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: Intermediate Pilates. 30 minutes. Bob Huff has been a fitness instructor for over 25 years, including more than 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.

FIT #2: 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 #3: 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 #4: 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 #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: 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 #7: 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.

Guide for Rossmoor TV

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from Sept. 30 through Oct. 6

The following programs are all scheduled to be broadcast this Rossmoor End of Life Concerns Club. (2021) 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.

■ Golden Rain Foundation Board Meeting, Sept. 30.* The nine members of the GRF Board discuss and take action on agenda items. For the agenda, see the news section in this paper. *Please note, should the GRF Board meeting extend past its time slot, all programs following the meeting will be readjusted as needed. GRF meetings can be located on the Rossmoor.com website.

■ Rossmoor TV's <u>TV BINGO</u>. Game. 1 hour plus.

On **Tuesday, Oct. 5** at 5 p.m., play TV Bingo in your home. Order your 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.

■ HISTORY of Rossmoor Information. 1 hour. This series is written and narrated by John Nutley, president of the Rossmoor Historical Society.

Part 9 – 1990-1995 - Coming Together. Covers the various factions of working together towards the common good.

Part 10- 1995-1996 - Planning the Future. Discusses residents planning the new building and remodeling of Rossmoor. **■** OVER 90 and Inspirational. 1 hour.

"Over 90 and Inspirational" features a panel of three Rossmoor residents answering questions about their active lives into their 90s. Panelists include Beverly Kivel (93),

■ INVASION: "Tribute to an Era," Classic Rock. Music. 1 hour 50 minutes.

The band Invasion - lead singer/guitarist Robert Cuozzo, drummer Joe Aquila, lead guitarist Craig Wiper, keyboardist Steven Anderson and bassist Rick DeMaria - perform their tribute to 1960s British hits, including songs by the Beatles, Kinks, Dave Clark Five and others. (2015)

■ <u>DUO GADJO</u>. Folk. 1 hour.

Isabelle and **Jeff Magidson** are a French American couple who offer a repertoire uniting the two cultures. Here they sing tunes from the American Songbook in both French and English. (2010)

■ VELVET Fog. Jazz. 1 hour 5 minutes.

The life and music of Mel Tormé as performed by Mark Stevens, with his one-man performance "A Brush with Mel," honoring one of the great jazz singers. (2010)

■ PIANO Recital with Sheila Wilkins. Classical. 25 minutes. Rossmoor resident Wilkins, who teaches vocal and instrumental music, performs "Berceuse, Opus 57" by Frederic Chopin; "Etude, Opus 25, Number 7" and "Passacaglia" for piano by Aaron Copland. (2006)

■ SHAKESPEARE Readings. Shorts. 1 hour 5 minutes. For Shakespeare's 400th birthday, members of the Performing Arts Guild of Rossmoor perform excerpts from Shakespeare's vast works. (2016)

■ BRAVO, Benny. Book/Author. 30 minutes.

Former university professor Joanna Kraus shares the struggles of raising an adopted son with a language barrier and the success of her plays. Interviewed by Christine Barday, also of Rossmoor's Published Writers Club. (2018)

■ Take Charge! <u>SAFEGUARD</u> Your Assets and Identity. **Information. 38 minutes.**

Emily Milstein of Contra Costa Senior Legal Services details the various ways scammers trick people. (2021)

■ UNFORGETTABLE. Concert. 1 hour.

Jackie Gage and her band present the music of Natalie Cole Doris Gerber (92) and David Kwok (91). Presented by the and Nat King Cole and The Great American Songbook. (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.

	<u>Thu</u> 9-30	<u>Fri</u> 10-1	<u>Sat</u> 10-2	<u>Sun</u> 10-3	<u>Mon</u> 10-4	<u>Tues</u> 10-5	<u>Wed</u> 10-6
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.	VELVET	INVASION	SAFEGUARD	INVASION	SHAKESPEARE	OVER 90	DUO GADJO
7:30 a.m.							
8 a.m.			OVER 90			HISTORY	SAFEGUARD
8:30 a.m.	PIANO				BRAVO		
9 a.m.	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.	OVER 90	GRF BOARD	GRF BOARD	SHAKESPEARE	INVASION	GRF BOARD	VELVET
10:30 a.m.							
11 a.m.	HISTORY						
11:30 a.m.				BRAVO			PIANO
Noon	DUO GADJO	POST IT!	POST IT!	OVER 90	VELVET	POST IT!	INVASION
12:30 p.m.							
1 p.m.	SAFEGUARD	CLASSIC	CLASSIC	HISTORY		CLASSIC	
1:30 p.m.					PIANO		
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.	SHAKESPEARE	HISTORY	INVASION	SAFEGUARD	DUO GADJO	VELVET	OVER 90
3:30 p.m.							
4 p.m.		VELVET		DUO GADJO	OVER 90		SHAKESPEARE
4:30 p.m.	BRAVO					PIANO	
5 p.m.	INVASION		SHAKESPEARE	VELVET	HISTORY	BINGO	
5:30 p.m.		PIANO					BRAVO
6 p.m.		OVER 90			SAFEGUARD		HISTORY
6:30 p.m.			BRAVO	PIANO			
7 p.m.	GRF BOARD	GRF BOARD	UNFORGETTABLE	INVASION	GRF BOARD	DUO GADJO	GRF BOARD
7:30 p.m.							
8 p.m.						OVER 90	
8:30 p.m.			POST IT!				
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC