthusiasm. Band members are **Peter Haworth**, bouzouki and mandola; **Moira Smiley**, vocals; **David Brewer**, bagpipes and whistles; **John Weed**, fiddle; and **Stuart Mason,** guitar. This program consists of jigs and reels with an arrangement of folk songs and traditional tunes.

■ **St. Patricks Day GALA. Music and dancing. 54 minutes.**
Rossmoor Rotary Club celebrates St. Patrick's Day with the **McBride Irish Dancers** performing traditional Irish dancing. The McBride School of Irish Dance was founded in 1967 under the direction of Ann McBride, and has been instructing Irish dance troops for over 50 years. Joining onstage is **Kate Geraghty**, singer and pianist, performing a short selection of famous Irish songs.

■ **SHAMELESS Family Singers. Musical variety. 55 minutes.**
Accomplished guitarists and brothers **Andy and Steve Edlin** are also talented singers. Having lived in the Virgin Islands, they bring authenticity to their calypso music along with traditional Irish music. **Kimberly Lang**, vocalist, has also performed light opera. Together the group offers a wide variety of music to please one and all.

■ **Bay Area YOUTH Harp Ensemble. Irish harpists. One hour.**
The talented **Bay Area Youth Harp Ensemble** performs original and ancient Celtic compositions. The first innovated harp to feature a hollowed sound box that amplified the instrument's sound dates back to Ireland in the 14th century.

■ **MARTIN Shaw. Variety on violin. 40 minutes.**
Violinist **Martin Shaw** has explored the many sounds and melodies of the music world and has even mastered computer-generated music. In this one-man show, he leads his "virtural band" while playing his five-string violin. Shaw performs almost any style of music including traditional classics, Irish jigs and ballads.

■ **Where SLEEP the Makers of Notre Dame. Book discussion. 35 minutes.** Rossmoor residents **Jim and Jane Gillis** return with another book on their insiders' view of the Notre Dame College campus. The Gilles discuss the history of the cemetery which is located on campus. They share stories that confirm that this unique plot of land has an interesting tale, beginning with the first priest buried in 1842.

■ **Considering SURGERY? Talk on health. 40 minutes.**
Dr. Alicia Kalamasa, physician of perioperative medicine with John Muir Health, talks about "Important Things You Need to Know before Considering Surgery." This can help guide discussion with a patient's surgeon.

■ **Old IRISH Blessings. Poetry readings. Eight minutes.**
Several selected Irish poems read by actor and resident **Tancred Agius.**

■ **ST. PATRICK'S Day Song and Dance. Music and dancing. 25 minutes.** The program features pianist **Wayne Fettig**, singer/musician **Kate Geraghty**, and the **Dillon Magh Adhair Academy of Irish Dancers.** A student of the piano great **Dick Hindman**, Fettig played for many years with the Dick Bright Orchestra and the Rick Martini Orchestra. He currently plays with the Band Fundz Jazz at Walnut Creek Marriott Hotel. Geraghty has been singing and playing locally for 30 years. She currently plays with B Street Jazz Combo and shares her musical talents with seniors at Byron Park.

= 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 3-14	Fri 3-15	Sat 3-16	Sun 3-17	Mon 3-18	Tues 3-19	Wed 3-20
6 a.m.	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!
6:30 a.m.							
7 a.m.	YOUTH	MOLLY	MARTIN	IRISH	SURGERY	MOLLY	SHAMELESS
7:30 a.m.				ST PATRICKS			
8 a.m.	SURGERY	GALA	SLEEP	ST PATRICKS	SHAMELESS	GALA	MARTIN
8:30 a.m.							
9 a.m.	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS
9:30 a.m.	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!
10 a.m.	MOLLY			IRISH	YOUTH		SLEEP
10:30 a.m.				ST PATRICKS			
11 a.m.	GALA			ST PATRICKS	MARTIN		SHAMELESS
11:30 a.m.							
Noon	MARTIN	POST IT!	POST IT!	MOLLY	SURGERY	POST IT!	IRISH
12:30 p.m.							ST PATRICKS
1 p.m.	YOUTH	CLASSIC	CLASSIC	GALA	SHAMELESS	CLASSIC	ST PATRICKS
1:30 p.m.							
2 p.m.	SURGERY	SLEEP	MARTIN	SHAMELESS	IRISH	YOUTH	MOLLY
2:30 p.m.					ST PATRICKS		
3 p.m.	IRISH	SURGERY	SHAMELESS	YOUTH	ST PATRICKS	MARTIN	GALA
3:30 p.m.	ST PATRICKS						
4 p.m.	ST PATRICKS	SHAMELESS	YOUTH	SLEEP	MOLLY	IRISH	SURGERY
4:30 p.m.						ST PATRICKS	
5 p.m.	SLEEP	MARTIN	IRISH	SURGERY	GALA	ST PATRICKS	YOUTH
5:30 p.m.			ST PATRICKS				
6 p.m.	SHAMELESS	YOUTH	ST PATRICKS	IRISH	SLEEP	MOLLY	MARTIN
6:30 p.m.				ST PATRICKS			
7 p.m.	GRF BOARD	GRF BOARD	MOLLY	ST PATRICKS	GRF BOARD	GALA	GRF BOARD
7:30 p.m.							
8 p.m.			GALA	MARTIN		SURGERY	
8:30 p.m.							
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC