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# In-House Channel Activity Calendar

### Treat Carts for the Month

Oct. 7 Pumpkin Pie  
Oct. 14 Pumkin Bread  
Oct. 21 Pumpkin Ice Cream  
Oct. 30 Dirt Cake  
*Cart begins at 2:00p.m.*

### Full Moon

10:00 Channel 96: Sittercise  
1:00 Channel 96: Gentle Yoga  
**3:00 Channel 96: Bible Study w/Rick Warren**

### Sukkot Begins at Sundown

10:00 Channel 96: Balance Class  
1:30 Channel 96: Catholic Mass  
**3:00 Library of Congress National Book Festival**

10:00 Channel 96: Sittercise  
**11:00 Channel 96: St. Marks Methodist Church Service**  
1:00 Channel 96: Seated Exercises  
1:30 Channel 96: Balance Skills & Drill  
**3:00 Channel 96: The First Episode of "Late Night with Conan O'Brien"**

10:00 Channel 96: Catholic Mass  
11:00 Channel 96: Spiritual Service w/Dr. Charles Stanley  
1:00 Channel 96: Seated Exercises  
1:30 Channel 96: Balance Skills & Drill  
**2:30 Channel 96: Capital City Baptist Church Service**  
4:00 Channel 96: Beauty & the Beast

10:00 Channel 96: Balance Class  
2:00 Channel 96: Gentle Yoga  
2:00 Channel 96: Gentle Yoga  
**3:00 Channel 96: Reconstructing Bill: The Story of Governor William Casey Marland**

10:00 Channel 96: Sittercise  
1:00 Channel 96: Seated Exercises  
1:30 Channel 96: Balance Skills & Drills  
**3:00 Channel 96: 1955 Packard Caribbean Jay Leno's Garage**

10:00 Channel 96: Balance Class  
**3:00 Channel 96: "A History of the WV Library Commission"**

10:00 Channel 96: Sittercise  
1:00 Channel 96: Gentle Yoga  
**3:00 Channel 96: Bible Study w/Rick Warren**

**Shemini Atzeret Begins at Sundown**  
**Sukkot Ends**  
10:00 Channel 96: Balance Class  
**3:00 Channel 96: Michael Beschloss "Presidents of War" Library of Congress National Book Festival"**

**Simchat Torah Begins at Sundown**  
10:00 Channel 96: Sittercise  
**11:00 Channel 96: St. Marks Methodist Church Service**  
1:00 Channel 96: Seated Exercises  
1:30 Channel 96: Balance Skills & Drill  
**3:00 Channel 96: Biltmore Estate**

10:00 Channel 96: Catholic Mass  
11:00 Spiritual Service w/ Dr. Charles Stanley  
1:00 Channel 96: Seated Exercises  
1:30 Channel 96: Balance Skills & Drill  
**2:30 Channel 96: Capital City Baptist Church Service**  
4:00 Channel 96: Guys and Dolls

**Columbus Day**  
10:00 Channel 96: Balance Class  
2:00 Channel 96: Gentle Yoga  
**3:00 Channel 96: Blennerhasset Island Archeology**

10:00 Channel 96: Sittercise  
1:00 Channel 96: Seated Exercises  
1:30 Channel 96: Balance Skills & Drills  
**3:00 Channel 96: Jay Lenos Garage 1932 Bugatti Type 49**

10:00 Channel 96: Balance Class  
**11:00 Channel 96: Fact or Crap**  
2:00 Check Cashing  
**3:00 Channel 96: American Antiques Roadshow**

10:00 Channel 96: Sittercise  
1:00 Channel 96: Gentle Yoga  
**3:00 Channel 96: Bible Study w/Rick Warren**

10:00 Channel 96: Balance Class  
**3:00 Channel 96: Ted Talk: The Mas Scientist of Musical Applebaum**

10:00 Channel 96: Sittercise  
**11:00 Channel 96: St. Marks Methodist Church Service**  
1:00 Channel 96: Seated Exercises  
1:30 Channel 96: Balance Skills & Drill  
**3:00 Channel 96: American Restoration: Underfire**

10:00 Channel 96: Catholic Mass  
11:00 Spiritual Service w/ Dr. Charles Stanley  
1:00 Channel 96: Seated Exercises  
1:30 Channel 96: Balance Skills & Drill  
**2:30 Channel 96: Capital City Baptist Church Service**  
4:00 Channel 96: The Wizard of Oz Play

10:00 Channel 96: Balance Class  
2:00 Channel 96: Gentle Yoga  
**3:00 Channel 96: The Lincoln-Douglas Debates**

10:00 Channel 96: Sittercise  
1:00 Channel 96: Seated Exercises  
1:30 Channel 96: Balance Skills & Drills  
**3:00 Channel 96: Jay Lenos Garage Doble E-29 Steam Cap**

10:00 Channel 96: Balance Class  
**11:00 Channel 96: Introduction & Lesson 1 Tai Chi for Beginners**  
1:00 Blood Pressure Check  
**3:00 Channel 96: Is Gettysburg America's Epic Tale, Central to Our National Identity??**

10:00 Channel 96: Sittercise  
1:00 Channel 96: Gentle Yoga  
**3:00 Channel 96: Bible Study w/Rick Warren**

10:00 Channel 96: Balance Class  
**1:00 Channel 96: Netflix Series Worlds Water Crisis**  
**3:00 Channel 96: History Alive Program "Walt Disney"**

10:00 Channel 96: Sittercise  
**11:00 Channel 96: St. Marks Methodist Church Service**  
1:00 Channel 96: Seated Exercises  
1:30 Channel 96: Balance Skills & Drill  
**3:00 Channel 96: WV Author Danny Britton Book "Trigger"r**

10:00 Channel 96: Catholic Mass  
11:00 Spiritual Service w/ Dr. Charles Stanley  
1:00 Channel 96: Seated Exercises  
1:30 Channel 96: Balance Skills & Drill  
**2:30 Channel 96: Capital City Baptist Church Service**  
4:00 Channel 96: WV Division of Natural Resources Ornithologist Richard Bailey discusses WV Birds

10:00 Channel 96: Balance Class  
2:00 Channel 96: Gentle Yoga  
**3:00 Channel 96: "A Great Weight at My Heart": The Army of the Potomac**

10:00 Channel 96: Sittercise  
1:00 Channel 96: Seated Exercises  
1:30 Channel 96: Balance Skills & Drills  
**3:00 Channel 96: Jay Lenos Garage 1967 Volvo P1800 from The Saint**

10:00 Channel 96: Balance Class  
**11:00 Channel 96: Lesson 2: Tai Chi to Improve Immunity and Reduce Stress**  
2:00 Check Cashing  
**3:00 Channel 96: Reflections: "A Army National Guard Career"**

10:00 Channel 96: Sittercise  
1:00 Channel 96: Gentle Yoga  
**3:00 Channel 96: Bible Study W/Rick Warren**

10:00 Channel 96: Balance Class  
**3:00 Channel 96: "History Alive "Martin Delany"**

**Halloween Full Moon**  
10:00 Channel 96: Sittercise  
**11:00 Channel 96: St. Marks Methodist Church Service**  
1:00 Channel 96: Seated Exercises  
1:30 Channel 96: Balance Skills & Drill  
**3:00 Channel 96: West Virginia Author "Real Thugs: A Cult of Murder"**

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