

MGTV-15
SUBJECT TO CHANGE
WEEK OF NOVEMBER 12, 2018

Time	Mon. 11/12	Tue. 11/13	Wed. 11/14	Thur. 11/15	Fri. 11/16	Sat. 11/17	Sun. 11/18
9:00am	Fit For Duty/ Aerobics	Fit For Duty/ Pushing For Power		Fit For Duty/ Legs, Buns, Abs	Fit For Duty/ Latin Dance	Council Meeting Replay	Fit For Duty/ Chair Exercises
9:30am	Greenworks/ In The City	Balance Training		Eat Smart For Your Health	Greenworks/ Environmentl Careers	Fit For Duty/ Interval Training	In The Fight
10:00am	Armed With Science	Greenworks/ Youth Action	Council Meeting Replay	Greenworks/ Polution Solutions & Results	Strength & Conditioning	Ergonomics To Prevent Injuries	Recon/ Big Muddy
10:30am	Managing Type 2 Diabetes	Recon Conspicuous Courage	Fit For Duty/ Yoga For Runers	Recon/ Future Soldier	Combat Camera	Unbridled	Greenworks/ Echos Through Penns Woods
11:00am			Recon/ Strike Package				Reverse Mortgage A Unique Financial Option
11:30am			Greenworks/ Environment In The Home				
12:00pm	Zoning Hearing Board Replay	Recon/ Inner Energy		Organ Transplant Pgm.	In The Fight		Carpal Tunnel
12:30pm	Greenworks/ Touch The Water	Greenworks/ A River Sojourn		Navy Counter Terrorism	Greenworks/ Eat Locally		No Greater Love
1:00pm	Military/ Bragging Rights	In The Fight	American Veterans/ Ancesstors	Greenworks/ In The City	Riverine Warriors	Your Kidney's & You	Too Good To Be True
1:30pm	Greenworks/ Shaping Our Communities	Greenworks/ Bay To PA	Joint Replacement	Recon Battling The Odds	Put Some Spring In Your Step	Command Performance	Lithawanian Blood Brothers
2:00pm	Closer Look/ Afghanistan Crossroads	Seven Families Of Old Patton Twp.	Recon Game On	Theropy Options	Greenworks/ Bay o PA	Breast Cancer	Greenworks/ Protecting Our Children' Health
2:30pm			Fraud Files			Tour Of Duty/ Camp Humphrey	
3:00pm							
3:30pm							
4:00pm					Council Meeting Replay		
5:00pm							
6:00pm							Council Meeting Replay
6:30pm							Recon/ 2008 Reloaded
7:00pm	2nd Budget Hearing/Cit. Nt. /Council Work Sess. Replay	Council Meeting - Live	Reverse Mortgage Expained	Recon/ Vietnam Wall Stories	7 Simple Ways To Keep Your Back Healthy	Council Meeting Replay	Greenworks/ And The Award Goes To
7:30pm	In The Fight		Military Police/ Women In The Military	Steady On Your Feet	Big Muddy	American Vets/ Landmark	Armed Wirh Science
8:00pm	Greenworks/ Environmental Pioneer		Gettysburg Battle	Rising Sun/ Education	Greenworks/ Return Of The Raptor	Diabetes Prevention	Managing Joint Pain In Winter
8:30pm	Rising Sun/ The Aquarium		Greenworks/ Enviro Innovations	Greenworks/ Dealing With Waste	War Against Japan	In The Fight	Recon/ Coast Guard
9:00pm	Greenworks/ Cleaning The Air		Arthritis Prevention	Engaging Africa	Greenworks/ Polution Prevention	Greenworks/ Living Communities	Greenworks/ Water Resources