TV Guide for Channel 28

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from Jan. 7 through 13

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.

■ **Adam SWANSON. Piano Concert. 1 hour, 1 minute.**
Pianist **Adam Swanson** performs vintage American popular music, including ragtime, early jazz and the Great American Songbook. Swanson is the only four-time winner of the World Championship Old-Time Piano Playing Contest and is the youngest champion in every division of that contest. (2020)

■ **EXCERPTS From: "Richard III" and "The Lion in Winter." Drama. 30 minutes.** Members of the Drama Association of Rossmoor perform from separate locations during an online collaboration. **Jean Wilcox** and **James Rapp** then **Edward Kimak** join **Jean Wilcox**. (2020)

■ **Introduction to Palliative Care and HOSPICE. Information. 1 hour.** What is the difference between palliative care and hospice? **Susan Levitt**, RN, BSN, senior vice president of clinical services, COO from Hospice of the East Bay explains how hospice and palliative care differ and how they operate. (2019)

■ **The Self-Destruction of America's CHURCHES. Book/ Author. 44 minutes. Gary Hansen** interviews author **Duke Robinson** about his new book "The Self-Destruction of America's Churches: And How You and I, With Insights from Jesus and John, Can Help Stop this Needless Tragedy." (2020)

■ **COLGATE Thirteen. Concert. 1 hour.**
New York's Colgate University's all-male a capella group travels over 13,000 miles a year to perform in venues in all states. This particular musical group has been in existence since 1942, known for their unique blend of song and humor. (2020)

■ **VOICES Touch Your Heart and Soul. Concert. 1 hour, 30 minutes. Voices Touch Your Heart and Soul** by the **Cantabile Chamber Singers,** conducted by **Yeongbin Cho**, delight us with pieces from operas, Korean art songs, and sacred songs. (2019)

■ **The ARTIST View. Interview. 45 minutes.**
Vilma Patterson-Antoine (1927-2014), representing the Rossmoor Art Association, interviews two fellow artists, **Richard Kirby** and **Shirla Klenk.** These talented artists share details of their lives, personal experiences and unique techniques in working with mixed materials. Some of their select art work is discussed and the stories behind the paintings are revealed. (2012)

■ **UN BALLO in Maschera. Opera. 1 hour, 30 minutes.**
Discussion of Verdi's "Un Ballo in Maschera." The main speaker is artistic director **Erie Mills** with the **Livermore Valley Opera;** she brings with her 25 years of experience as a coloratura soprano. **Christopher Bengochea** (tenor) and **Sarah Cambidge-Hamilton** (soprano,) sing arias and duets from "Ballo" and other great operas. (2018)

■ **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**, family care specialist, Alzheimer's Association; **Eliza Duggan**, staff attorney, Contra Costa Senior Legal Services and **Linda Meneken**, physical therapist, offer suggestions. (2018)

■ **Poretz Sings SINATRA. LIVE. 1 hour.**
Jonathan Poretz is known as "The Rat Pack is Back" star performing favorite standards made famous by Frank Sinatra and friends accompanied by **Richard Nelson Hall** on piano, **Ari Munkres** on bass, and **Michael Henning** on drums. (2020)

= 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 1-7	Fri 1-8	Sat 1-9	Sun 1-10	Mon 1-11	Tues 1-12	Wed 1-13
6 a.m.	FIT #1	FIT #2	FIT #3	FIT #4	FIT #5	FIT #6	FIT #7
6:30 am	FIT #2	FIT #3	FIT #4	FIT #5	FIT #6	FIT #7	FIT #1
7 am	MEMORY	UN BALLO	ARTIST	HOSPICE	VOICES	CHURCHES	SWANSON
7:30 am							
8 am			COLGATE	CHURCHES		HOSPICE	
8:30 am							EXCERPTS
9 am	FIT #0	FIT #0	FIT #0	FIT #0	FIT #0	FIT #0	FIT #0
9:30 am	FIT #3	FIT #4	FIT #5	FIT #6	FIT #7	FIT #1	FIT #2
10 am	HOSPICE	SWANSON	VOICES	MEMORY	UN BALLO	COLGATE	CHURCHES
10:30 am							
11 am	COLGATE					SWANSON	ARTIST
11:30 am		EXCERPTS					
Noon	UN BALLO	MEMORY	CHURCHES	SWANSON	ARTIST		VOICES
12:30 p.m.						EXCERPTS	
1 p.m.			HOSPICE		COLGATE	ARTIST	
1:30 p.m.				EXCERPTS			
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.	ARTIST	HOSPICE	SWANSON	VOICES	MEMORY	UN BALLO	HOSPICE
3:30 p.m.							
4 p.m.	VOICES	CHURCHES					MEMORY
4:30 p.m.			EXCERPTS				
5 p.m.		COLGATE	MEMORY	UN BALLO	SWANSON	VOICES	
5:30 p.m.							
6 p.m.	CHURCHES	ARTIST					COLGATE
6:30 p.m.					EXCERPTS		
7 p.m.	SWANSON	VOICES	UN BALLO	ARTIST	CHURCHES	MEMORY	SINATRA
7:30 p.m.							
8 p.m.				COLGATE	HOSPICE		POST IT!
8:30 p.m.	EXCERPTS						
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC

FITNESS CLASS KEY

Due to shelter-in-place restrictions, Channel 28 is offering more fitness class options. See corresponding # from the TV grid described below:

FIT #0: Fitness Fun with Cathy as normally scheduled programming.

FIT #1: Circuit Training. 30 minutes. Dino Giannakis is a certified personal trainer in Muscle Activation Techniques JumpStart. In this program he provides beginner techniques for aerobics, using light weights and chair exercises. Giannakis is an employee of GRF and can be scheduled for personal training at the Fitness Center (when it reopens).

FIT #2: Tai Chi. 30 minutes. In this program **Lee Taylor** explains how slower exercise movements that focus on each action are the key to keeping the body stable and strong. Taylor has been working with seniors for many years, improving and reworking his classes to fit their active lifestyle. Taylor is over 70 years old and believes in keeping one's mind and body active.

FIT #3: Stretching and Core. 30 minutes. The core consists of the muscles within the abdomen, hips, and lower back. These muscles support pelvic girdle and spine and facilitate movements of hips and torso. **Troy Hancock** shows body moves to strengthen and stretch bodies.

FIT #4: Qigong. 30 minutes. Qigong (pronounced "Chee gung") is translated from the Chinese to mean "energy cultivation" or "working with the life energy." Qigong is an ancient Chinese system of postures, exercises and breathing techniques. **Adam Wallace** is a certified instructor and explains the value of this exercise for seniors.

FIT #5: Power Balance. 30 minutes. Keith Thomas is a physical therapist and Chinese health practitioner and has been working in this field for over 20 years. He explains how power balance is an important part of keeping the body healthy and strengthening the core. Thomas is also a martial arts expert.

FIT #6: Intermediate Pilates. 30 minutes. Bob Huff has been a fitness instructor for over 25 years, teaching over 15 years at Rossmoor. He is a certified medical exercise specialist, personal trainer, athletic trainer and Pilates certified. Huff shows intermediate Pilates to help viewers understand the concept. He welcomes residents to join him at the Fitness Center (when it reopens).

FIT #7: Yoga. 30 minutes. Barbara Bureker puts emphasis on flexibility as the theme of this program. She demonstrates a variety of body stretches to keep active and limber.