



Worcester Government Television

April 28, 2024 – May 5, 2024
Subject to change without notice

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 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
- 3:30 PM Boards & Commissions: Advisory Commission on Latino Affairs 04/18/24
- 4:45 PM Boards & Commissions: Civic Center Commission 04/25/24
- 6:30 PM Boards & Commissions: Board of Election Commissioners 04/25/24
- 7:00 PM Boards & Commissions: License Commission 04/25/24
- 9:00 PM Boards & Commissions: Parks & Recreation Commission 04/25/24

10:15 PM Boards & Commissions: Planning Board 04/25/24

Monday, April 29, 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 - 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: 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

4:00 PM Awarding the Key to the City to William "Bill" Ryan 03/06/24

5:00 PM 2024 Women of Consequence Awards Ceremony

6:00 PM WPD Swearing-In Ceremony 01/11/24

7:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading

10:00 PM Boards & Commissions: Advisory Commission on Latino Affairs 04/18/24

Tuesday, April 30, 2024

- 12:00 AM Audio Journal
- 2:00 AM [New!] New South Division Firehouse Feasibility Study & Public Review
03/28/24
- 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 - 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
- 2:30 PM WSC Stay Connected - CPR Training
- 3:00 PM WSC Stay Connected - Tai Chi with Master Dansereau
- 3:30 PM Mission on Summer Ribbon Cutting Ceremony 10/31/23
- 4:00 PM Worcester Boys Club Groundbreaking Ceremony 11/02/23
- 5:00 PM *[Live!] City Council Sub-Committees: Public Health & Human Services*
- 7:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
- 9:00 PM 2024 Women of Consequence Awards Ceremony
- 9:45 PM Awarding the Key to the City to William "Bill" Ryan 03/06/24
- 10:45 PM Boards & Commissions: Worcester Public Library Board of Directors
03/27/24

Wednesday, May 1, 2024

- 12:00 AM Audio Journal
- 2:00 AM Coal Mine Brook Park Ribbon Cutting 09/28/23
- 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 - Fern Lee: Chair-Based Yoga
- 10:00 AM WSC Stay Connected - Joe Fish: Heart Healthy Exercise
- 11:00 AM [New!] WSC Stay Connected - Dance Fusion with Myriam Lamour
- 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 [New!] New South Division Firehouse Feasibility Study & Public Review 03/28/24
- 5:30 PM *[Live!] City Council Sub-Committees: Economic Development*
- 9:00 PM [New!] The Working Lunch: May 2024
- 9:30 PM Out To Lunch: Crocodile River Music
- 10:15 PM Boards & Commissions: Civic Center Commission 04/25/24

Thursday, May 2, 2024

- 12:00 AM Audio Journal
- 2:00 AM 2024 Women of Consequence Awards Ceremony
- 7:30 AM Audio Journal - Local
- 8:00 AM WSC Stay Connected - Distinguished Speaker Series: David Manca - Solo Grampa: Appalachian Trail Travelogue
- 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 - How to Avoid Scams and Fraud: Senior Fall Prevention and Wellness - Part 7
- 3:00 PM WSC Stay Connected - Yoga with Sam Goldman: Feeling Ageless
- 4:30 PM *[New!] The Working Lunch: May 2024*
- 5:00 PM Trusted Messengers
- 5:30 PM *[Live!] Boards & Commissions: Historical Commission*
- 9:00 PM Worcester Police Department Civilian Academy, Ep 7
- 11:00 PM Boards & Commissions: Parks & Recreation Commission 04/25/24

Friday, May 3, 2024

- 2:00 AM WSC Stay Connected - Distinguished Speaker Series: The History of Polar Beverages and the Crowley Family, with Frank Callahan
- 7:30 AM Audio Journal - Local
- 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: 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 - Musical Performance: P.E. James
- 3:00 PM WSC Stay Connected - Advanced Tai Chi: Chuan Yang 24 Movement Form with Master Dansereau
- 3:45 PM [New!] WSC Stay Connected - Dance Fusion with Myriam Lamour
- 4:45 PM WSC Stay Connected - Distinguished Speaker Series: The History of Polar Beverages and the Crowley Family, with Frank Callahan
- 6:00 PM [New!] New South Division Firehouse Feasibility Study & Public Review
03/28/24
- 7:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
- 9:00 PM [Replay] City Council Sub-Committees: Public Health & Human Services
04/30/24
- 11:00 PM [Replay] City Council Sub-Committees: Economic Development 05/01/24

Saturday, May 4, 2024

- 2:00 AM [New!] New South Division Firehouse Feasibility Study & Public Review
03/28/24
- 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 - 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 3)
- 12:00 PM WSC Stay Connected - Distinguished Speaker Series: The History of Polar Beverages and the Crowley Family, with Frank Callahan
- 1:15 PM WSC Stay Connected - Distinguished Speaker Series: David Manca - Solo Grampa: Appalachian Trail Travelogue
- 3:00 PM WSC Stay Connected - Tai Chi with Master Dansereau
- 3:30 PM WSC Stay Connected - Musical Performance: The McCrites
- 4:30 PM WSC Stay Connected - Musical Performance: Songs by the Campfire
- 5:30 PM WSC Stay Connected - Folk Music with WICN DJ Nick Noble
- 6:30 PM Worcester Senior Center Stay Connected - Worcester - A Trip Back in Time with John Anderson
- 7:30 PM Worcester Police Department Civilian Academy, Ep 10
- 10:00 PM Worcester Police Department Civilian Academy, Ep 4

Sunday, May 5, 2024

- 12:00 AM Audio Journal
- 2:00 AM [New!] New South Division Firehouse Feasibility Study & Public Review 03/28/24
- 8:00 AM [New!] Senior Exercise: Fit for Life with Karen - Life After Retirement (with weights)
- 8:30 AM [New!] Senior Exercise: Fit for Life with Karen - Exercise Your Mind
- 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 [New!] WSC Stay Connected - Dance Fusion with Myriam Lamour
- 12:00 PM WSC Stay Connected - Navigating the Worcester Courthouse
- 12:45 PM WSC Stay Connected - Book Talk with Judith Ferrara "Feast of Losses: Yetta Dine and Her Son, the Poet Stanley Kunitz"
- 1:45 PM WSC Stay Connected - Distinguished Speaker Series: Dr. Rosanne Leipzig - Honest Aging: In Insider's Guide to the Second Half of Life
- 3:00 PM Boards & Commissions TBD