



## Worcester Government Television

April 21, 2024 – April 28, 2024

*Subject to change without notice*

### **Sunday, April 21, 2024**

- 12:00 AM Audio Journal
- 2:00 AM Awarding the Key to the City to William "Bill" Ryan 03/06/24
- 8:00 AM Senior Exercise: Fit for Life with Karen - Why Bother
- 8:30 AM Senior Exercise: Fit for Life with Karen - Stronger, Longer (with Weights)
- 9:00 AM WSC Stay Connected - Fern Lee: Chair-Based Yoga
- 10:00 AM WSC Stay Connected - Joe Fish: Senior Challenge Exercise (Session 1)
- 11:00 AM WSC Stay Connected - Rhonda Hamer: Exercise for Osteoporosis and Osteopenia (Session 3)
- 12:00 PM WSC Stay Connected - Musical Performance: Country Music with Matt York
- 12:30 PM WSC Stay Connected - Musical Performance: The McCrites
- 1:30 PM WSC Stay Connected with Your Health - April 2024 Update
- 2:15 PM WSC Stay Connected - Saint Patrick's Day Festivities 2024
- 3:00 PM Boards & Commissions: Green Worcester Advisory Committee 04/08/24
- 4:45 PM Boards & Commissions: Accessibility Advisory Commission 04/16/24
- 7:00 PM Boards & Commissions: Zoning Board of Appeals 04/17/24
- 7:45 PM Boards & Commissions: Citizen Advisory Council 04/18/24

## **Monday, April 22, 2024**

- 12:00 AM Audio Journal
- 2:00 AM The Working Lunch: April 2024
- 7:30 AM Audio Journal - Local
- 8:00 AM Senior Exercise: Fit for Life with Karen - Brain Fitness (with weights)
- 8:30 AM Senior Exercise: Fit for Life with Karen - G.S. for Life (with weights)
- 9:00 AM WSC Stay Connected - Nancy Cimato: Yoga
- 10:00 AM WSC Stay Connected - Joe Fish: Senior Challenge (Session 2)
- 11:00 AM WSC Stay Connected - Ready, Steady, Balance! with Marty French
- 12:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
- 2:00 PM WSC Stay Connected - Saint Patrick's Day Festivities 2024
- 3:00 PM WSC Stay Connected - Advanced Tai Chi: Chuan Yang 24 Movement Form with Master Dansereau
- 4:00 PM Worcester Fire Department Engine #4 Blessing Ceremony 11/14/23
- 4:30 PM Worcester Boys Club Groundbreaking Ceremony 11/02/23
- 5:30 PM Coal Mine Brook Park Ribbon Cutting 09/28/23
- 6:00 PM ARPA Downpayment Assistance Program Press Conference 09/13/23
- 7:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
- 9:00 PM 2024 Women of Consequence Awards Ceremony
- 10:00 PM Boards & Commissions: Green Worcester Advisory Committee 04/08/24

**Tuesday, April 23, 2024**

- 12:00 AM Audio Journal
- 2:00 AM Worcester Vision Zero Safety Action Plan: State of the Streets Forum  
02/29/2024
- 7:30 AM Audio Journal - Local
- 8:00 AM Senior Exercise: Fit for Life with Karen - G.S. for Life (with weights)
- 8:30 AM Senior Exercise: Fit for Life with Karen - Rise and Shine
- 9:00 AM WSC Stay Connected - Nancy Cimato: Aerobics and Yoga
- 10:00 AM WSC Stay Connected - Joe Fish: Senior Strength Exercise
- 11:00 AM WSC Stay Connected - Dance Fit 4U, with Kristine Johnson
- 12:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
- 2:00 PM WSC Stay Connected - Musical Performance: Country Music with Matt  
York
- 3:00 PM WSC Stay Connected - Tai Chi with Master Dansereau
- 3:30 PM Awarding the Key to the City to William "Bill" Ryan 03/06/24
- 5:00 PM *[Live!] City Council Sub-Committees: Economic Development*
- 7:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
- 9:00 PM Worcester Fire Department Engine #4 Blessing Ceremony 11/14/23
- 9:30 PM MassHire Worcester Career Center Ribbon Cutting 11/02/23
- 10:30 PM Worcester Boys Club Groundbreaking Ceremony 11/02/23
- 11:30 PM Boards & Commissions: Advisory Commission on Latino Affairs 04/18/24

**Wednesday, April 24, 2024**

- 2:00 AM Mission on Summer Ribbon Cutting Ceremony 10/31/23
- 7:30 AM Audio Journal - Local
- 8:00 AM Senior Exercise: Fit for Life with Karen - Rise and Shine
- 8:30 AM Senior Exercise: Fit for Life with Karen - It's a Stretch (with bands)
- 9:00 AM WSC Stay Connected - Fern Lee: Chair-Based Yoga
- 10:00 AM WSC Stay Connected - Joe Fish: Heart Healthy Exercise
- 11:00 AM WSC Stay Connected - Rhonda Hamer: Exercise for Osteoporosis and Osteopenia (Session 2)
- 12:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
- 2:00 PM WSC Stay Connected - Musical Performance: The McCrites
- 3:00 PM WSC Stay Connected - Advanced Tai Chi: Chuan Yang 24 Movement Form with Master Dansereau
- 4:00 PM *[Live!] City Council Sub-Committees: Traffic & Parking*
- 6:00 PM *[Live!] City Council Sub-Committees: Public Works*
- 9:00 PM The Working Lunch: April 2024
- 9:30 PM De-Stress with Dogs at the Worcester Public Library
- 10:00 PM Out To Lunch: Crocodile River Music
- 11:00 PM Boards & Commissions: Citizen Advisory Council 04/18/24

