

# **Trempealeau County Community Television**



## **Schedule for Week of August 13th - August 19th, 2018**

*The content of this schedule may change at times in order to accommodate time sensitive issues that affect our viewers.  
We thank you for your understanding in this matter.*

### **MONDAY Aug. 13th**

- 6:30 a.m. Jazz Cardio Strength Stretch.
- 7:00 a.m. The County Beat.
- 7:30 a.m. Jessercise
- 8:00 a.m. A Culinary Journey.
- 8:30 a.m. Eat Well, Be Happy
- 9:00 a.m. Swing Into Shape. Level 1
- 9:30 a.m. Painting Journeys.
- 10:30 a.m. Swing Into Shape. Level 2
- 11:00 a.m. Musicians in Our Midst.
- 11:30 a.m. Midwest Country Theater Showcase.
- 12:30 p.m. Baby Blue Arts.
- 1:00 p.m. Sunday Worship.
- 2:00 p.m. Swing Into Shape. Level 3
- 2:30 p.m. Sunday Worship.
- 3:30 p.m. Road to Recovery.
- 4:30 p.m. Something Fishy in Trempealeau County.
- 5:00 p.m. The Children's Corner.
- 5:30 p.m. Cooking and Kids.
- 6:00 p.m. Old Time Music Show.
- 6:30 p.m. Trempealeau County Outdoors.
- 7:00 p.m. Beneath Your Feet.
- 8:00 p.m. Environment & Land Use Committee Meeting

### **TUESDAY Aug 14th**

- 6:30 a.m. Jazz Cardio Strength Stretch.
- 7:00 a.m. Jessercise.
- 7:30 a.m. Yoga for Health and Joy.
- 8:00 a.m. Sunday Worship.
- 9:00 a.m. Swing into Shape. Level 1
- 9:30 a.m. Farmer's Corner.
- 10:30 a.m. Swing Into Shape. Level 2
- 11:00 p.m. Environment & Land Use Committee Meeting
- 2:00 p.m. Swing Into Shape. Level 3
- 2:30 p.m. Yoga for Health and Joy.
- 3:00 p.m. Independence Water & Sewer Committee Meeting.
- 5:00 p.m. The Children's Corner.
- 5:30 p.m. Sidewalks Entertainment.
- 6:00 p.m. Old Time Music Show.
- 6:30 p.m. Musicians in Our Midst.

7:00 p.m. John Latsch: The Man and His River  
7:30 p.m. Backyard Wellness.  
8:00 p.m. Live Election Coverage – Primary 2018

**WEDNESDAY Aug. 15th**

6:30 a.m. Jazz Cardio Strength Stretch.  
7:00 a.m. The County Beat.  
7:30 a.m. Jessercise.  
8:00 a.m. Sunday Worship. Our Saviour's Lutheran Church, Whitehall.  
9:00 a.m. Swing Into Shape. Level 1  
9:30 a.m. Backyard Wellness.  
10:00 a.m. Speaking of Horses.  
10:30 a.m. Swing Into Shape. Level 2  
11:00 a.m. Trench Knives and Mustard Gas  
12:00 p.m. Future Talk.  
12:30 p.m. Valley Bible: Genesis 32  
1:30 p.m. Something Fishy in Trempealeau County.  
2:00 p.m. Swing Into Shape. Level 3  
2:30 p.m. Yoga for Health and Joy.  
3:00 p.m. Studio Cuts - Ellie Nelson.  
4:00 p.m. Beneath your Feet.  
5:00 p.m. Sidewalks Entertainment.  
5:30 p.m. The County Beat.  
6:00 p.m. Old Time Music Show.  
6:30 p.m. Reel Reviews.  
7:00 p.m. Reaching Out.  
8:00 p.m. Classic Cinema Theater.

**THURSDAY Aug. 16th**

6:30 a.m. Jazz Cardio Strength Stretch.  
7:00 a.m. Jessercise.  
7:30 a.m. Yoga for Health and Joy.  
8:00 a.m. Sunday Worship.  
9:00 a.m. Swing Into Shape. Level 1  
9:30 a.m. Farmer's Corner.  
10:30 a.m. Swing Into Shape. Level 2  
11:00 a.m. Studio Cuts - Ellie Nelson  
12:00 p.m. Reel Reviews.  
12:30 p.m. Reaching Out.  
1:30 p.m. Future Talk.  
2:00 p.m. Swing Into Shape. Level 3  
2:30 p.m. Yoga for Health and Joy.  
3:00 p.m. Road to Recovery.  
4:00 p.m. Where Have You Been?  
4:30 p.m. Something Fishy in Trempealeau County.  
5:00 p.m. The Children's Corner.  
5:30 p.m. Cooking and Kids.  
6:00 p.m. Old Time Music Show.  
6:30 p.m. Musicians in Our Midst.

7:00 p.m. Beneath Your Feet.  
8:00 p.m. Independence Water & Sewer Committee Meeting

**FRIDAY Aug. 17th**

6:30 a.m. Jazz Cardio Strength Stretch.  
7:00 a.m. The County Beat.  
7:30 a.m. Jessercise.  
8:00 a.m. A Culinary Journey.  
8:30 a.m. Eat Well, Be Happy.  
9:00 a.m. Swing Into Shape. Level 1  
9:30 a.m. Reaching Out.  
10:30 a.m. Swing Into Shape. Level 2  
11:00 a.m. Beneath Your Feet.  
12:00 p.m. Midwest Country Theater Showcase.  
1:00 p.m. Baby Blue Arts.  
1:30 p.m. Musicians in Our Midst.  
2:00 p.m. Swing Into Shape. Level 3  
2:30 p.m. Yoga for Health and Joy.  
3:00 p.m. Road to Recovery.  
4:00 p.m. Nautilus.  
4:30 p.m. Drawing with Mark.  
5:00 p.m. The Children's Corner.  
5:30 p.m. Once Upon a time.  
6:00 p.m. Old Time Music Show.  
6:30 p.m. Where Have you Been?  
7:00 p.m. Valley Bible: Genesis 32  
8:00 p.m. Studio Cuts - Ellie Nelson  
9:00 p.m. Classic Cinema Theater.

**SATURDAY Aug. 18th**

6:30 a.m. Jazz Cardio Strength Stretch.  
7:00 a.m. Jessercise  
7:30 a.m. Yoga for Health and Joy.  
8:00 a.m. Valley Bible: Genesis 32  
9:00 a.m. Something Fishy in Trempealeau County  
9:30 a.m. The County Beat  
10:00 a.m. The Children's Corner.  
10:30 a.m. Nautilus.  
11:00 a.m. Once Upon a Time.  
11:30 a.m. Kids and Cooking.  
12:00 p.m. Road to Recovery.  
1:00 p.m. Reel Reviews.  
1:30 p.m. Classic Cinema Theater.  
3:30 p.m. Future Talk.  
4:00 p.m. Rock Scissor Paper.  
5:00 p.m. Sunday Worship.  
6:00 p.m. Sunday Worship.  
7:00 p.m. Midwest Country Music Theater Showcase.  
8:00 p.m. Studio Cuts - Ellie Nelson

9:00 p.m. Music in the Park.

**SUNDAY Aug. 19th**

6:30 a.m. Jazz Cardio Strength Stretch  
7:00 a.m. Jessercise  
7:30 a.m. Yoga for Health and Joy.  
8:00 a.m. Sunday Worship.  
9:00 a.m. Sunday Worship.  
10:00 a.m. Music in the Park.  
11:30 a.m. Studio Cuts - Ellie Nelson  
12:30 p.m. Reel Reviews.  
1:00 p.m. Midwest Country Music Theater Showcase.  
2:00 p.m. Old Time Music Show.  
2:30 p.m. Something Fishy in Trempealeau County  
3:00 p.m. History Files: The Arnold House.  
4:00 p.m. Farmer's Corner.  
5:00 p.m. Backyard Wellness.  
5:30 p.m. Rock, Scissors, Paper.  
6:30 p.m. The County Beat.  
7:00 p.m. Discover Trempealeau County.  
8:00 p.m. Beneath Your Feet.  
9:00 p.m. Classic Cinema Theater.