



## TOWN OF LANCASTER EVENTS

January 1, 2020

Volume 80 Issue 1

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## Save the Date!

ROTARY CLUB OF NASHOBA VALLEY  
serving LANCASTER, STOW AND BOLTON presents

## 1st Annual Cabin Fever Winter Festival

*Please join us! Bring your family, friends, and community spirit! Enjoy activities for every age.*

- \* Chili Challenge with local restaurants
- \* Scavenger Hunt through Bolton Trails
- \* Pull-A-Person Sled Race
- \* Winter Corn Hole
- ...and much, much more!

100% of the net proceeds from our winter fundraiser goes back to local programs and services in Lancaster, Stow and Bolton.

FOR MORE INFORMATION: [WWW.ROTARYCABINFEVERFEST.COM](http://WWW.ROTARYCABINFEVERFEST.COM)

SATURDAY  
*February 1, 2020*  
12-4pm  
Bolton Town Common



 For frequent updates, visit our Facebook page "Cabin Fever Winter Festival"



## The Joy of Herbs



**SUNDAY, JANUARY 19th,  
7:00PM to 8:30PM,  
Lancaster Community Center,  
behind the Library**

**Come learn everything about the wonderful world of herbs – organic growing conditions (sunlight, soil, fertilizer, water), harvesting techniques and preserving your herbal bounty (vinegars, oils, honeys, cleaning products and so much more).**

**Presenter: Rita C. Wollmering, Founder of The HERB FARMacy- <https://www.theherbfarmacy.com>**

**Rita is a dynamic, engaging speaker on horticultural topics with a specialty in herbs and “going green”. She brings a depth of knowledge, broad experience and personal passion to each topic. Her ability to present information in an informative and interactive way that is fun for participants has received wonderful praise.**

**For more information visit our website at [lancastergardenclub.net](http://lancastergardenclub.net)  
Members free- Non-members \$5.00**

# Lancaster Firefighter's Association



## Christmas Tree Pick-Up & Removal Program

- ◆ Let Us Remove Your Tree For You
- ◆ Call **978-368-4003** or e-mail **sgranger@lancasterfd.net** Between **Dec. 15<sup>th</sup>** and **Jan. 15<sup>th</sup>** to Schedule a Pick-Up
- ◆ All Pick-Ups Will Be Made After Jan. 1<sup>st</sup>
- ◆ Pick-Up and Removal is **FREE** but Donations are Greatly Appreciated!
- ◆ Proceeds Will Benefit the Lancaster Firefighter's Association

**HAPPY HOLIDAYS!!!**





January 22<sup>nd</sup> 6:30

## Lower Level of the Community Center

Join a group of your inquisitive neighbors who are interested in all things Cannabis. Since the legalization of MA several years ago the topic has grown tremendously (no pun intended). Discussion topics include the impact of legalization, MA law, business impacts, homeopathic medicine in general and specifically marijuana, hemp, culture, cooking, propagation and harvesting, cooking etc. Anything else you would like to discuss? Everything is on the table except Cannabis (this is a public building).

*Questions? 978-733-4076. This is a free 'club' with light snacks provided. Hope you can join in!*

.....

## TOO MANY HOLIDAY TREATS?



*Time to get Healthy*

**FREE! For Lancaster Residents  
Join the Backstage Gym**

All Lancaster Residents welcome FREE! Great space and equipment. To sign up, or ask questions call 978-733-4076 or email. Join our classes too.

