## *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: 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 #2: 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 #3: 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 #4: 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 #5: 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 #6: Beginning Pilates. 30 minutes.** Bob Huff has been a fitness instructor for 25 years and has taught in Rossmoor for over 15 years. He is a certified medical exercise specialist, personal trainer, athletic trainer and Pilates certified. Huff shows beginning Pilates to help viewers understand the concept. He welcomes residents to join him at the Fitness Center (when it reopens).

**FIT #7: 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.

# TV Guide for Channel 28

ROSSMOOR COMMUNITY CHANNEL 28

## *Programs running from April 22 through 28*

**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.

■ **What's New With RECYCLING? Lecture. 1 hour.**
Sustainable Rossmoor hosts the Trash Talk Committee providing updates in the industry and some promising changes coming in California as well as Rossmoor-specific details. Speakers are **Kimberly Lam**, Republic Services municipal manager, and **Kathleen Epperson**, Rossmoor's "Dumpster Diving Diva." (2021)

■ **Mount DIABLO: A Story of Place and Inspiration. Lecture. 54 minutes.** Join Save Mount Diablo Executive Director **Ted Clement** and landscape photographer **Stephen Joseph** for a presentation and discussion about photographing Contra Costa County's celebrated Mount Diablo and Stephen's book. (2020)

■ **Turning ORGANIC Waste Into Energy. Lecture. 1 hour 15 minutes.** The Chinese American Association of Rossmoor welcomes **Todd Stewart**, senior project manager with SCS Engineers, who will discuss sources of and markets for biogas, how biogas is turned into renewable natural gas, and future challenges. (2020)

■ **Rossmoor's EARTH Day Fair. Information. 35 minutes.**
Part 1: **Linda Flower** with Climate Reality Project shares her ideas on climate changes in her program "Global Warming is Not Just Hot Air." Flower shares practical solutions to hasten the shift from dirty fossil fuels to clean, reliable, and affordable renewable energy. Part 2: **Leslie Hung**, president of the East Bay division of California Native Plant Society, shares information about gardening that helps benefit the ecosystem. (2016)

■ **Dirty CELLO Concert. Music. 1 hour 30 minutes.**
**Dirty Cello**, led by cellist **Rebecca Roudman,** takes audiences on a whirlwind tour of blues, bluegrass and rock, all featuring a hard-hitting band led by a wailing cello. (2016)

■ **In PURSUIT. Book/Author. 1 hour 10 minutes.**
**Bill Upson** interviewed highly decorated San Francisco police officer and FBI special agent **John W. Mindermann**, who talked about his book "In Pursuit, From the Streets of San Francisco to Watergate." Mindermann shared his valuable inside perspective as the first FBI field responder at Watergate who uncovered the money trail and ultimately leading to the downfall of President Richard Nixon. (2013)

■ **EYE Health. Health. 20 minutes.**
In this episode of the "Healthy Aging Series," learn about maintaining healthy vision with UC Davis' **Dr. Jeffrey Caspar**, an ophthalmologist, and **Dr. Lawrence Morse**, a retinal specialist, as they explain how people's visual systems age and strategies to protect eyesight over time. (2017)

■ **A JOURNEY Through Opera & Musical Theater. Music. 1 hour 20 minutes** Four vocalists perform classical repertoire from classical opera and musical theater. Soprano singer **Kristin Clayton** and bass-baritone **Bojan Knezevic** sing opera selections from "Don Giovanni," "Herodiade," "Faust," "Showboat" and more. **Laurie and Dan Roldan** continue the timeline through musical opera with more selections from "Camelot" and "South Pacific." Musical accompaniment by pianists **Chun Mei Wilson** and **Joan Cifarelli.** (2018)

■ **RECREATION Hour. Variety. 1 hour.**
**Part 1**. "The Good News." **Brian Pennebaker** and **Anna Pomazanova,** from the Recreation Department, and resident guests **Lynne Forrette** and **Samantha Samuels**, share positive and uplifting stories. **Part 2**. "Around the World with Anna" is a travelogue show, hosted by Pomazanova, travel coordinator for the Rossmoor Recreation Department. This episode highlights Thailand. (2021)

■ **NOA LEVY… And All That Jazz! Concert. 1 hour.**
Celebrate with **Noa Levy**, a jazz-rock vocalist originally from Israel, currently based in the Bay Area, singing jazz, rock, cabaret, and pop, accompanied by **Omree Gal-Oz** on piano. (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 4-22 | Fri 4-23 | Sat 4-24 | Sun 4-25 | Mon 4-26 | Tues 4-27 | Wed 4-28 |
|---|---|---|---|---|---|---|---|
| 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. | PURSUIT | RECYCLING | EARTH | ORGANIC | JOURNEY | CELLO | PURSUIT |
| 7:30 a.m. | | | | | | | |
| 8 a.m. | | DIABLO | RECREATION | | | | |
| 8:30 a.m. | EYE | | | | | | EYE |
| 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. | CELLO | JOURNEY | PURSUIT | RECREATION | DIABLO | RECYCLING | ORGANIC |
| 10:30 a.m. | | | | | | | |
| 11 a.m. | | | | RECYCLING | EARTH | ORGANIC | |
| 11:30 a.m. | | | EYE | | | | |
| Noon | RECREATION | PURSUIT | ORGANIC | CELLO | RECYCLING | | JOURNEY |
| 12:30 p.m. | | | | | | | |
| 1 p.m. | EARTH | | | | RECREATION | EARTH | |
| 1:30 p.m. | | EYE | | | | | |
| 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. | ORGANIC | EARTH | CELLO | JOURNEY | PURSUIT | DIABLO | RECYCLING |
| 3:30 p.m. | | | | | | | |
| 4 p.m. | | RECREATION | | | | JOURNEY | CELLO |
| 4:30 p.m. | | | | | EYE | | |
| 5 p.m. | JOURNEY | ORGANIC | DIABLO | PURSUIT | CELLO | | |
| 5:30 p.m. | | | | | | | |
| 6 p.m. | | | RECYCLING | | | RECREATION | DIABLO |
| 6:30 p.m. | | | | EYE | | | |
| 7 p.m. | RECYCLING | CELLO | JOURNEY | NOA LEVI | ORGANIC | PURSUIT | RECREATION |
| 7:30 p.m. | | | | | | | |
| 8 p.m. | DIABLO | | | POST IT! | | | EARTH |
| 8:30 p.m. | | | | | | EYE | |
| 9 p.m. | CLASSIC | CLASSIC | CLASSIC | CLASSIC | CLASSIC | CLASSIC | CLASSIC |