



producing engaging content

**Exercise, tech tutorials, crafts,
entertainment & more!**

TUESDAYS AT 11:00 AM

Parkland College Television (PCTV)

Comcast: channel 9

Mediacom: channel 10

AT&T: channel 99

THURSDAYS AT 1:00 PM

Urbana Public Television (UPTV)

Comcast: channel 6 & 1096

i3 Broadband: channel 6

AT&T U-Verse: channel 99

Streaming online anytime!

- JUNE 1** Parkland Exercise
- JUNE 8** Clark-Lindsey- Helpful Incontinence Information
- JUNE 15** Parkland Exercise
- JUNE 22** Parkland Exercise
- JUNE 29** Clark-Lindsey Therapy Topic- Walker and Scooter Safety

- JUNE 3** How to Use the Diversity of Native Plants in Your Garden
- JUNE 10** Nostalgic Cooking Show
Canvas Painting tutorial
- JUNE 17** Clark-Lindsey Conversations- Garden Walk and Bee Keeping
- JUNE 24** Intro the Internet with Champaign Public Library

Questions?

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