



# The City of **WORCESTER**

## Worcester Government Television

March 10, 2024 – March 17, 2024

*Subject to change without notice*

### **Sunday, March 10, 2024**

- 12:00 AM Audio Journal
- 3:00 AM [New!] The Working Lunch: March 2024
- 8:00 AM Senior Exercise: Fit for Life with Karen - The Mind-Body Connection
- 8:30 AM Senior Exercise: Fit for Life with Karen - Relaxing with Yoga
- 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 with Your Health - March 2024 Update
- 1:00 PM WSC Stay Connected - Distinguished Speaker Series: Rachel Monarrez, Worcester Public Schools Superintendent
- 2:00 PM WSC Stay Connected - Book Talk with Judith Ferrara "Feast of Losses: Yetta Dine and Her Son, the Poet Stanley Kunitz"
- 3:00 PM [Replay] Boards & Commissions: License Commission 02/29/24
- 4:00 PM Boards & Commissions: Urban Forestry Tree Commission 02/28/24
- 5:30 PM [Replay] Boards & Commissions: Historical Commission 02/29/24
- 6:30 PM Boards & Commissions: Board of Health 03/04/24
- 9:00 PM [Replay] Boards & Commissions: License Commission 03/04/24
- 9:30 PM Boards & Commissions: Zoning Board of Appeals 03/04/24

## **Monday, March 11, 2024**

- 2:00 AM De-Stress with Dogs at the Worcester Public Library
- 2:30 AM Trusted Messengers
- 7:30 AM Audio Journal - Local
- 8:00 AM [New!] Senior Exercise: Fit for Life with Karen - Brain Fitness (with weights)
- 8:30 AM [New!] 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 with Your Health - March 2024 Update
- 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 MassHire Worcester Career Center Ribbon Cutting 11/02/23
- 5:30 PM *[Live!] Boards & Commissions: Green Worcester Advisory Committee*
- 9:00 PM WPD Swearing-In Ceremony 01/11/24
- 9:30 PM Boards & Commissions: Board of Health 03/04/24

## **Tuesday, March 12, 2024**

- 2:00 AM [New!] Worcester Police Department Civilian Academy, Ep 8

- 7:30 AM Audio Journal - Local
- 8:00 AM [New!] Senior Exercise: Fit for Life with Karen - G.S. for Life (with weights)
- 8:30 AM [New!] 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 - Barbie: A Cultural Icon
- 3:00 PM WSC Stay Connected - Tai Chi with Master Dansereau
- 3:30 PM WPD Swearing-In Ceremony 01/11/24
- 5:00 PM *[Live!] City Council Sub-Committees: Veterans' Memorials, Parks and Recreation*
- 6:30 PM *[Live!] Worcester City Council*
- 11:00 PM Boards & Commissions: Advisory Committee on the Status of Women 03/05/24

**Wednesday, March 13, 2024**

- 12:00 AM Audio Journal
- 2:00 AM Worcester Fire Department Engine #4 Blessing Ceremony 11/14/23
- 2:30 AM Mission on Summer Ribbon Cutting Ceremony 10/31/23
- 7:30 AM Audio Journal - Local
- 8:00 AM [New!] Senior Exercise: Fit for Life with Karen - Rise and Shine

- 8:30 AM [New!] 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 - Nashoba Symphonic Band: Fitting Codas
- 3:00 PM WSC Stay Connected - Advanced Tai Chi: Chuan Yang 24 Movement Form with Master Dansereau
- 5:00 PM *[Live!] City Council Sub-Committees: Public Works*
- 7:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
- 9:00 PM [New!] The Working Lunch: March 2024
- 9:30 PM De-Stress with Dogs at the Worcester Public Library
- 10:00 PM Boards & Commissions: Worcester Redevelopment Authority 03/07/24

**Thursday, March 14, 2024**

- 12:00 AM Audio Journal
- 2:00 AM WPD Swearing-In Ceremony 01/11/24
- 7:30 AM Audio Journal - Local
- 8:00 AM WSC Stay Connected with Your Health - March 2024 Update
- 9:00 AM WSC Stay Connected - Distinguished Speaker Series: Dr. Elizabeth Chen, Secretary of MA Executive Office of Elder Affairs
- 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 - Celebrating Robert H. Goddard: The Forgotten Father of Modern Rocketry
- 3:00 PM WSC Stay Connected - Yoga with Sam Goldman: Feeling Ageless
- 4:30 PM [New!] The Working Lunch: March 2024
- 5:00 PM De-Stress with Dogs at the Worcester Public Library
- 5:30 PM [Live!] City Council Sub-Committees: Public Safety
- 9:00 PM [New!] Worcester Police Department Civilian Academy, Ep 8

**Friday, March 15, 2024**

- 2:00 AM WSC Stay Connected - Distinguished Speaker Series: Dr. Elizabeth Chen, Secretary of MA Executive Office of Elder Affairs
- 7:30 AM Audio Journal - Local
- 8:00 AM [New!] Senior Exercise: Fit for Life with Karen - It's a Stretch (with bands)
- 8:30 AM [New!] 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 - Musical Performance: Matt York
- 3:00 PM WSC Stay Connected - Advanced Tai Chi: Chuan Yang 24 Movement Form with Master Dansereau
- 4:00 PM [New!] Worcester Police Department Civilian Academy, Ep 8

- 7:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
- 9:00 PM [Replay] City Council Sub-Committees: Veterans' Memorials, Parks and Recreation 03/12/24
- 10:30 PM [Replay] City Council Sub-Committees: Public Works 03/13/24

**Saturday, March 16, 2024**

- 12:00 AM [Replay] City Council Sub-Committees: Traffic and Parking 03/13/24
- 1:30 AM [Replay] City Council Sub-Committees: Public Safety 03/14/24
- 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 WSC Stay Connected with Your Health - March 2024 Update
- 1:00 PM WSC Stay Connected - Barbie: A Cultural Icon
- 2:00 PM WSC Stay Connected - Nashoba Symphonic Band: Fitting Codas
- 3:00 PM WSC Stay Connected - Tai Chi with Master Dansereau
- 3:30 PM WSC Stay Connected - Distinguished Speaker Series: Dr. Elizabeth Chen, Secretary of MA Executive Office of Elder Affairs
- 4:30 PM WSC Stay Connected - Musical Performance: Sara Baitch, Pianist and Composer
- 5:30 PM WSC Stay Connected - Folk Music with WICN DJ Nick Noble
- 6:30 PM WSC Stay Connected - Musical Performance: Songs by the Campfire
- 8:00 PM [Replay] Worcester City Council 03/12/24

## **Sunday, March 17, 2024**

- 12:00 AM Audio Journal
- 2:00 AM [New!] The Working Lunch: March 2024
- 8:00 AM [New!] Senior Exercise: Fit for Life with Karen - Going Within
- 8:30 AM [New!] Senior Exercise: Fit for Life with Karen - Brain Fitness (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 - Summer Concert Series: East West
- 1:00 PM WSC Stay Connected - Distinguished Speaker Series: Rachel Monarrez, Worcester Public Schools Superintendent
- 2:00 PM WSC Stay Connected - Book Talk with Judith Ferrara "Feast of Losses: Yetta Dine and Her Son, the Poet Stanley Kunitz"
- 3:00 PM [Boards & Commissions TBD]