



## Worcester Government Television

May 12, 2024 – May 19, 2024  
*Subject to change without notice*

### Sunday, May 12, 2024

- 12:00 AM Audio Journal
- 2:00 AM The Buzz with City Manager Batista - Introducing The Buzz
- 2:15 AM The Buzz with City Manager Batista - Mill Street Redesign
- 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 - 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)
- 11:45 AM WSC Stay Connected - Criminal Cases vs Civil Cases, and Legal Terminology Discussion, with the Honorable Daniel Wrenn
- 12:15 PM WSC Stay Connected with Your Health - May 2024 Update
- 1:15 PM WSC Stay Connected - Distinguished Speaker Series: The History of Polar Beverages and the Crowley Family, with Frank Callahan
- 2:30 PM WSC Stay Connected - Musical Performance: Country Music with Matt York
- 3:00 PM Boards & Commissions: Commission on Elder Affairs 04/29/24
- 4:15 PM Boards & Commissions: Hope Cemetery Commission 05/06/24
- 5:00 PM Boards & Commissions: Zoning Board of Appeals 05/06/24

- 7:30 PM Boards & Commissions: Human Rights Commission 05/06/24
- 10:30 PM Boards & Commissions: Worcester Ballpark Commission 05/08/24

**Monday, May 13, 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
- 7:30 AM Audio Journal - Local
- 8:00 AM Senior Exercise: Fit for Life with Karen - It's a Stretch (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 WSC Stay Connected with Your Health - May 2024 Update
- 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: Green Worcester Advisory Committee
- 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
- 10:00 PM Boards & Commissions: Hope Cemetery Commission 05/06/24

## Tuesday, May 14, 2024

- 12:00 AM Audio Journal
- 2:00 AM Worcester Police Department Civilian Academy, Ep 10
- 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: 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 - Criminal Cases vs Civil Cases, and Legal Terminology Discussion, with the Honorable Daniel Wrenn
- 2:30 PM WSC Stay Connected - CPR Training
- 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 - FY24 Budget Hearings*
- 6:30 PM *[Live!] Worcester City Council*

## **Wednesday, May 15, 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 - Back to Basics
- 8:30 AM Senior Exercise: Fit for Life with Karen - Life After Retirement (with weights)
- 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 - Musical Performance: Country Music with Matt York
- 3:00 PM WSC Stay Connected - Advanced Tai Chi: Chuan Yang 24 Movement Form with Master Dansereau
- 4:00 PM New South Division Firehouse Feasibility Study & Public Review 03/28/24
- 5:00 PM *[Live!] City Council Sub-Committees: Traffic & Parking*
- 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
- 10:30 PM Boards & Commissions: Human Rights Commission 05/06/24

## **Thursday, May 16, 2024**

- 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 WSC Stay Connected - Criminal Cases vs Civil Cases, and Legal Terminology Discussion, with the Honorable Daniel Wrenn
- 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 - Nashoba Symphonic Band: Fitting Codas
- 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 Worcester Police Department Civilian Academy, Ep 9
- 10:30 PM New South Division Firehouse Feasibility Study & Public Review 03/28/24

## **Friday, May 17, 2024**

- 12:00 AM Audio Journal
- 2:00 AM WSC Stay Connected - Summer Concert Series: Tribute to Elvis
- 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 - 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: The Violin Kat
- 3:00 PM WSC Stay Connected - Advanced Tai Chi: Chuan Yang 24 Movement Form with Master Dansereau
- 4:00 PM [New!] The Buzz with City Manager Batista - Worcester 311
- 4:15 PM [New!] The Buzz with City Manager Batista - Trash & Recycling Program
- 4:30 PM The Working Lunch: May 2024
- 5:00 PM 2024 Solar Eclipse at the Worcester Common Oval
- 5:30 PM De-Stress with Dogs at the Worcester Public Library
- 6:00 PM Out To Lunch: Crocodile River Music
- 7:00 PM Audio Journal – Local: Worcester Telegram and Gazette Reading
- 9:00 PM [Replay] City Council Sub-Committees: Finance - FY25 Budget Hearing  
05/14/24

**Saturday, May 18, 2024**

- 12:00 AM [Replay] City Council Sub-Committees: Traffic and Parking 05/15/24
- 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: 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)
- 11:48 AM WSC Stay Connected with Your Health - May 2024 Update
- 12:45 PM WSC Stay Connected - Distinguished Speaker Series: The History of Polar Beverages and the Crowley Family, with Frank Callahan
- 2:00 PM WSC Stay Connected - Barbie: A Cultural Icon
- 3:00 PM WSC Stay Connected - Tai Chi with Master Dansereau
- 3:30 PM WSC Stay Connected - Nashoba Symphonic Band: Vive la France!
- 4:45 PM WSC Stay Connected - Musical Performance: The McCrites
- 5:45 PM WSC Stay Connected - Distinguished Speaker Series: David Manca - Solo Grampa: Appalachian Trail Travelogue
- 7:30 PM WSC Stay Connected - Criminal Cases vs Civil Cases, and Legal Terminology Discussion, with the Honorable Daniel Wrenn
- 8:00 PM [Replay] Worcester City Council 05/14/24

### **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 [Boards & Commissions TBD]