



# January WCNY Daytime Schedule

Schedule is subject to change. Visit [wcny.org](http://wcny.org) for up-to-date programming.

WCNY-TV

LOCAL

	6 a.m.	6:30 a.m.	7 a.m.	7:30 a.m.	8 a.m.	8:30 a.m.	9 a.m.	9:30 a.m.	10 a.m.	10:30 a.m.	11 a.m.	11:30 a.m.
<b>MON-FRI</b>	Sit and Be Fit/Classical Stretch: By Essentrics	Odd Squad	Molly of Denali	Alma's Way	Wild Kratts	Curious George	Daniel Tiger's Neighborhood	Rosie's Rules	Sesame Street	Work It Out Wombats!	Donkey Hodie	Pinkalicious & Peterrific
<b>SAT</b>	Classical Stretch: By Essentrics	Arthur					Happy Yoga with Sarah Starr	Music & the Spoken Word	Work It Out Wombats!	Daniel Tiger's Neighborhood	This Old House/USA Wheelchair Football Tournament	Ask This Old House
<b>SUN</b>		Arthur	Laura Flanders Show									
	<b>Noon</b>	<b>12:30 p.m.</b>		<b>1 p.m.</b>	<b>1:30 p.m.</b>	<b>2 p.m.</b>	<b>2:30 p.m.</b>	<b>3 p.m.</b>	<b>3:30 p.m.</b>	<b>4 p.m.</b>	<b>4:30 p.m.</b>	<b>5 p.m.</b>
<b>MON</b> 	Elinor Wonders Why	Reading Buddies	Arthur	Xavier Riddle and the Secret Museum	Real Life with Susan Harf	Healthy Minds with Dr. Jeffrey Borenstein	Doctor Q&A	Cycle of Health	getting dot OLDER	Wider World	Wai Lana Yoga	Your Fantastic Mind
<b>TUE</b> 					A Taste of History	Poetry in America	Weekends with Yankee	America from the Ground Up	This American Land	In the Americas with David Yetman	Antiques Roadshow	
<b>WED</b> 					Curious Traveler	Good Road	MotorWeek	Roadtrip Nation	Travels with Darley	Joseph Rosendo's Travelscope	Boondock Nation	Rick Steves' Europe
<b>THU</b> 					Growing a Greener World	J Schwanke's Life in Bloom	Garage with Steve Butler	Fit 2 Stitch	American Woodshop	Family Plot: Gardening in the Mid-South	Home Diagnosis	Garden Smart
<b>FRI</b> 					The Lawrence Welk Show		Sara's Weeknight Meals	Jazzy Vegetarian	Cook's Country	Ciao Italia	My Greek Table with Diane Kochilas	How to Cook Well with Rory O'Connell
<b>SAT</b>	Ciao Italia	Lidia's Kitchen	America's Test Kitchen	Pati's Mexican Table	This Old House	MotorWeek	Ask This Old House		David Holt's State of Music	Taco Mafia	PBS News Weekend	Ivory Tower
<b>SUN</b>	Tell Me More with Kelly Corrigan	On the Money	This Old House		Nature		Austin City Limits			NOVA		