

## GCAM Schedule/ Shows

Program schedules for Channel 12 air in two week cycles. The following programs have been listed for the weeks of September 14 and September 21.

### **Monday, October 12th & October 19th**

7 a.m. – Yoga for Health  
8 a.m. – Healthy Bones & Balance  
9 a.m. - Tai Chi  
9:30 a.m. – Open Mic Poetry  
10 a.m. – A Quilter’s Touch  
11 a.m. – New England Authors  
11:30 p.m. – Smart Boating  
12 p.m. – Eat Well, Be Happy  
1 p.m. – Easy Country Fitness  
2 p.m. –The Garage  
2:30 p.m. – Abelvision  
3 p.m. – Yoga for Health  
4 p.m. – Granby UCC Sunday Service  
5:00 p.m. – Healthy Bones & Balance  
6:00 p.m. – Granby UCC Sunday Service  
7 p.m. – Eat Well, Be Happy  
7:30 p.m. – Yoga for Health  
8 p.m. – Granby UCC Sunday Service  
9 p.m. – A Quilter’s Touch  
10 p.m. – Museum Open House

### **Tuesday, October 13th & October 20th**

7 a.m. – Seniors on the Move  
8 a.m. – Alivelihood  
8:30 a.m. – Fast Forward  
10 a.m. –Walk in the Garden  
11 a.m. – Museum Open House  
11:30 a.m. – Tracing Your Family Roots  
12: 30 p.m. – Songspeak  
2 p.m. – Yoga for Health  
3 p.m. – Tai Chi  
4 p.m. – Fast Forward  
5 p.m. – Alivelihood  
5:30 p.m. – Tracing Your Family Roots  
6 p.m. – In the Garden with Liz  
7 p.m. – Songspeak  
8 p.m. – The Granby Journal  
9 p.m. – Local Rock

### **Wednesday, October 14th & October 21st**

7 a.m. – The Garage  
7:30 a.m. – Paint w/Kevin  
8 a.m. – Smart Boating  
8:30 a.m. – Eat Well, Be Happy  
9 a.m. – Healthy Bones & Balance  
10 a.m. - Tai Chi  
11:00 a.m. – Yoga for Health  
11:30 a.m. - Cinemaniacs  
12:30 p.m. – Healthy Bones & Balance  
2:00 p.m. – Tai Chi  
2:30 p.m. – Summer Concert  
4:00 p.m. – Yoga For Health  
5:00 p.m. - Museum Open House  
5:30 p.m. – Healthy Bones & Balance  
7 p.m. – Eat Well, Be Happy  
7:30 p.m. – Paint w/Kevin  
8 p.m. – Smart Boating  
9 p.m. - A Quilter’s Touch  
10 p.m. – Tracing Your Family Roots

### **Thursday, October 15th & October 22nd**

6 a.m. –Tai Chi  
7 a.m. –Easy Country Fitness  
8 a.m. – Healthy Bones & Balance  
9 a.m. – Yoga for Health  
10 a.m. – Abelvision  
11 a.m. – Cinemaniacs  
12 p.m. – Fast Forward  
1 p.m. - Healthy Bones & Balance  
2 p.m. – Yoga for Health  
3:30 p.m. - New England Authors  
4 p.m. – Walk in the Garden with Liz  
5 p.m. – Open Mic Poetry  
6 p.m. – Fast Forward  
7 p.m. – Museum Open House  
7:30 p.m. – Tracing Your Family Roots  
9 p.m. – Cinemaniacs

### **Friday, October 16th & October 23rd**

7 a.m. – Yoga for Health

9 a.m. – Healthy Bones & Balance  
10 a.m. – Yoga for Health  
11 a.m. – Tai Chi  
12 p.m. – Easy Country Fitness  
1 p.m. – Eat Well, Be Happy  
2 p.m. – Cooking for Kids  
3 p.m. – Elder Law Talk  
4 p.m. – Healthy Bones & Balance  
5 p.m. – DinoFest 2018  
6 p.m. – A Quilter’s Touch  
7 p.m. – Paint w/Kevin  
8 p.m. – Kellogg Hall Car Show 2018  
8:30 p.m. – Kellogg Hall Car Show 2019  
9 p.m. - Museum Open House  
10 p.m. – Local Rock

**Saturday, October 17th & October 24th**

7 a.m. – Yoga for Health  
7:30 a.m. – The Garage  
8:30 a.m. – Open Mic Poetry  
9:30 a.m. – Yoga For Health  
10 a.m. – Abelvision  
10:30 a.m. –Fast Forward  
11:30 a.m. – Granby Journal  
12:30 p.m. – Tracing Your Family Roots  
1:30 p.m. – The Garage

2:30 p.m. – Cooking for Kids  
3 p.m. – East Well Be Happy  
5 p.m. – Granby Girls Soccer  
7 p.m. – Cinemaniacs  
8 p.m. – Songspeak  
9 p.m. – GCAM Retro  
11 p.m. – Creature Features

**Sunday, October 18th & October 25th**

7 a.m. – Seniors on the Move  
8 a.m. – Open Mic Poetry  
8:30 a.m. – Tai Chi  
9 a.m. – Yoga For Health  
10 a.m. – Healthy Bones & Balance  
11 a.m. – Easy Country Fitness  
1 p.m. – Healthy Bones & Balance  
2 p.m. – Granby UCC Sunday Service  
3 p.m. – In the Garden w/ Liz  
4 p.m. – Granby UCC Sunday Service  
5 p.m. - Healthy Bones & Balance  
6 p.m. – Granby UCC Sunday Service  
7 p.m. – Fast Forward  
7:30 p.m. – New England Authors  
8 p.m. – Granby UCC Sunday Service  
9 p.m. – Financial Elder Abuse  
10 p.m. – Fast Forward  
11 p.m. – Cinemaniacs

*Granby Community Access & Media, Inc. is Granby’s Public Access Television Station, provided for by the current cable license. The GCAM studio is located at 121 West State St., Granby. GCAM Channels are Public Channel 12 and Government and Education Channel 15. To view a full version of the schedule, please visit GCAM online at [www.granbymedia.com](http://www.granbymedia.com). The schedule is subject to change and programing airs in two week cycles. To watch select meetings and shows online, please visit the GCAM Youtube page and check out the station’s Instagram page, @gcamtv.*

*GCAM is an independent, non-profit organization, governed by a volunteer Board of Directors, run by a small staff, and available for use by residents of Granby, employees who work within the town limits of Granby, and non-profit organizations that serve Granby, Massachusetts. If Granby residents have an idea for a program or would like to produce a show, please contact GCAM Program Coordinator Alex LaMarche by emailing [director@granbymedia.com](mailto:director@granbymedia.com) or call 413-467-1180.*