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: Muscle Conditioning. 30 minutes. Karel Nunnink has been teaching fitness for 35 years. He is a certified personal trainer, resistance training specialist and 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 #2: Power Balance. 30 minutes. Keith Thomas, physical therapist, and Chinese health practitioner, has been working in this field for over 20 years. He explains how power balance is an important part of keeping body health and strengthening the core. Thomas is also a martial arts expert.

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

FIT #4: Yoga. 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.

FIT #5: Tai Chi. 30 minutes. Lee Taylor believes 'less is more.' In this program Taylor explains how slower exercise movements while focusing on each action is the key to keeping your body stable and strong. Lee 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 your mind and body active.

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 corporal 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: 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 you understand the concept and welcomes you to join him at the Fitness Center.

TV Guide for Channel 28

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from August 6 through 12

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.

■ **TOWN HALL Meeting. Q&A. One hour.**
Golden Rain Foundation Board President, **Bob Kelso**, hosts an interactive Zoom meeting. Residents can ask questions and listen to answers regarding Rossmoor's community issues every first Thursday of the month from 2 to 3 p.m. (This program is prerecorded from Aug. 6 meeting.)

■ **SUMMER Concert. Chorus. 1 hour, 10 minutes.**
Rossmoor Community Chorus directed by **Frank Ryken** with **Kerry Leyden** on piano performs show tunes, medleys, gospel music, and folk songs. Featured guest soprano **Judy Ryken** and members of the Curtains Up Youth Theatre. (2019)

■ **MEET the Silversmith. Interview. 1 hour, 30 minutes.**
Chuck Escott is a trained silversmith. Since a teenager, his focus has been towards creating, mastering and teaching the art of silversmithing. In this production he explains the techniques of turning raw metals into jewelry, bowls, sculptures and even wall designs. Escott is a Rossmoor resident spending his (non-existing) retirement working in the lapidary studio, repairing items, teaching residents the art of working with metals, and still creating new pieces. (2020)

■ **BIG Question: Science and Religion. Lecture. 1 hour, 30 minutes.** Rossmoor's Interfaith Council continues its Big Questions Forum by asking "What is the relationship between science and religion in today's world?" **Rev. Will McGarvey** tackles the question from different perspectives. McGarvey is the executive director of the Interfaith Council of Contra Costa County, a self-described "eclectic Christian" and a Presbyterian pastor. (2020)

■ **RECREATION Hour. Variety. One hour.**
Part 1. Quarantine Cuisine with Kelly is a cooking show, hosted by **Kelly Berto**, Recreation Department Manager. Kelly is showing easy recipes for delicious meals everybody can cook while sheltering in place. In this edition Kelly is exploring the secrets of how to prepare Corn Salad and Red, White, and Blue Burgers**. Part 2.** Around the World with Anna is a travelogue show, hosted by **Anna Pomazanova,** travel coordinator for Rossmoor Recreation Department. Anna is talking about her own experiences visiting different places around the globe,;she enhances this program with colorful photos. This episode highlights Branson, Missouri – the entertainment capital of the United States. (2020)

■ **HEALTHY Sleep & Aging. Health. 30 minutes.**
Lisa Wright, psychologist PhD, focuses on the treatment of insomnia using evidence-based interventions, including cognitive-behavioral, mindfulness, acceptance and commitment, and problem-solving therapies. (2020)

■ **A LIFE Well Lived. Book discussion. One hour.**
Ernest Glaser is interviewed about his memoirs. Glaser was born and raised in Berlin, Germany, in the 1920s. Remaining in Germany and practicing the Jewish faith, the need for safety and security became critical, forcing his father to move the family to Shanghai, China. He spent the war years in Shanghai, five of them in a Japanese ghetto, and finally arrived in San Francisco in 1947. Years later, Glaser can safely recall the struggles and pain his family went through on their journey to America. **Jon Foyt** is the interviewer in this program. (2019)

■ **One Guitar. One Voice. All SWINGIN'. Live Concert. One hour. Award-winning jazz guitarist Terrence Brewer and jazz and blues Queen Pamela Rose in concert.** Blues and jazz standards from the Great American songbook, with a healthy dose of history and storytelling about the great (mostly women) composers, they will be featuring. (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 8-6	Fri 8-7	Sat 8-8	Sun 8-9	Mon 8-10	Tues 8-11	Wed 8-12
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.	SUMMER	MEET	HEALTHY	LIFE	RECREATION	BIG	LIFE
7:30 a.m.							
8 a.m.			LIFE	RECREATION	TOWN HALL		HEALTHY
8:30 a.m.							
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.	MEET	BIG	SUMMER	TOWN HALL	LIFE	HEALTHY	RECREATION
10:30 a.m.							
11 a.m.				RECREATION	HEALTHY	RECREATION	MEET
11:30 a.m.							
12 p.m.	BIG	LIFE	RECREATION	SUMMER	MEET	TOWN HALL	
12:30 p.m.							
1 p.m.		HEALTHY	TOWN HALL			LIFE	TOWN HALL
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.	CLASSIC	TOWN HALL	BIG	MEET	HEALTHY	SUMMER	BIG
3:30 p.m.							
4 p.m.	RECREATION	SUMMER			BIG		
4:30 p.m.							
5 p.m.	LIFE		MEET	HEALTHY		RECREATION	SUMMER
5:30 p.m.							
6 p.m.	HEALTHY	RECREATION		LIFE	SUMMER	MEET	
6:30 p.m.							
7 p.m.	SUMMER	MEET	SWINGIN'	BIG			TOWN HALL
7:30 p.m.							
8 p.m.			POST IT!		TOWN HALL	HEALTHY	LIFE
8:30 p.m.							
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC