



# Belmont Media Center Program Schedule

Comcast: Channel 8, 9, 6

Verizon: Channel 28, 29, 30, 2130

November 18 - 24, 2024

[www.belmontmedia.org/watch](http://www.belmontmedia.org/watch)

## Monday, November 18, 2024

### CH 8/28 Gov & Ed TV

**12:00 PM** BHS Building Cmte 9/26  
**2:00 PM** Warrant Committee 11/13  
**5:30 PM** Select Board (Live)  
**7:00 PM** Town Meeting (Live)

### CH 9/29 Public TV

**9:00 AM** BSC: Sitcoms  
**10:30 AM** On the Job  
**11:30 AM** Kitchen to Kitchen  
**12:00 PM** Dracut Arts  
**12:30 PM** Contemporary Science Issues  
**1:00 PM** Breakfast Can Be Healthy  
**1:30 PM** Middlesex Concert Band  
**3:00 PM** Historical Society: Lafayette  
**4:00 PM** Stuffed Dates  
**4:30 PM** Belmont Business Spotlight  
**5:00 PM** BHS Sports TV  
**9:00 PM** Belmont Journal/News Now  
**9:30 PM** Hot Topics  
**10:00 PM** SPOA Housing Policy  
**11:00 PM** The Night Shift

### CH 6/30 Info TV

**6:00 AM** Belmont Journal/News Now  
**6:30 AM** The DNA of the News  
**7:00 AM** Africa News Live  
**8:00 AM** Democracy Now  
**9:00 AM** Al Jazeera News  
**10:00 AM** Deutsche Welle News  
**11:00 AM** France 24 News  
**1:00 PM** Belmont Journal/News Now  
**1:30 PM** Connect  
**2:00 PM** MA House of Representatives  
**5:00 PM** Belmont Journal/News Now  
**5:30 PM** DNA of the News  
**6:00 PM** Democracy Now  
**7:00 PM** Al Jazeera News  
**8:00 PM** Africa News Live  
**9:00 PM** Deutsche Welle News  
**10:00 PM** France 24 News  
**12:00 AM** Democracy Now

### CH 2130 HD TV

**9:30 AM** SPOA Housing Policy  
**10:30 AM** On the Job  
**11:00 AM** Talk About Jazz  
**11:30 AM** Breakfast Can Be Healthy  
**12:00 PM** Belmont Journal/News Now  
**12:30 PM** Contemporary Science Issues  
**1:00 PM** Pesto for Pasta  
**1:30 PM** Kitchen to Kitchen  
**2:00 PM** Henry's Baseball Show  
**2:30 PM** Belmont Author Spotlight  
**3:00 PM** BSC: Stand Up  
**4:00 PM** Stuffed Dates  
**4:30 PM** Belmont Business Spotlight  
**5:30 PM** Select Board (Live)  
**7:00 PM** Town Meeting (Live)

## Tuesday, November 19, 2024

### CH 8/28 Gov & Ed TV

**9:00 AM** BMHS Building Cmte 9/26  
**12:00 PM** Planning Board 11/6  
**3:00 PM** LWV Warrant Briefing 11/7  
**7:00 PM** Town Meeting (Live)

### CH 9/29 Public TV

**9:00 AM** BSC: Core  
**10:00 AM** BSC: Strength & Flexibility  
**11:00 AM** BSC: Aerobics  
**12:00 PM** BSC: Tai Chi  
**12:30 PM** BSC: Low Impact Fitness  
**1:30 PM** Talk About Jazz  
**2:30 PM** Henry's Baseball Show  
**3:00 PM** Pesto for Pasta  
**3:30 PM** Town Day  
**4:00 PM** Radio Daze  
**5:00 PM** Hot Topics

### CH 6/30 Info TV

**6:00 AM** Belmont Journal/News Now  
**6:30 AM** The DNA of the News  
**7:00 AM** Africa News Live  
**8:00 AM** Democracy Now  
**9:00 AM** Al Jazeera News  
**10:00 AM** Deutsche Welle News  
**11:00 AM** France 24 News  
**1:00 PM** Belmont Journal/News Now  
**1:30 PM** Connect  
**2:00 PM** MA House of Representatives  
**5:00 PM** Belmont Journal/News Now

### CH 2130 HD TV

**11:00 AM** Town Day  
**11:30 AM** BHS Sports  
**2:00 PM** SPOA Housing Policy  
**3:00 PM** Contemporary Science Issues  
**3:30 PM** Henry's Baseball Show  
**4:00 PM** Gallery @ BMC  
**4:30 PM** Belmont Journal/News Now  
**5:00 PM** Explaining MBTA Zoning Plan  
**5:30 PM** Belmont Author Spotlight  
**6:00 PM** Kitchen to Kitchen  
**7:00 PM** Town Meeting (Live)

**Belmont Media Center Program Schedule**

**November 18 - 24, 2024**

<b>5:30 PM</b> Belmont Author Spotlight	<b>5:30 PM</b> The DNA of the News
<b>6:00 PM</b> Reeling...The Movie Review Show	<b>6:00 PM</b> Democracy Now
<b>6:30 PM</b> SPOA Housing Policy	<b>7:00 PM</b> Al Jazeera News
<b>7:30 PM</b> Kitchen to Kitchen	<b>8:00 PM</b> Africa News Live
<b>8:00 PM</b> Gallery @ BMC	<b>9:00 PM</b> Deutsche Welle News
<b>8:30 PM</b> Contemporary Science Issues	<b>10:00 PM</b> France 24 News
<b>9:00 PM</b> Stuffed Dates	<b>12:00 AM</b> Democracy Now
<b>9:30 PM</b> Belmont Business Spotlight	
<b>10:00 PM</b> Belmont Journal/News Now	
<b>10:30 PM</b> Dancing with Belmont Stars	

**Wednesday, November 20, 2024**

**CH 8/28 Gov & Ed TV**

**7:30 AM** Municipal Light Board 11/6  
**11:00 AM** Town Meeting 11/18  
**3:00 PM** Zoning Board of Appeals 11/4  
**4:30 PM** Warrant Briefing 11/7  
**7:00 PM** Town Meeting (Live)

**CH 9/29 Public TV**

**10:00 AM** BSC: Yoga Dance  
**11:00 AM** BSC: Low Impact Fitness  
**12:00 PM** BSC: Stand Up  
**1:30 PM** Pesto for Pasta  
**2:00 PM** Radio Daze  
**3:00 PM** Breakfast Can Be Healthy  
**3:30 PM** Henry's Baseball Show  
**4:00 PM** Reeling...The Movie Review  
**4:30 PM** On the Job  
**5:00 PM** Stuffed Dates  
**5:30 PM** Contemporary Science Issues  
**6:00 PM** Middlesex Concert Band  
**7:30 PM** Town Day  
**8:00 PM** Talk About Jazz  
**8:30 PM** Gallery @ BMC  
**9:00 PM** Belmont Author Spotlight  
**9:30 PM** Belmont Journal/News Now  
**10:00 PM** The Night Shift

**CH 6/30 Info TV**

**6:00 AM** Belmont Journal/News Now  
**6:30 AM** The DNA of the News  
**7:00 AM** Africa News Live  
**8:00 AM** Democracy Now  
**9:00 AM** Al Jazeera News  
**10:00 AM** Deutsche Welle News  
**11:00 AM** France 24 News  
**1:00 PM** Belmont Journal/News Now  
**1:30 PM** Connect  
**2:00 PM** MA House of Representatives  
**5:00 PM** Belmont Journal/News Now  
**5:30 PM** The DNA of the News  
**6:00 PM** Democracy Now  
**7:00 PM** Al Jazeera News  
**8:00 PM** Africa News Live  
**9:00 PM** Deutsche Welle News  
**10:00 PM** France 24 News  
**12:00 AM** Democracy Now

**CH 2130 HD TV**

**7:30 AM** Municipal Light Board 11/6  
**10:30 AM** Breakfast Can Be Healthy  
**11:00 AM** Hot Topics  
**11:30 AM** BHS Sports  
**2:00 PM** Talk About Jazz  
**2:30 PM** Belmont Author Spotlight  
**3:00 PM** Belmont Journal/News Now  
**3:30 PM** Radio Daze  
**4:30 PM** Contemporary Science Issues  
**5:00 PM** Town Day  
**6:00 PM** Stuffed Dates  
**6:30 PM** Pesto for Pasta  
**7:00 PM** Town Meeting (Live)

**Thursday, November 21, 2024**

**CH 8/28 Gov & Ed TV**

**8:30 AM** BMHS Building Cmte (Live)  
**12:00 PM** School Committee 11/12  
**3:30 PM** Municipal Light Board 11/6  
**5:30 PM** Town Meeting 11/19

**CH 9/29 Public TV**

**9:00 AM** BSC: Tai Chi  
**9:30 AM** BSC: Core  
**10:00 AM** BSC: Aerobics  
**10:30 AM** BSC: Zumba

**CH 6/30 Info TV**

**6:00 AM** Belmont Journal/News Now  
**6:30 AM** The DNA of the News  
**7:00 AM** Africa News Live  
**8:00 AM** Democracy Now

**CH 2130 HD TV**

**8:30 AM** BMHS Building Cmte (Live)  
**10:30 AM** Dancing with Belmont Stars  
**12:00 PM** BSC: Sitcoms  
**1:30 PM** Henry's Baseball Show

**Belmont Media Center Program Schedule****November 18 - 24, 2024****8:30 PM** Planning Board 11/6

**11:30 AM** BSC: Qigong  
**12:30 PM** BSC: Stand Up  
**1:30 PM** Dracut Arts  
**2:00 PM** Middlesex Concert Band  
**3:30 PM** Gallery @ BMC  
**4:00 PM** Pesto for Pasta  
**4:30 PM** Henry's Baseball Show  
**5:00 PM** BSC: Sitcoms  
**6:30 PM** Reeling...Movie Review Show  
**7:00 PM** Radio Daze  
**8:00 PM** Hot Topics  
**8:30 PM** Belmont Business Spotlight  
**9:00 PM** Belmont Journal/News Now  
**9:30 PM** Talk About Jazz  
**10:30 PM** SPOA Housing Policy  
**11:30 PM** The Night Shift

**9:00 AM** Al Jazeera News  
**10:00 AM** Deutsche Welle News  
**11:00 AM** France 24 News  
**1:00 PM** Belmont Journal/News Now  
**1:30 PM** Connect  
**2:00 PM** MA House of Representatives  
**5:00 PM** Belmont Journal/News Now  
**5:30 PM** The DNA of the News  
**6:00 PM** Democracy Now  
**7:00 PM** Al Jazeera News  
**8:00 PM** Africa News Live  
**9:00 PM** Deutsche Welle News  
**10:00 PM** France 24 News  
**12:00 AM** Democracy Now

**2:30 PM** Radio Daze  
**4:00 PM** Historical Society: Lafayette  
**5:00 PM** Gallery @ BMC  
**5:30 PM** Middlesex Concert Band  
**7:00 PM** Pesto for Pasta  
**7:30 PM** Belmont Journal/News Now  
**8:00 PM** Hot Topics  
**8:30 PM** Belmont Business Spotlight  
**9:00 PM** SPOA Housing Policy  
**10:00 PM** BHS Sports

**Friday, November 22, 2024****CH 8/28 Gov & Ed TV**

**9:00 AM** Zoning Board of Appeals 11/4  
**11:00 AM** School Committee 11/12  
**3:30 PM** Planning Board 11/6  
**7:00 PM** Town Meeting 11/20

**CH 9/29 Public TV**

**10:30 AM** BSC: Stand Up  
**12:00 PM** Breakfast Can Be Healthy  
**12:30 PM** Pesto for Pasta  
**1:00 PM** Middlesex Concert Band  
**2:30 PM** Dracut Arts  
**3:00 PM** Reeling...Movie Review Show  
**3:30 PM** On the Job  
**4:00 PM** Radio Daze  
**5:00 PM** Henry's Baseball Show  
**5:30 PM** Belmont Author Spotlight  
**6:30 PM** Historical Society: Lafayette  
**7:30 PM** Kitchen to Kitchen  
**8:00 PM** Gay USA  
**9:00 PM** Gallery @ BMC  
**9:30 PM** Belmont Business Spotlight  
**10:00 PM** Belmont Journal/News Now

**CH 6/30 Info TV**

**6:00 AM** Belmont Journal/News Now  
**6:30 AM** The DNA of the News  
**7:00 AM** Africa News Live  
**8:00 AM** Democracy Now  
**9:00 AM** Al Jazeera News  
**10:00 AM** Deutsche Welle News  
**11:00 AM** France 24 News  
**1:00 PM** Belmont Journal/News Now  
**1:30 PM** Connect  
**2:00 PM** MA House of Representatives  
**5:00 PM** Belmont Journal/News Now  
**5:30 PM** The DNA of the News  
**6:00 PM** Democracy Now  
**7:00 PM** Al Jazeera News  
**8:00 PM** Africa News Live  
**9:00 PM** Deutsche Welle News  
**10:00 PM** France 24 News  
**12:00 AM** Democracy Now

