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 and is Muscle Activation Techniques JumpStart certified. He enjoys focusing one on one; in this program he provides beginner techniques to aerobics, using light weights and chair exercises. Giannakis is an employee of GRF and can be scheduled for virtual personal training through the Fitness Center.

FIT #2: Muscle Conditioning. 30 minutes. Karel Nunnink has been coaching fitness for 35 years. He is a certified personal trainer, a resistance training specialist and indoor cycling certified. In this program, Nunnink talks about the need for keeping one's body fit, and ways to do so.

FIT #3: Yoga for All. 30 minutes. Barbara Bureker's emphasis on flexibility is the theme of this program. Yoga is good for all ages and helps both mind and body. Her reassuring attitude encourages seniors to add daily body stretches that will keep them active and limber.

FIT #4: Tai Chi. 30 minutes. In this program **Lee Taylor** explains how slower exercise movements with focusing on each action is the key to keeping the 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 #5: 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 #6: 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 #7: 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 body health and strengthening your core. Thomas is also a martial arts specialist.

TV GUIDE FOR CHANNEL 28

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from September 10 through 16

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.

■ **Clint Baker's Hot Six Dixieland JAZZ Band. Concert. 1 hour 50 minutes.** This all-star group plays jazz from the late 1920s and 1930s with special guest **Ramona Baker** playing piano songs from early Cakewalk and early Ragtime. (2018)

■ **ACTRESS Jean Wilcox. Interview. 45 minutes.**
Stage actress **Jean Wilcox** is interviewed by resident **Pat Hyde,** both members of the Drama Association of Rossmoor (DAOR). Wilcox has been performing since her early years in England. She has been entertaining the community through her many roles and was the recipient of a "Shellie Award." (2014)

■ **STANDING On My Head. Book/Author. 45 minutes.**
Duke Robinson is interviewed by **Gary Hansen** regarding his book, "Standing on My Head with my Fly Open." Robinson's intimate memoir takes you through a life marked by complex coincidences, surprise twists and turns and life-or-death close calls that impacted him dramatically. His curious mind kept him asking and trying to answer, with some measure of intellectual integrity, why life works the way it does. How come the smallest incident or choice, either by yourself or someone else, can turn your life in a direction you never dreamed of? (2016)

■ **Incorporating CANNABIS into Your Daily Life. Lecture. 1 hour 30 minutes. Mara Gordon,** a pioneer in the medicinal cannabis industry, was recently featured in the documentary, "Weed the People," produced by Ricki Lake. Gordon offers suggestions and advice on how to incorporate cannabis into your daily life, but it is important to note that she is not a doctor and any concerns regarding additional medications and dosing should be discussed with a personal physician. (2019)

■ **LOVE Is in the Air. Concert. 1 hour 30 minutes.**
The Ashmolean singers perform a concert titled "Love Is in the Air." Under the direction of **Steve Mullins,** this Rossmoor group performs a number of classic love songs including "The Nearness of You," "Seasons of Love" from "Rent and" "Love Is a Many Splendored Thing." (2019)

■ **GENTHE & The Great Earthquake. Lecture. 30 minutes. Karin Breuer**, Curator-in-Charge of the Achenbach Foundation for Graphic Arts, and **Victoria Binder,** Head of Paper Conservation, join the San Francisco Legion of Honor Museum for a conversation about the 1906 San Francisco earthquake and subsequent fire's impact on the city's residents and the photographs produced by **Arnold Genthe** (1869–1942). He photographed daily living in San Francisco on April 18, 1906 and the first weeks afterward. (2020)

■ **RECREATION Hour. Variety. 1 hour.**
Part 1. Quarantine Cuisine with Kelly is a cooking show, hosted by **Kelly Berto**, Recreation Manager. Kelly shows easy recipes for delicious meals that everybody can cook while sheltering-in-place. In this edition, Kelly is exploring the secrets of how to prepare Caprese Bruschetta. Part 2. Around the World with Anna is a travelogue show, hosted by **Anna Pomazanova**, Recreation travel coordinator. Anna talks about her own experiences visiting different places around the globe. She enhances this program with colorful photos. This episode highlights Egypt. (2020)

■ **SONGS & Singers. Live from the Event Center. 1 hour.**
Songs & Singers LIVE show from the Event Center with American Idol favorites **Tori Anna** and **Nick Crossen** with **Evan Alparone** on piano, performing pop music favorites from the 1960s and 1970s.

= 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 9-10	Fri 9-11	Sat 9-12	Sun 9-13	Mon 9-14	Tues 9-15	Wed 9-16
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.	JAZZ	RECREATION	CANNABIS	GENTHE	LOVE	ACTRESS	STANDING
7:30 a.m.							
8 a.m.		STANDING		RECREATION		GENTHE	ACTRESS
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.	RECREATION	CANNABIS	LOVE	JAZZ	ACTRESS	STANDING	GENTHE
10:30 a.m.							
11 a.m.	GENTHE				CANNABIS	RECREATION	JAZZ
11:30 a.m.							
Noon	LOVE	JAZZ	RECREATION	STANDING		LOVE	
12:30 p.m.							
1 p.m.			STANDING	ACTRESS	GENTHE		RECREATION
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.	STANDING	GENTHE	ACTRESS	CANNABIS	JAZZ	STANDING	LOVE
3:30 p.m.							
4 p.m.	ACTRESS	RECREATION	GENTHE			CANNABIS	
4:30 p.m.							
5 p.m.	CANNABIS	STANDING	JAZZ	LOVE	RECREATION		CANNABIS
5:30 p.m.							
6 p.m.		ACTRESS			LOVE	JAZZ	
6:30 p.m.							
7 p.m.	JAZZ	LOVE	CANNABIS	GENTHE			SONGS
7:30 p.m.							
8 p.m.				RECREATION	STANDING	ACTRESS	POST IT!
8:30 p.m.							
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC