

## GCAM Schedule/ Shows

Program schedules for Channel 12 air in two week cycles. The following programs have been listed for the weeks of July 22 and July 29.

### **Monday, July 22nd & July 29th**

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. – 75<sup>th</sup> Anniversary of Victory in Europe with Todd Carpenter  
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  
11 p.m. – Victory in Europe 75th Anniversary with Todd Carpenter

### **Tuesday, July 23rd & July 30th**

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. – Science & Technology: Yesterday, Today & Tomorrow  
10 p.m. - Charter Day Fireworks

### **Wednesday, July 24th & July 31st**

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, July 25th & August 1st**

7 a.m. –Tai Chi  
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  
8:30 p.m. – GCAM Shorts

9 p.m. – KH Car Show 2019  
10 p.m. – Old Country Road 2019

**Friday, July 26th & August 2nd**

7 a.m. – Granby Fire History 2017  
9 a.m. – Healthy Bones & Balance  
10 a.m. – Yoga for Health  
11 a.m. – Tai Chi  
12 p.m. – GCAM Retro  
1 p.m. – Eat Well, Be Happy  
2 p.m. – KH Hall Car Show 2018  
3 p.m. – Charter Day 2018  
4 p.m. – Healthy Bones & Balance  
5 p.m. – GCAM Retro  
6 p.m. – A Quilter's Touch  
7 p.m. – Paint w/Kevin  
8 p.m. – GCAM Retro Series  
9 p.m. Museum Open House  
10 p.m. – Local Rock  
11 p.m. - Victory in Europe 75<sup>th</sup>  
Anniversary with Todd Carpenter

**Saturday, July 27th & August 3rd**

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. – WWII History  
3 p.m. – Library Event  
5 p.m. – Library Event  
6 p.m. – BNJBO 2019  
7:30 p.m. – Cinemaniacs  
8 p.m. – Songspeak  
9 p.m. – GCAM Retro  
11 p.m. – Creature Features

**Sunday, July 12th & July 19th**

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. – Union Jack 2019  
1 p.m. – Healthy Bones & Balance  
2 p.m. – Tracing Your Family Roots  
3 p.m. – In the Garden w/ Liz  
4 p.m. – Granby UCC Mass  
5 p.m. - Healthy Bones & Balance  
6 p.m. – Granby UCC Mass  
7 p.m. – Fast Forward  
7:30 p.m. – New England Authors  
8 p.m. – Granby UCC Mass  
9 p.m. – Victory in Europe 75th Anniversary  
with Todd Carpenter  
10:30 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.*