TV Guide for Channel 28

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from January 17 through 23

cast 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 trips, movies and club events. This program runs between other programs when
- <u>CLASSIC</u> 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.

- Ann HIRSH. Interview with swimmer. 40 minutes.
- **Resident Ann Hirsh**, age 87, has beaten the odds of aging. A nationally known swimmer, in world rankings since 1986, she has a roomful of medals and trophies. She was selected 2016 Pacific Masters Swimmer of the Year, not only in her age group, but in the entire organization. She has 40 All-American and 12 USMS All-Star rankings. In 2017 she was inducted into the International Swimming Hall of Fame.
- The MUSIC of Bach. Lecture by resident. One hour, 40 minutes. Steven Lowe, a lecturer from Acalanes Adult Education and Diablo Valley College's Emeritus College, talks about the vocal and choral music of Johan Sebastian Bach. Lowe's talk is accompanied by recorded examples from Bach's Passions, Magnificat, B-minor Mass and the virtuosic solo cantata "Jauchzett Gott in allen Landen."
- "HONEY, I Sold the Red Cadillac." Book discussion. 25 minutes. Robert Wolf's story leads readers through his journey being a caretaker for his wife. Carol Wolf was diagnosed with Lewy Body Dementia (LBD), a disease that destroys mind and body. LBD alters thinking skills, increases visual hallucinations, mood and behavior. Wolf shares his experience and

The following programs are all scheduled to be broad- offers support and understanding for other caregivers. Wolf is interviewed by Karolyn Rinstein.

- **■ HEARING** Loss. Talk on hearing health. One hour, 15 minutes. Kelly Absher, a licensed hearing aid dispenser, speaks on hearing health. Absher worked with the Centers for Disease Control and the National Institute of Health doing research on the relationship between nutrition and hearing health.
- **CELL** Block 7. Jazz music. Two hours.
- Bob Romans' Cell Block 7 Jazz Band plays West Coast traditional jazz sounds of the 1950s classic jazz lineup, led by two cornets. This band has been playing together over 10 years. Romans is a classically trained musician and has been teaching instrumental music for over 30 years. His band members are: Jim Maihack, Bob Sakoi, Pete Main, Tom Downs, Jack Convery, Coleman Sholl, and Daryl Hosick.
- **■** BROADWAY Comes to Rossmoor. Broadway tunes. One **hour.** This program celebrates America's contributions to Broadway, highlighting music by Rodgers and Hammerstein, George Gershwin, Meredith Wilson, Lerner and Loewe, Cole Porter and Claude-Michel Schoenberg. Performing are Jacob Botha, working in theater in South Africa, Asia, Europe and the United Kingdom for the last 16 years; Jennifer Mitchell, a Bay Area performer in both opera and musical theatre; Sam**uel Faustine**, a San Francisco native, whose range is baroque opera to modern musical theater; **Kimberley Cohan**, a Bay Area native, soprano and actor; and pianist **Joan Cifarelli**, who was classically trained from age 7.
- **SENIOR** Scam Stopper Seminar. Panel presentation. One hour, 50 minutes. Rossmoor Public Safety Manager Dennis Bell, Assemblywoman Catharine Baker, and the Contractors State License Board sponsor a program for residents about ways in which people, especially seniors, are scammed. The speakers include: Jane Kreidler, Contractors State License Board; Steve Rhodes, Bureau of Automotive Repair; Wayne Bell, Bureau of Real Estate; Mike Ito, Health Insurance Counseling and Advocacy Program (HICAP); and Bryan Tierney, a representative from the Contra Costa County District Attorney's Office.

= 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> 1-17	<u>Fri</u> 1-18	<u>Sat</u> 1-19	<u>Sun</u> 1-20	<u>Mon</u> 1-21	<u>Tues</u> 1-22	<u>Wed</u> 1-23
6 a.m.	POST IT!	POST IT!					
6:30 a.m.							
7 a.m.	HONEY	HIRSH	CELL	HEARING	BROADWAY	SENIOR	MUSIC
7:30 a.m.							
8 a.m.	BROADWAY	HONEY			HIRSH		
8:30 a.m.							
9 a.m.	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS
9:30 a.m.	POST IT!	POST IT!					
10 a.m.	CELL	HEARING	HONEY	MUSIC	HIRSH	BROADWAY	SENIOR
10:30 a.m.							
11 a.m.			BROADWAY		CELL	SENIOR	
11:30 a.m.							
Noon	HONEY	SENIOR	CELL	HIRSH			HEARING
12:30 p.m.							
1 p.m.	HEARING			HONEY	MUSIC	HIRSH	
1:30 p.m.							
2 p.m.		HIRSH	SENIOR	HEARING		CELL	MUSIC
2:30 p.m.							
3 p.m.	MUSIC	BROADWAY			HONEY		
3:30 p.m.							
4 p.m.		HONEY	MUSIC	BROADWAY	SENIOR	HEARING	CELL
4:30 p.m.							
5 p.m.	HIRSH	CELL		SENIOR			
5:30 p.m.							
6 p.m.	SENIOR		HEARING		BROADWAY	MUSIC	HONEY
6:30 p.m.							
7 p.m.		MUSIC		CELL	HEARING		HIRSH
7:30 p.m.							
8 p.m.	BROADWAY		HIRSH			HONEY	BROADWAY
8:30 p.m.							
9 p.m.	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC