#### GCAM Schedule/ Shows

Program schedules for Channel 12 air in two-week cycles. The following programs have been listed for the weeks of January 11th & January 18th.

## Monday, January 11th & January 18th

7 a.m. - Granby UCC Sunday Service (January 18th)

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 Heath

5 p.m. - Granby UCC Sunday Service

(January 18th)

6 p.m. - Healthy Bones & Balance

7 p.m. - Letters to Santa: After Christmas

7:30 p.m. - Granby UCC Sunday Service (January 18th)

8:30 p.m. - Eat Well, Be Happy

9 p.m. - Yoga for Health

9:30 p.m. - Granby UCC Sunday Service

(January 18th)

10:30 p.m. - A Quilter's Touch

11:30 p.m. - Museum Open House

### Tuesday, January 12th & January 19th

7 a.m. - Seniors on the Move

8 a.m. - Alivelihood

9 a.m. - In the Garden with Liz

10 a.m. - Healthy Bones & Balance

11 a.m. - Norfolk Knitting School

12 p.m. - Songspeak

2 p.m. - Blue Ribbon Cooks

3 p.m. - Norfolk Knitting School

4 p.m. - Cooking & Kids

5 p.m. - Alivelihood

7 p.m. - Charter Day 2018

7:30 p.m. - Charter Day Fireworks 2019

8 p.m. - Charter Day 2018

9 p.m. - The Granby Journal

10 p.m. - Local Rock

## Wednesday, January 13th & January 20th

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 a.m. - DinoFest 2019

11:30 a.m. - Yoga for Health

12 p.m. - Old Country Road 2019

2 p.m. - Bad News Jazz and Blues Orchestra

2019

4 p.m. - Yoga For Health

5 p.m. - Museum Open House

5:30 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, January 14th & January 21st

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

## Friday, January 15th & January 22nd

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

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. - Dan Kane Singers

9 p.m. - After Hours Cinema

## Saturday, January 16th & January 23rd

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. - 2019 Granby Music All Grades

Concert

1 p.m. - The Garage

2 p.m. - Granby Library Talks: Kellogg

Calender

3 p.m. - Eat Well Be Happy

4 p.m. - 2019 Granby Music All Grades

Concert

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, January 17th & January 24th

2 a.m. - After Hours Cinema

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

12 p.m. - Kellogg Hall Car Show 2018

12: 30 p.m. - Mainly Musicians

1 p.m. - Meet the Author

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. - Letters to Santa: After Christmas

7:30 p.m. - New England Authors

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.