



The City of  
**WORCESTER**

## Worcester Government Television

April 7, 2024 – April 14, 2024

*Subject to change without notice*

### **Sunday, April 7, 2024**

- 12:00 AM Audio Journal
- 2:00 AM The Working Lunch: April 2024
- 8:00 AM Senior Exercise: Fit for Life with Karen - Staying Independent
- 8:30 AM Senior Exercise: Fit for Life with Karen - Brief Yoga History
- 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 - Musical Performance: Sara Baitch, Pianist and Composer
- 2:30 PM WSC Stay Connected - CPR Training
- 3:00 PM Boards & Commissions: Accessibility Advisory Commission 03/19/24
- 5:30 PM Boards & Commissions: Community Preservation Committee 03/26/24
- 7:45 PM Boards & Commissions: Civic Center Commission 03/28/24
- 9:00 PM Boards & Commissions: Board of Health 04/01/24

## **Monday, April 8, 2024**

- 12:00 AM Audio Journal
- 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 Senior Exercise: Fit for Life with Karen - Banding Together (with bands)
- 8:30 AM 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 [New!] WSC Stay Connected - Musical Performance: Country Music with Matt York
- 2:30 PM WSC Stay Connected - CPR Training
- 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: Conservation Commission*
- 9:00 PM 2024 Women of Consequence Awards Ceremony
- 10:00 PM Boards & Commissions: Board of Health 04/01/24

## **Tuesday, April 9, 2024**

- 12:00 AM Audio Journal
- 2:00 AM Worcester Vision Zero Safety Action Plan: State of the Streets Forum 02/29/2024
- 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 - The Core of the Problem
- 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 - Musical Performance: The McCrites
- 3:00 PM WSC Stay Connected - Tai Chi with Master Dansereau
- 3:30 PM 2024 Women of Consequence Awards Ceremony
- 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: Civic Center Commission 03/28/24

## **Wednesday, April 10, 2024**

- 12:00 AM Audio Journal
- 2:00 AM Worcester Boys Club Groundbreaking Ceremony 11/02/23

- 7:30 AM Audio Journal - Local
- 8:00 AM Senior Exercise: Fit for Life with Karen - The Core of the Problem
- 8:30 AM Senior Exercise: Fit for Life with Karen - How to Become Taller
- 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 3)
- 12:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
- 2:00 PM WSC Stay Connected - Saint Patrick's Day Festivities 2024
- 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 The Working Lunch: April 2024
- 9:45 PM Boards & Commissions: Community Preservation Committee 03/26/24

### **Thursday, April 11, 2024**

- 12:00 AM Audio Journal
- 2:00 AM 2024 Women of Consequence Awards Ceremony
- 7:30 AM Audio Journal - Local
- 8:00 AM WSC Stay Connected - Distinguished Speaker Series: David Manca - Solo Grampa: Appalachian Trail Travelogue

- 9:30 AM [New!] WSC Stay Connected - Musical Performance: Country Music with Matt York
- 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 - Musical Performance: Hit The Bus Band
- 3:00 PM WSC Stay Connected - Yoga with Sam Goldman: Feeling Ageless
- 4:30 PM The Working Lunch: April 2024
- 5:00 PM De-Stress with Dogs at the Worcester Public Library
- 5:30 PM [Live!] Boards & Commissions: Historical Commission
- 9:00 PM [New!] Worcester Police Department Civilian Academy, Ep 10
- 11:15 PM Worcester Vision Zero Safety Action Plan: State of the Streets Forum 02/29/2024

### **Friday, April 12, 2024**

- 2:00 AM WSC Stay Connected - Nashoba Symphonic Band: Vive la France!
- 7:30 AM Audio Journal - Local
- 8:00 AM Senior Exercise: Fit for Life with Karen - How to Become Taller
- 8:30 AM Senior Exercise: Fit for Life with Karen - Staying Independent
- 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: Carlos Odria
- 3:00 PM WSC Stay Connected - Advanced Tai Chi: Chuan Yang 24 Movement Form with Master Dansereau
- 4:00 PM [New!] WSC Stay Connected - Musical Performance: Country Music with Matt York
- 4:30 PM [New!] Worcester Police Department Civilian Academy, Ep 10
- 7:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
- 9:00 PM [Replay] City Council Sub-Committees: Veterans' Memorials, Parks and Recreation 04/09/24
- 10:30 PM [Replay] City Council Sub-Committees: Public Works 04/10/24

**Saturday, April 13, 2024**

- 2:00 AM Worcester Police Department Civilian Academy, Ep 5
- 8:00 AM Senior Exercise: Fit for Life with Karen - Staying Independent
- 8:30 AM Senior Exercise: Fit for Life with Karen - Brief Yoga History
- 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 - Musical Performance: Country Music with Matt York
- 12:30 PM WSC Stay Connected - Saint Patrick's Day Festivities 2024
- 1:30 PM WSC Stay Connected - Musical Performance: The McCrites

- 3:00 PM WSC Stay Connected - Tai Chi with Master Dansereau
- 3:30 PM WSC Stay Connected - Distinguished Speaker Series: David Manca - Solo Grampa: Appalachian Trail Travelogue
- 5:00 PM WSC Stay Connected - Celebrating Robert H. Goddard: The Forgotten Father of Modern Rocketry
- 6:00 PM WSC Stay Connected - Musical Performance: Sara Baitch, Pianist and Composer
- 7:00 PM Worcester Senior Center Stay Connected - Worcester - A Trip Back in Time with John Anderson
- 8:00 PM [Replay] Worcester City Council 04/09/24

**Sunday, April 14, 2024**

- 12:00 AM Audio Journal
- 2:00 AM [New!] Worcester Police Department Civilian Academy, Ep 10
- 8:00 AM Senior Exercise: Fit for Life with Karen - Brief Yoga History
- 8:30 AM Senior Exercise: Fit for Life with Karen - Why Bother
- 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 2)
- 11:45 AM WSC Stay Connected - Nashoba Symphonic Band: Vive la France!
- 1:00 PM WSC Stay Connected - Folk Music with WICN DJ Nick Noble
- 2:00 PM WSC Stay Connected - Musical Performance: The McCrites

3:00 PM [Boards & Commissions TBD]