TV GUIDE FOR CHANNEL 28

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from February 14 through 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.

■**Golden Rain Foundation mid-month meeting, Feb. 12, 2019***. The nine members of the GRF Board discuss actions and issues that will be presented on the agenda for the end of the month GRF Board meeting. For the meeting agenda, see the news section of this paper. Note, should the meeting extend 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.*

■ **SPENCER Day Trio. Love songs. One hour, 15 minutes.** **Spencer Day** and his trio perform some of Spencer's own compositions in addition to classic love songs for a Valentine's Day special. Singer, songwriter, pianist Day performs shows that infuse elements of cabaret, storytelling and comedy with his piano and vocals.

■ **LOVE Songs '60s and '70s. Piano music. One hour.**
Pianist **Dick Bertrand** performs love songs from the '60s and '70s. Bertrand, a Rossmoor resident since 2012, is a favorite keyboard entertainer at Rossmoor events. The 1960s brought big orchestral pieces like "Theme from A Summer's place" by Percy Faith and his orchestra and the 1970s ended with hits from artists like Donna Summer and the Bee Gees.

■ **WOMEN and Heart Disease. Talk by doctor. One hour.**
Women and heart disease is the important topic discussed by **Dr. Carolyn Lacey**. Lacey includes in her discussion what causes heart disease in women and the expected survival rate. Lacey, a John Muir Health cardiologist, discusses important facts about women's heart health and provides suggestions on how they may reduce their risk

■ **To ROSSMOOR with Love. Symphony selections. One hour.** Contra Costa Wind Symphony, directed by **Duane Carroll,** romances viewers with selections from Broadway, opera and classical music.

■ **A ROSE on Valentine's Day. Love songs. One hour.**
Pamela Rose, a well-known jazz and blues vocalist, performs with her band, **Wayne De la Cruz**, organ; **Kris Strom**, saxophone; **Jason Lewis**, drums; and **Danny Caron**, guitar, in a melodic set of swing, soulful Broadway tunes and a touch of jazz for a special and romantic performance.

■ **FALL Prevention and Safety Seminar. Two hours.**
The Fall Prevention and Safety Seminar, moderated by **Jane Norbeck** and co-sponsored by **Dennis Bell**, GRF Public Safety manager, features experts including **Gery Yearout**, who has extensive training in rehabilitation services, **Masha Henzel** speaking on the benefits of the Fitness Center, **Mark Forrette** with an overview of disaster preparedness, and **Rebecca Hibbs**, an emergency dispatcher with the city of Walnut Creek who will explain how to best use the dispatch system.

■ **"KRAKATOA." Book discussion. One hour.**
The full title of this book is "Krakatoa, the Day the World Exploded: August 27, 1883." This novel was written by **Simon Winchester**, who is a master at telling a complex story. The author reveals the story of the annihilation of the island of Krakatoa, which was followed by an immense tsunami that killed nearly 40,000 people. Winchester examines the enduring effects of this catastrophic eruption that changed the world.

= 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 2-14	Fri 2-15	Sat 2-16	Sun 2-17	Mon 2-18	Tues 2-19	Wed 2-20
6 a.m.	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!
6:30 a.m.							
7 a.m.	LOVE	SPENCER	ROSE	KRAKATOA	WOMEN	ROSSMOOR	FALL
7:30 a.m.							
8 a.m.	ROSSMOOR		WOMEN	ROSE	LOVE	KRAKATOA	
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.	LOVE			FALL	KRAKATOA		ROSE
10:30 a.m.							
11 a.m.	SPENCER				ROSSMOOR		WOMEN
11:30 a.m.							
Noon		POST IT!	POST IT!	WOMEN	SPENCER	POST IT!	LOVE
12:30 p.m.							
1 p.m.	ROSSMOOR	CLASSIC	CLASSIC	KRAKATOA		CLASSIC	KRAKATOA
1:30 p.m.							
2 p.m.	WOMEN	KRAKATOA	ROSSMOOR	ROSE	FALL	KRAKATOA	SPENCER
2:30 p.m.							
3 p.m.	FALL	ROSE	LOVE	SPENCER		ROSSMOOR	
3:30 p.m.							
4 p.m.		ROSSMOOR	WOMEN		ROSE	LOVE	FALL
4:30 p.m.							
5 p.m.	KRAKATOA	WOMEN	ROSE	ROSSMOOR	LOVE	SPENCER	
5:30 p.m.							
6 p.m.	ROSE	LOVE	KRAKATOA	FALL	WOMEN		ROSSMOOR
6:30 p.m.							
7 p.m.	GRF BOARD	GRF BOARD	SPENCER		GRF BOARD	FALL	GRF BOARD
7:30 p.m.							
8 p.m.				LOVE			
8:30 p.m.							
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC