

## GCAM Schedule/ Shows

Program schedules for Channel 12 air in two-week cycles. The following programs have been listed for the weeks of November 16 & 23.

### **Monday, November 16th & November 23rd**

7 a.m. – Granby UCC Sunday Service  
8 a.m. – A Quilter’s Touch  
9 a.m. - Yoga for Health  
9:30 a.m. – Tai Chi  
10 a.m. – Healthy Bones & Balance  
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 Heath  
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, November 17th & November 24th**

7 a.m. – Seniors on the Move  
8 a.m. – Alivelihood  
9 a.m. - Mabel & Jerry  
10 a.m. –Healthy Bones & Balance  
11 a.m. – Norfolk Knitting School  
12 p.m. – Songspeak  
2 p.m. – Festival of Baskets 2020  
3 p.m. – Norfolk Knitting School  
4 p.m. – Mabel & Jerry  
5 p.m. – Alivelihood  
6 p.m. – In the Garden with Liz  
7 p.m. – Festival of Baskets  
8 p.m. – The Granby Journal  
9 p.m. – Local Rock

### **Wednesday, November 18th & November 25th**

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. – Tai Chi  
10 a.m. - Healthy Bones & Balance  
11:11 a.m. – Veteran’s Day 2020  
11:30 a.m. - Veteran’s Day 2018  
12:00 p.m. - Veteran’s Day 2019  
1 p.m. – 75th Anniversary of Europe with Tod Carpenter  
2:00 p.m. – 75th Anniversary of Japan with Todd Carpenter  
2:30 p.m. – Festival of Baskets  
3 p.m. - 2019 Festival of Trees  
4:00 p.m. – Yoga For Health  
5:00 p.m. - Museum Open House  
5:30 p.m. – Healthy Bones & Balance  
7 p.m. – Festival of Baskets  
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, November 19th & November 26th**

7 a.m. – Veteran’s Day 2020  
8 a.m. – Tai Chi  
9 a.m. – Yoga for Health  
10 a.m. – Healthy Bones & Balance  
11 a.m. – Cinemaniacs  
12 p.m. – Fast Forward  
1 p.m. - Healthy Bones & Balance  
2 p.m. – Festival of Baskets  
3 p.m. - Marel & Jerry  
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. – Festival of Baskets  
7:30 p.m. – Tracing Your Family Roots  
9 p.m. – Cinemaniacs

**Friday, November 20th & November 27th**

7 a.m. – Veteran's Day 2020  
8 a.m. - Yoga for Health  
9 a.m. – Tai Chi  
10 a.m. – Healthy Bones & Balance  
11 a.m. – Mabel & Jerry  
12 p.m. – Easy Country Fitness  
1 p.m. – Eat Well, Be Happy  
2 p.m. – Festival of Baskets  
3 p.m. – Cooking for Kids  
4 p.m. – Healthy Bones & Balance  
5 p.m. – DinoFest 2019  
6 p.m. – A Quilter's Touch  
7 p.m. – Festival of Baskets  
8 p.m. – Paint with Kevin  
8:30 p.m. – Summer Concert  
10 p.m. – Local Rock

**Saturday, November 21st & November 28th**

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. – Healthy Bones & Balance  
11 a.m. – Granby Journal

12 p.m. – Tracing Your Family Roots  
1 p.m. – The Garage  
2 p.m. – Festival of Baskets  
3 p.m. – Eat Well Be Happy  
4 p.m. – Mabel & Jerry  
7 p.m. – Festival of Baskets  
8 p.m. – Songspeak  
9 p.m. – Summer Concert  
11 p.m. – Creature Features

**Sunday, November 22nd & November 29th**

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. – Festival of Baskets  
12 p.m. - Veteran's Day 2020  
12: 30 p.m. - Veteran's Day 2018  
1 p.m. – Veteran's Day 2019  
2 p.m. – Festival of Baskets  
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. – Festival of Baskets  
7:30 p.m. – New England Authors  
8 p.m. – Granby UCC Sunday Service  
9 p.m. – Festival of Baskets  
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 programming 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.*