



Worcester Government Television

May 19, 2024 – May 26, 2024
Subject to change without notice

Sunday, May 19, 2024

- 12:00 AM Audio Journal
- 2:00 AM [New!] The Buzz with City Manager Batista - Worcester 311
- 2:15 AM [New!] The Buzz with City Manager Batista - Trash & Recycling Program
- 8:00 AM Senior Exercise: Fit for Life with Karen - Slow It Down (with bands)
- 8:30 AM Senior Exercise: Fit for Life with Karen - Namaste
- 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 - Distinguished Speaker Series: David Manca - Solo Grampa: Appalachian Trail Travelogue
- 1:30 PM WSC Stay Connected - Criminal Cases vs Civil Cases, and Legal Terminology Discussion, with the Honorable Daniel Wrenn
- 2:00 PM WSC Stay Connected - Mental Health & Staying Connected: Senior Fall Prevention and Wellness - Part 4
- 3:00 PM [Replay] Boards & Commissions: Conservation Commission 05/06/24
- 4:45 PM Boards & Commissions: Human Rights Commission 05/06/24
- 7:45 PM Boards & Commissions: Advisory Committee on the Status of Women 05/07/24

8:30 PM Boards & Commissions: Affordable Housing Trust Fund Board of Trustees 05/08/24

9:15 PM Boards & Commissions: Worcester Redevelopment Authority 05/09/24

Monday, May 20, 2024

12:00 AM Audio Journal

2:00 AM [New!] The Buzz with City Manager Batista - Municipal Bond Rating

2:15 AM [New!] The Buzz with City Manager Batista - The Worcester Now | Next Plan

7:30 AM Audio Journal - Local

8:00 AM Senior Exercise: Fit for Life with Karen - Going Within

8:30 AM 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 - Nashoba Symphonic Band: Fitting Codas

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

5:30 PM [Live!] Boards & Commissions: Conservation Commission

9:00 PM Celebrating Arbor Day 2024 at Mulcahy Field 04/26/24

9:30 PM Worcester Fire Department Engine #4 Blessing Ceremony 11/14/23

11:00 PM [Replay] Boards & Commissions: Conservation Commission 05/06/24

Tuesday, May 21, 2024

- 12:43 AM Audio Journal
- 2:00 AM [New!] Worcester Police Department Civilian Academy, Graduation Ceremony
- 7:30 AM Audio Journal - Local
- 8:00 AM Senior Exercise: Fit for Life with Karen - Back to Basics
- 8:30 AM Senior Exercise: Fit for Life with Karen - Life After Retirement (with weights)
- 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 with Your Health - May 2024 Update
- 3:00 PM WSC Stay Connected - Tai Chi with Master Dansereau
- 3:30 PM Celebrating Arbor Day 2024 at Mulcahy Field 04/26/24
- 4:00 PM Worcester Boys Club Groundbreaking Ceremony 11/02/23
- 5:00 PM [Live!] City Council Sub-Committees: Finance Committee - FY25 Budget Hearings
- 11:00 PM Boards & Commissions: Advisory Committee on the Status of Women 05/07/24

Wednesday, May 22, 2024

- 12:00 AM Audio Journal
- 2:00 AM Celebrating Arbor Day 2024 at Mulcahy Field 04/26/24

- 7:30 AM Audio Journal - Local
- 8:00 AM Senior Exercise: Fit for Life with Karen - Life After Retirement (with weights)
- 8:30 AM 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: Heart Healthy Exercise
- 11:00 AM 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 - Barbie: A Cultural Icon
- 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, Graduation Ceremony
- 5:55 PM [Live!] State of the City Address - May 22, 2024
- 9:00 PM The Working Lunch: May 2024
- 9:30 PM 2024 Solar Eclipse at the Worcester Common Oval
- 10:00 PM [New!] The Buzz with City Manager Batista - Worcester 311
- 10:15 PM [New!] The Buzz with City Manager Batista - Trash & Recycling Program
- 11:00 PM Boards & Commissions: Affordable Housing Trust Fund Board of Trustees 05/08/24

