GUIDE FOR ROSSMOOR TV

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from July 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 Rossmoor Television, please call 1-925-988-7820.

■ **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.

■ **Alexander String QUARTET. Concert. 1 hour 17 minutes.**
an Francisco-based string quartet plays "String Quartet in C major, Op. 54, 'Tost,' No. 2" by F. Joseph Haydn; "String Quartet No 7 in f-sharp minor, Op. 108" by Dmitri Shostakovich; and "String Quartet No.12 in F major, Op. 96, B.179, 'American'," by Antonin Dvorák. (2021)

■ **OPERA Club. Recital. 1 hour.**
Five soloists, sopranos **Shawnette Sulker** and **Hope Briggs**, baritone **Eugene Brancoveanu**, bass-baritone **Philip Skinner** and pianist **Chun Mai Wilson**, collaborate in opera and operetta excerpts. (2020)

■ **ELITE Jazz Band. Music. 58 minutes.**
The **Elite Jazz Band** features a number of top Bay Area musicians such as **Jack Convery** on banjo and vocals, **Gary Neuman** on piano, **John Stafford** on reed and **Bob Scott** on drums. The band performs New Orleans jazz, country, bluegrass, Beatles and originals. Convery has been the band director for the San Francisco 49ers for 18 years. Stafford was named "the Benny Goodman of San Francisco" by famed columnist Herb Caen. (2016)

■ **BOLIVIAN Delight with Reynolds and Ezquierdo. Folk Music. 41 minutes.**
Bolivian Delight describes this program, featuring **Oscar Reynolds** and **Lalo Ezquierdo**, both master musicians who have excited audiences with their traditional Bolivian music playing a variety of flutes, drums and guitars. (2008)

■ **SIMPLY Sondheim. Lecture. 1 hour 39 minutes.**
Rossmoor resident **Jonathan Bailey**, an emeritus professor from Pomona College and currently professor of music at the Fromm Institute at the University of San Francisco, presents an in-depth introduction to Stephen Sondheim, his words and his music. Sondheim has been a vital contributor to the American musical theater beginning with writing lyrics to "West Side Story" in the late 1950s. He also penned the lyrics for Julie Styne's "Gypsy." (2017)

■ **The ARTIST View. Interview. 1 hour 9 minutes.**
John Hopper hosts "The Artist View" to spotlight the talented artists of the Rossmoor Art Association. In this episode, **Anna George** shares about her journey, starting with her upbringing in Massachusetts before a series of events found her settling, initially, in Santa Cruz County. Her landscapes, abstract paintings and wearable fine art silkwear are featured. (2022)

■ **The NATURE of Rossmoor. Book/Author. 17 minutes.**
Cassie Tzur came from a family that played with photography, and it's in her blood. Her love of animals and nature shows up in the pictures in her book "The Nature of Rossmoor." A resident of Rossmoor, she enjoys the views all around her. She tells us that at least every week she makes a point of capturing moments in the valley. In this program **Lee Gale Gruen** is the interviewer.

■ **Understanding MEMORY Loss. Information. 2 hours.**
Are you or a loved one showing signs of memory loss and wonder if it's Alzheimer's or "normal?" When to begin making safety changes in your home and legal changes to plan for the future? A personal and home safety panel that includes **Dori Sproul**, a family care specialist with the Alzheimer's Association, **Eliza Duggan**, staff attorney with Contra Costa Senior Legal Services, and **Linda Meneken**, a physical therapist, offer suggestions. (2018)

■ **END OF LIFE Financial and Health Care Planning. 38 minutes.**
The End of Life Concerns Club welcomes estate attorney **Stefanie West,** speaking about keeping your end-of-life heath care and financial plans up to date, including key components of estates and trusts, as well as financial and medical powers of attorney. West has served as the chairwoman of the Lafayette Senior Services Commission, as well as a chairwoman on the Contra Costa County Council on Aging. (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 7-14	Fri 7-15	Sat 7-16	Sun 7-17	Mon 7-18	Tues 7-19	Wed 7-20
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.	MEMORY	QUARTET	SIMPLY	END OF LIFE	ARTIST	BOLIVIAN	MEMORY
7:30 a.m.							
8 a.m.				ELITE		END OF LIFE	
8:30 a.m.					NATURE		
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.	OPERA	BOLIVIAN	MEMORY	ARTIST	QUARTET	SIMPLY	END OF LIFE
10:30 a.m.							
11 a.m.	SIMPLY	ARTIST					QUARTET
11:30 a.m.				NATURE			
Noon			QUARTET	OPERA	SIMPLY	MEMORY	
12:30 p.m.		NATURE					
1 p.m.	ELITE	END OF LIFE		BOLIVIAN			OPERA
1:30 p.m.							
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.	QUARTET	OPERA	ARTIST	MEMORY	END OF LIFE	ELITE	SIMPLY
3:30 p.m.							
4 p.m.		MEMORY			ELITE	OPERA	
4:30 p.m.			NATURE				
5 p.m.	END OF LIFE		ELITE	SIMPLY	BOLIVIAN	QUARTET	ARTIST
5:30 p.m.							
6 p.m.	ARTIST	ELITE	END OF LIFE		OPERA		
6:30 p.m.							NATURE
7 p.m.		SIMPLY	BOLIVIAN	QUARTET	MEMORY	ARTIST	ELITE
7:30 p.m.	NATURE						
8 p.m.	BOLIVIAN		OPERA				BOLIVIAN
8:30 p.m.						NATURE	
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: ABS/Back Strengthening. 30 minutes. Rachael Anderson is a certified medical exercise specialist, personal trainer and nutrition specialist. In this program she demonstrates a low-impact workout using stretching and floor exercises.

FIT #2: 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 #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: 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 #5: 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 #6: 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 #7: 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.