[coadmin@lancasterma.net](mailto:coadmin@lancasterma.net)

**Waiver and FREE training session required** before using the gym. The Backstage gym is brought to you thanks to a generous donor to the Friends of Lancaster Seniors. Hours: They gym is open Town Hall hours: Monday 9-5 Tuesday-Friday 9-4 (please note Town Hall is closed to the public Friday but we are open)

# Holiday Food Drive



Lancaster's Thayer Memorial Library

## November 25—January 4

**Nonperishable foods\*, toiletries, or household items**

- Canned, boxed, or dried foods
- Shampoo, toothpaste, deodorant, dish detergent, soap, toilet paper, paper towels, napkins (items that Food Stamps don't buy)

**Gift Cards to** Shaws, Hannafords, Market Basket, Rite Aid, Walgreens, CVS, or Walmart.

**Food for Fines does not include Lost or Damaged materials.**

Items will be taken to area food pantries to help out Lancaster and local area residents during the holidays.

**\* Out-of-date items will NOT be accepted so please check dates on cans and packages before you donate them.**



Try PiYO FREE pop ups.

- January 23<sup>rd</sup> at 9:30
- February 13<sup>th</sup> at 9:30

**If you like it sign up for a series**

**9:30 a.m. Feb. 27<sup>th</sup>, March, 5, 12, 19, 26 April 2**

High intensity, low impact. Use your body to shape your body. This is not Yoga, nor Pilates but rather a combination of the best of both. Set to music you will get a workout that will help sculpt your body. Have fun and get in shape! What more could you want?

Series: \$45 mats, water provided. Drop in \$15

Reserve your class at 978-733-4076

Questions? [Mm10198@yahoo.com](mailto:Mm10198@yahoo.com) or [coadmin@lancasterma.net](mailto:coadmin@lancasterma.net)



**That Was Hysterical, Finding the Funny in Your Writing,  
A Workshop and Intensive,  
with Paula Castner and Dave Agans**



**Part I: Saturday, January 18, 2020  
10:30 a.m. – 12:30 p.m.**

**Part II: Saturday, January 25, 2020  
10:30 a.m. – 1:30 p.m.**

**Thayer Memorial Library, 717 Main Street, Lancaster, Massachusetts**

Mark Twain said that humor is mankind's greatest blessing—but he was blessed with a great sense of humor. If you're not Mark Twain, you may think writing funny is no fun at all. It can be fun, if you know how to do it. Join us for a two-hour workshop and learn why and how to equip your writer's toolbox with a tickle feather and a giant foam rubber hammer. Your readers will thank you, after they catch their breath.

This is both a lecture and a hands-on workshop. Writers interested in one-on-one feedback may sign up for the humor intensive offered the second week. Participation in Part II requires attendance at Part I. To register for Part II, visit [sevenbridge.org](http://sevenbridge.org).

**Paula Castner** is the Chief Operating Officer for Seven Bridge Writers Collaborative as well as a freelance writer, playwright, drama director, writing workshop facilitator, baking coach, and professional administrator. Her pieces have been published in a variety of venues, from parenting magazines, to newspapers, to online magazines, and have claimed first prize in several writing contests. Her play, *A Fairy Tale Life? A Musical*, with music by Canadian folk artist, Nancy Beaudette, was performed in Lancaster, Massachusetts. She is currently working on her second musical, set in an art museum. Her long-term writing project is a fictionalized account of a historical court case about a slave girl from Holden, MA.

**DAVE AGANS**, corrupted by *Mad Magazine* and *Get Smart* at an early age, began writing spy spoofs in the sixth grade. He has since written the musical comedy, *Hot Buttons*, dozens of comic stage monologues, the popular, humorous technical book, *Debugging*, and the conspiracy satire, *The Urban Legion*. He also discovers and reviews funny fiction in *The Yucks-Files* blog. Dave can be recognized on New Hampshire golf courses by his flawed swing and on the roads by his AMUSED license plate.





**FOR IMMEDIATE RELEASE**

**CONTACT: BILL FLYNN 617-974-6682  
41bflynn@comcast.net**

**Community Group Completes Bridge Replacement Project at  
Lancaster's Cook Conservation Area**

The Lancaster Friends of the Nashua River (LFNR) recently completed construction of two pedestrian trail bridges in the Cook Conservation Area off Route 70 in Lancaster. The project involved constructing two 32 foot steel supported bridges over streams along the Farnsworth Trail. The new bridges replaced older wooden bridges in need of significant repair, providing emergency rescue vehicle access to the site's five miles of trails as well as improve the experience of all visitors to the popular trail area.

