FITNESS CLASS KEY

Rossmoor Television continues to offer 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 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 #2: 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 #3: Muscle Conditioning. 30 minutes. Karel Nunnink has been teaching fitness for 35 years. He is a certified personal trainer and resistance training specialist and is 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 #4: 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 #5: ABS/Back Strengthening. 30 minutes. Rachael Anderson is a certified medical exercise specialist, personal trainer and nutrition specialist. In this program she demonstrates a low-impact workout using stretching and floor exercises.

FIT #6: Qigong. 30 minutes. Vadim Derevyanko has studied body movement for many years. He encourages viewers to try qigong or chi kung, the Chinese philosophy and practice of aligning breath, physical activity and awareness for mental, spiritual and body 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 #7: Leg Strengthening. 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 a low-impact leg strengthening routine for all levels. Giannakis is an employee of GRF and can be scheduled for personal training at the Fitness Center.

Guide for Rossmoor TV

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from May 19 through 25

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 1-925-988-7820.

■ **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. See key at left for descriptions.

■ **CAROLYN Sills Combo – Classic Country: Patsy Cline and More. Concert. 1 hour 17 minutes.** The Carolyn Sills Combo performs Patsy Cline's greatest hits – honky tonk numbers, classic ballads, heart breakers and lesser-known gems. They also perform classic country favorites along with some of its original, award-winning country and western swing. The band was voted Ameripolitan Award-winning Western Swing Group of the Year and is an inductee in the Sacramento Western Swing Hall of Fame. (2022)

■ **ZOFO. Music. 1 hour 24 minutes.**
ZOFO professional piano duo by **Eva Maria Zimmermann** and **Keisuke Nakagoshi**. ZOFO, shorthand for 20-finger orchestra, also performs a heart-pumping duet arrangement of famous orchestral pieces such as Stravinsky's "Rite of Spring" exploring the realms in which many composers first experienced their symphonic visions. (2016)

■ **BEACH Blanket Harmony. Barbershop. 1 hour.**
The **Devil Mountain Chorus** is ready to share the waves of barbershop harmony and brighten up your day in this fun musical production. Under the direction of **Kristen Taylor,** these surfer dudes will sing their way into your heart with classics like "Surfer Girl" and "I Get Around." (2016)

■ **In The SPOTLIGHT: Dustin Heer. Concert. 58 minutes.**
Up-and-coming vocalist/guitarist **Dustin Heer** performs repertoire from modern pop, country, classic rock and oldies. Backup vocals provided by Dustin's mother, **Cyndee Heer**. (2021)

■ **VIENNA City of Opera. Lecture/Music. 1 hour 52 minutes. Simon Williams** is a well-known lecturer and writer on opera, professor in the department of Theater and Dance at UC Santa Barbara. He has published widely in the fields of European Continental Theater, the history of acting, Shakespearean performance and operatic history. Williams has contributed numerous articles in edited volumes and leading periodicals. He is also an active director and reviewer of opera. In his talk, Williams will identify the reasons why opera is so central to Vienna's city life, and will play many of the most characteristics examples of Viennese operatic music. Vienna has produced some of the most melodious and gloriously extravagant opera in history. (2016)

■ **ESTATE Planning Updates. Information. 1 hour.**
Estate planning attorney **Joan Grimes** discusses new estate planning updates and reviews estate planning fundamentals, including your "estate planning tool belt." She also dives into new developments, including Proposition 19 and portability, as well as an introduction to Trust Administration and Probate. (2021)

■ **GRANTING Wishes. Presentation. 29 minutes.**
Ann Peterson and **Lynn Lively** of the Rossmoor Activities Council go over the process for submitting funding requests for community enhancement projects taken on by clubs or individuals. (2021)

■ **I DO What I Like, I Like What I Do. Book Review. 37 minutes. Annegret Ogden**, author of several books is interviewed by her husband **Dunbar Ogden**. This book highlights the importance of communication, Annegret has condensed stories from friends to make up the 18 stories contained in this book, from a doorman in a New York Hotel to a member of the Rossmoor Computer Club. This book spans time and subjects. (2017)

■ **A Patient's GUIDE to Medical Cannabis. Lecture. 1 hour.** Learn about the medical use of cannabis oil, a non-psychoactive, with author Leonard Leinow, hosted by the Medical Marijuana Club of Rossmoor. (2020)

= 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 5-19	Fri 5-20	Sat 5-21	Sun 5-22	Mon 5-23	Tues 5-24	Wed 5-25
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.	GUIDE	ESTATE	SPOTLIGHT	GRANTING	ZOFO	VIENNA	CAROLYN
7:30 a.m.							
8 a.m.	SPOTLIGHT	GRANTING	I DO	GUIDE			
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.	CAROLYN	I DO	VIENNA	BEACH	SPOTLIGHT	ESTATE	ZOFO
10:30 a.m.							
11 a.m.		ZOFO		ESTATE	GRANTING	CAROLYN	
11:30 a.m.							
Noon	I DO		CAROLYN	SPOTLIGHT	VIENNA		GRANTING
12:30 p.m.							
1 p.m.	GRANTING	GUIDE		I DO		GUIDE	ESTATE
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.	ESTATE	VIENNA	BEACH	ZOFO	CAROLYN	GRANTING	GUIDE
3:30 p.m.							
4 p.m.	ZOFO		GUIDE			BEACH	I DO
4:30 p.m.							
5 p.m.		CAROLYN	GRANTING	VIENNA	ESTATE	SPOTLIGHT	BEACH
5:30 p.m.							
6 p.m.	BEACH		ESTATE		I DO	ZOFO	VIENNA
6:30 p.m.							
7 p.m.	VIENNA	SPOTLIGHT	ZOFO	CAROLYN	BEACH		
7:30 p.m.							
8 p.m.		BEACH			GUIDE	I DO	SPOTLIGHT
8:30 p.m.							
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC