

GCAM Schedule/ Shows

The following programs have been listed for the weeks of March 22nd. We are temporarily creating weekly schedules to accompany Granby Rams Basketball. If there are any questions, please reach out to Alex LaMarche at director@granbymedia.com.

Monday, March 22nd

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. - Meet the Author
3 p.m. - The Garage
3:30 p.m. - Abelvision
4 p.m. - Yoga for Health
5 p.m. - Granby UCC Sunday Service
6 p.m. - Music Mondays with Houston Bernard
7 p.m. - Granby UCC Sunday Service
8:30 p.m. - Eat Well, Be Happy
9 p.m. - Music Mondays with Houston Bernard
9:30 p.m. - Granby UCC Sunday Service
10:30 p.m. - A Quilter's Touch

Tuesday, March 23rd

2 a.m. - Music Mondays with Houston Bernard
7 a.m. - Seniors on the Move
8 a.m. - Alivelthood
9 a.m. - In the Garden with Liz
10 a.m. - Healthy Bones & Balance
11 a.m. - Norfolk Knitting School
12 p.m. - Songspeak
3 p.m. - Norfolk Knitting School coo
4 p.m. - Cooking & Kids
5 p.m. - Alivelthood
6 p.m. - Inside Battleship Cove
7 p.m. - Easy Walks in Western Massachusetts
9 p.m. - The Granby Journal

10 p.m. - Local Rock

Wednesday, March 24th

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
11:30 a.m. - Yoga for Health
1 p.m. - Inside Battleship Cove
2 p.m. - Healthy Bones & Balance
4 p.m. - Yoga For Health
5 p.m. - Easy Walks in Western Massachusetts
6 p.m. - Healthy Bones & Balance
7 p.m. - Meet the Author
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, March 25th

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. - Summer Concert
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
7:30 p.m. - Local Rock
9:30 p.m. - Cinemaniacs
10:30 p.m. - 250th Parade

Friday, March 26th

8 a.m. - Yoga for Health

9 a.m. - Tai Chi
10 a.m. - Healthy Bones & Balance
11 a.m. - Summer Concert
1 p.m. - Easy Country Fitness
2 p.m. - Easy Walks in Western
Massachusetts
3 p.m. - Cooking for Kids
4 p.m. - Healthy Bones & Balance
5 p.m. - Girls JV Basketball vs. Holyoke
7 p.m. - Girls Varsity Basketball vs. Holyoke
9 p.m. - After Hours Cinema

Saturday, March 27th

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
1 p.m. - The Garage
3 p.m. - Eat Well Be Happy
4 p.m. - Granby Library Talks
7:00 p.m. - Cinemaniacs
8:00 p.m. - Songspeak
9 p.m. - Mainly Musicians
9:30 p.m. - Local Rock

11:30 p.m. - Creature Features

Sunday, March 28th

2 a.m. - After Hours Cinema
4 a.m. - Girls JV Basketball vs. Holyoke
6 a.m. - Girls Varsity Basketball vs. Holyoke
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
12 p.m. - Easy Walks in Western
Massachusetts
1 p.m. - Mainly Musicians
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. - Inside Battleship Cove
8 p.m. - Granby UCC Sunday Service
9 p.m. - Local Rock
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. 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 or call 413-467-1180.