



producing engaging content

**Parkland College Television (PCTV)**

Comcast: channel 9  
 Mediacom: channel 10  
 AT&T: channel 99

**TUESDAYS AT 11:00 AM**

**Urbana Public Television (UPTV)**

Comcast: channel 6 & 1096  
 i3 Broadband: channel 6  
 AT&T U-Verse: channel 99

**THURSDAYS AT 1:00 PM**

**Streaming online anytime!**

<b>5/4</b>	Exercise with Parkland College	<b>5/6</b>	How-To Plant a Garden for Pollinators Senior-centric Workouts with Urbana Park District
<b>5/11</b>	Exercise with Parkland College	<b>5/13</b>	Nostalgic Cooking Show Fitness with Rena Leake Bonus: vaccination update
<b>5/18</b>	Exercise with Parkland College	<b>5/20</b>	Ethel & Maud's
<b>5/25</b>	Exercise with Parkland College	<b>5/27</b>	Crochet for Beginners with Brigitte Pieke and The Champaign Public Library