

## GCAM Schedule/ Shows

The following programs have been listed for the week of August 16th & August 23rd.

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

12 a.m. - Mainely Musicians  
7 a.m. - 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. - UCC Sunday Service  
6 p.m. - Music Mondays with Houston Bernard  
7:30 p.m. - UCC Sunday Service  
9 p.m. - Music Mondays with Houston Bernard  
9:30 p.m. - UCC Sunday Service  
10:30 p.m. - A Quilter's Touch

### **Tuesday, August 17th & August 24th**

2 a.m. - Music Mondays with Houston Bernard  
7 a.m. - Seniors on the Move  
8 a.m. - A livelihood  
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. - Eat Well Be Happy  
4 p.m. - Tracing Your Family Roots  
5 p.m. - Summer Concert  
7 p.m. - DUOs Concert

10 p.m. - Creature Features

### **Wednesday, August 18th & August 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  
11:30 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. - Dan Kane Singers 2021  
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, August 19th & August 26th**

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  
6 p.m. - Healthy Bones & Balance  
7 p.m. - Yoga for Health  
9:30 p.m. - Cinemaniacs

**Friday, August 20th & August 27th**

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. - Dan Kane Singers 2021  
4 p.m. - Healthy Bones & Balance  
6 p.m. - GCAM Shorts 2019  
7 p.m. - Kellogg Hall Car Show 2018  
9 p.m. - Kellogg Hall Car Show 2019  
10 p.m. - After Hours Cinema

**Saturday, August 21st & August 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  
1 p.m. - The Garage  
3 p.m. - Eat Well Be Happy  
5 p.m. - Inside Battleship Cove  
6 p.m. - Charter Day 2018  
7 p.m. - Cinemaniacs

8:00 p.m. - Dan Kane Singers 2021  
10 p.m. - Old Country Road 2021

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

12 a.m. - Creature Features  
2 a.m. - After Hours Cinema  
4 a.m. - Creature Features  
9 a.m. - DUOs Concert  
10 a.m. - Healthy Bones & Balance  
11 a.m. - Easy Country Fitness  
1 p.m. - Yoga for Health  
2 p.m. - UCC Sunday Service  
3 p.m. - Tai Chi  
4 p.m. UCC Sunday Service  
5 p.m. - Yoga for Health  
6 p.m. - UCC Sunday Service  
7 p.m. - Tai Chi  
8 p.m. - UCC Sunday Service  
9 p.m. - Music Mondays with Houston  
Bernard  
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.*