



The City of
WORCESTER

Worcester Government Television
October 19, 2020 – October 25, 2020
Subject to change without notice

Monday, October 19, 2020

- | | |
|----------|---|
| 5:00 AM | [New!] COVID-19: Media Briefing, October 15, 2020 |
| 7:00 AM | [New!] Have a Voice, Make a Choice: Vote in 2020 |
| 8:00 AM | [New!] Senior Exercise: Fit for Life with Karen - Getting Started with Weights |
| 9:00 AM | WSC Stay Connected - Fern Lee: Meditation and Chair Yoga (A) |
| 10:00 AM | WSC Stay Connected - Joe Fish: Exercise to Stay Active and Independent for Life (SAIL) |
| 11:00 AM | WSC Stay Connected - Rhonda Hamer: Fitness Kickstart |
| 12:00 PM | Audio Journal – Local: Worcester Telegram and Gazette Reading |
| 2:00 PM | [New!] WSC Stay Connected - WISE Presents: American History Through Five Songs, with Ben Railton "Episode 3: America the Beautiful" |
| 3:00 PM | WSC Stay Connected - Tai Chi with Master Dansereau |
| 3:45 PM | [New!] Have a Voice, Make a Choice: Vote in 2020 |
| 4:00 PM | [New!] COVID-19: Media Briefing, October 15, 2020 |
| 5:00 PM | Sub-Committee Live: Public Works |
| 7:30 PM | [New!] Have a Voice, Make a Choice: Vote in 2020 |
| 8:00 PM | Worcester Fire Department: Fire Prevention Month Kickoff |

Tuesday, October 20, 2020

- 7:00 AM [New!] Have a Voice, Make a Choice: Vote in 2020
- 8:00 AM [New!] Senior Exercise: Fit for Life with Karen - The Nutrition Factor
- 9:00 AM WSC Stay Connected - Nancy Cimato: Aerobics and Yoga
- 10:00 AM WSC Stay Connected - Joe Fish: Exercise for Senior Strength
- 11:00 AM WSC Stay Connected - Rhonda Hamer: Exercise for Seated Strength, Core and Stretch
- 12:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
- 2:00 PM [New!] WSC Stay Connected - Distinguished Speaker Series: Celebrating the 100th Anniversary of the 19th Amendment and Women's Constitutional Right to Vote
- 3:00 PM WSC Stay Connected - Tai Chi with Master Dansereau
- 4:30 PM Boards & Commissions Live: Accessibility Advisory Commission
- 6:30 PM Live: City Council
- 10:30 PM [New!] Have a Voice, Make a Choice: Vote in 2020

Wednesday, October 21, 2020

- 7:30 AM [New!] Have a Voice, Make a Choice: Vote in 2020
- 8:00 AM [New!] Senior Exercise: Fit for Life with Karen - Too Much Sitting
- 9:00 AM WSC Stay Connected - Fern Lee: Meditation and Chair Yoga (B)
- 10:00 AM WSC Stay Connected - Joe Fish: Exercise to Stay Active and Independent for Life (SAIL)

- 11:00 AM WSC Stay Connected - Rhonda Hamer: Exercise for Osteoporosis and Osteopenia
- 12:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
- 2:00 PM [New!] WSC Stay Connected - Worcester Art Museum Master Classes "Picket Fence to Picket Line: Visions of American Citizenship"
- 3:00 PM WSC Stay Connected - Tai Chi with Master Dansereau
- 4:00 PM WSC Stay Connected - Oral Health Care for Seniors, presented by MCPHS
- 5:00 PM WSC Stay Connected - Distinguished Speaker Series: Betty Hauck "A Life in Music Lost & Found: My Journey as a Musician with Hearing Loss"
- 7:00 PM [New!] Have a Voice, Make a Choice: Vote in 2020

Thursday, October 22, 2020

- 9:00 AM [New!] WSC Stay Connected - WISE Presents: American History Through Five Songs, with Ben Railton "Episode 3: America the Beautiful"
- 10:30 AM [New!] WSC Stay Connected with Your Health - Flu Shots and Vaccines
- 11:00 AM [New!] WSC Stay Connected - Worcester Art Museum Master Classes "Yoshitoshi and Japanese Flutes"
- 12:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
- 2:00 PM WSC Stay Connected - NCOA Presents "Falls Prevention Strategies"
- 2:45 PM [New!] Have a Voice, Make a Choice: Vote in 2020

- 3:00 PM WSC Stay Connected - Tai Chi with Master Dansereau
- 4:30 PM Live: COVID-19 Press Briefing
- 6:00 PM [New!] WSC Stay Connected - Distinguished Speaker Series: Celebrating the 100th Anniversary of the 19th Amendment and Women's Constitutional Right to Vote
- 7:30 PM [New!] Have a Voice, Make a Choice: Vote in 2020
- 9:00 PM [New!] COVID-19: Media Briefing, October 22, 2020

