TV Guide for Channel 28

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from May 16 through 22

cast this week. Check the grid below for days and times of Published Writers. (2019) programs. For information about programs on Channel 28, **HEART** Health. Health. 25 minutes. 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.
- <u>CLASSIC</u> 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.

■ <u>FITNESS</u> Fun. Exercise. 30 minutes.

This program is scheduled every day at 9 a.m. The program changes daily to vary the exercises.

■ GRF-Golden Rain Foundation Board's 55th Annual Meeting and Installation of New Officers*, Monday, May 13. The nine members of the GRF Board discuss and take action on the issues before the Rossmoor community. During this program the newly elected representatives for the board will be installed. *Note, should the GRF Board meeting extend longer than this time slot allows, all programs following the meeting will be readjusted as needed.

■ The <u>DANVILLE</u> Community Band. Classical. 1 hour. This 85-member band is conducted by **Lawrence E. Anderson**.

The program is the band's Musical Fall Classic, featuring pieces from "Brigadoon" as well as Dixieland and Big Band selections, fight songs of Cal and Stanford and much more. (2011)

■ NATURE's Army. Book/Author. 45 minutes.

Harvey Meyerson has written an exciting book about the care of our national forests. Meyerson shows how the late 19th century U.S. Army Cavalry was responsible for the care of nature and were at the beginning of environmental movement; they had outposts in the forest and on reservations to maintain and preserve open space for the future. Robert Tunnell is the in- Cantor and Billie Holiday. (2018)

The following programs are all scheduled to be broad-terviewer in this program; both are members of Rossmoor's

In this episode of the "Healthy Aging Series," learn about issues in heart health. UC Davis physicians Dr. Douglas Boyd, a cardiothoracic surgeon, Dr. Amparo Villablanca, a cardiovascular specialist and Dr. Jeffrey Southard, an interventional cardiologist, share their expertise on heart disease. Discover the causes as well as interventions available to people suffering from heart disease. Learn how to identify risk factors of heart disease and healthy behaviors to maintain a healthy heart and lifestyle. (2018)

■ KWANGHO Seo, Piano Concert. 1 hour, 15 minutes.

Kwangho Seo is a Korean-born, American pianist, who began his music study with the violin at an early age. A few years later, he saw a piano for the first time and was instantly drawn to it. He will perform classical compositions from Schubert, Beethoven and Chopin. In the second half of the program, he will perform Mussorgsky's "Picture at an Exhibition" in its entirety. (2018)

■ SUSTAINABLE News. Information. 2 hours.

GRF CEO Tim O'Keefe and Landscape Manager Rebecca **Pollon** presented information about upcoming happenings within the gates of Rossmoor. O'Keefe talked about water reclamation projects, LED/energy retrofits and recycling. Pollen discussed GRF's landscaping plans as well as water conservation technologies and recycled materials. (2019)

■ DON NEELY's Royal Society Jazz Orchestra. Jazz/ Swing. 1 hour, 52 minutes.

For more than 30 years, **Don Neely** and his 11-member **Roy**al Society Jazz Orchestra presented music from the great bands, performers and composers of the Jazz Age and Swing Era, such as Louis Armstrong, Benny Goodman and Duke Ellington. The orchestra also presents songs made famous by such greats as Bing Crosby, Cab Calloway, Ruth Etting, Eddie

= 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.

	<u>Thu</u> 5-16	<u>Fri</u> 5-17	<u>Sat</u> 5-18	<u>Sun</u> 5-19	<u>Mon</u> 5-20	<u>Tues</u> 5-21	<u>Wed</u> 5-22
6 a.m.	POST IT!	POST IT!					
6:30 a.m.							
7 a.m.	DANVILLE	SUSTAINABLE	DON NEELY's	SUSTAINABLE	KWANGHO	SUSTAINABLE	HEART
7:30 a.m.							
8 a.m.	HEART						NATURES
8:30 a.m.							
9 a.m.	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS
9:30 a.m.	POST IT!	GRF BOARD	GRF BOARD	POST IT!	POST IT!	GRF BOARD	POST IT!
10 a.m.	DANVILLE			KWANGHO	SUSTAINABLE		NATURES
10:30 a.m.							
11 a.m.	HEART						DON NEELY's
11:30 a.m.							
Noon	NATURES	POST IT!	POST IT!	SUSTAINABLE	HEART	POST IT!	
12:30 p.m.							
1 p.m.	DON NEELY's	CLASSIC	CLASSIC		DANVILLE	CLASSIC	SUSTAINABLE
1:30 p.m.							
2 p.m.		SUSTAINABLE	DANVILLE	NATURES	KWANGHO	HEART	
2:30 p.m.							
3 p.m.	SUSTAINABLE		HEART	DON NEELY's		NATURES	KWANGHO
3:30 p.m.							
4 p.m.		HEART	NATURES		DON NEELY's	SUSTAINABLE	
4:30 p.m.							
5 p.m.	KWANGHO	DON NEELY's	SUSTAINABLE	HEART			DANVILLE
5:30 p.m.							
6 p.m.				DANVILLE	NATURES	KWANGHO	HEART
6:30 p.m.							
7 p.m.	GRF BOARD	GRF BOARD	KWANGHO	SUSTAINABLE	GRF BOARD		GRF BOARD
7:30 p.m.							
8 p.m.						DANVILLE	
8:30 p.m.							
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC