

YourTV PROGRAM SCHEDULE

truly local

For the week of May 3rd – May 9th

	MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7	SATURDAY 8	SUNDAY 9
9:00am	Senior Fit	Mental Health Week	Senior Fit	I Begg Your Pardon	Senior Fit	Sports Talk with Thom	Senior Fit
9:30am	Yoga For Everyone		Yoga For Everyone	Full Circle Moments	Yoga For Everyone	Living Forward	Yoga For Everyone
10:00am	Meditation With Paula		Concert	Meditation with Paula	Sports Talk with Thom	Meditation with Paula	Man To Man
10:30am	Heritage Highlights	The Riding Report	Living Forward	Man To Man	Living Forward	Full Circle Moments	I Begg Your Pardon
11:00am	Info Cornwall	Street Level	The Riding Report	Street Level	Living Heritage	Melodies & Memories	Living Heritage
11:30am		Community Matters	Community Matters	Community Matters	Community Matters	Community Matters	Bounceback Update
12:00pm	2pm Melodies & Memories	Info Cornwall	2pm Melodies & Memories	MHW Concert	2pm Melodies & Memories	River Institute Annual Report	Info Cornwall
5:30pm	Community Matters	Community Matters	Community Matters	Community Matters	Community Matters		
6:00pm	Community Matters	Community Matters	Community Matters	Community Matters	Community Matters		Senior Fit
6:30pm	Senior Fit	Kinsmen TV Bingo	Senior Fit	Full Circle Moments	Senior Fit	1pm Mental Health Week	Yoga For Everyone
7:00pm	Yoga For Everyone		LIVE	I Begg Your Pardon	I Begg Your Pardon		Yoga For Everyone
7:30pm	Meditation With Paula	The Riding Report	Full Circle Moments	Living Heritage	Meditation With Paula	Concert	I Begg Your Pardon
8:00pm	Mental Health Week	Living Forward	Sports Talk with Thom	Living Forward	Sports Talk with Thom	Sports Talk with Thom	My Hero
8:30pm		Melodies & Memories	Man to Man	Melodies & Memories	Man to Man	Living Forward	Living Heritage
9:00pm	Concert	Mental Health Week	I Begg Your Pardon	River Institute Annual Report	Mental Health Week	Man To Man	River Institute Annual Report
9:30pm	Street Level		Full Circle Moments			Full Circle Moments	
10:00pm	Community Matters		Concert	Community Matters	Community Matters	Concert	Info Cornwall
10:30pm	Community Matters	Community Matters	Community Matters	Community Matters	Community Matters		
11:00pm	Info Cornwall	Info Cornwall	Info Cornwall	Info Cornwall	Info Cornwall		
11:30pm							



Nominations are now open for the YourTV Youth Achievement Awards, Powered by the Optimist Club of Cornwall! Nominate an outstanding youth in our community by visiting www.optimistclubofcornwall.org

