



TOWN OF LANCASTER EVENTS

March 1, 2020

Volume 82 Issue 1

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Information for Local Election Candidates—Lancaster

Last Day to Register to Vote in Town Meeting/Annual Town Election	Tuesday, April 14, 2020	Town Clerk's Office Open from 9:00 AM to 8:00 PM to process registrations
Annual Town Meeting	Monday, May 4, 2020	7:00 PM, Mary Rowlandson Elementary School Auditorium
Annual Town Election	Monday, May 11, 2020	Polls Open from 7:00 AM to 8:00 PM

Position	Term	Position(s) Available
Board of Selectmen	Three Years	One Position
Town Moderator	Three Years	One Position
Board of Public Works	Three Years	One Position
Board of Library Trustees	Three Years	Two Positions
Board of Library Trustees	Two years	One Position
Board of Health	Three Years	One Position
Board of Health	One Year	One Position
Finance Committee	Three Years	Two Positions
Housing Authority	Five Years	Three Positions
Planning Board	Five Years	One Position
Regional School Committee	Three years	One Position

Interested in running for Local Office? Nomination paperwork may be picked up at the Town Clerk's Office. Signature forms are due back to the Office by Monday, March 23, 2020.

Call ahead and we'll have the paperwork ready for you!

Campaign Finance Report Timeline

First filing date (8 days prior Election): **Friday, May 1st** for all expenses and contributions through April 24, 2020

Second filing date (30 days post Election) due **Thursday, June 11th** for all expenses and contributions through June 1st. If no funds have been raised or expended, this can also be considered the "year end" report.

Funds Raised/Expended? Year-End report – due **January 20th, 2021** for all expenses from June 2nd through December 31st.

NASHOBA DRAMA



FRIDAY MARCH 20 7PM

SATURDAY MARCH 21 7PM

SUNDAY MARCH 22 2PM

NASHOBA REGIONAL HIGH SCHOOL

12 GREEN ROAD BOLTON, MA



Mass
Cultural
Council

WWW.NASHOBADRAMA.COM



**Lancaster
Garden Club**

Come grow with us!

PRUNING BASICS



Before pruning



A well-shaped plant
after pruning

**SUNDAY, MARCH 15TH
7:00PM TO 8:30PM
LANCASTER COMMUNITY CENTER
behind the library**

Learn about the science behind when, how, and why to prune your woody plants. Learn how to make the best use of your money by making good choices when determining which plants can be pruned by a home gardener, and which require the services of a professional.

Gretel Anspach is an Overseer of the Massachusetts Horticultural Society, a Lifetime Master Gardener with the Massachusetts Master Gardener Association, and a recently-retired systems engineer for Raytheon. She has volunteered sporadically for the New England Wildflower Society as an adult's and children's guide. She considers her horticultural interests to be eclectic.

members- free non-members \$5.00

Visit our website for more information at lancastergardenclub.net

come half an hour early to share and snack and say "hi"



The census counts every generation.

Every 10 years, the United States counts everyone who lives in the country, from newborn babies to the oldest among us. It is important for everyone to complete the 2020 Census so that communities like yours can be accurately funded and represented.

Responding is important.

The 2020 Census will influence community funding and congressional representation for the next decade. Information collected in the census will inform the allocation of more than \$675 billion in federal funds for states and communities each year. That includes money for things like:

- › First responders
- › Medicare Part B
- › Supportive Housing for the Elderly Program
- › Libraries and community centers
- › Supplemental Nutrition Assistance Program (SNAP)
- › Senior Community Service Employment Program

Responding is easy.

Beginning in mid-March 2020, you can respond to the census online, by phone, or by mail. Choose the option that is most comfortable for you. Large-print guides to the questionnaire are available upon request. From May – July 2020, census takers will visit households that have not yet responded. A census taker can assist if you need help completing your form.

Responding is safe.

Your personal information is kept confidential by law. Your responses can only be used to produce statistics. They cannot be shared with law enforcement agencies or used against you by any government agency or court in any way.

For more information, visit:

2020CENSUS.GOV

D-OP-EL-EN-125

**Shape
your future
START HERE >**

**United States
Census
2020**

2020 Sweeping List

Here is the proposed sweeping list for the 2020 season. Sweeping usually begins late in March or early April. Because of the mild winter you may see the sweeper out sooner, cleaning up some of the heavy sand, trying to keep it out of our streams and waterways. We will start sweeping row 1 first and then once row 1 is complete move over to row 2 and so on. It generally takes 4 to 6 weeks to sweep the entire town depending on weather.

*Residents that want to rake sand from their property edge are encouraged to do so. Please **DO NOT** place any Sticks, trash or rocks at the edge of road that could damage the sweeper. Sweeping the sand into a long line 6 to 8 inches from the edge will assist the operator in finding the edge.*

Row 1	Row 2	Row 3	Row 4
Main St.	Sawyer St.	Old County Rd.	Connor Ln.
Center Bridge Rd.	Goss Ln.	Highfield Dr.	Kelly Dr.
Neck Rd.	Oatman Way	Highland St.	Old Hickory Rd.
Harvard Rd.	Maple Ave.	Lunenburg Rd.	Buttrick Rd.
Burbank Ln.	Bartol Dr.	Old Turnpike Rd. (east)	Sterling St.
Pine Hill Rd.	Carlton Place	Stagecoach Rd.	White Tail Ln.
Shasta Dr.	Barnes Ct.	Meditation Ln.	Farm Land Ln.
Creamery Rd.	High St. Ext.	N. Shirley Rd.	Redstone Hill Rd.
Brazoa Ln.	Old Common Rd.	Grant Way	Chace Hill Rd.
Shirley Rd.	Bolton Station Rd.	Evelyn Place	Woodland Meadows Dr.
Otis St.	Mill St. Ext.	Chisholm Trail	Runaway Brook
Buttonwood Ln.	Gorham Ave.	Fort Pond Rd.	Moffett St.
Ponakin Rd.	Woodruff Rd.	Fort Pond Inn Rd.	South Meadow Rd.
Schumacher Rd.	Settlers Path	Old Lunenburg Rd. (9A)	Hemlock Ln.
Rte 117	Farnsworth Way	Kaleva Rd.	Beach Point Rd.
N. Main St.	Garrison Grove	Perry Rd.	Fitch Rd.
Colony Ln.	Squire Shaler Ln.	Donelle Way	Rigby Rd.
Devonshire Way	Houghton St.	Brian Rd.	Public Rd.
Carter St.	Lee St.	Old Turnpike Rd. (west)	Silver St.
Crescent St.	Maynard St.	Harvard St.	Magnolia Dr.
Fairview Hill Rd.	Paine St.	Duval Rd.	Pilgrim Rd.
Mill St.	George Hill Rd.	White Pond Rd.	Myles Standish Rd.
Winslow St.	Hill Top Rd.	Sterling Rd.	Plymouth Dr.
Bolton Rd.	Brockelman Rd.	Mary Catherine Dr.	Mayflower Dr.
Kilbourn Rd.	Bradbury Ln.	Shannon Way	Parker Rd.
Bigelow Rd.	Windsor Rd.	Nicholas Dr.	Ivy Dr.
Whitcomb Dr.	Murphy Rd.	Lindsey Way	Ivy Ct.
Prescott St.	Bull Hill Rd.	Deershorn Rd.	Charlotte St.
Narrow Ln.	Langen Rd.	Poulin Dr.	Sylvan Rd.



Try PiYO FREE pop ups.

- January 23rd at 9:30
- February 13th at 9:30

If you like it sign up for a series

9:30 a.m. Feb. 27th, 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 or coadmin@lancasterma.net



The Short Story, with Winona Wendth



Thursdays, 6 to 8 p.m. April 16, 23, 30, and May 7, 14, 21 2020

Thayer Memorial Library, 717 Main Street, Lancaster, Massachusetts

This six-week class introduces the short story—what it is and what it isn't—how to find inspiration for and develop one, and how to transform a chapter of a longer piece or a memoir into a self-contained “short form” work of fiction. Writers will practice both reading and writing short stories with the intention of producing at least one work that is “completed, but not finished.”

This class will include weekly reading and writing assignments related to setting, characters, narrative structure and plot, language and tone, and point of view.

By the end of these six sessions, writers should have the tools necessary to make and implement decisions regarding their short-form projects that will be close to ready for submitting for publication.

Writers will have time to devote to their own projects and revisions in class through guided exercises; they should plan to share their work with others, a necessary step in revision.

Class is limited to nine writers. The fee for the six-week course is \$200.00. Preregistration is required. To enroll, please visit sevenbridge.org, or contact us with questions at 7bridgewriterscollaborative@gmail.com. Deadline to register: April 1, 2020.

Winona Winkler Wendth holds an MFA from the Bennington Writers' Seminars and has been teaching literature and writing for over twenty years; she is currently an adjunct professor at Quinsigamond Community College where she teaches the short story and writing fiction, among other writing and literature courses. Her fiction and creative non-fiction has appeared in a variety of periodicals. Wendth has been a writing group leader and craft workshop presenter at Seven Bridge Writers' Collaborative for seven years.



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 31st 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**
presents

**MARJATTA
MOIMAS**

Gentle Mindfulness
for Wellbeing

**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. We invite you to attend these informative sessions.

CONTACT

acaras@perkinschool.org
Anastasia Caras
Marketing & Events Coordinator

PRESENTING SPONSORS



SUPPORTING SPONSOR



**FREE
EVENT!**

JOIN US

The Conroy Speakers Series presents Marjatta Moimas, Qualified Mindfulness-Based Stress Reduction (MBSR) teacher.

Marjatta is trained in making meditation safe and inclusive for trauma survivors as well as in Mindfulness-Based Cognitive Therapy (MBCT). Marjatta's passion is to make mindfulness accessible for everyone, especially discriminated and oppressed people and professionals who work with them.



Join us for "Gentle Mindfulness for Wellbeing" (a trauma-sensitive approach) as we practice introductory techniques and learn about the importance of mindfulness.

THURSDAY, MARCH 19 6:30-8:00 PM

Perkins @ The Janeway Education Center
975 Main Street, Lancaster, MA

*This event is **FREE** and open to the public*

Pre-registration is encouraged:
perkinsprograms.org/conroy-speakers-series/

Finally! In Lancaster

**Free AARP Tax
Prep Service!**

Appointments required. All welcome

March 13th, March 20th

*Register NOW appointments
are filling fast.*

Don't do taxes? *You should!* \$\$ Everyone should especially in MA: Circuit Breaker! You might be leaving money on the table. AARP offers FREE tax preparation to low and moderate income families. Seniors are our specialty! WE are accepting reservations NOW! Can't make our dates? Clinton, Leominster have them too. *Sessions fill up quickly, so call early; don't wait until you get all your forms (1099's, W-2's, etc.).* Other locations are available on other days; details in next month's "Crier."

RSVP 978-733-4076



Thayer Memorial Library – Youth Services

March 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 TML closed on Sundays	2	3	4	5 Story Hour: Feelings – 10:30 AM *Photo Workshop – 4:00 PM	6 Story Hour – 10:30 AM Frozen Party – 1:00 PM	7 *D&D Odyssey of the Dragonlords – 10:00 AM
8	9 LEGO Club – 4:00 PM	10	11	12 Story Hour: Flowers – 10:30 AM	13	14 PJ Storytime with the Nashoba Chieftains – 10:30 AM
15	16	17	18 Early Release Movie: Dora and the Lost City of Gold – 1:30 PM	19 Every Child Ready to Read with Liz Garreffo – 10:30 AM	20 Story Hour 10:30 AM	21 Read to Will the Therapy Dog – 10:30 AM
22	23 Crafternoon: Origami Lilies – 4:00 PM	24	25 Leaping Lizards – 4:00 PM Tween Book Group – 6:00 PM	26 Story Hour: Spring – 10:30 AM	27	28 Snuggles & Stories – 10:30 AM
29	30	31				

Programs marked with an asterisk (*) require registration. Contact Youth Services Librarian Maren Caulfield at 978-368-8928 x 5 or 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. Photo Workshop is for ages 8-12. D&D Odyssey is for ages 13-18.

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.



FREE WELLNESS CLINICS

Lancaster Community Center

8-10 a.m. 1st and 4th Tuesdays

1st Tuesday : Nashoba Board of Health

4th Tuesday: VNA Care

Free services include

health assessments (blood pressure, blood sugar, cardiopulmonary assessments),

teaching (medication, diet, disease management, preventive health, etc.)
and

referrals to community resources.

Chair Yoga **TUESDAYS at 10:30 a.m.**

Seniors \$5 per class or 6 classes for \$25
General public \$6 per class or 6 for \$30

No matter what your capability/ ailment or restriction is, you will learn tools and techniques to carry with you to help with discomfort, lubricate the joints, calm the mind, AND get a good work-out! We start with seated poses, core work, twists, balance, spine lengthening and strengthening and grounding work off the chair (with modifications if needed in chair), and end with a guided relaxation. This class promises to leave you feeling more peaceful, energized, and uplifted. Please let Julianna know prior to class. If you have any specific restrictions.



Hatha Yoga

Mondays @ 11 a.m. Sat @ 9:30 am

After a Tai Chi class your yoga will be better than ever! At least try one. Get the week started with gentle Hatha yoga. All ages and abilities will benefit from this yoga class. Yoga is widely recognized as a way to improve balance, improve posture, keep your range of motion, improve clarity of mind and reduce stress.

Held on the Lower Level; we provide mats and water!

Monday and Saturday: \$5 per class or 6 classes for \$25

Thursday: \$10 per class (two punches)

(Buy a card, no penalty for missed classes!)

*Just
Breathe*

Tai Chi and Quigong

Monday 9:30 am &

Tuesday Evenings 5:45 pm

Tai Chi uses gentle movements to reduce stress and improve health. "Tai Chi strengthens the weak, raises the sick, invigorates the debilitated, and encourages the timid" -Tai Chi Grandmaster Cheng Man-Ching 1947

Instructor: Jeff Cote

\$5 per class or 6 classes for \$25

(Buy a card, no penalty for missed classes!)

Lancaster's
Keep Moving Walking Club
STILL OUTDOORS:

WHEN: TUESDAYS 9:00-10:00 A.M.
WHEN: THURSDAYS 9:00-10:00 A.M.



Striders (Speedy) and Strollers (Slower) welcome!
Come join us for pancakes and then work them off!
We provide water, and companionship for a safe walk on Lancaster's
lovely byways.

Get in shape, and get healthy.
Questions? Call us at 978-733-4076!

IN CELEBRATION OF WOMEN'S HISTORY MONTH

THE LANCASTER HISTORICAL SOCIETY

Invites you to attend

"TEA WITH CLARA"

The Life and Times of Clara Endicott Sears

FEATURING A PRESENTER FROM THE
FRUITLANDS MUSEUM IN HARVARD, MA



DATE: *Sunday, March 8, 2020* TIME: *2:00 pm.*

PLACE: *Fellowship Hall, First Church of Christ at 725 Main Street*
on Lancaster's Historic Town Green

FREE AND OPEN TO THE PUBLIC.
FOR MORE INFORMATION, CALL (978) 733-6907

**Short
Skirts,
Oh My!**



Tuesday March 17 6:30 PM
Thayer Memorial Library, Lancaster

In 1910, women's skirts and hair were long. A decade later, skirts reached unseemly heights, bobbed hair was "in" and women won the right to vote. Follow the evolution from Abigail Adams advising husband John to "remember the ladies" to the shocking emergence of the 1920's "fiery youth."

**CELEBRATE THE 100TH ANNIVERSARY OF THE 19TH
AMENDMENT RATIFICATION IN AUGUST, 2020**

Audiences Say:

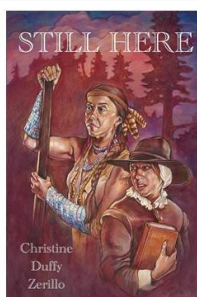
Thank you for a really terrific evening! We continue to receive compliments about your program.

Thank you - we had a great time! Everyone agreed that we should have you back next year!



From Freedom to Flight

Changing Women's Roles During King Philip's War in New England



Author Event

Author Christine Duffy Zerillo will read from her new historical fiction novel entitled *STILL HERE*, comparing and contrasting the roles of two powerful women during colonial times in New England. Hear excerpts describing the daily lives of a minister's wife, **Mary White Rowlandson**, and a native woman sachem, **Weetamoo** during King Philip's War.

A book signing will follow the program

Thayer Memorial Library

717 Main Street, Lancaster

Monday, March 23

6:30 p.m.

FREE

OPEN TO THE PUBLIC



*Celebrating
Women's
History
Month*



Christine Duffy Zerillo grew up in Nipmuc Country in Massachusetts. She has been a freelance journalist, writing instructor, and published author. Christine was selected as a winner of *National Novel Writing Month* in 2017. She lives in Connecticut.

Sterling-Lancaster Community TV
Broadcast Schedule February 29 - March 06, 2020
Comcast Channel 8

Saturday		Genre
12:00 AM	The Scar	Entertainment
4:00 AM	The Scar	Entertainment
7:00 AM	The Kamla Show - Janice Engel	Interview
8:00 AM	Village Church Service	Religion
10:00 AM	College Church Service	Religion
12:00 PM	Seven Bridge - Finding the Funny in Your Writing	Local
2:00 PM	Seven Bridge - Finding the Funny in Your Writing	Local
4:00 PM	The Boink Show - Chiropractors	Children
5:00 PM	David Bromberg Quintet & Band - Maynard	Music
7:00 PM	Euromaxx - Skiing and Tabogganing	Documentaries
7:30 PM	Seven Bridge - Finding the Funny in Your Writing	Local
9:30 PM	Out and About - Pinball & Arcade Expo	Hobby
9:45 PM	Out and About - Collectible Signs	Hobby
10:00 PM	The Kamla Show - Janice Engel	Interview
Sunday		
12:00 AM	The Scar	Entertainment
4:00 AM	The Scar	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	Seven Bridge - Finding the Funny in Your Writing	Local
2:00 PM	Seven Bridge - Finding the Funny in Your Writing	Local
4:00 PM	The Boink Show - Chiropractors	Children
5:00 PM	David Bromberg Quintet & Band - Maynard	Music
7:00 PM	Euromaxx - Skiing and Tabogganing	Documentaries
7:30 PM	Seven Bridge - Finding the Funny in Your Writing	Local
9:30 PM	Out and About - Pinball & Arcade Expo	Hobby
9:45 PM	Out and About - Collectible Signs	Hobby
10:00 PM	The Kamla Show - Janice Engel	Interview
Monday - Friday		
12:00 AM	Terror by Night	Entertainment
4:00 AM	Terror by Night	Entertainment
7:30 AM	Barbara and You	Interview
9:00 AM	Eat Well Be Happy - Peach Cobbler & More	Cooking

10:00 AM	Yoga for Health and Joy - Digestion	<i>Health</i>
11:00 AM	The Old Fashioned Way - Maple	<i>Hobby</i>
12:00 PM	Hip & Knee Osteoarthritis at Sterling Senior Center	<i>Local</i>
1:30 PM	Tomorrow Today - The Sun; Light of Our Lives	<i>Documentaries</i>
2:00 PM	Church Services	<i>Religion</i>
4:00 PM	The Boink Show - Faith	<i>Children</i>
5:00 PM	Swing Café at New Revival	<i>Music</i>
7:00 PM	Tomorrow Today - The Sun; Light of Our Lives	<i>Documentaries</i>
8:00 PM	Hip & Knee Osteoarthritis at Sterling Senior Center	<i>Local</i>
9:00 PM	The Old Fashioned Way - Maple	<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 for any updates.

Sterling-Lancaster Community TV
Broadcast Schedule March 07 - March 13 2020
Comcast Channel 8

Saturday		Genre
12:00 AM	Terror by Night	Entertainment
4:00 AM	Terror by Night	Entertainment
6:30 AM	Barbara and You	Interview
8:00 AM	Village Church Service	Religion
10:00 AM	College Church Service	Religion
12:00 PM	Hip & Knee Osteoarthritis at Sterling Senior Center	Local
1:30 PM	Tomorrow Today - The Sun; Light of Our Lives	Documentaries
2:00 PM	Hip & Knee Osteoarthritis at Sterling Senior Center	Local
3:30 PM	The Old Fashioned Way - Maple	Hobby
4:00 PM	The Boink Show - Faith	Children
5:00 PM	Swing Café at New Revival	Music
7:00 PM	Tomorrow Today - The Sun; Light of Our Lives	Documentaries
8:00 PM	Hip & Knee Osteoarthritis at Sterling Senior Center	Local
9:00 PM	The Old Fashioned Way - Maple	Hobby
10:00 PM	Barbara and You	Interview
Sunday		
12:00 AM	Terror by Night	Entertainment
4:00 AM	Terror by Night	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	Hip & Knee Osteoarthritis at Sterling Senior Center	Local
1:30 PM	Tomorrow Today - The Sun; Light of Our Lives	Documentaries
2:00 PM	Hip & Knee Osteoarthritis at Sterling Senior Center	Local
3:30 PM	The Old Fashioned Way - Maple	Hobby
4:00 PM	The Boink Show - Faith	Children
5:00 PM	Swing Café at New Revival	Music
7:00 PM	Tomorrow Today - The Sun; Light of Our Lives	Documentaries
8:00 PM	Hip & Knee Osteoarthritis at Sterling Senior Center	Local
9:00 PM	The Old Fashioned Way - Maple	Hobby
10:00 PM	Barbara and You	Interview
Monday - Friday		
12:00 AM	The Chase	Entertainment
4:00 AM	The Chase	Entertainment

7:30 AM	Barbara and You	<i>Interview</i>
9:00 AM	Tina Cooks - Stuffed Cabbage	<i>Cooking</i>
10:00 AM	Yoga for Health and Joy - Flow Alignment	<i>Health</i>
11:00 AM	North Central Journal - Wachusett Brewing Company	<i>Hobby</i>
12:00 PM	Movement as Medicine - Exercise and Osteoporosis	<i>Local</i>
1:00 PM	Euromaxx - World's Biggest Cuckoo Clock	<i>Documentaries</i>
2:00 PM	Church Services	<i>Religion</i>
4:00 PM	The Boink Show - Recycling	<i>Children</i>
5:00 PM	Swing Café at New Revival Interview	<i>Music</i>
6:00 PM	The Song - Jim K and Company	<i>Music</i>
7:00 PM	Euromaxx - World's Biggest Cuckoo Clock	<i>Documentaries</i>
8:00 PM	Movement as Medicine - Exercise and Osteoporosis	<i>Local</i>
9:00 PM	North Central Journal - Wachusett Brewing Company	<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 for any updates.