

**MGTV-15**  
**SUBJECT TO CHANGE**  
**WEEK OF NOVEMBER 13, 2017**

Time	Mon.11/13	Tue. 11/14	Wed. 11/15	Thur. 11/16	Fri. 11/17	Sat. 11/18	Sun. 11/19
9:00am	Fit For Duty/ Aerobics	Fit For Duty/ Pushing For Power			Fit For Duty/ Interval Training	Budget Mtg./ Council Mtg. Replay	Planning Commission Replay
9:30am	Greenworks/ Living Communities	Balance Training			Ergonomics To Prevent Injuries	Fit For Duty/ Circuit Training	Fit For Duty/ Chair Exercises
10:00am	Recon Conspicuous Courage	Greenworks/ Youth Action	Budget Mtg./ Council Mtg. Replay	Planning Commission Replay	Greenworks/ Shaping Our Communities	ID Crisis	In The Fight
10:30am	7 Ways To Keep Your Back Healthy	Armed With Science	Fit For Duty/ Lggs, Buns, Abs	Fit For Duty/ Yoga For Golf	Recon/ Future Soldier	Prosthetics	Breast Cancer
11:00am			Recon/ Strike Package	Eat Smart For Your Health			Unbridled
11:30am			Greenworks/ Environment In The Home	Combat Camera			
12:00pm	Managing Joint Pain In Winter	Recon/ Inner Energy			Gettysburg Battle		
12:30pm	Greenworks/ Bay To PA	Greenworks/ A River Sojourn			Greenworks/ Raycing The Sun		
1:00pm	Military/ Bragging Rights	In The Fight	American Veterans/ Ancesstors	Organ Transplant Pgm.	Riverine Warriors	Planning Commission Replay	Greenworks/ Echos Through Penns Woods
1:30pm	Greenworks/ Choose To Reuse	Greenworks/ Touch The Water	Put Some Spring In Your Step	Navy Counter Terrorism	Joint Replacement	Your Kidney's & You	No Greater Love
2:00pm	Closer Look/ Afghanistan Crossroads	Seven Families Of Old Patton Twp.	Recon Game On	Greenworks/ In The City	Closer Look/ Afghanistan Crossroads	Command Performance	Seven Families Of Old Patton Twp.
2:30pm			Greenworks/ Environmental Careers	Recon Battling The Odds		Tour Of Duty/ Camp Humphry	Greenworks/ Youth Action
3:00pm				Theropy Options			Managing Type 2 Diabetes
3:30pm							
4:00pm					Budget Mtg./ Council Mtg. Replay		
5:00pm							
6:00pm							Budget Mtg./ Council Mtg. Replay
6:30pm		Budget Mtg./Council Mtg- Live					Recon/ 2008 Reloaded
7:00pm	Budget Mtg.Cit. Nt.Council Work Sess. Replay			Recon/ Vietnam Wall Stories	Planning Commission Replay	Budget Mtg./ Council Mtg. Replay	Greenworks/ Happy Campers
7:30pm	In The Fight		Planning Commission Live	Steady On Your Feet	Too Good To Be True	American Vets/ Landmark	Armed Wirh Science
8:00pm	Greenworks/ Environmental Pioneer			Rising Sun/ Education	Greenworks/ Ecological Home	Diabetes Prevention	Fraud Files
8:30pm	Rising Sun/ The Aquarium			Greenworks/ Touch The Water	War Against Japan	In The Fight	Recon/ Coast Guard
9:00pm	Greenworks/ Environmental University			Engaging Africa	Arthritis Prevention	Greenworks/ Our Watersheds	Greenworks/ Water Resourses
9:30pm	Reflections Of Monroeville			Greenworks/ Return Of The Raptor	American Veterans/ Health Benefits	Recon/ Conquering The Climb	Digital Detectives
10:00pm							