## **Thursday, April 25, 2024**

- 12:00 AM Audio Journal
- 2:00 AM Awarding the Key to the City to William "Bill" Ryan 03/06/24
- 7:30 AM Audio Journal - Local
- 8:00 AM WSC Stay Connected with Your Health - April 2024 Update
- 8:45 AM [New!] WSC Stay Connected - Distinguished Speaker Series: The History of Polar Beverages and the Crowley Family, with Frank Callahan
- 10:00 AM [Live!] Boards & Commissions: License Commission
- 12:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
- 2:00 PM WSC Stay Connected - Distinguished Speaker Series: Dr. Elizabeth Chen, Secretary of MA Executive Office of Elder Affairs
- 3:00 PM WSC Stay Connected - Yoga with Sam Goldman: Feeling Ageless
- 5:30 PM [Live!] Boards & Commissions: Board of Election Commissioners
- 9:00 PM Worcester Police Department Civilian Academy, Ep 10
- 11:15 PM Boards & Commissions: Advisory Commission on Latino Affairs 04/18/24

## **Friday, April 26, 2024**

- 2:00 AM WSC Stay Connected with Your Health - April 2024 Update
- 7:30 AM Audio Journal - Local
- 8:00 AM Senior Exercise: Fit for Life with Karen - It's a Stretch (with bands)
- 8:30 AM Senior Exercise: Fit for Life with Karen - Going Within
- 9:00 AM WSC Stay Connected - Nancy Cimato: Yoga

- 10:00 AM WSC Stay Connected - Joe Fish: Senior Challenge (Session 2)
- 11:00 AM WSC Stay Connected - Ready, Steady, Balance! with Marty French
- 12:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
- 2:00 PM WSC Stay Connected with Your Health - April 2024 Update
- 3:00 PM WSC Stay Connected - Advanced Tai Chi: Chuan Yang 24 Movement Form with Master Dansereau
- 3:45 PM [New!] WSC Stay Connected - Distinguished Speaker Series: The History of Polar Beverages and the Crowley Family, with Frank Callahan
- 5:00 PM WSC Stay Connected with Your Health - April 2024 Update
- 5:45 PM WSC Stay Connected - Nashoba Symphonic Band: Vive la France!
- 7:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
- 9:00 PM [Replay] City Council Sub-Committees: Economic Development 04/23/24
- 11:00 PM [Replay] City Council Sub-Committees: Traffic and Parking 04/24/24

**Saturday, April 27, 2024**

- 1:00 AM [Replay] City Council Sub-Committees: Public Works 04/24/24
- 3:00 AM [Replay] City Council Sub-Committees: Traffic and Parking 04/25/24
- 8:00 AM Senior Exercise: Fit for Life with Karen - Going Within
- 8:30 AM [New!] Senior Exercise: Fit for Life with Karen - Back to Basics
- 9:00 AM WSC Stay Connected - Nancy Cimato: Aerobics
- 10:01 AM WSC Stay Connected - Joe Fish: Heart Healthy Exercise
- 11:00 AM WSC Stay Connected - Rhonda Hamer: Fitness Kickstart Exercise (Session 2)

- 12:00 PM [New!] WSC Stay Connected - Distinguished Speaker Series: The History of Polar Beverages and the Crowley Family, with Frank Callahan
- 1:15 PM WSC Stay Connected with Your Health - April 2024 Update
- 2:00 PM WSC Stay Connected - Musical Performance: The McCrites
- 3:00 PM WSC Stay Connected - Tai Chi with Master Dansereau
- 3:30 PM WSC Stay Connected - Barbie: A Cultural Icon
- 4:30 PM WSC Stay Connected - Nashoba Symphonic Band: Vive la France!
- 6:00 PM WSC Stay Connected - Distinguished Speaker Series: Dr. Elizabeth Chen, Secretary of MA Executive Office of Elder Affairs
- 7:00 PM WSC Stay Connected - Musical Performance: Sara Baitch, Pianist and Composer
- 8:00 PM WSC Stay Connected - Celebrating Robert H. Goddard: The Forgotten Father of Modern Rocketry

**Sunday, April 28, 2024**

- 12:00 AM Audio Journal
- 2:00 AM 2024 Women of Consequence Awards Ceremony
- 8:00 AM [New!] Senior Exercise: Fit for Life with Karen - Back to Basics
- 8:30 AM [New!] Senior Exercise: Fit for Life with Karen - Life After Retirement (with weights)
- 9:00 AM WSC Stay Connected - Fern Lee: Chair-Based Yoga
- 10:00 AM WSC Stay Connected - Joe Fish: Senior Challenge Exercise (Session 1)
- 11:00 AM WSC Stay Connected - Rhonda Hamer: Exercise for Osteoporosis and Osteopenia (Session 1)

- 12:00 PM WSC Stay Connected with Your Health - April 2024 Update
- 12:45 PM [New!] WSC Stay Connected - Distinguished Speaker Series: The History of Polar Beverages and the Crowley Family, with Frank Callahan
- 2:00 PM WSC Stay Connected - Distinguished Speaker Series: David Manca - Solo Grampa: Appalachian Trail Travelogue
- 3:00 PM Boards & Commissions TBD