



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!**

**NOVEMBER 2**

Whole 'Nother Ball Game: Baseball  
in Central Illinois, 1860s-1970s  
from Museum of the Grand Prairie

**NOVEMBER 4**

C-U Uke Jam at the Meadowbrook Jazz Walk

**NOVEMBER 9**

Breathing Free and Staying on Your  
Feet: Strategies to Help You Catch Your  
Breath and Avoid Falls

**NOVEMBER 11**

Nostalgic Cooking Show with Synergy  
Pets and Seniors with Dr. Sally Foote  
15 min Strength & Balance for Seniors

**NOVEMBER 16**

Dancing in Your Seat or on Your Feet:  
Night Club and Texas Two Step

**NOVEMBER 18**

Clark-Lindsey Conversations

**NOVEMBER 23**

Autumn Weather: Protecting Joints  
During Cooler Weather

**NOVEMBER 25**

Hand Sewing Essentials with The  
Champaign Public Library

**NOVEMBER 30**

Clark-Lindsey Therapy Topic-  
Work Smarter Not  
Harder/Home Safety

**Questions?**  
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