



# Belmont Media Center Program Schedule

Comcast: Channel 8, 9, 96

Verizon: Channel 28, 29, 30, 2130

November 29 - December 5, 2021

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

## Monday, November 29, 2021

### CH 8/28 Gov & Ed TV

8:00 AM Select Board (Live)  
 12:00 PM BMHS Building Cmte 11/18  
 3:00 PM Warrant Committee 11/17  
 5:30 PM Municipal Light Board 11/15  
 7:00 PM Select Board 11/29

### CH 9/29 Public TV

8:00 AM BSC: Strength & Flexibility  
 9:00 AM BSC: Zumba  
 10:00 AM Positively Beech Street  
 11:00 AM Talking News  
 11:30 AM BSC: Core  
 12:00 PM Dracut Arts  
 12:30 PM Contemporary Science Issues  
 1:30 PM BGA: Nourish  
 3:30 PM Covid Update  
 4:00 PM BSC: Veg Around the World  
 5:00 PM BHS Sports TV  
 8:30 PM The Legal Edition  
 9:00 PM Belmont Journal  
 9:30 PM Armenian Marrow Donor Walk  
 10:30 PM Indigenous People's Day  
 11:00 PM The Night Shift

### CH 96/30 Info TV

6:00 AM Belmont Journal  
 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  
 2:00 PM MA House of Representatives  
 5:00 PM Democracy Now  
 6:00 PM Belmont Journal  
 6:30 PM The DNA of the News  
 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

9:00 AM BSC: Tai Chi  
 10:00 AM BSC: Prescription Advantage  
 11:00 AM Time Out for Sports Talk  
 12:00 PM Belmont Journal  
 1:00 PM Contemporary Science Issues  
 2:00 PM Belmont Historical Society  
 2:30 PM Armenian Marrow Donor Walk  
 3:00 PM Belmont Buzz  
 3:30 PM Essential Oil Distiller  
 4:00 PM Police Station Ribbon Cutting  
 5:00 PM Belmont Helps  
 5:30 PM Municipal Light Board 11/15  
 7:00 PM Select Board 11/29

## Tuesday, November 30, 2021

### CH 8/28 Gov & Ed TV

9:00 AM BMHS Building 11/18  
 12:00 PM Planning Board 11/16  
 3:30 PM Warrant Committee 11/17  
 6:30 PM School Committee 11/23

### CH 9/29 Public TV

10:00 AM The Legal Edition  
 10:30 AM BSC: Strength & Flexibility  
 11:00 AM BSC: Aerobics  
 12:00 PM BSC: Tai Chi  
 12:30 PM The Tom Nutile Big Band Concert  
 2:30 PM Belmont Helps  
 3:00 PM Positively Beech Street  
 4:00 PM Ask the Police Chief  
 4:30 PM BSC: Sing-Along  
 5:00 PM BSC: Line Dancing  
 5:30 PM On the Job  
 6:00 PM Radio Daze  
 6:30 PM Gambling & Military Service  
 7:00 PM Police Station Ribbon Cutting

### CH 96/30 Info TV

6:00 AM Belmont Journal  
 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  
 2:00 PM MA House of Representatives  
 5:00 PM Democracy Now  
 6:00 PM Belmont Journal  
 6:30 PM The DNA of the News  
 7:00 PM Al Jazeera News  
 8:00 PM Africa News Live

### CH 2130 HD TV

8:00 AM BSC: Prescription Advantage  
 9:00 AM BSC: Zumba  
 10:00 AM Positively Beech Street  
 11:00 AM Talking News  
 12:00 PM BSC: Veg Around the World  
 1:00 PM BSC: Sing-Along  
 1:30 PM BSC: Line Dancing  
 2:00 PM Police Station Ribbon Cutting  
 3:00 PM On the Job  
 3:30 PM Contemporary Science Issues  
 4:30 PM Belmont Journal  
 5:00 PM Belmont Buzz  
 5:30 PM BSC: Strength & Flexibility  
 6:30 PM School Committee 11/23

**Belmont Media Center Program Schedule****November 29 - December 5, 2021**

**8:00 PM** Armenian Marrow Donor Walk      **9:00 PM** Deutsche Welle News  
**8:30 PM** Contemporary Science Issues      **10:00 PM** France 24 News  
**9:30 PM** Reeling...Movie Review Show      **12:00 AM** Democracy Now  
**10:00 PM** Belmont Journal  
**10:30 PM** BPL: Better Through Books

**Wednesday, December 1, 2021****CH 8/28 Gov & Ed TV**

**9:30 AM** Municipal Light Board 11/15  
**11:00 AM** Select Board 11/29  
**4:30 PM** Structural Change 11/18  
**7:30 PM** Warrant Committee 11/17

**CH 9/29 Public TV**

**11:00 AM** BSC: Morocco Travel  
**12:00 PM** Positively Beech Street  
**1:00 PM** The Legal Edition  
**1:30 PM** BSC: Strength & Flexibility  
**2:00 PM** Radio Daze  
**2:30 PM** Gambling & Military Service  
**3:00 PM** Talking News  
**3:30 PM** Armenian Bone Marrow Walk  
**4:00 PM** Reeling...The Movie Review  
**4:30 PM** BSC: Aerobics  
**5:00 PM** Authors Virtual Read-Aloud  
**5:30 PM** Contemporary Science Issues  
**6:30 PM** Belmont Buzz  
**7:00 PM** Covid Update  
**7:30 PM** On the Job  
**8:00 PM** Time Out for Sports Talk  
**9:00 PM** Ask The Police Chief  
**9:30 PM** Belmont Journal  
**10:00 PM** Belmont Helps  
**10:30 PM** The Night Shift

**CH 96/30 Info TV**

**6:00 AM** Belmont Journal  
**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  
**2:00 PM** MA House of Representatives  
**5:00 PM** Democracy Now  
**6:00 PM** Belmont Journal  
**6:30 PM** The DNA of the News  
**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**

**8:00 AM** BMHS Building Cmte 11/18  
**11:00 AM** BSC: Core  
**12:00 PM** BSC: Prescription Advantage  
**1:00 PM** BSC: Line Dancing  
**1:30 PM** Authors Virtual Read-Aloud  
**2:00 PM** BSC: Companion Gardening  
**3:00 PM** Belmont Journal  
**3:30 PM** Ask the Police Chief  
**4:00 PM** BSC: Sing-Along  
**4:30 PM** Contemporary Science Issues  
**5:30 PM** Indigenous People's Day  
**6:30 PM** Essential Oil Distiller  
**7:00 PM** Armenian Marrow Donor Walk  
**7:30 PM** Warrant Committee 11/17

**Thursday, December 2, 2021****CH 8/28 Gov & Ed TV**

**8:00 AM** Structural Change (Live)  
**12:00 PM** School Committee 11/23  
**4:00 PM** Zoning Board of Appeals 11/1  
**6:00 PM** Community Path Project 11/4  
**8:30 PM** Planning Board 11/16

**CH 9/29 Public TV**

**9:30 AM** BSC: Core  
**10:00 AM** BSC: Aerobics  
**11:00 AM** BSC: Line Dancing  
**11:30 AM** BSC: Zumba  
**12:30 PM** The Legal Edition  
**1:00 PM** Dracut Arts  
**1:30 PM** BSC: Sing-Along  
**2:00 PM** The Tom Nutile Big Band

**CH 96/30 Info TV**

**6:00 AM** Belmont Journal  
**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

**CH 2130 HD TV**

**9:00 AM** Positively Beech Street  
**10:00 AM** BSC: Companion Gardening  
**11:00 AM** BSC: Morocco Travel  
**12:00 PM** BGA: Nourish  
**2:00 PM** Talking News  
**2:30 PM** Covid Update  
**3:00 PM** Radio Daze  
**3:30 PM** Time Out for Sports Talk

**Belmont Media Center Program Schedule****November 29 - December 5, 2021**

|  |  |   |
|--|--|---|
| <b>4:00 PM</b> Talking News                | <b>2:00 PM</b> MA House of Representatives | <b>4:30 PM</b> Authors Virtual Read-Aloud |
| <b>4:30 PM</b> BSC: Tai Chi                | <b>5:00 PM</b> Democracy Now               | <b>5:00 PM</b> Belmont Helps              |
| <b>5:30 PM</b> Covid Update                | <b>6:00 PM</b> Belmont Journal             | <b>5:30 PM</b> Tom Nutile Big Band        |
| <b>6:00 PM</b> Belmont Helps               | <b>6:30 PM</b> The DNA of the News         | <b>7:30 PM</b> Belmont Journal            |
| <b>6:30 PM</b> Reeling...Movie Review Show | <b>7:00 PM</b> The Art of Baking (Live)    | <b>8:00 PM</b> Ask the Police Chief       |
| <b>7:00 PM</b> Radio Daze                  | <b>9:00 PM</b> Deutsche Welle News         | <b>8:30 PM</b> Belmont Buzz               |
| <b>7:30 PM</b> Armenian Marrow Donor Walk  | <b>10:00 PM</b> France 24 News             | <b>9:00 PM</b> Essential Oil Distiller    |
| <b>8:00 PM</b> Belmont Buzz                | <b>12:00 AM</b> Democracy Now              | <b>9:30 PM</b> Armenian Marrow Donor Walk |
| <b>8:30 PM</b> Essential Oil Distiller     |  | <b>10:00 PM</b> BPL: Better Through Books |
| <b>9:00 PM</b> Belmont Journal             |  |   |
| <b>9:30 PM</b> On the Job                  |  |   |
| <b>10:00 PM</b> The Night Shift            |  |   |

**Friday, December 3, 2021****CH 8/28 Gov & Ed TV**

**7:30 AM** Zoning Board of Appeals 11/1  
**8:30 AM** Community Path 11/4  
**11:00 AM** School Committee 11/23  
**3:00 PM** Planning Board 11/16  
**5:30 PM** Municipal Light Board 11/15  
**7:00 PM** Select Board 11/15

**CH 9/29 Public TV**

**9:30 AM** BSC: Tai Chi  
**10:00 AM** BSC: Prescription Advantage  
**11:00 AM** Belmont Helps  
**11:30 AM** Positively Beech Street  
**12:30 PM** Talking News  
**1:00 PM** Police Station Ribbon-Cutting  
**2:00 PM** Time Out for Sports Talk  
**3:00 PM** Reeling...Movie Review Show  
**3:30 PM** Belmont Buzz  
**4:00 PM** Essential Oil Distiller  
**4:30 PM** BSC: Core  
**5:00 PM** The Tom Nutile Big Band  
**7:00 PM** Ask the Police Chief  
**7:30 PM** Armenian Marrow Donor Walk  
**8:00 PM** Gay USA  
**9:00 PM** Covid Update  
**9:30 PM** Authors Virtual Read-Aloud  
**10:00 PM** Belmont Journal  
**10:30 PM** BPL: Better Through Books

**CH 96/30 Info TV**

**6:00 AM** Belmont Journal  
**6:30 AM** MA House of Representatives  
**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  
**2:00 PM** MA House of Representatives  
**5:00 PM** Democracy Now  
**6:00 PM** Belmont Journal  
**6:30 PM** The DNA of the News  
**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**

**9:00 AM** BSC: Zumba  
**10:00 AM** BSC: Core  
**11:00 AM** Police Station Ribbon-Cutting  
**12:00 PM** BSC: Veg Around the World  
**1:00 PM** Belmont Journal  
**1:30 PM** BSC: Aerobics  
**2:00 PM** BGA: Nourish  
**4:00 PM** Time Out for Sports Talk  
**5:00 PM** Radio Daze  
**5:30 PM** Covid Update  
**6:00 PM** The Tom Nutile Big Band  
**8:00 PM** Belmont Helps  
**8:30 PM** BHS Sports

**Saturday, December 4, 2021****CH 8/28 Gov & Ed TV**

**9:00 AM** BMHS Building Cmte 11/18  
**12:00 PM** School Committee 11/23  
**3:30 PM** Structural Change 12/2

**CH 9/29 Public TV**

**10:00 AM** BSC: Companion Gardening  
**11:00 AM** Reeling...Movie Review Show  
**11:30 AM** Belmont Buzz

**CH 96/30 Info TV**

**1:00 PM** Belmont Journal  
**2:00 PM** MA House of Representatives  
**6:00 PM** Belmont Journal

**CH 2130 HD TV**

**12:00 AM** Midnight Marquee Weekends  
**4:00 AM** Democracy Now  
**9:00 AM** Science for the Public

**Belmont Media Center Program Schedule****November 29 - December 5, 2021****6:00 PM** Warrant Committee 11/17**8:30 PM** BHS Sports TV**12:00 PM** Time Out for Sports Talk**1:00 PM** BSC: Zumba**2:00 PM** BSC: Core**2:30 PM** BSC: Sing-Along**3:00 PM** BSC: Prescription Advantage**4:00 PM** Police Station Ribbon Cutting**5:00 PM** BSC Aerobics**5:30 PM** Contemporary Science Issues**6:30 PM** Author Virtual Read-Aloud**7:00 PM** Belmont Journal**7:30 PM** Essential Oil Distiller**8:00 PM** The Tom Nutile Big Band**10:00 PM** BGA: Nourish**11:00 AM** Senior Programs Block**1:00 PM** Belmont Journal**2:00 PM** Belmont Buzz**3:00 PM** Public Access Variety**5:00 PM** Belmont Historical Society**6:00 PM** BHS Sports TV**10:30 PM** Belmont Journal**Sunday, December 5, 2021****CH 8/28 Gov & Ed TV****9:30 AM** Municipal Light Board 11/15**11:00 AM** Select Board 11/29**3:00 PM** BHS Sports TV**7:00 PM** Zoning Board of Appeals 11/1**9:30 PM** Community Path Project 11/4**CH 9/29 Public TV****8:00 AM** New Roads Mass**9:30 AM** Heritage Park Baptist Church**11:00 AM** United Methodist Church**12:00 PM** Essential Oil Distiller**12:30 PM** Church of God**1:00 PM** BGA: Nourish**3:00 PM** BSC: Zumba**4:00 PM** New Roads Mass**5:30 PM** Belmont Journal**6:00 PM** United Methodist Church**7:00 PM** BHS Sports TV**CH 96/30 Info TV****1:00 PM** Belmont Journal**2:00 PM** MA House of Representatives**6:00 PM** Belmont Journal**CH 2130 HD TV****12:00 AM** Midnight Weekend Marquee**5:00 AM** Democracy Now**10:00 AM** Senior Programs Block**12:00 PM** Belmont Journal**1:00 PM** Belmont Buzz**2:00 PM** Belmont Historical Society**3:00 PM** BHS Sports TV**7:30 PM** Science for the Public**10:00 PM** Belmont Journal**11:00 PM** Belmont Buzz