**CH 2130 HD TV**

**10:30 AM** BHS Sports  
**1:00 PM** Belmont Journal/News Now  
**1:30 PM** Belmont Business Spotlight  
**2:00 PM** BSC: Stand Up  
**3:00 PM** Kitchen to Kitchen  
**4:00 PM** Historical Society: Lafayette  
**5:00 PM** Radio Daze  
**6:00 PM** Middlesex Concert Band  
**7:30 PM** Town Day  
**8:00 PM** Talk About Jazz  
**8:30 PM** Hot Topics  
**9:00 PM** Gallery @ BMC  
**9:30 PM** Stuffed Dates  
**10:00 PM** Pesto for Pasta  
**10:30 PM** Dancing with Belmont Stars

**Belmont Media Center Program Schedule****November 18 - 24, 2024****Saturday, November 23, 2024****CH 8/28 Gov & Ed TV**

**9:00 AM** BMHS Building Cmte 11/21  
**11:00 AM** School Committee 11/12  
**3:30 PM** Municipal Light Board 11/6  
**6:00 PM** Town Meeting 11/20  
**8:30 PM** BHS Sports TV

**CH 9/29 Public TV**

**10:00 AM** Reeling..Movie Review Show  
**10:30 AM** BSC: Qigong Yoga  
**11:30 AM** BSC: Tai Chi  
**12:00 PM** BSC: Aerobics  
**12:30 PM** BSC: Zumba  
**1:30 PM** BSC: Core  
**2:00 PM** BSC: Strength & Flexibility  
**2:30 PM** SPOA Housing Policy  
**3:30 PM** Talk About Jazz  
**4:00 PM** Belmont Author Spotlight  
**4:30 PM** Kitchen to Kitchen  
**5:00 PM** Hot Topics  
**5:30 PM** Contemporary Science Issues  
**6:00 PM** Stuffed Dates  
**6:30 PM** Belmont Business Spotlight  
**7:00 PM** Belmont Journal  
**7:30 PM** Gallery @ BMC  
**8:00 PM** Historical Society: Lafayette  
**9:00 PM** Middlesex Concert Band  
**10:30 PM** Town Day

**CH 6/30 Info TV**

**1:00 PM** Belmont Journal/News Now  
**1:30 PM** Connect  
**2:00 PM** MA House of Representatives  
**5:00 PM** Belmont Journal/News Now

**CH 2130 HD TV**

**12:00 AM** Public Domain Horror/Sci-Fi  
**5:00 AM** Democracy Now  
**10:00 AM** Science for the Public  
**12:00 PM** Belmont Journal/News Now  
**1:00 PM** Belmont Historical Society  
**2:00 PM** Public Access Variety  
**6:00 PM** BHS Sports TV  
**11:00 PM** Belmont Journal/News Now

**Sunday, November 24, 2024****CH 8/28 Gov & Ed TV**

**8:00 AM** Municipal Light Board 11/6  
**11:00 AM** Town Meeting 11/18  
**3:00 PM** BHS Sports TV  
**7:00 PM** Zoning Board of Appeals 11/4  
**8:00 PM** Town Meeting 11/19

**CH 9/29 Public TV**

**8:30 AM** Church of God  
**9:00 PM** Heritage Park Baptist Church  
**10:30 AM** New Roads Mass (Live)  
**12:00 PM** United Methodist Church  
**1:00 PM** Historical Society: Lafayette  
**2:00 PM** Middlesex Concert Band  
**3:30 PM** Breakfast Can Be Healthy  
**4:00 PM** Heritage Park Baptist Church  
**5:00 PM** Belmont Journal/News Now  
**5:30 PM** United Methodist Church  
**6:30 PM** Town Day  
**7:00 PM** BHS Sports TV

**CH 6/30 Info TV**

**1:00 PM** Belmont Journal/News Now  
**1:30 PM** Connect  
**2:00 PM** MA House of Representatives  
**5:00 PM** Belmont Journal/News Now

**CH 2130 HD TV**

**12:00 AM** Public Domain Horror/Sci-Fi  
**5:00 AM** Democracy Now  
**10:00 AM** Public Access Variety  
**2:00 PM** Belmont Journal/News Now  
**3:00 PM** Belmont Historical Society  
**4:00 PM** BHS Sports TV  
**9:00 PM** Science for the Public  
**11:00 PM** Belmont Journal/News Now