



**Parkland College Television (PCTV)**

Comcast: channel 9

Mediacom: channel 10

AT&T: channel 99

<https://bit.ly/CUWisePCTV>

producing engaging content

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

**Urbana Public Television (UPTV)**

Comcast: channel 6 & 1096

i3 Broadband: channel 6

AT&T U-Verse: channel 99

<https://bit.ly/CUWiseUPTV>

**Streaming on YouTube anytime!**

**Parkland College Television (PCTV)**

**TUESDAYS AT 11:00 AM**

**MARCH 1** Exercise with Parkland College

**MARCH 15** Exercise with Parkland College

**MARCH 8** Clark-Lindsey Therapy Topic:  
Aquatic Therapy

**MARCH 22** Exercise with Parkland College

**MARCH 29** Exercise with Parkland College

**Urbana Public Television (UPTV)**

**THURSDAYS AT 1:00 PM & SATURDAYS AT 4:00 PM**

**MARCH 3** Watercolor Wreaths | Crafty Adults

**MARCH 10** Stories with Mary: A Virtual  
Visit with Mary Lincoln

**MARCH 17** Celebrate St. Patrick's Day with  
CRIS Healthy Aging  
Ethel & Maud's with Clark Lindsey

**MARCH 24** Express Yourself! A Journal Writing  
Workshop  
Breathing Free and Staying on  
Your Feet

**MARCH 31** Garden to Plate: Cook Fresh with  
the Red Herring  
Exercise with Parkland College

**Questions?**

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