Thursday, May 23, 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 - Distinguished Speaker Series: Dr. Elizabeth Chen, Secretary of MA Executive Office of Elder Affairs
- 8:45 AM WSC Stay Connected - Nashoba Symphonic Band: Vive la France!
- 10:00 AM WSC Stay Connected - Distinguished Speaker Series: David Manca - Solo Grampa: Appalachian Trail Travelogue
- 11:30 AM WSC Stay Connected - Criminal Cases vs Civil Cases, and Legal Terminology Discussion, with the Honorable Daniel Wrenn
- 12:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
- 2:00 PM WSC Stay Connected - Musical Performance: Sara Baitch, Pianist and Composer
- 3:00 PM WSC Stay Connected - Yoga with Sam Goldman: Feeling Ageless
- 4:30 PM 2024 Solar Eclipse at the Worcester Common Oval
- 4:45 PM The Working Lunch: May 2024
- 5:30 PM [Live!] Boards & Commissions: Historical Commission
- 9:00 PM [New!] Worcester Police Department Civilian Academy, Graduation Ceremony
- 11:00 PM Boards & Commissions: Worcester Redevelopment Authority 05/09/24

Friday, May 24, 2024

- 12:00 AM Audio Journal
- 2:00 AM WSC Stay Connected - Nashoba Symphonic Band: Fitting Codas
- 7:30 AM Audio Journal - Local

- 8:00 AM Senior Exercise: Fit for Life with Karen - Exercise Your Mind
- 8:30 AM Senior Exercise: Fit for Life with Karen - Slow It Down (with bands)
- 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 - Celebrating Robert H. Goddard: The Forgotten Father of Modern Rocketry
- 3:00 PM WSC Stay Connected - Advanced Tai Chi: Chuan Yang 24 Movement Form with Master Dansereau
- 4:00 PM [New!] State of the City Address - May 22, 2024
- 7:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
- 9:00 PM [Replay] City Council Sub-Committees: Finance - FY25 Budget Hearing 05/21/24
- 10:00PM [Replay] City council Sub-Committees: Public Works 05/21/24

Saturday, May 25, 2024

- 2:00 AM [New!] State of the City Address - May 22, 2024
- 8:00 AM Senior Exercise: Fit for Life with Karen - Slow It Down (with bands)
- 8:30 AM Senior Exercise: Fit for Life with Karen - Namaste
- 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 - Criminal Cases vs Civil Cases, and Legal Terminology Discussion, with the Honorable Daniel Wrenn
- 12:30 PM WSC Stay Connected with Your Health - May 2024 Update
- 1:30 PM WSC Stay Connected - Distinguished Speaker Series: The History of Polar Beverages and the Crowley Family, with Frank Callahan
- 3:00 PM WSC Stay Connected - Tai Chi with Master Dansereau
- 3:30 PM WSC Stay Connected - Musical Performance: Country Music with Matt York
- 4:00 PM WSC Stay Connected - Distinguished Speaker Series: David Manca - Solo Grampa: Appalachian Trail Travelogue
- 5:30 PM WSC Stay Connected - Musical Performance: The McCrites
- 6:26 PM WSC Stay Connected - Saint Patrick's Day Festivities 2024
- 7:00 PM [New!] State of the City Address - May 22, 2024

Sunday, May 26, 2024

- 12:00 AM Audio Journal
- 8:00 AM Senior Exercise: Fit for Life with Karen - Namaste
- 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: Senior Challenge Exercise (Session 1)
- 11:00 AM WSC Stay Connected - Rhonda Hamer: Exercise for Osteoporosis and Osteopenia (Session 3)
- 3:00 PM Boards & Commissions: Green Worcester Advisory Committee 05/13/24

5:45 PM [Replay] Boards & Commissions: License Commission 05/16/24