

## Regional TV Guide for PAC TV

Day	Category	Program	Instructor	Time	Channel Provider	Ver	CC
Monday	Exercise	Chair Exercise	Deb Chaney	5:00 AM	Community Channel	43	13
Monday	Health and Wellness	Delicious & Nutritious	Marcia Richards	8:00 AM	Pembroke Gov't Channel		15
Monday	Health and Wellness	Kay Talks	Kay Cooney	8:00 AM	Community Channel	43	13
Monday	Education	Local Matters	Varies	9:00 AM	Community Channel	43	13
Monday	Live Entertainment	SHOW TIME!	Varies monthly	11:00 AM	Community Channel	43	13
Monday	Exercise	Chair Exercise	Deb Chaney	12:00 PM	Community Channel	43	13
Monday	Health and Wellness	Delicious & Nutritious	Marcia Richards	1:30 PM	Plymouth Gov't Channel	47	15
Monday	Health and Wellness	Delicious & Nutritious	Marcia Richards	5:00 PM	Pembroke Gov't Channel		15
Monday	Education	Down Town with Robbie	Robbie Haigh	6:30 PM	Community Channel	43	13
Monday	Education	Two Grannies on the Road: Travel	Beth Sobloff	8:30 PM	Community Channel	43	13
Tuesday	Exercise	Mindfulness	MaryBeth Sheehan	5:00 AM	Community Channel	43	13
Tuesday	Health and Wellness	Delicious & Nutritious	Marcia Richards	8:00 AM	Plymouth Gov't Channel	47	15
Tuesday	Health and Wellness	Delicious & Nutritious	Marcia Richards	8:00 AM	Duxbury Gov't Channel	39	15
Tuesday	Health and Wellness	Delicious & Nutritious	Marcia Richards	10:00 AM	Kingston Gov't Channel	42	15
Tuesday	Education	Down Town with Robbie	Robbie Haigh	10:30 AM	Community Channel	43	13
Tuesday	Health and Wellness	Delicious & Nutritious	Marcia Richards	11:30 AM	Pembroke Gov't Channel		15
Tuesday	Exercise	Mindfulness	MaryBeth Sheehan	12:00 PM	Community Channel	43	13
Tuesday	Education	Something to Chew On	Wellsley Weston	1:00 PM	Community Channel	43	13
Tuesday	Health and Wellness	Kay Talks	Kay Cooney	2:00 PM	Community Channel	43	13
Tuesday	Education	The Bugs that Bug You!	Blake Dinius	2:30 PM		43	13
Tuesday	Education	Two Grannies on the Road: Travel	Beth Sobloff	3:00 PM	Community Channel	43	13
Tuesday	Health and Wellness	Delicious & Nutritious	Marcia Richards	3:30 PM	Plymouth Gov't Channel	47	15
Tuesday	Health and Wellness	Delicious & Nutritious	Marcia Richards	3:30 PM	Duxbury Gov't Channel	39	15
Tuesday	Education	Local Matters	Varies	4:00 PM	Community Channel	43	13
Tuesday	Education	The Bugs that Bug You!	Blake Dinius	7:30 PM		43	13
Wednesday	Exercise	Chair Exercise	Sally Gwin	5:00 AM	Community Channel	43	13
Wednesday	Health and Wellness	Delicious & Nutritious	Marcia Richards	8:00 AM	Pembroke Gov't Channel		15
Wednesday	Education	Local Matters	Varies	9:00 AM	Community Channel	43	13
Wednesday	Exercise	Tai Chi	Peter and Fang	10:00 AM	Community Channel	43	13
Wednesday	Health and Wellness	Kay Talks	Kay Cooney	10:30 AM	Take off Government	43	13
Wednesday	Exercise	Chair Exercise	Sally Gwin	12:00 PM	Community Channel	43	13

Day	Category	Program	Instructor	Time	Channel Provider	Ver	CC
Wednesday	Safety	Senior Safety	Sheriff/DA Office	1:00 PM	Community Channel	43	13
Wednesday	Health and Wellness	Delicious & Nutritious	Marcia Richards	5:00 PM	Pembroke Gov't Channel		15
Thursday	Exercise	Yoga	Kelly Pearson	5:00 AM	Community Channel	43	13
Thursday	Health and Wellness	Delicious & Nutritious	Marcia Richards	8:00 AM	Duxbury Gov't Channel	39	15
Thursday	Health and Wellness	Delicious & Nutritious	Marcia Richards	8:00 AM	Plymouth Gov't Channel	47	15
Thursday	Health and Wellness	Delicious & Nutritious	Marcia Richards	10:00 AM	Kingston Gov't Channel	42	15
Thursday	Education	Two Grannies on the Road: Travel	Beth Sobloff	11:00 AM	Community Channel	43	13
Thursday	Health and Wellness	Delicious & Nutritious	Marcia Richards	11:30 AM	Pembroke Gov't Channel		15
Thursday	Exercise	Yoga	Kelly Pearson	12:00 PM	Community Channel	43	13
Thursday	Education	Something to Chew On	Varies	1:00 PM	Community Channel	43	13
Thursday	Education	Off the Shelf: Author Talks	Varies	2:00 PM	Community Channel	43	13
Thursday	Education	Let's Visit: Travel	Dave Welsh	2:30 PM	Community Channel	43	13
Thursday	Education	Down Town with Robbie	Robbie Haigh	3:00 PM	Community Channel	43	13
Thursday	Health and Wellness	Delicious & Nutritious	Marcia Richards	3:30 PM	Plymouth Gov't Channel	47	15
Thursday	Health and Wellness	Delicious & Nutritious	Marcia Richards	3:30 PM	Duxbury Gov't Channel	39	15
Thursday	Education	Local Matters	Varies	4:00 PM	Community Channel	43	13
Friday	Exercise	Barefoot Cardio	Wendy Weiser	5:00 AM	Community Channel	43	13
Friday	Health and Wellness	Kay Talks	Kay Cooney	11:00 AM	Community Channel	43	13
Friday	Education	Local Matters	Varies	8:00 PM	Community Channel	43	13
Saturday	Exercise	Tai Chi	Peter and Fang	5:00 AM	Community Channel	43	13
Saturday	Education	Down Town with Robbie	Robbie Haigh	3:00 PM	Community Channel	43	13
Saturday	Education	Two Grannies on the Road: Travel	Beth Sobloff	4:30 PM	Community Channel	43	13
Saturday	Education	Local Matters	Varies	7:00 PM	Community Channel	43	13
	Health and Wellness	Mindfulness	MaryBeth Sheehan	12:00 PM	Community Channel	43	13
	Exercise	Barefoot Cardio	Wendy Weiser	12:00 PM	Community Channel	43	13

*\*\*Pembroke only has Comcast 13 channel*

