SCHEDULE

COMMUNITY CHANNEL
COMCAST 6/ VERIZON 43
SUNDAY PROGRAMMING

**SCHEDULE IS SUBJECT TO CHANGE*

1:00 AM	Grace Light House Church Service
2:00 AM	Delicious & Nutritious
2:30 AM	Looking Forward with Our Senior Centers
3:00 AM	The Local Seen This Week
4:00 AM	2 Pints in a Corner Podcast
5:00 AM	The Time is Now (30 min version)
5:30 AM	Music & the Spoken Word
6:00 AM	In Search of the Lord's Way
6:30 AM	Music &the Spoken Word (Spanish)
7:00 AM	A Place for Grace
7:30 AM	Bible Talk
8:00 AM	Grace Light House Church Service
9:00 AM	Practical Theology
10:00 AM	The Time is Now (60 min version)
11:00 AM	New Hope
12:00 PM	New Hope Chapel
1:30 PM	Healthy Kingston
2:00 PM	Register's Report
2:30 PM	Sober & Saved Podcast
3:00 PM	Sts. Mary & Joseph Collab Service
4:00 PM	Practical Theology
5:00 PM	Talk of the Towne
6:00 PM	Second Church of Plymouth Service
7:00 PM	First Parish Church of Plymouth Service
8:00 PM	Bible Talk
8:30 PM	The Time is Now (30 min version)
9:00 PM	Jesus and Us
9:30 PM	In Season and Out Season
10:00 PM	The Local Seen This Week
11:00 PM	The Greg Simoneau Show
11:30 PM	Deliver Us from Feelings Podcast

SCHEDULE

COMMUNITY CHANNEL
COMCAST 6/ VERIZON 43
MONDAY PROGRAMMING

**SCHEDULE IS SUBJECT TO CHANGE*

1:00 AM	This Week in Plymouth
1:30 AM	This Week in Pembroke
2:00 AM	Healthy Kingston
2:30 AM	Register's Report
3:00 AM	The Local Seen This Week
4:00 AM	First Parish Church of Plymouth Service
5:00 AM	The Time is Now (60 min version)
6:00 AM	Delicious & Nutritious
6:30 AM	A Place for Grace
7:00 AM	Business Bests by Mike Byrnes
7:30 AM	Sober & Saved Podcast
8:00 AM	Bible Baptist Church
9:00 AM	The Local Seen This Week
10:00 AM	New Hope
11:00 AM	Plymouth Profiles
12:00 PM	This Week in Plymouth
12:30 PM	Looking Forward with Our Senior Centers
1:00 PM	Simple Healthy Life Podcast
2:00 PM	The Pembroke Chamber Podcast
3:00 PM	Legislative Lens Podcast
4:00 PM	Talk of the Towne
5:00 PM	Bible Baptist Church
6:00 PM	A Place for Grace
6:30 PM	In Search of the Lord's Way
7:00 PM	The Local Seen This Week
8:00 PM	Melissa's Menu
8:30 PM	Two Grannies on the Road
9:00 PM	Indivisible Plymouth Podcast
10:00 PM	The Greg Simoneau Show
11:00 PM	The Rusty Stubblefield Podcast
11:30 PM	Conflation Station Podcast

SCHEDULE

COMMUNITY CHANNEL
COMCAST 6/ VERIZON 43
TUESDAY PROGRAMMING

**SCHEDULE IS SUBJECT TO CHANGE*

1:00 AM	The Time is Now (30 min version)
1:30 AM	Simple Healthy Life Podcast
2:30 AM	A Place for Grace
3:00 AM	The Local Seen This Week
4:00 AM	New Hope
5:00 AM	Plymouth Profiles
6:00 AM	Deliver Us from Feelings Podcast
7:00 AM	Bible Baptist Church
8:00 AM	Melissa's Menu
8:30 AM	Bible Talk
9:00 AM	The Local Seen This Week
10:00 AM	Sts. Mary & Joseph Collaborative Service
11:00 AM	Talk of the Towne
12:00 PM	This Week in Pembroke
12:30 PM	Delicious & Nutritous
1:00 PM	Second Church of Plymouth Service
2:00 PM	Grace Light House Church Service
3:00 PM	Two Grannies on the Road
3:30 PM	The Lean Life Podcast
4:00 PM	The Local Seen This Week
5:00 PM	First Parish Church of Plymouth
6:00 PM	New Hope
7:00 PM	The Local Seen This Week
8:00 PM	Plymouth Profiles
9:00 PM	Business Bests by Mike Byrnes
9:30 PM	Sandra Sells & Tells Podcast
10:00 PM	Sober & Saved Podcast
11:00 PM	2 Pints in a Corner Podcast

SCHEDULE

COMMUNITY CHANNEL
COMCAST 6/ VERIZON 43
WEDNESDAY PROGRAMMING

**SCHEDULE IS SUBJECT TO CHANGE*

1:00 AM	StarCreations Theater
2:30 AM	Sandra Sells & Tells Podcast
3:00 AM	The Local Seen This Week
4:00 AM	Practical Theology
5:00 AM	Fitness Programming
6:00 AM	Looking Forward with Our Senior Centers
6:30 AM	Sober & Saved Podcast
7:00 AM	Two Grannies on the Road
7:30 AM	Meet the Author/Novel Idea
8:00 AM	First Parish Church of Plymouth Service
9:00 AM	The Local Seen This Week
10:00 AM	Simple Healthy Life Podcast
11:00 AM	New Hope
12:00 PM	CAL Conversations
12:30 PM	Queer Spaces Podcast
1:00 PM	Bible Baptist Church
2:00 PM	Plymouth Profiles
3:00 PM	Whispers from the Other Side
4:00 PM	A Place for Grace
4:30 PM	Melissa's Menu
5:00 PM	The Time is Now (30 min version)
5:30 PM	Delicious & Nutritious
6:00 PM	This Week in Plymouth
6:30 PM	This Week in Pembroke
7:00 PM	Talk of the Towne
8:00 PM	New Hope Chapel
9:30 PM	CAL Conversations
10:00 PM	The Local Seen This Week
11:00 PM	The Greg Simoneau Show

SCHEDULE

COMMUNITY CHANNEL
COMCAST 6/ VERIZON 43
THURSDAY PROGRAMMING

**SCHEDULE IS SUBJECT TO CHANGE*

1:00 AM	Melissa's Menu
1:30 AM	The Greg Simoneau Show
2:00 AM	Sts. Mary & Joseph Collaborative Service
3:00 AM	The Local Seen This Week
4:00 AM	This Week in Plymouth
4:30AM	This Week in Pembroke
5:00 AM	Business Best's with Mike Byrnes
5:30 AM	StarCreations Theater
7:00 AM	Second Church of Plymouth Service
8:00 AM	Whispers from the Other Side
9:00 AM	The Local Seen This Week
10:00 AM	The Time is Now (30 min version)
10:30 AM	Bible Talk
11:00 AM	Two Grannies on the Road
11:30 AM	Business Best's with Mike Byrnes
12:00 PM	State Library Author Talks
1:00 PM	Register's Report
1:30 PM	Healthy Kingston
2:00 PM	Chef Triathlete Podcast
3:00 PM	Brainwash with Harry
4:00 PM	The Local Seen This Week
5:00 PM	The Time is Now (60 min version)
8:00 PM	Legislative Lens Podcast
9:00 PM	Simple Healthy Life Podcast
10:00 PM	Sts. Mary & Joseph Collaborative Service
11:00 PM	The Rusty Stubblefield Podcast
11:30 PM	Confation Station Podcast

SCHEDULE

COMMUNITY CHANNEL
COMCAST 6/ VERIZON 43
FRIDAY PROGRAMMING

**SCHEDULE IS SUBJECT TO CHANGE*

1:00 AM	The Greg Simoneau Show
2:00 AM	The Second Church of Plymouth Service
3:00 AM	The Local Seen This Week
4:00 AM	Bible Baptist Church
5:00 AM	Yoga/Fitness Programming
6:00 AM	Indivisible Plymouth Podcast
7:00 AM	Sandra Sells & Tells Podcast
7:30 AM	Looking Forward with our Senior Centers
8:00 AM	Delicious & Nutritious
8:30 AM	CAL Conversations
9:00 AM	The Local Seen This Week
10:00 AM	The Time is Now (60 min version)
11:00 AM	Grace Light House Church Service
12:00 PM	This Week in Plymouth
12:30 PM	This Week in Pembroke
1:00 PM	Business Best's with Mike Byrnes
1:30 PM	Sober & Saved Podcast
2:00 PM	First Parish Church of Plymouth Service
3:00 PM	StarCreations Theater
4:30 PM	Looking Forward with our Senior Centers
5:00 PM	Talk of the Towne
6:00 PM	The Pembroke Chamber Podcast
7:00 PM	The Local Seen This Week
8:00 PM	Healthy Kingston
8:30 PM	Register's Report
9:00 PM	Chef Triathlete Podcast
10:00 PM	Deliver Us From Feelings Podcast
11:00 PM	2 Pints in a Corner Podcast

SCHEDULE

COMMUNITY CHANNEL
COMCAST 6/ VERIZON 43
SATURDAY PROGRAMMING

**SCHEDULE IS SUBJECT TO CHANGE*

1:00 AM	The Time is Now (60 min version)
2:00 AM	CAL Conversations
2:30 AM	Looking Forward with Our Senior Centers
3:00 AM	The Local Seen This Week
4:00 AM	Delicious & Nutritious
4:30 AM	Bible Talk
5:00 AM	Yoga/Fitness Programming
6:00 AM	StarCreations Theater
7:30 AM	The Sky This Month
8:00 AM	Strata
8:30 AM	Practical Theology
9:30 AM	White House Chronicles
10:00 AM	The Local Seen This Week
12:00 PM	Yoga/Fitness Programming
1:00 PM	CAL Conversations
1:30 PM	Delicious & Nutritious
2:00 PM	Plymouth Profiles
3:00 PM	Sandra Sells & Tells Podcast
4:00 PM	Melissa's Menu
4:30 PM	Two Grannies on the Road
5:00 PM	New Hope Chapel
7:00 PM	The Local Seen This Week
8:00 PM	Practical Theology
9:00 PM	StarCreations Theater
9:30 PM	Sandra Sells & Tells Podcast
10:30 PM	This Week in Plymouth
11:00 PM	This Week in Pembroke

The local seen media