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: 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 the development of human potential. It includes aspects of Chinese martial arts and the spiritual awakening to one's true nature.

FIT #2: Functional Conditioning. 30 minutes. Lee Taylor believes "less is more." Taylor explains how slower exercise movements, focusing on each action, is 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 #3: 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 #4: 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.

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 the body healthy and strengthening the core. Thomas is also a martial arts specialist.

FIT #6: Circuit Training. 30 minutes. Dino Giannakis is a certified personal trainer, Muscle Activation Techniques JumpStart certified. He enjoys focusing one-on-one. 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 (when it reopens).

FIT #7: 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.

TV Guide for Channel 28

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from April 15 through 21

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.

■ **Rossmoor's EARTH DAY FAIR. Information. 50 minutes.** Part One: **Lois Courchaine** with RecycleSmart and **Jency James,** recycling coordinator with Republic Services, will talk about recycling in Rossmoor. Part Two: **Stan Stansbury,** a board member with Markham Nature Park and Arboretum in Concord, discusses the joys of mulching and living with nature. (2016)

■ **NATURE – RISE AND RECOVER. Lecture. 1 hour.** Join **Ted Clement,** executive director of Save Mount Diablo, and certified life coach and personal trainer Paul Salemme for a Zoom video presentation and discussion on "Let Nature Bring You Back to a State of Balance." This presentation discusses how nature can be used to regain a state of balance, bringing with it feelings of physical strength, mental energization and a sense of gratitude and purpose. (2020)

■ **SING HAPPY. Concert. 1 hour 15 minutes.** **Eileen Zamora** creates a show featuring songs with a positive, uplifting message spanning the 1920s to the 1990s with Broadway, rock, the Great American Songbook, jazz and pop. Zamora on vocals, **Gary Neuman** on piano, **Brad Howell** on bass and **Brett Zamora** on drums. (2018)

■ **JAPANESE AESTHETICS. Lecture. 1 hour 8 minutes.** Docent **Mary Mead** highlights some of the exquisite objects in the Japanese collection of the San Francisco Asian Art Museum. Kimono, netsuke, swords, lacquerware, screens, and scrolls are just a few of the complex and beautiful Japanese art that are explored. (2020)

■ **EROSION OF THE EARTH'S SURFACE. Slide Show Presentation. 20 minutes. Dr. Barrie Bieler,** Rossmoor resident and geographer with a PhD in mineralogy, presented his slide show on the geological issue of the erosion of the Earth's surface – a natural process which is usually made by rock and soil being loosened from the earth's surface at one location and moved to another. (2015)

■ **INCONTINENCE. Lecture. 45 minutes.** **Rachael Cabreira**, a nurse practitioner at UCSF Medical Center and at Comprehensive Wellness in Walnut Creek, and **Lynne Forrette**, a retired nurse practitioner and Rossmoor resident, shine a light on this subject. Both women have a long history of being active in the education of women's health issues, promoting options for female incontinence, urinary tract infections and female sexual health. (2017)

■ **QUINTETO LATINO. Latin Music. 1 hour 20 minutes.** **Quinteto Latino**, a woodwind quintet, presents classical music in this program titled "Brasilia!" featuring all Brazilian composers. The Bay Area band, formed in 2004, comprises **Diane Grubbe** (flute), **Kyle Bruckmann** (oboe), **Leslie Tagorda** (clarinet), **Shawn Jones** (bassoon), and **Armando Castellano** (French horn). (2018)

■ **CLEANER CONTRA COSTA CHALLENGE. Lecture. 1 hour. Colleen Noland** of Sustainable Contra Costa walks through using the Cleaner Contra Costa Challenge website, which helps residents take sustainable actions with tips and resources, tracks savings (both in dollars and emissions), provides opportunities to engage with neighbors, and learn more about our community. (2020)

■ **"THOTH". Lecture/film. 1 hour 40 minutes.** **Stephen Kaufman**, son of resident **Elayne Jones**, presented a unique production at Hillside Clubhouse. Kaufman is the subject of an Oscar-winning documentary on his life and his vast abilities of musical talent. In this creative production, he includes his own creation of a new language, using his more-than-four-octave vocal range. Accompanied by violin and foot percussion, blended with a frenzied energy of dance to enrich the audience's pleasure and amazement. (2005)

= 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 4-15	Fri 4-16	Sat 4-17	Sun 4-18	Mon 4-19	Tues 4-20	Wed 4-21
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.	EARTH	CLEANER	NATURE	AESTHETICS	THOTH	QUINTETO	HAPPY
7:30 a.m.							
8 a.m.	INCONTINENCE	NATURE	EARTH				
8:30 a.m.				EROSION			
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.	HAPPY	THOTH	CLEANER	QUINTETO	NATURE	AESTHETICS	INCONTINENCE
10:30 a.m.							
11 a.m.			INCONTINENCE		HAPPY		AESTHETICS
11:30 a.m.						EROSION	
Noon	QUINTETO	AESTHETICS	HAPPY	THOTH		CLEANER	
12:30 p.m.							EROSION
1 p.m.					INCONTINENCE	EARTH	CLEANER
1:30 p.m.		EROSION					
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.	CLEANER	EARTH	QUINTETO	INCONTINENCE	EARTH	NATURE	THOTH
3:30 p.m.							
4 p.m.	THOTH	INCONTINENCE		NATURE	QUINTETO	HAPPY	
4:30 p.m.							
5 p.m.		HAPPY	AESTHETICS	EARTH			NATURE
5:30 p.m.							
6 p.m.	NATURE			CLEANER	AESTHETICS	THOTH	QUINTETO
6:30 p.m.			EROSION				
7 p.m.	AESTHETICS	QUINTETO	THOTH	HAPPY			
7:30 p.m.					EROSION		
8 p.m.					CLEANER	INCONTINENCE	EARTH
8:30 p.m.	EROSION						
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC