

	Weekly Program Grid		Community Access channel		Comcast Ch. 1076 & VTel ch. 166 (also streaming on okemovalley.tv)					
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time		
12:00 AM	Local Variety	Local Concert	St. James United Methodist Church	Youth Sports	The Tasty Twist with Sammy B	Local Concert	Youth Sports	12:00 AM		
12:30 AM			United Church of Ludlow		Ludlow Baptist Church			12:30 AM		
1:00 AM	Yoga with Liza	Local Variety	Average Daves TV & Movie Talk	Yoga with Liza	St. James United Methodist Church	Average Daves TV & Movie Talk	Youth Sports	1:00 AM		
1:30 AM								United Church of Ludlow	St. James United Methodist Church	1:30 AM
2:00 AM	Ludlow Baptist Church	United Church of Ludlow	Catholic Mass	Stuck in Vermont	Local Variety	The Tasty Twist with Sammy B	Local Concert	2:00 AM		
2:30 AM	St. James United Methodist Church							Story Time	2:30 AM	
3:00 AM	Calvary Church	The Tasty Twist with Sammy B	Youth Sports	Vermont Media Exchange Showcase	Calvary Church	Vermont Media Exchange Showcase	Calvary Church	3:00 AM		
3:30 AM								United Church of Ludlow	Story Time	3:30 AM
4:00 AM	United Church of Ludlow	Average Daves TV & Movie Talk	Catholic Mass	Stuck in Vermont	Story Time	The Tasty Twist with Sammy B	Local Concert	4:00 AM		
4:30 AM								Catholic Mass	Story Time	4:30 AM
5:00 AM	Catholic Mass	Local Concert	St. James United Methodist Church	Youth Sports	The Tasty Twist with Sammy B	Local Concert	Youth Sports	5:00 AM		
5:30 AM								United Church of Ludlow	Ludlow Baptist Church	5:30 AM
6:00 AM	Yoga with Liza	Local Variety	Average Daves TV & Movie Talk	Yoga with Liza	St. James United Methodist Church	Average Daves TV & Movie Talk	Youth Sports	6:00 AM		
6:30 AM								United Church of Ludlow	St. James United Methodist Church	6:30 AM
7:00 AM	Ludlow Baptist Church	United Church of Ludlow	Catholic Mass	Stuck in Vermont	Local Variety	The Tasty Twist with Sammy B	Local Concert	7:00 AM		
7:30 AM								St. James United Methodist Church	Story Time	7:30 AM
8:00 AM	Calvary Church	The Tasty Twist with Sammy B	Youth Sports	Vermont Media Exchange Showcase	Calvary Church	Vermont Media Exchange Showcase	Calvary Church	8:00 AM		
8:30 AM								United Church of Ludlow	Story Time	8:30 AM
9:00 AM	United Church of Ludlow	Average Daves TV & Movie Talk	Catholic Mass	Stuck in Vermont	Story Time	The Tasty Twist with Sammy B	Local Concert	9:00 AM		
9:30 AM								Catholic Mass	Story Time	9:30 AM
10:00 AM	Catholic Mass	Local Concert	St. James United Methodist Church	Youth Sports	The Tasty Twist with Sammy B	Local Concert	Youth Sports	10:00 AM		
10:30 AM								United Church of Ludlow	Ludlow Baptist Church	10:30 AM
11:00 AM	Catholic Mass	Local Variety	Average Daves TV & Movie Talk	Yoga with Liza	St. James United Methodist Church	Average Daves TV & Movie Talk	Youth Sports	11:00 AM		
11:30 AM								United Church of Ludlow	St. James United Methodist Church	11:30 AM
12:00 PM	Local Variety	Local Concert	St. James United Methodist Church	Youth Sports	The Tasty Twist with Sammy B	Local Concert	Youth Sports	12:00 PM		
12:30 PM								United Church of Ludlow	Ludlow Baptist Church	12:30 PM
1:00 PM	Yoga with Liza	Local Variety	Average Daves TV & Movie Talk	Yoga with Liza	St. James United Methodist Church	Average Daves TV & Movie Talk	Youth Sports	1:00 PM		
1:30 PM								United Church of Ludlow	St. James United Methodist Church	1:30 PM
2:00 PM	Ludlow Baptist Church	United Church of Ludlow	Catholic Mass	Stuck in Vermont	Local Variety	The Tasty Twist with Sammy B	Local Concert	2:00 PM		
2:30 PM								St. James United Methodist Church	Story Time	2:30 PM
3:00 PM	Calvary Church	The Tasty Twist with Sammy B	Youth Sports	Vermont Media Exchange Showcase	Calvary Church	Vermont Media Exchange Showcase	Calvary Church	3:00 PM		
3:30 PM								United Church of Ludlow	Story Time	3:30 PM
4:00 PM	United Church of Ludlow	Average Daves TV & Movie Talk	Catholic Mass	Stuck in Vermont	Story Time	The Tasty Twist with Sammy B	Local Concert	4:00 PM		
4:30 PM								Catholic Mass	Story Time	4:30 PM
5:00 PM	Catholic Mass	Local Concert	St. James United Methodist Church	Youth Sports	The Tasty Twist with Sammy B	Local Concert	Youth Sports	5:00 PM		
5:30 PM								United Church of Ludlow	Ludlow Baptist Church	5:30 PM
6:00 PM	Local Variety	Local Concert	Average Daves TV & Movie Talk	Local Concert	Average Daves TV & Movie Talk	Catholic Mass	Vermont Media Exchange Showcase	6:00 PM		
6:30 PM								United Church of Ludlow	St. James United Methodist Church	6:30 PM
7:00 PM	Youth Sports	Ludlow Baptist Church	The Tasty Twist with Sammy B	Local Concert	Local Concert	Calvary Church	Vermont Media Exchange Showcase	7:00 PM		
7:30 PM								United Church of Ludlow	St. James United Methodist Church	7:30 PM
8:00 PM	Vermont Media Exchange Showcase	Catholic Mass	Stuck in Vermont	Yoga with Liza	The Tasty Twist with Sammy B	Local Variety	Story Time	8:00 PM		
8:30 PM								United Church of Ludlow	St. James United Methodist Church	8:30 PM
9:00 PM	The Tasty Twist with Sammy B	United Church of Ludlow	Catholic Mass	Stuck in Vermont	Story Time	The Tasty Twist with Sammy B	Local Concert	9:00 PM		
9:30 PM								United Church of Ludlow	St. James United Methodist Church	9:30 PM
10:00 PM	St. James United Methodist Church	Youth Sports	St. James United Methodist Church	Calvary Church	Catholic Mass	Youth Sports	Average Daves TV & Movie Talk	10:00 PM		
10:30 PM								United Church of Ludlow	St. James United Methodist Church	10:30 PM
11:00 PM	Catholic Mass	Local Concert	Average Daves TV & Movie Talk	Yoga with Liza	United Church of Ludlow	Average Daves TV & Movie Talk	Calvary Church	11:00 PM		
11:30 PM								United Church of Ludlow	St. James United Methodist Church	11:30 PM