



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 on YouTube anytime!

JANUARY 3 Parkland Cha-Cha and Tango

JANUARY 10 Parkland Exercise - Back Pain

JANUARY 17 Parkland Foxtrot and Swing

JANUARY 24 Parkland Exercise

JANUARY 31 Parkland Exercise

JANUARY 5 Oodles Oodles of Doodles
Anita Purves Nature Center

JANUARY 12 Museum of the Grand
Prairie: Maple Sugar Days

JANUARY 19 Clark-Lindsey Conversations

JANUARY 26 Cookies & Canvases: Moon
Phase Painting with Champaign
Public Library

Questions?
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