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: 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. **Troy Hancock** shows body moves to strengthen and stretch bodies.

FIT #2: Tai Chi Chuan. 30 minutes. Tai chi chuan (also written as t'ai chi) is a slow-motion, meditative exercise for relaxation, health and self-defense. Originally from China, t'ai chi has gained popularity in America and throughout the rest of the world for its health benefits. **Adam Wallace** demonstrates different exercises.

FIT #3: 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 #4: Functional Conditioning. 30 minutes. Lee Taylor believes "less is more." In this program Taylor explains how slower exercise movements that focus on each action are key to keeping the body stable and strong. Taylor has been working for many years toward improving his classes to fit the senior lifestyle. Taylor is over 70 years old and believes in keeping mind and body active.

FIT #5: 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.

FIT #6: Circuit Training. 30 minutes. Dino Giannakis is a certified personal trainer and is Muscle Activation Techniques JumpStart certified. 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.

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 and athletic trainer and is Pilates certified. Huff shows intermediate Pilates to help viewers understand the concept. Huff welcomes residents to join him at the Fitness Center.

Guide for Rossmoor TV

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from Oct. 28 through Nov. 3

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.

■ **GRF BOARD Meeting, Oct. 28.*** The nine members of the GRF Board discuss and act on various community issues. For the meeting agenda, see the news section in this paper.
***Please note,** should the GRF Board meeting extend past its time slot, all start times for programs following the meeting will be readjusted as needed. GRF meetings can be located on Rossmoor.com website.

■ **Channel 28's TV BINGO. Game. 1 hour plus.**
On **Tuesday, Nov. 2** at 5 p.m. play TV Bingo in your home. Order a free bingo card by calling Rossmoor Television's office at Creekside and play the first Tuesday of each month. Prizes are donated by local merchants. Residents only.

■ **EARTHQUAKE Scenarios: Science for Seismic Resilience with Dale Cox. Lecture. 58 minutes.** Cox is one of the world's preeminent experts on earthquake behavior. He will update the Rossmoor community on his "HayWired Earthquake Scenario" involving the active and dangerous Hayward fault and will go over the new "MyShake" Earthquake Early Warning System. (2021)

■ **Scott Joplin's RAGTIME – Part 1. Music. 1 hour 4 minutes.** Acclaimed New York concert pianist **Richard Dowling** is known for his skill at performing the complete piano works of composer Scott Joplin (1868-1917), the "King of Ragtime." This is a four-part series of Joplin's complete works. (2017)

■ **The CREMATION of Sam McGee. Reading. 10 minutes.** Robert W. Service (1874-1958) was famous for his unusual poems. He spent some time in the cold North and published this poem in 1907 in "Songs of a Sourdough. "Read by actor and Rossmoor resident **Sherman Brown**. (2013)

■ **POE – The Man that was Used Up. Holiday Special. 50 minutes. John Meyers**, an actor and devotee of Edgar Allan Poe, performs a dramatic reading of one of Poe's lesser-known stories, "A Tale of the Late Bugaboo and Kickapoo Campaign." Meyers grew up in San Francisco and now lives in Rio Vista. (2006)

■ **A Discovery of WITCHES. Author/Book. 1 hour.**
Dr. Diana Bishop has a good reason for refusing to do magic; she is a direct descendant of the first woman executed in the Salem Witch Trials. **Deborah Harkness** mixes history and magic, love and mythology, and starts with a lost manuscript, a reluctant witch and a 1,500-year-old vampire. (2011)

■ **"GHOST Hunters Guide to San Francisco." Book/Author. 40 minutes.** Hobbyist and author **Jeff Dwyer** highlights more than 100 haunted spots, including Alcatraz, Angel Island and Fisherman's Wharf and lesser-known locations like the USS Hornet and the Old Bodega Schoolhouse (2005).

■ **Who's that MASKED Band? Concert. 55 minutes.**
The 85-member Danville Community Band, directed by **Robert Calonico**, presented its Halloween special, "Who's That Masked Band?" covering numbers from the "Star Spangled Banner" to selections from "Wicked" and "Dance Macabre." (2015)

■ **SPIDERS and Their Kin. Lecture/Demo. 1 hour 15 minutes.** Avid naturalist **Michael Marchiano** shared his photos of spiders and other East Bay wildlife during this lecture and corrected some urban myths about the creatures that live among us. (2011)

■ **"How to SURVIVE a Killer Séance." Author/Book. 20 minutes.** The third mystery in this book series by **Penny Warner** weaves a tale of mystery and murder and offers tips on how to plan the perfect séance event. (2011)

■ **CON ALMA. Jazz. 55 minutes.**
Under the direction of **Richard Kalman,** who also sings and plays piano, this intimate ensemble formed in 1998 called Con Alma features **Erin Bloom**, soprano; **Eugenie Hsu**, soprano; and **Caeron White**, alto. (2006)

= 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 10-28	Fri 10-29	Sat 10-30	Sun 10-31	Mon 11-1	Tues 11-2	Wed 11-3
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.	GHOST	SPIDERS	POE	CON ALMA	RAGTIME	EARTHQUAKE	SPIDERS
7:30 a.m.							
8 a.m.	CON ALMA		EARTHQUAKE	MASKED		WITCHES	
8:30 a.m.		SURVIVE			CREMATION		SURVIVE
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.	SPIDERS	GRF BOARD	GRF BOARD	RAGTIME	EARTHQUAKE	GRF BOARD	CON ALMA
10:30 a.m.							
11 a.m.					CON ALMA		WITCHES
11:30 a.m.	SURVIVE			CREMATION			
Noon	MASKED	POST IT!	POST IT!	EARTHQUAKE	SPIDERS	POST IT!	RAGTIME
12:30 p.m.							
1 p.m.	POE	CLASSIC	CLASSIC	GHOST		CLASSIC	
1:30 p.m.					SURVIVE		CREMATION
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.	RAGTIME	EARTHQUAKE	SPIDERS	POE	GHOST	RAGTIME	MASKED
3:30 p.m.							
4 p.m.		CON ALMA		WITCHES	MASKED		POE
4:30 p.m.	CREMATION		SURVIVE			CREMATION	
5 p.m.	WITCHES	RAGTIME	GHOST	CON ALMA	POE	TV BINGO	EARTHQUAKE
5:30 p.m.							
6 p.m.	EARTHQUAKE		MASKED	SPIDERS	WITCHES		GHOST
6:30 p.m.		CREMATION					
7 p.m.	GRF BOARD	GRF BOARD	RAGTIME		GRF BOARD	MASKED	GRF BOARD
7:30 p.m.				SURVIVE			
8 p.m.				MASKED		CON ALMA	
8:30 p.m.			CREMATION				
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC