TV GUIDE FOR CHANNEL 28

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from March 19 through 25

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 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.

■ **TELEGRAPH Quartet. Chamber music. One hour, 45 minutes.** The Telegraph Quartet performs Mendelssohn's Quartet in D Major, Op. 44, No. 1, and Beethoven's Quartet No. 13 in B-flat Major, Op. 130 ("Grosse Fuge"). The Telegraph Quartet consists of violinists **Eric Chin** and **Joseph Maile**, violist **Pei-Ling Lin**, and cellist **Jeremiah Shaw**. The group was awarded the 2016 Walter W. Naumburg Chamber Music Award and Grand Prize at the 2014 Fischoff Chamber Music Competition. (2029)

■ **TRUST Funding. Talk by attorney. One hour.**
Walnut Creek attorney **Joan Grimes** reviews what is necessary to keep a revocable trust funded: What to keep in the trust? Should retirement funds be in the trust? What is the danger of putting a child's name on a grant deed? Is it wise to include a child's name on a checking account? Why is it important to review trust paperwork once a year? These questions and more are answered in this informative program. (2019)

■ **International WOMEN's Day Celebration. Variety show. One hour, 30 minutes.** Many Rossmoor clubs come together to present the International Women's Day Celebration. Festivities included dramatic performances, personal stories, music, and a speech from California Assembly member **Rebecca Bauer-Kahan**. Also featured is a performance from **Lilith Theatre** titled, "Eve in Therapy," featuring **Terry Baum** and **Carolyn Myers**. (2019)

■ **The GOLDEN Years of Television. Ashmolean Singers. One hour, 30 minutes. The Ashmolean Singers**, directed by **Steve Mullins**, celebrate togetherness with a cabaret-style performance that will transport listeners on a sentimental journey through television's golden era. (2019)

■ **Incorporating CANNABIS into Daily Life. Talk on treatments. One hour, 30 minutes. Mara Gordon, a** pioneer in the medicinal cannabis industry, takes a rigorous and scientific approach when discussing how to treat sleep disorders and diseases commonly associated with aging, including inflammatory diseases, neuropathies, and cancer. She was recently featured in the documentary "Weed the People" produced by Ricki Lake. (2019)

■ **Message from the CEO. Talk on coronavirus. One hour, Tim O'Keefe**, Golden Rain Foundation's CEO, shares what is happening in the Rossmoor community. Highlighting the coronavirus, he explains the reason behind the closure of so many events and buildings, as well as what rules are in place and what to expect over the next few weeks. (2020)

■ **UPDATE on the Coronavirus. Information from doctor. One hour. Rohan Radhakrishna MD, MPH, MS,** is a deputy health officer for Contra Costa County, with experience responding to coronavirus. He studied at Stanford, UC Berkeley, and UC San Francisco. He responds to inquiries regarding the seriousness of the virus in Contra Costa County and the precautions individuals can take, as well as what to expect if they become ill. (20

= 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 3-19	Fri 3-20	Sat 3-21	Sun 3-22	Mon 3-23	Tues 3-24	Wed 3-25
6 a.m.	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!	POST IT!
6:30 a.m.							
7 a.m.	TRUST	WOMEN	TELEGRAPH	GOLDEN	CORONAVIRUS	CANNABIS	CEO
7:30 a.m.							
8 a.m.	CEO				TRUST		CORONAVIRUS
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.	WOMEN	CORONAVIRUS	CEO	GOLDEN	CORONAVIRUS	CANNABIS	TRUST
10:30 a.m.							
11 a.m.		CEO	CORONAVIRUS		WOMEN		TELEGRAPH
11:30 a.m.							
Noon	TELEGRAPH	CANNABIS	WOMEN	CORONAVIRUS		TRUST	
12:30 p.m.							
1 p.m.				CANNABIS	TELEGRAPH	GOLDEN	CEO
1:30 p.m.							
2 p.m.	TRUST	TELEGRAPH	GOLDEN				WOMEN
2:30 p.m.							
3 p.m.	CEO			TRUST	GOLDEN	CORONAVIRUS	
3:30 p.m.							
4 p.m.	GOLDEN	TRUST	TELEGRAPH	WOMEN		CEO	CANNABIS
4:30 p.m.							
5 p.m.		GOLDEN			CEO	WOMEN	
5:30 p.m.							
6 p.m.	CANNABIS		CANNABIS	TELEGRAPH	TRUST		CORONAVIRUS
6:30 p.m.							
7 p.m.		WOMEN			CANNABIS	TELEGRAPH	GOLDEN
7:30 p.m.							
8 p.m.	CORONAVIRUS		TRUST	CEO			
8:30 p.m.							
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC