

1 DAYTIME GRID

	MONDAY December 28	TUESDAY December 29	WEDNESDAY December 30	THURSDAY December 31	FRIDAY January 1
5:00 am	Conversation with... #121	Best of the Joy of Painting #2041	Best of the Joy of Painting #2042	Best of the Joy of Painting #2043	Best of the Joy of Painting #2044
5:30 am	<i>R.W. "Johnny" Apple, Jr.</i>	Best of the Joy of Painting #2150	Best of the Joy of Painting #2151	Best of the Joy of Painting #2143	Best of the Joy of Painting #2129
6:00 am	Morning Cup of Jazz #119	Morning Cup of Jazz #120	Morning Cup of Jazz #121	Morning Cup of Jazz #122	Morning Cup of Jazz #123
6:30 am					
7:00 am	Lassie's Pet Vet #108	Lassie's Pet Vet #109	Lassie's Pet Vet #110	Lassie's Pet Vet #111	Lassie's Pet Vet #112
7:30 am	Moment of Luxury #208	Moment of Luxury #209	Moment of Luxury #210	Moment of Luxury #211	Moment of Luxury #212
8:00 am	Moneytrack #306	Moneytrack #307	Moneytrack #308	Moneytrack #309	Moneytrack #310
8:30 am	Power Yoga: Mind and Body #208	Power Yoga: Mind and Body #209	Power Yoga: Mind and Body #210	Power Yoga: Mind and Body #211	Power Yoga: Mind and Body #212
9:00 am	Body Electric #1921	Body Electric #1922	Body Electric #1923	Body Electric #1924	Body Electric #1925
9:30 am	Sit and Be Fit #802	Sit and Be Fit #803	Sit and Be Fit #804	Sit and Be Fit #805	Sit and Be Fit #806
10:00 am	Stretch And Flex #202	Stretch And Flex #203	Stretch And Flex #204	Stretch And Flex #205	Stretch And Flex #206
10:30 am	Classical Stretch: The Esmonde Technique #401	Classical Stretch: The Esmonde Technique #402	Classical Stretch: The Esmonde Technique #403	Classical Stretch: The Esmonde Technique #404	Classical Stretch: The Esmonde Technique #405
11:00 am	Beads, Baubles and Jewels #707	Beads, Baubles and Jewels #708	Beads, Baubles and Jewels #709	Beads, Baubles and Jewels #710	Beads, Baubles and Jewels #711
11:30 am	America Quilts Creatively #907	America Quilts Creatively #908	America Quilts Creatively #909	America Quilts Creatively #910	America Quilts Creatively #911
12 Noon	Delicious TV's Totally Vegetarian #201	Delicious TV's Totally Vegetarian #202	Delicious TV's Totally Vegetarian #203	Delicious TV's Totally Vegetarian #204	Delicious TV's Totally Vegetarian #205
12:30 pm	Ciao Italia #1801	Ciao Italia #1802	Ciao Italia #1803	Ciao Italia #1804	Ciao Italia #1805
1:00 pm	Healthy Body Healthy Mind #1304	Healthy Body Healthy Mind #1305	Healthy Body Healthy Mind #1306	Healthy Body Healthy Mind #1401	Healthy Body Healthy Mind #1402
1:30 pm	Garden Smart #1611	Garden Smart #1612	Garden Smart #1613	Garden Smart #1701	Garden Smart #1702
2:00 pm	Best of the Joy of Painting #2510	Best of the Joy of Painting #2511	Best of the Joy of Painting #2512	Best of the Joy of Painting #2513	Best of the Joy of Painting #2514
2:30 pm	Fons & Porter's Love of Quilting #1301	Fons & Porter's Love of Quilting #1302	Fons & Porter's Love of Quilting #1303	Fons & Porter's Love of Quilting #1304	Fons & Porter's Love of Quilting #1305
3:00 pm	Nick Stellino's Family Kitchen #401	Nick Stellino's Family Kitchen #402	Nick Stellino's Family Kitchen #403	Nick Stellino's Family Kitchen #404	Nick Stellino's Family Kitchen #405
3:30 pm	Bake Decorate Celebrate! #602	Bake Decorate Celebrate! #603	Bake Decorate Celebrate! #604	Bake Decorate Celebrate! #605	Bake Decorate Celebrate! #606
4:00 pm	Toy Castle #122	Toy Castle #123	Toy Castle #124	Toy Castle #125	Toy Castle #126
4:30 pm	Hands On: Crafts for Kids #1102	Hands On: Crafts for Kids #1103	Hands On: Crafts for Kids #1104	Hands On: Crafts for Kids #1105	Hands On: Crafts for Kids #1106

JANUARY 2010

	MONDAY January 4	TUESDAY January 5	WEDNESDAY January 6	THURSDAY January 7	FRIDAY January 8
5:00 am	Conversation with... #905	Best of the Joy of Painting #2046	Best of the Joy of Painting #2047	Best of the Joy of Painting #2048	Best of the Joy of Painting #2049
5:30 am	<i>Senator John McCain</i>	Best of the Joy of Painting #2146	Best of the Joy of Painting #2147	Best of the Joy of Painting #2148	Best of the Joy of Painting #2149
6:00 am	Morning Cup of Jazz #124	Morning Cup of Jazz #125	Morning Cup of Jazz #126	Morning Cup of Jazz #127	Morning Cup of Jazz #128
6:30 am					
7:00 am	Lassie's Pet Vet #113	Living Smart #101	Living Smart #102	Living Smart #103	Living Smart #104
7:30 am	Moment of Luxury #106	For Your Home #2001	For Your Home #2002	For Your Home #2003	For Your Home #2004
8:00 am	Moneytrack #311	Moneytrack #312	Moneytrack #313	Moneytrack #314	Moneytrack #315
8:30 am	Power Yoga: Mind and Body #213	Power Yoga: Mind and Body #214	Power Yoga: Mind and Body #215	Power Yoga: Mind and Body #216	Power Yoga: Mind and Body #217
9:00 am	Stretch And Flex #207	Stretch And Flex #208	Stretch And Flex #209	Stretch And Flex #210	Stretch And Flex #211
9:30 am	Sit and Be Fit #807	Sit and Be Fit #808	Sit and Be Fit #809	Sit and Be Fit #810	Sit and Be Fit #811
10:00 am	Allaire Back Fitness #108	Allaire Back Fitness #109	Allaire Back Fitness #110	Allaire Back Fitness #111	Allaire Back Fitness #112
10:30 am	Classical Stretch: The Esmonde Technique #406	Classical Stretch: The Esmonde Technique #407	Classical Stretch: The Esmonde Technique #408	Classical Stretch: The Esmonde Technique #409	Classical Stretch: The Esmonde Technique #410
11:00 am	Beads, Baubles and Jewels #712	Beads, Baubles and Jewels #713	Beads, Baubles and Jewels #801	Beads, Baubles and Jewels #802	Beads, Baubles and Jewels #803
11:30 am	America Quilts Creatively #912	America Quilts Creatively #913	America Quilts Creatively #914	America Quilts Creatively #915	America Quilts Creatively #916
12 Noon	Delicious TV's Totally Vegetarian #206	Delicious TV's Totally Vegetarian #207	Delicious TV's Totally Vegetarian #208	Delicious TV's Totally Vegetarian #209	Delicious TV's Totally Vegetarian #210
12:30 pm	Ciao Italia #1806	Ciao Italia #1807	Ciao Italia #1808	Ciao Italia #1809	Ciao Italia #1810
1:00 pm	Healthy Body Healthy Mind #1403	Healthy Body Healthy Mind #1404	Healthy Body Healthy Mind #1405	Healthy Body Healthy Mind #1406	Healthy Body Healthy Mind #1001
1:30 pm	Garden Smart #1703	Garden Smart #1704	Garden Smart #1705	Garden Smart #1706	Garden Smart #1707
2:00 pm	Best of the Joy of Painting #2515	Best of the Joy of Painting #2516	Best of the Joy of Painting #2517	Best of the Joy of Painting #2518	Best of the Joy of Painting #2519
2:30 pm	Fons & Porter's Love of Quilting #1306	Fons & Porter's Love of Quilting #1307	Fons & Porter's Love of Quilting #1308	Fons & Porter's Love of Quilting #1309	Fons & Porter's Love of Quilting #1310
3:00 pm	Nick Stellino's Family Kitchen #406	Nick Stellino's Family Kitchen #407	Nick Stellino's Family Kitchen #408	Nick Stellino's Family Kitchen #409	Nick Stellino's Family Kitchen #410
3:30 pm	Bake Decorate Celebrate! #607	Bake Decorate Celebrate! #608	Bake Decorate Celebrate! #609	Bake Decorate Celebrate! #610	Bake Decorate Celebrate! #611
4:00 pm	Saddle Club #101	Saddle Club #102	Saddle Club #103	Saddle Club #104	Saddle Club #105
4:30 pm	Hands On Crafts For Kids #1107	Hands On Crafts For Kids #1108	Hands On Crafts For Kids #1109	Hands On Crafts For Kids #1110	Hands On Crafts For Kids #1111

	MONDAY January 11	TUESDAY January 12	WEDNESDAY January 13	THURSDAY January 14	FRIDAY January 15
5:00 am	Conversation with... #703	Best of the Joy of Painting #2051	Best of the Joy of Painting #2052	Best of the Joy of Painting #2201	Best of the Joy of Painting #2202
5:30 am	<i>Gene Sperling</i>	Best of the Joy of Painting #2151	Best of the Joy of Painting #2301	Best of the Joy of Painting #2302	Best of the Joy of Painting #2303
6:00 am	Morning Cup of Jazz #129	Morning Cup of Jazz #130	Morning Cup of Jazz #131	Morning Cup of Jazz #132	Morning Cup of Jazz #133
6:30 am					
7:00 am	Living Smart #105	Living Smart #106	Living Smart #107	Living Smart #108	Living Smart #109
7:30 am	For Your Home #2005	For Your Home #2006	For Your Home #2007	For Your Home #2008	For Your Home #2009
8:00 am	Cultivating Life #301	Cultivating Life #302	Cultivating Life #303	Cultivating Life #304	Cultivating Life #305
8:30 am	Power Yoga: Mind and Body #218	Power Yoga: Mind and Body #219	Power Yoga: Mind and Body #220	Power Yoga: Mind and Body #221	Power Yoga: Mind and Body #222
9:00 am	Stretch and Flex #212	Stretch and Flex #213	Stretch and Flex #214	Stretch and Flex #215	Stretch and Flex #216
9:30 am	Sit and Be Fit #112	Sit and Be Fit #113	Sit and Be Fit #114	Sit and Be Fit #115	Sit and Be Fit #816
10:00 am	Allaire Back Fitness #113	Allaire Back Fitness #114	Allaire Back Fitness #115	Allaire Back Fitness #116	Allaire Back Fitness #117
10:30 am	Classical Stretch: The Esmonde Technique #411	Classical Stretch: The Esmonde Technique #412	Classical Stretch: The Esmonde Technique #413	Classical Stretch: The Esmonde Technique #414	Classical Stretch: The Esmonde Technique #415
11:00 am	Beads, Baubles and Jewels #804	Beads, Baubles and Jewels #805	Beads, Baubles and Jewels #806	Beads, Baubles and Jewels #807	Beads, Baubles and Jewels #808
11:30 am	Martha's Sewing Room #3104	Martha's Sewing Room #3105	Martha's Sewing Room #3106	Martha's Sewing Room #3107	Martha's Sewing Room #3108
12 Noon	Delicious TV's Totally Vegetarian #211	Delicious TV's Totally Vegetarian #212	Delicious TV's Totally Vegetarian #213	Delicious TV's Totally Vegetarian #301	Delicious TV's Totally Vegetarian #302
12:30 pm	Ciao Italia #1811	Ciao Italia #1812	Ciao Italia #1813	Ciao Italia #1814	Ciao Italia #1815
1:00 pm	Healthy Body Healthy Mind #1002	Healthy Body Healthy Mind #1003	Healthy Body Healthy Mind #1004	Healthy Body Healthy Mind #1005	Healthy Body Healthy Mind #1006
1:30 pm	Garden Smart #1708	Garden Smart #1709	Garden Smart #1710	Garden Smart #1711	Garden Smart #1712
2:00 pm	Best of the Joy of Painting #2520	Best of the Joy of Painting #2521	Best of the Joy of Painting #2522	Best of the Joy of Painting #2523	Best of the Joy of Painting #2524
2:30 pm	Fons & Porter's Love of Quilting #1311	Fons & Porter's Love of Quilting #1312	Fons & Porter's Love of Quilting #1313	Fons & Porter's Love of Quilting #1314	Fons & Porter's Love of Quilting #1315
3:00 pm	Nick Stellino's Family Kitchen #411	Nick Stellino's Family Kitchen #412	Nick Stellino's Family Kitchen #414	Nick Stellino's Family Kitchen #501	Nick Stellino's Family Kitchen #502
3:30 pm	Bake Decorate Celebrate! #612	Bake Decorate Celebrate! #613	Bake Decorate Celebrate! #701	Bake Decorate Celebrate! #702	Bake Decorate Celebrate! #703
4:00 pm	Saddle Club #106	Saddle Club #107	Saddle Club #108	Saddle Club #109	Saddle Club #1110
4:30 pm	Hands On: Crafts for Kids #1112	Hands On: Crafts for Kids #1113	Hands On: Crafts for Kids #1201	Hands On: Crafts for Kids #1202	Hands On: Crafts for Kids #1203

	MONDAY January 18	TUESDAY January 19	WEDNESDAY January 20	THURSDAY January 21	FRIDAY January 22
5:00 am	Conversation with... #704	Best of the Joy of Painting #2204	Best of the Joy of Painting #2205	Best of the Joy of Painting #2206	Best of the Joy of Painting #2207
5:30 am	<i>Sue Monk Kidd</i>	Best of the Joy of Painting #2305	Best of the Joy of Painting #2306	Best of the Joy of Painting #2307	Best of the Joy of Painting #2308
6:00 am	Morning Cup of Jazz #134	Morning Cup of Jazz #135	Morning Cup of Jazz #136	Morning Cup of Jazz #137	Morning Cup of Jazz #138
6:30 am					
7:00 am	Living Smart #110	Living Smart #111	Living Smart #112	Living Smart #113	Living Smart #114
7:30 am	For Your Home #2010	For Your Home #2011	For Your Home #2012	For Your Home #2013	For Your Home #2014
8:00 am	Cultivating Life #307	Cultivating Life #308	Cultivating Life #309	Cultivating Life #310	Cultivating Life #311
8:30 am	Power Yoga: Mind and Body #223	Power Yoga: Mind and Body #224	Power Yoga: Mind and Body #225	Power Yoga: Mind and Body #226	Power Yoga: Mind and Body #227
9:00 am	Stretch And Flex #217	Stretch And Flex #218	Stretch And Flex #219	Stretch And Flex #220	Stretch And Flex #221
9:30 am	Sit and Be Fit #817	Sit and Be Fit #818	Sit and Be Fit #819	Sit and Be Fit #820	Sit and Be Fit #1001
10:00 am	Allaire Back Fitness #118	Allaire Back Fitness #119	Allaire Back Fitness #120	Allaire Back Fitness #121	Allaire Back Fitness #122
10:30 am	Classical Stretch: The Esmonde Technique #416	Classical Stretch: The Esmonde Technique #417	Classical Stretch: The Esmonde Technique #418	Classical Stretch: The Esmonde Technique #419	Classical Stretch: The Esmonde Technique #420
11:00 am	Beads, Baubles and Jewels #809	Beads, Baubles and Jewels #810	Beads, Baubles and Jewels #811	Beads, Baubles and Jewels #812	Beads, Baubles and Jewels #813
11:30 am	Martha's Sewing Room #3109	Martha's Sewing Room #3110	Martha's Sewing Room #3111	Martha's Sewing Room #3112	Martha's Sewing Room #3113
12 Noon	Delicious TV's Totally Vegetarian #303	Delicious TV's Totally Vegetarian #304	Delicious TV's Totally Vegetarian #305	Delicious TV's Totally Vegetarian #306	Delicious TV's Totally Vegetarian #307
12:30 pm	Ciao Italia #1816	Ciao Italia #1817	Ciao Italia #1818	Ciao Italia #1819	Ciao Italia #1820
1:00 pm	Healthy Body Healthy Mind #1501	Healthy Body Healthy Mind #1502	Healthy Body Healthy Mind #1503	Healthy Body Healthy Mind #1504	Healthy Body Healthy Mind #1505
1:30 pm	Garden Smart #1713	Garden Smart #1714	Garden Smart #1715	Garden Smart #1716	Garden Smart #1717
2:00 pm	Best of the Joy of Painting #2525	Best of the Joy of Painting #2526	Best of the Joy of Painting #2527	Best of the Joy of Painting #2528	Best of the Joy of Painting #2529
2:30 pm	Quilt In A Day #2503	Quilt In A Day #2504	Quilt In A Day #2505	Quilt In A Day #2506	Quilt In A Day #2507
3:00 pm	Nick Stellino's Family Kitchen #503	Nick Stellino's Family Kitchen #504	Nick Stellino's Family Kitchen #505	Nick Stellino's Family Kitchen #506	Nick Stellino's Family Kitchen #507
3:30 pm	Bake Decorate Celebrate! #704	Bake Decorate Celebrate! #705	Bake Decorate Celebrate! #301	Bake Decorate Celebrate! #302	Bake Decorate Celebrate! #303
4:00 pm	Saddle Club #111	Saddle Club #112	Saddle Club #113	Saddle Club #114	Saddle Club #115
4:30 pm	Hands On: Crafts for Kids #1204	Hands On: Crafts for Kids #1205	Hands On: Crafts for Kids #1206	Hands On: Crafts for Kids #1207	Hands On: Crafts for Kids #1208

	MONDAY January 25	TUESDAY January 26	WEDNESDAY January 27	THURSDAY January 28	FRIDAY January 29
5:00 am	Lewis And Clark: Crossing The Centuries (begins at 4:30a)	Best of the Joy of Painting #2209	Best of the Joy of Painting #2210	Best of the Joy of Painting #2211	Best of the Joy of Painting #2212
5:30 am		Best of the Joy of Painting #2310	Best of the Joy of Painting #2311	Best of the Joy of Painting #2312	Best of the Joy of Painting #2313
6:00 am	Morning Cup of Jazz #139	Morning Cup of Jazz #140	Morning Cup of Jazz #141	Morning Cup of Jazz #142	Morning Cup of Jazz #143
6:30 am					
7:00 am	Living Smart #202	Living Smart #203	Living Smart #204	Living Smart #205	Living Smart #206
7:30 am	For Your Home #2102	For Your Home #2103	For Your Home #2104	For Your Home #2105	For Your Home #2106
8:00 am	Cultivating Life #313	Cultivating Life #314	Cultivating Life #315	Cultivating Life #316	Cultivating Life #317
8:30 am	Power Yoga: Mind and Body #228	Power Yoga: Mind and Body #229	Power Yoga: Mind and Body #230	Power Yoga: Mind and Body #231	Power Yoga: Mind and Body #232
9:00 am	Stretch And Flex #222	Stretch And Flex #223	Stretch And Flex #224	Stretch And Flex #225	Stretch And Flex #226
9:30 am	Sit and Be Fit #1002	Sit and Be Fit #1003	Sit and Be Fit #1004	Sit and Be Fit #1005	Sit and Be Fit #1006
10:00 am	Allaire Back Fitness #124	Allaire Back Fitness #125	Allaire Back Fitness #126	Allaire Back Fitness #127	
10:30 am	Classical Stretch: The Esmonde Technique #421	Classical Stretch: The Esmonde Technique #422	Classical Stretch: The Esmonde Technique #423	Classical Stretch: The Esmonde Technique #424	Classical Stretch: The Esmonde Technique #425
11:00 am	Beads, Baubles and Jewels #601	Beads, Baubles and Jewels #602	Beads, Baubles and Jewels #603	Beads, Baubles and Jewels #604	Beads, Baubles and Jewels #605
11:30 am	Martha's Sewing Room #3001	Martha's Sewing Room #3002	Martha's Sewing Room #3003	Martha's Sewing Room #3004	Martha's Sewing Room #3005
12 Noon	Delicious TV's Totally Vegetarian #308	Delicious TV's Totally Vegetarian #309	Delicious TV's Totally Vegetarian #310	Delicious TV's Totally Vegetarian #311	Delicious TV's Totally Vegetarian #312
12:30 pm	Ciao Italia #1821	Ciao Italia #1822	Ciao Italia #1823	Ciao Italia #1824	Ciao Italia #1825
1:00 pm	Healthy Body Healthy Mind #1506	Healthy Body Healthy Mind #1507	Healthy Body Healthy Mind #1508	Healthy Body Healthy Mind #1509	Healthy Body Healthy Mind #1510
1:30 pm	Garden Smart #1505	Garden Smart #1506	Garden Smart #1507	Garden Smart #1508	Garden Smart #1509
2:00 pm	Best of the Joy of Painting #2530	Best of the Joy of Painting #2531	Best of the Joy of Painting #2532	Best of the Joy of Painting #2533	Best of the Joy of Painting #2534
2:30 pm	Quilt In A Day #2508	Quilt In A Day #2509	Quilt In A Day #2510	Quilt In A Day #2511	Quilt In A Day #2512
3:00 pm	Nick Stellino's Family Kitchen #508	Quilt In A Day #2509	Quilt In A Day #2510	Quilt In A Day #2511	Quilt In A Day #2512
3:30 pm	Bake Decorate Celebrate! #304	Bake Decorate Celebrate! #305	Bake Decorate Celebrate! #306	Bake Decorate Celebrate! #307	Bake Decorate Celebrate! #308
4:00 pm	Saddle Club #116	Saddle Club #117	Saddle Club #118	Saddle Club #119	Saddle Club #120
4:30 pm	Hands On: Crafts for Kids #1209	Hands On: Crafts for Kids #1210	Hands On: Crafts for Kids #1211	Hands On: Crafts for Kids #1212	Hands On: Crafts for Kids #1213