Construction began last fall and was completed early this summer as heavy rains from this spring hampered efforts to bring materials to the bridge sites which were deep in the woods. LFNR's Tom Christopher, who oversaw the project said the bridges could not have been built without the work of more than a dozen volunteers, including a local scout troop, who worked under difficult conditions.

The original bridge design was prepared by students from Worcester Polytechnic Institute in 2015. LFNR later obtained the necessary local approvals and raised \$20,000 in funds and in kind donations of building materials to complete the project.

Susan Munyon, Friends member noted that "The volunteer effort was supported by business and community leaders, especially the Lancaster Conservation Commission, Board of Selectmen, and other town departments including fire, police and highway. It was a real team effort."

The bridge over the McGovern Brook has been designated "Memorial Bridge" to honor those who loved, protected and supported the Cook Conservation Area and the Nashua River. Deceased Lancaster Conservation Committee member Peter Farmer and LFNR member John Helfrick will be the first to be remembered.

Bill Flynn and Peter Stanton, project coordinators, expressed their appreciation for the outstanding support the LFNR has received from all segments of the Lancaster community. The work of the group is entirely funded through private contributions.

**About the Cook Conservation Area:** Cooks is Lancaster's flagship trail area with seven trails totaling 4.7 miles that winds along the North Nashua river, around vernal pools, through a hardwood forest and alongside the site of an old shoeshank mill. The trail has easy terrain, signage, a picnic area and designated off street parking.

**About Lancaster Friends of the Nashua River:** Established in 2010 as a Chapter of the Nashua River Watershed Association, the Lancaster Friends group has conducted river festivals, developed a "Blue Trail" for paddlers, and funded the installation of signs along Lancaster roadways identifying the river and its tributaries. Signage has also been erected identifying the Cook and Pelletia conservation areas, and annual clean-up and trail maintenance take place at Cooks. Other projects have included expanding the Cook Area parking lot, erecting trail signs, and adding picnic tables and benches at the Shoeshank area along the river.

(4 before and after photos are available upon request at 41bflynn@comcast.net)



Wishing you a Brilliant 2020!

*Please join us*

*January 4<sup>th</sup> 2020*

10:30 New Year's Brunch is **ON**

12:30 Free Winter Tracking Walk is  
**POSTPONED** until later date

All ages. Lancaster Community Center.

Assorted Apps, Waffles, Free Range Brisket

Homemade Quiche, Vegan fare, Veggies, Sweets etc.

ReGift Yankee Swap at noon! Walk at 12:30 ALL welcome.

\$5 Tickets required. Limited!

RSVP to 978-733-4076

[coadmin@lancasterma.net](mailto:coadmin@lancasterma.net)

No Snow  
@Walk  
Postponed

# Thayer Memorial Library – Youth Services

## January 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TML closed on Sundays			1 LIBRARY CLOSED	2 Story Hour: New Year – 10:30 AM	3 Story Hour: 10:30 AM	4
5	6 LEGO Club – 4:00 PM	7	8	9 Story Hour: Bundle Up – 10:30 AM	10 Early Release Movie: Abominable – 1:30 PM	11 Snuggles & Stories – 10:30 AM
12	13 Crafternoon: 3D Snowflakes – 4:00 PM	14	15	16 Every Child Ready to Read with Liz Garreffo – 10:30 AM Board Game Mania – 4:00 PM	17 Story Hour: 10:30 AM	18
19	20 LIBRARY CLOSED	21	22	23 Story Hour: Penguins – 10:30 AM	24 Read to Will the Therapy Dog – 3:00 PM	25 Snuggles & Stories – 10:30 AM
26	27 UNO Tournament – 6:00 PM	28	29 Tween Book Group: The Bitter Side of Sweet – 6:00 PM	30 Story Hour: Groundhogs – 10:30 AM Board Game Mania – 4:00 PM	31	

Programs marked with an asterisk (\*) require registration. Contact Youth Services Librarian Maren Caulfield at 978-368-8928 x 5 or [caulfieldm@cwmmars.org](mailto:caulfieldm@cwmmars.org). All other programs are drop-in and do not require registration. All programs are free and open to the public.

