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 908-7620.

POST IT! is a community bulletin board that allows residents to post items on agenda items for the Rossmoor community. For the agenda, see the news section in this paper.

NOTE: The Board meeting extends beyond this time slot allows, all programs following will be readjusted as needed. GRF meetings can be found on Rossmoor.com website.

UNABOMBER Investigation. Talk by FBI agent. 1 hour 45 minutes. Talk by Max Neel, a retired FBI agent, on the activities and arrest of the Unabomber. The bomber was identified as Theodore Kaczynski. The first bomb went off in 1978 and over the next 17 years he mailed or delivered 16 bombs and killed three people and injured 24 more. Neel's presentation highlights all 16 events and the story behind the capture of Kaczynski. (2009)

SCENES from Royal Marriages: “Richard III” and “The Lion in Winter.” Drama. 30 minutes. Members of the Drama Association of Rossmoor perform from separate locations during an online internet collaboration. Jean Wilcox and James Rapp, then Edward Kinak joins Jean Wilcox. (2020)

FIT #1: Beginning Pilates. 30 minutes. A veteran personal trainer, Thomas is over 70 years old and believes in keeping mind and body active. His program she demonstrates beginning techniques to aero-bics, using light weights and chair exercises.

FIT #2: Circuit Training. 30 minutes. Dino Giannakis is a certified personal trainer for 25 years and has taught in Rossmoor for 15 years. He is a certified medical exercise specialist, personal trainer, athletic trainer, and is Pilates certified. Huff demonstrates beginning Pilates to help viewers understand the concept.

FIT #3: Tai Chi. 30 minutes. Lee Taylor believes “less is more.” In this program Taylor explains how slower exercise movements that focus on each joint work to keeping the body stable and strong. Taylor is over 70 years old and believes in keeping mind and body active.

FIT #4: Mindful Meditation. 30 minutes. Wendy Becker- man 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: Power Balance. 30 minutes. Keith Thomas, physical therapist and Chinese health practitioner, has been working in this field for over 25 years. He explains how power balance is an important part of keeping your body health and strengthening your core. Thomas is also a martial arts expert.

FIT #6: Tai Chi Chuan. 30 minutes. Tai chi chuan (also written as tai chi) is a slow-motion meditative exercise for relaxation, health and self-defense. Originally from China, tai chi has gained popularity in America and throughout the rest of the world for its health benefits. Adam Wallace demonstrates different exercises.

FIT #7: AIMS/back strengthening. 30 minutes. Rachel 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 #8: Tai Chi Chuan. 30 minutes. Max Neel, a retired FBI agent, on the activities and arrest of the Unabomber. The bomber was identified as Theodore Kaczynski. The first bomb went off in 1978 and over the next 17 years he mailed or delivered 16 bombs and killed three people and injured 24 more. Neel’s presentation highlights all 16 events and the story behind the capture of Kaczynski. (2009)

FIT #9: Tai Chi. 30 minutes. A certified medical exercise specialist, personal trainer, and nutrition specialist. In this program she demonstrates a low-impact workout using stretching and floor exercises.

POST IT! SCENES TITO WELLNESS BEYOND SCENES TITO WINTER BeYOND WELLNESS UNABOMBER TITO PROGRAMS running from July 30 through August 5

Thursday 7-30
6 a.m. FIT #1
7 a.m. TITO UNABOMBER WINTER BEYOND WELLNESS UNABOMBER TITO
8 a.m. SCENES
9 a.m. FIT #0
10 a.m. WELLNESS
11 a.m. BEYOND WELLNESS
11:30 a.m. Noon WINTER POST IT! POST IT! UNABOMBER SCENES POST IT! TITO
12:30 p.m. 1 p.m. CLASSIC
1:30 p.m. 2 p.m. FIT #4
3 p.m. FIT #6
4 p.m. WINTER BEYOND SCENES TITO WELLNESS
5 p.m. SCENES WELLNESS WINTER UNABOMBER TV BINGO BEYOND
6 p.m. TITO SCENES UNABOMBER
7 p.m. GRF BOARD NIGHT
8 p.m. POST IT! SCENES TITO
9 p.m. CLASSIC GRF BOARD CLASSIC CLASSIC CLASSIC CLASSIC CLASSIC