Friday, October 23, 2020

- 5:30 AM [New!] Have a Voice, Make a Choice: Vote in 2020
- 6:00 AM [New!] COVID-19: Media Briefing, October 22, 2020
- 7:30 AM [New!] Fire Prevention Fridays with the Worcester Fire Department – Week 4: Electrical Safety
- 8:00 AM [New!] Senior Exercise: Fit for Life with Karen - Getting Stronger
- 9:00 AM WSC Stay Connected - Nancy Cimato: Yoga
- 10:00 AM WSC Stay Connected - Joe Fish: Exercise to Stay Active and Independent for Life (SAIL)
- 11:00 AM WSC Stay Connected - Rhonda Hamer: Exercise for Cardio, Muscular Endurance and Range of Motion
- 12:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
- 2:00 PM [New!] WSC Stay Connected - Worcester Art Museum Master Classes "The Mystery of Worcester Art Museum's Leonardo Painting"

- 3:00 PM WSC Stay Connected - Tai Chi with Master Dansereau
- 4:00 PM [New!] Fire Prevention Fridays with the Worcester Fire Department – Week 4: Electrical Safety
- 4:30 PM [New!] COVID-19: Media Briefing, October 22, 2020
- 6:00 PM [New!] WSC Stay Connected - Worcester Art Museum Master Classes "Picket Fence to Picket Line: Visions of American Citizenship"
- 7:00 PM Worcester Fire Department: Fire Prevention Month Kickoff
- 8:00 PM [New!] Have a Voice, Make a Choice: Vote in 2020
- 8:30 PM [New!] Fire Prevention Fridays with the Worcester Fire Department – Week 4: Electrical Safety
- 11:00 PM [New!] COVID-19: Media Briefing, October 22, 2020

Saturday, October 24, 2020

- 6:30 AM [New!] Have a Voice, Make a Choice: Vote in 2020
- 7:00 AM [New!] COVID-19: Media Briefing, October 22, 2020
- 8:00 AM [New!] Senior Exercise: Fit for Life with Karen - In Review
- 9:00 AM WSC Stay Connected - Fern Lee: Together in Yoga
- 10:00 AM WSC Stay Connected - Joe Fish: Exercise for Senior Strength
- 11:00 AM WSC Stay Connected - Rhonda Hamer: Exercise for Osteoporosis and Osteopenia

- 12:00 PM [New!] WSC Stay Connected - WISE Presents: American History Through Five Songs, with Ben Railton "Episode 4: This Land Is Your Land"
- 2:00 PM [New!] WSC Stay Connected - Worcester Art Museum Master Classes "Yoshitoshi and Japanese Flutes"
- 3:00 PM WSC Stay Connected - Tai Chi with Master Dansereau
- 4:00 PM [New!] WSC Stay Connected - Worcester Art Museum Master Classes "The Mystery of Worcester Art Museum's Leonardo Painting"
- 5:00 PM [New!] WSC Stay Connected with Your Health - Flu Shots and Vaccines
- 6:00 PM WSC Stay Connected - Virtual Nutrition Class with Judy Palken, MNS, RD, LDN: The Art of Fruit
- 7:45 PM [New!] Have a Voice, Make a Choice: Vote in 2020
- 8:00 PM [New!] COVID-19: Media Briefing, October 22, 2020

Sunday, October 25, 2020

- 6:30 AM [New!] COVID-19: Media Briefing, October 22, 2020
- 8:00 AM Senior Exercise: Fit for Life with Karen - Putting it All Together
- 8:45 AM [New!] Have a Voice, Make a Choice: Vote in 2020
- 9:00 AM WSC Stay Connected - Nancy Cimato: Aerobics
- 10:00 AM WSC Stay Connected - Joe Fish: Exercise - Senior Challenge
- 11:00 AM WSC Stay Connected - Rhonda Hamer: Fitness Kickstart

- 12:00 PM [New!] WSC Stay Connected - Worcester Art Museum Master Classes "Picket Fence to Picket Line: Visions of American Citizenship"
- 1:00 PM [New!] WSC Stay Connected - Worcester Art Museum Master Classes "Yoshitoshi and Japanese Flutes"
- 2:00 PM [New!] WSC Stay Connected - Worcester Art Museum Master Classes "The Mystery of Worcester Art Museum's Leonardo Painting"
- 3:00 PM WSC Stay Connected - Tai Chi with Master Dansereau
- 4:00 PM [New!] WSC Stay Connected - WISE Presents: American History Through Five Songs, with Ben Railton "Episode 4: This Land Is Your Land"
- 5:30 PM [New!] WSC Stay Connected with Your Health - Flu Shots and Vaccines
- 6:00 PM WSC Stay Connected - Oral Health Care for Seniors, presented by MCPHS
- 7:00 PM [New!] Have a Voice, Make a Choice: Vote in 2020
- 7:15 PM Boards & Commissions: Civic Center Commission 10/08/20
- 8:00 PM Boards & Commissions: Board of Health 10/05/20
- 10:00 PM Boards & Commissions: Worcester Arts Council 10/7/20
- 11:00 PM Boards & Commissions: Worcester Arts Council 10/8/20