The Crafternoon activity is recommended for ages 8 and up. LEGO Club is open to all ages. Tween Book Group is recommended for ages 10-14. The UNO Tournament is open to ages 5 and up. Story Hour is recommended for ages 2-5. Snuggles & Stories is recommended for ages 0-24 months. Older and younger siblings can attend both storytime programs.



## **Brrrrrr... it's getting chilly outside!**

Have **you** applied for Fuel Assistance? Many are not even aware that they qualify!

Call Melanie, Community Services Liaison, at (978) 733 1249, Menu Option #4 for more info, or stop by during office hours:

**Mondays 1-5 pm,**

**Tuesdays 8 am-1:30 pm**

**Wednesdays 1-5 pm**

**Other times by appointment!**



**SHINE provides FREE unbiased health insurance counseling information and assistance to Massachusetts residents with Medicare, their caregivers and those approaching Medicare eligibility.**

Wednesday morning appointments are filling up fast during Open Enrollment, so call us ASAP to schedule! Just bring your Medicare card, list of prescriptions, and your Medicare questions for our fabulous SHINE volunteers!



## SCHEDULE OF EVENTS 2019 – 2020

**Lancaster's Statuary Gardens: A  
Tour of the Old Settlers Burial  
Ground & the Middle Cemetery**  
Heather Lennon, Tour Guide

**Sunday, October, 20, 2019 2 pm**

*Meet at entrance to Middle Cemetery  
Main St. S. Lancaster, MA*

**A Tour of Founders' Hall  
on the Campus of  
Atlantic Union College**  
Professor Dean Davis, Tour Guide

**Sunday, November 10, 2019 2 pm**

*Meet at Founders' Hall on campus at  
end of Flagg St. S. Lancaster MA*

**The Life and Times of  
Clara Endicott Sears**  
Presented by the Fruitlands Museum

**Sunday, March 8, 2020 2 pm**

*Meet at the First Church of Christ  
Fellowship Hall  
On the Town Green Lancaster MA*

**Annual Meeting  
followed by the  
Story of the Nashua River**  
Presented by the  
Nashua River Watershed Association

**Sunday, April 26, 2020 2 pm**

*Meet at the First Church of Christ  
Fellowship Hall  
On the Town Green Lancaster MA*

### Message from the President



As we enter our 31<sup>st</sup> year, the members of the Executive Board and I are excited to present our four programs for the 2019-2020 season.

As the oldest town in Worcester County, Lancaster holds numerous treasures stretching back to pre-colonial days. This year, I am excited to be involved more directly with program planning that involves not only Lancaster but also our general region and Harvard, one of our daughter towns.

Also, we have also just finished working with Lancaster's Boy Scouts on improving the Rowlandson Rock Historic site up on George Hill and the Town Pound Historic Site along Langen Road. Do stop by and take a look if you happen to be in the vicinity of either one. The Herbert Hosmer display is also coming together nicely in the new Exhibit Room in the Prescott Building.

As always, we look forward to seeing you this fall at our first meeting, and please bring a friend or invite a new resident in your neighborhood so they can learn of Lancaster's deep, rich and colorful history. We truly have much to offer. All are welcome.

Enclosed for your convenience is a form for you to submit your membership dues. Thanks so much for your continued support.

**Heather Lennon, President**

# The **CONROY SPEAKERS SERIES** For the community



**FREE  
EVENTS!**

**THURSDAY, NOVEMBER 7 6:30-8:30 PM**



## **DAN HABIB** "Intelligent Lives" Screening & Discussion with the Director

From award-winning filmmaker Dan Habib comes "Intelligent Lives," a catalyst to transform the label of intellectual disability from a life sentence of isolation into a life of possibility for the most systematically segregated people in America.

Dan Habib is the creator of the award-winning documentary films "Including Samuel," "Who Cares About Kelsey?," and many other short films on disability-related topics. Habib is currently a filmmaker at the University of New Hampshire's Institute on Disability.

For more information about Dan or the film, visit: [INTELLIGENTLIVES.ORG](http://INTELLIGENTLIVES.ORG)

**THURSDAY, FEBRUARY 6 (2020) 6:30-8:00 PM**



## **SCREENAGERS** "Next Chapter: Uncovering Skills for Stress Resilience" Screening

Filmmaker and physician Dr. Delaney Ruston takes the conversation to the next level with "Screenagers NEXT CHAPTER: Uncovering Skills for Stress Resilience" — a film that examines the science behind teen's emotional challenges, the interplay of social media, and most importantly, what can be done to help them build crucial skills to navigate stress, anxiety, and depression in our digital age. Following the film, a discussion will be facilitated by Sharon Lowry, MSW, Perkins Assistant Director of Education and Bridget Matte, LSW, Clinical Coordinator of Perkins' Day School program.

**THURSDAY, MARCH 19 (2020) 6:30-8:00 PM**



## **MARJATTA MOIMAS** Gentle Mindfulness for Wellbeing

Marjatta Moimas is a Qualified Mindfulness Based Stress Reduction (MBSR) teacher, has a BS in her home country of Finland, and an MA in Mindfulness Studies from Lesley University.

Marjatta is trained in making meditation safe and inclusive for trauma survivors as well as in Mindfulness Based Cognitive Therapy (MBCT). Join us for "Gentle Mindfulness for Wellbeing" (a trauma-sensitive approach) as we practice introductory techniques and learn about the importance of mindfulness.

### **THE DR. CHARLES P. CONROY SPEAKERS SERIES @ PERKINS**

The Dr. Charles P. Conroy Speakers Series focuses on bringing members of our community together for lectures and discussion on a wide range of topics related to the various programs and services we provide at Perkins.

[perkinsprograms.org/conroy-speakers-series/](http://perkinsprograms.org/conroy-speakers-series/)

### **LOCATION**

Perkins @ The Janeway  
Education Center

975 Main Street  
Lancaster, MA

These events are **FREE**  
and open to the public

### **PRESENTING SPONSORS**



### **SUPPORTING SPONSOR**





**Join us for a Warm Get Away!**  
**Glass blowing class in New Hampshire.**  
**Make a trek, make an ornament!**  
*And lunch at the best restaurants in Jaffery; Sunflowers.*

**January, 31st 2020**

Join us to learn a new skill, glass blowing! Imagine spending an afternoon in the toasty warm Terrapin studio with friends trying your hand at a creative art-glass blowing. You will leave having learned the basics having created a pretty glass ball/ornament that you will want to leave out all year long. Prior to our class we will dine at Sunflowers, voted best restaurant in Jaffrey.



*Expect to pay about \$15 for lunch. (not included) We leave at 10, back about 3:30-4. \$48 each includes transportation, class and taxes and tips. Rsvp 978-733-4076 space is limited. Reserve by 1/21/2020 See policies in the Crier.*

By popular request: Another Famous Consignment Crawl

**Let's visit the Golden Triangle**

**Rt. 9 The Neon Highway**

**January 22nd**



*Let's make it on the quieter side.*



We are off to a special Wednesday crawl. Wednesday January 22<sup>nd</sup> we leave the Center at 9 to head off for an afternoon of bargain hunting adventure with good friends and of course a good food! We will shop away from the bright light of the neon lined Rt 9 to find hidden bargains and special treasures. This time we will stop in Sherborn, Natick and Framingham and if time allows we will meander home through Sudbury. Along the way we will stop for lunch on one of the side roads of "Worcester Turnpike". Good friends, laughs and I bet some great bahgans! We return to have you home for supper. Sign up early we will sell out quickly!

Transportation, secret stops, and snacks \$8 Lancaster residents/\$10 for out of town- now that is a bahgan! Reserve at 978-733-4076 This will sell out. Reserve by 1/15/2020



**Sterling-Lancaster Community TV**  
**Broadcast Schedule January 04 - January 10 2020**  
**Comcast Channel 8**

<b>Saturday</b>		<b>Genre</b>
12:00 AM	Meet John Doe	Entertainment
4:00 AM	Meet John Doe	Entertainment
7:00 AM	The Kamla Show - Miles Davis Documentary	Interview
8:00 AM	Village Church Service	Religion
10:00 AM	College Church Service	Religion
12:00 PM	Sterling Fair - Skillet Toss Competition	Local
1:00 PM	Euromaxx - Building a Middle Ages Castle	Documentaries
2:00 PM	Sterling Fair - Skillet Toss Competition	Local
3:00 PM	Fork in the Road - Asian Imperial	Local Food
4:00 PM	The Boink Show - Astronaut Abby	Children
5:00 PM	Nashoba Holiday Concert 2019	Local Music
6:30 PM	The Song - Kri Blozie	Music
7:00 PM	Euromaxx - Building a Middle Ages Castle	Documentaries
8:00 PM	Sterling Fair - Skillet Toss Competition	Local
9:00 PM	Fork in the Road - Asian Imperial	Local Food
10:00 PM	The Kamla Show - Miles Davis Documentary	Interview

<b>Sunday</b>		
12:00 AM	Meet John Doe	Entertainment
4:00 AM	Meet John Doe	Entertainment
7:00 AM	Trinity Bolton Church Service	Religion
9:00 AM	ECC Church Service	Religion
11:00 AM	Trinity Lutheran Church Service	Religion
12:00 PM	Sterling Fair - Skillet Toss Competition	Local
1:00 PM	Euromaxx - Building a Middle Ages Castle	Documentaries
2:00 PM	Sterling Fair - Skillet Toss Competition	Local
3:00 PM	Fork in the Road - Asian Imperial	Local Food
4:00 PM	The Boink Show - Astronaut Abby	Children
5:00 PM	Nashoba Holiday Concert 2019	Local Music
6:30 PM	The Song - Kri Blozie	Music
7:00 PM	Euromaxx - Building a Middle Ages Castle	Documentaries
8:00 PM	Sterling Fair - Skillet Toss Competition	Local
9:00 PM	Fork in the Road - Asian Imperial	Local Food
10:00 PM	The Kamla Show - Miles Davis Documentary	Interview

**Monday - Friday**

12:00 AM	The Gorilla	Entertainment
4:00 AM	The Gorilla	Entertainment
7:30 AM	The Kamla Show - Marc Porat	Interview
9:00 AM	Grumpy Old Men Cooking - Lemon Chicken	Cooking
10:00 AM	In Good Shape - Reducing BMI	Health
11:00 AM	Really Dicey - Scary RPG Games	Hobby
12:00 PM	Sterling Fair - Log Sawing Contest	Local Music
1:00 PM	Tomorrow Today - Plant Communication	Documentaries
2:00 PM	Church Services	Religion
4:00 PM	The Boink Show - Animal Sanctuary	Children
5:00 PM	The Rafters at Healing Garden in Harvard	Music
6:30 PM	Baby Blue Arts - Voce y Cuerdas	Music
7:00 PM	Tomorrow Today - Plant Communication	Documentaries
8:00 PM	Sterling Fair - Log Sawing Contest	Local
9:00 PM	Really Dicey - Scary RPG Games	Hobby
10:00 PM	The Kamla Show - Marc Porat	Interview

Please note this schedule is subject to change.

Refer to [www.slctv.us](http://www.slctv.us) for any updates.

**Sterling-Lancaster Community TV**  
**Broadcast Schedule January 11 - January 17 2020**  
**Comcast Channel 8**

<b>Saturday</b>		<b>Genre</b>
12:00 AM	The Gorilla	Entertainment
4:00 AM	The Gorilla	Entertainment
7:00 AM	The Kamla Show - Marc Porat	Interview
8:00 AM	Village Church Service	Religion
10:00 AM	College Church Service	Religion
12:00 PM	Sterling Fair - Log Sawing Contest	Local Music
1:00 PM	Tomorrow Today - Plant Communication	Documentaries
2:00 PM	Sterling Fair - Log Sawing Contest	Local Music
3:00 PM	Grumpy Old Men Cooking - Lemon Chicken	Cooking
4:00 PM	The Boink Show - Animal Sanctuary	Children
5:00 PM	The Rafters at Healing Garden in Harvard	Music
6:30 PM	Baby Blue Arts - Voce y Cuerdas	Music
7:00 PM	Tomorrow Today - Plant Communication	Documentaries
8:00 PM	Sterling Fair - Log Sawing Contest	Local
9:00 PM	Really Dicey - Scary RPG Games	Hobby
10:00 PM	The Kamla Show - Marc Porat	Interview
<b>Sunday</b>		
12:00 AM	The Gorilla	Entertainment
4:00 AM	The Gorilla	Entertainment
7:00 AM	Trinity Bolton Church Service	Religion
9:00 AM	ECC Church Service	Religion
11:00 AM	Trinity Lutheran Church Service	Religion
12:00 PM	Sterling Fair - Log Sawing Contest	Local Music
1:00 PM	Tomorrow Today - Plant Communication	Documentaries
2:00 PM	Sterling Fair - Log Sawing Contest	Local Music
3:00 PM	Grumpy Old Men Cooking - Lemon Chicken	Cooking
4:00 PM	The Boink Show - Animal Sanctuary	Children
5:00 PM	The Rafters at Healing Garden in Harvard	Music
6:30 PM	Baby Blue Arts - Voce y Cuerdas	Music
7:00 PM	Tomorrow Today - Plant Communication	Documentaries
8:00 PM	Sterling Fair - Log Sawing Contest	Local
9:00 PM	Really Dicey - Scary RPG Games	Hobby
10:00 PM	The Kamla Show - Marc Porat	Interview
<b>Monday - Friday</b>		
12:00 AM	The Basful Bachelor	Entertainment
4:00 AM	The Bashful Bachelor	Entertainment



7:30 AM	Barbara and You	<i>Interview</i>
9:00 AM	Grumpy Old Men Cooking - Winter Comfort Food	<i>Cooking</i>
10:00 AM	Yoga for Health and Joy - Tight Leg Muscles	<i>Health</i>
11:00 AM	Nerd Caliber - New York Comic Con 2019	<i>Hobby</i>
12:00 PM	Hip & Knee Osteoarthritis at Sterling Senior Center	<i>Local</i>
1:00 PM	Global 3000 - Education Around the World	<i>Documentaries</i>
2:00 PM	Church Services	<i>Religion</i>
4:00 PM	The Boink Show - Kids & Kinship	<i>Children</i>
4:30 PM	WRHS Winter Concert 2019	<i>Local Music</i>
5:45 PM	A Far Cry Quartet at NARA Park	<i>Music</i>
7:00 PM	Global 3000 - Education Around the World	<i>Documentaries</i>
8:00 PM	Hip & Knee Osteoarthritis at Sterling Senior Center	<i>Local</i>
9:00 PM	Nerd Caliber - New York Comic Con 2019	<i>Hobby</i>
10:00 PM	Barbara and You	<i>Interview</i>

Please note this schedule is subject to change.

Refer to [www.slctv.us](http://www.slctv.us) for any updates.