FITNESS CLASS KEY

Due to shelter-in-place restrictions, Rossmoor Television 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: Tai Chi. 30 minutes. Vadim Derevyanko has studied body movement for many years. This is the Chinese philosophy and practice of aligning breath, physical activity and awareness for mental, spiritual and corporeal health, as well as for development of human potential. It includes aspects of Chinese martial arts and the spiritual awakening to one's true nature.

FIT #2: ABS/Back strengthening. 30 minutes. Rachael Anderson is a certified medical exercise specialist, personal trainer, and nutrition specialist. She instructs viewers with a low-impact workout using stretching and floor exercises.

FIT #3: Functional Conditioning. 30 minutes. Lee Taylor believes "less is more," and explains how slower exercise movements, focusing on each action, are the key to keeping the body stable and strong. Taylor has been working for many years towards improving and reworking his classes to fit the senior lifestyle. Taylor is over 70 years old and believes in keeping mind and body active.

FIT #4: 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 #5: Yoga for all. 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 #6: Muscle Conditioning. 30 minutes. Karel Nunnink has been coaching fitness for 35 years. He is a certified personal trainer and a resistance training specialist, and is indoor cycling certified. In this program Nunnink expresses the need for keeping one's body fit, and shows ways to do so.

FIT #7: Mindful Meditation. 30 minutes. Wendy Beckerman 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.

Guide for Rossmoor TV

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from Jan. 13 through 19

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 Rossmoor Television, 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.

■ **Conversations with CEO Tim O'Keefe. Interview by News editor. 1 hour +.** Communication Director **Ann Peterson** interviews Golden Rain Foundation's CEO **Tim O'Keefe**, who offers information on variety of current hot topics, important for every Rossmoor resident. (2022)

■ **FITNESS and Exercise. Health. 19 minutes.**
In this episode of the "Healthy Aging Series," discover how to stay fit and get more exercise. With the guidance from UC Davis physicians **Dr. Brandee Waite**, a physical medicine and rehabilitation specialist; **Dr. Jeffrey Tanji**, a sports medicine specialist; and **Dr. Keith Baar**, an exercise scientist, learn three basic types of fitness training to improve your health. (2017)

■ **GOLD Coast Jazz Band. Jazz. 1 hour 43 minutes.**
The Gold Coast Jazz Band, formed in 1993 by the late Phil Stiers, performs a variety of early jazz styles, described as "hot classic jazz from New Orleans to swing." The musicians include **Bill Badstubner** (trombone/leader), **Ev Farey** (trumpet), **Ray Walker** (reeds), **Candy Woodworth** (tuba), **Zane Woodworth** (percussion/vocals), **Tom Barnebey** (piano) and **Jeff Green** (banjo/guitar). (2017)

■ **NEW Songs, New World. Opera. 1 hour.**
Mezzo-Soprano **Kindra Scharich** returns to Rossmoor accompanied by Brazilian pianist **Ricardo Ballestero**. This duo shines a spotlight on the works of 19th century Brazilian composer Alberto Nepomuceno (1864-1920). Scharich was recently named one of Lieder Alive!'s artist-in-residence. Ballestero is a professor at the University of Sao Paulo, Brazil teaching vocal repertoire, collaborative piano and chamber music. (2018)

■ **MUSIC of the Jewish People. Music. 47 minutes.**
Adama, directed by Bay Area Jewish Folk Musician **Achi Ben Shalom**, performs traditional klezmer, Ladino, Yiddish and Hassidic music and contemporary music written by Jewish-American composers, of Jewish people from around the world performed in Hebrew, Yiddish, Ladino and English. (2019)

■ **SPIRALING Dragon Qigong. Health. 51 minutes.**
Qigong is an ancient Taoist shamanic healing practice based in Chinese medicine. It builds your reserves of Qi, one's vital life force, and is a vehicle for journeying into mystical realms for intimacy with ancestors, spiritual guides and the Divine. **Kaleo and Elise Ching** lead a four-part series exploring their Spiraling Dragon Qigong technique. (Part 3) (2021)

■ **Hunting BIRDS with a Camera. Lecture. 1 hour.**
Bob Lewis, acclaimed naturalist and photographer, presents a slideshow and lecture on photographing birds in the wild. Lewis is president of the Farallon Island Foundation and on the board of the Golden Gate Audubon Society. He has taught birding classes since 1993, with Golden Gate Audubon in Berkeley and the California Academy of Science in San Francisco. In 2016 he was honored by the American Birding Association for significant contributions to the education of birders. (2016)

■ **The DINING Room. Stage Play. 2 hours.**
A.R. Gurney (1930-2017) was an American playwright and novelist. "The Dining Room" is a comedy of manners, set in a single dining room where 18 scenes from different households from different times (but with the same furniture set) overlap and intertwine. This play was performed by the **Drama Association of Rossmoor** directed by **Aaron Murphy.** (2014)

■ **Cannabis Use by SENIORS. Lecture. 1 hour 27 minutes.**
Discussion on the current research regarding cannabis use by seniors. Presented by **Paul Armentano**, deputy director of the National Organization for the Reform of Marijuana Laws and co-author of the book "Marijuana is Safer: So Why Are We Driving People to Drink?" (2021)

= 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 1-13	Fri 1-14	Sat 1-15	Sun 1-16	Mon 1-17	Tues 1-18	Wed 1-19
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.	SPIRALING	BIRDS	SENIORS	CEO	DINING	GOLD	MUSIC
7:30 a.m.							
8 a.m.	NEW	MUSIC					BIRDS
8:30 a.m.				FITNESS			
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.	DINING	CEO	NEW	BIRDS	GOLD	MUSIC	SPIRALING
10:30 a.m.							
11 a.m.			BIRDS	MUSIC		CEO	DINING
11:30 a.m.		FITNESS					
Noon	SENIORS	GOLD	SPIRALING	DINING	SENIORS		
12:30 p.m.						FITNESS	
1 p.m.			MUSIC			SPIRALING	NEW
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.	MUSIC	SENIORS	DINING	SPIRALING	BIRDS	NEW	CEO
3:30 p.m.							
4 p.m.	BIRDS			GOLD	SPIRALING	BIRDS	
4:30 p.m.							FITNESS
5 p.m.	GOLD	SPIRALING	CEO		NEW	DINING	SENIORS
5:30 p.m.							
6 p.m.		NEW		SENIORS	CEO		
6:30 p.m.			FITNESS				
7 p.m.	CEO	DINING	GOLD			SENIORS	GOLD
7:30 p.m.					FITNESS		
8 p.m.				NEW	MUSIC		
8:30 p.m.	FITNESS						
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC