



The City of
Worcester

Worcester Government Television Program Guide

December 14, 2025 – December 21, 2025

Subject to change without notice.

The Worcester Government Television can be viewed on Spectrum Cable at channel 192.

For more ways to watch, visit Worcesterma.gov/cable-services

Sunday, December 14, 2025

12:00 AM Audio Journal

2:00 AM The Buzz with City Manager Batista - Boards and Commissions

7:30 AM Audio Journal - Local

8:00 AM Senior Exercise: Fit for Life with Karen - Standing Tall (Session C)

8:30 AM Senior Exercise: Fit for Life with Karen - Holiday Eats

9:00 AM WSC Stay Connected - Fern Lee: Together in 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 - December 2025 Update

1:00 PM WSC Stay Connected - A Tribute to Pete Seeger, Performed by
Jim Scott

2:30 PM WSC Stay Connected – 2nd Annual Paws Parade - September 26,
2025

3:00 PM Boards & Commissions: Board of Health 12/01/25

- 4:15 PM Boards & Commissions: Civic Center Commission 12/04/25
- 5:30 PM Boards & Commissions: Zoning Board of Appeals 12/08/25
- 10:00 PM Boards & Commissions: Advisory Committee on the Status of
 Women 12/02/25
- 11:00 PM Boards & Commissions: Parks & Recreation Commission 12/04/25

Monday, December 15, 2025

- 12:00 AM Audio Journal
- 2:00 AM The Working Lunch: December 2025
- 7:30 AM Audio Journal - Local
- 8:00 AM Senior Exercise: Fit for Life with Karen - Breathe In - Breathe Out
- 8:30 AM Senior Exercise: Fit for Life with Karen - Try It, You Will Like It!
- 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: Fitness Kickstart Exercise
 (Session 3)
- 12:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
- 1:00 PM [New!] WSC Stay Connected – Veterans Day Celebration 2025
- 2:30 PM WSC Stay Connected – 2nd Annual Paws Parade - September 26,
 2025
- 3:00 PM WSC Stay Connected – Advanced Tai Chi: Yang Style 108 Form
 with Master Dansereau

- 4:00 PM [Live!] City Council Sub-Committees: Public Works
- 5:30 PM [Live!] City Council Sub-Committees: Urban Technologies, Innovations, and Environment
- 7:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
- 8:00 PM Worcester Veterans Day Celebrations 11/11/25
- 10:00 PM Boards & Commissions: Hope Cemetery Commission 12/01/25
- 11:00 PM Boards & Commissions: Advisory Committee on the Status of Women 12/02/25

Tuesday, December 16, 2025

- 12:00 AM Audio Journal
- 2:00 AM Flag Raising: Domestic Violence Awareness Month 10/03/25
- 7:30 AM Audio Journal - Local
- 8:00 AM Senior Exercise: Fit for Life with Karen - Try It, You Will Like It!
- 8:30 AM Senior Exercise: Fit for Life with Karen - Why Exercise?
- 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
- 1:00 PM WSC Stay Connected with Your Health - December 2025 Update
- 2:00 PM [New!] WSC Stay Connected – Multicultural Celebration 2025

- 3:00 PM WSC Stay Connected – Advanced Tai Chi: Yang Style 108 Form with Master Dansereau
- 4:00 PM Green Worcester Summit – Rooted Resilience & Sustainable Yard Designs 05/11/25
- 6:30 PM [Live!] Worcester City Council

Wednesday, December 17, 2025

- 12:00 AM Audio Journal
- 2:00 AM Ribbon Cutting For Harrington Playground 10/29/25
- 7:30 AM Audio Journal - Local
- 8:00 AM Senior Exercise: Fit for Life with Karen - Straight Up
- 8:30 AM Senior Exercise: Fit for Life with Karen - Bands For The Win
- 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
- 1:00 PM WSC Stay Connected – Music in Dementia: Finding the Piano
- 3:00 PM WSC Stay Connected - Dance Fusion with Myriam Lamour
- 4:00 PM Worcester Veterans Day Celebrations 11/11/25
- 6:00 PM Worcester Fire Department Awards & Promotion Ceremony 09/24/25

7:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
8:00 PM The Working Lunch: December 2025
8:30 PM WSC Stay Connected with Your Health - December 2025 Update
9:15 PM The Buzz with City Manager Batista - Keep Worcester Clean
9:30 PM The Buzz with City Manager Batista - Boards and Commissions
9:45 PM The Buzz with City Manager Batista - Woo Bins
10:00 PM Boards & Commissions: Trust Funds Commission 12/11/25

Thursday, December 18, 2025

12:00 AM Audio Journal
2:00 AM Worcester Veterans Day Celebrations 11/11/25
7:30 AM Audio Journal - Local
8:00 AM WSC Stay Connected with Your Health - December 2025 Update
9:00 AM [New!] WSC Stay Connected – Multicultural Celebration 2025
10:00 AM [Live!] Boards & Commissions: License Commission
12:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
1:00 PM [New!] WSC Stay Connected – Veterans Day Celebration 2025
3:30 PM WSC Stay Connected - Tai Chi with Master Dansereau
4:00 PM The Working Lunch: December 2025
4:30 PM Name a Snowplow Contest: 2025 Winners
4:45 PM Vision Zero Community Road Safety

- 5:00 PM Introducing Chief Equity Officer Kevin Lovaincy
- 5:30 PM [Live!] Boards & Commissions: Historical Commission
- 8:30 PM Mayor's Civics Academy: Leadership & Graduation 04/30/25
- 11:00 PM Boards & Commissions: Worcester Public Library Board of Directors 11/19/25

Friday, December 19, 2025

- 12:00 AM Audio Journal
- 2:00 AM WSC Stay Connected - The History of the Cathedral of St. Paul, Presented by Frank Callahan
- 7:30 AM Audio Journal - Local
- 8:00 AM Senior Exercise: Fit for Life with Karen - Relaxing with Yoga
- 8:30 AM Senior Exercise: Fit for Life with Karen - Why Exercise?
- 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
- 1:00 PM WSC Stay Connected with Your Health - December 2025 Update
- 2:00 PM [New!] WSC Stay Connected – Multicultural Celebration 2025
- 3:00 PM WSC Stay Connected - Tai Chi: Yang Style 24 Form with Master Dansereau
- 4:00 PM Worcester Veterans Day Celebrations 11/11/25

- 6:00 PM The Buzz with City Manager Batista - Keep Worcester Clean
- 6:15 PM The Buzz with City Manager Batista - Boards and Commissions
- 6:30 PM Ribbon Cutting For Harrington Playground 10/29/25
- 7:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
- 8:00 PM [Replay] City Council Sub-Committees: Public Works 12/15/25
- 10:00 PM City Council Sub-Committees: Urban Technologies, Innovations,
and Environment 12/15/25

Saturday, December 20, 2025

- 12:00 AM Audio Journal
- 2:00 AM [New!] WSC Stay Connected – Multicultural Celebration 2025
- 7:30 AM Audio Journal - Local
- 8:00 AM Senior Exercise: Fit for Life with Karen - Happy Bones (with weights)
- 8:30 AM Senior Exercise: Fit for Life with Karen - Movin' and Groovin'
- 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 [New!] WSC Stay Connected – Veterans Day Celebration 2025
- 1:30 PM WSC Stay Connected with Your Health - December 2025 Update

- 2:30 PM WSC Stay Connected – 2nd Annual Paws Parade - September 26, 2025
- 3:00 PM WSC Stay Connected - Tai Chi: Yang Style 24 Form with Master Dansereau
- 4:00 PM WSC Stay Connected – Music in Dementia: Finding the Piano
- 5:30 PM WSC Stay Connected – Get Your Ducks In A Row! Estate Planning for Seniors
- 7:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
- 8:00 PM Worcester City Council 12/16/25

Sunday, December 21, 2025

- 12:00 AM Audio Journal
- 2:00 AM [New!] WSC Stay Connected – Veterans Day Celebration 2025
- 7:30 AM Audio Journal - Local
- 8:00 AM Senior Exercise: Fit for Life with Karen - Holiday Eats
- 8:30 AM Senior Exercise: Fit for Life with Karen - Strength for All
- 9:00 AM WSC Stay Connected - Fern Lee: Together in 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 2)
- 12:00 PM [New!] WSC Stay Connected – Multicultural Celebration 2025
- 1:00 PM WSC Stay Connected with Your Health - December 2025 Update

2:00 PM WSC Stay Connected – Russo Brothers Jazz Quintet

3:00 PM Boards & Commissions TBD