

| TIME  | SUNDAY  | MONDAY                                       | TUESDAY   | WEDNESDAY                         | THURSDAY                          | FRIDAY  | SATURDAY  | TIME  |
|-------|---|--|---|-----------------------------------|-----------------------------------|---|---|-------|
| midn. | For programs from midnight-2 a.m., please refer to the 8-10 p.m. block. |  |   |                                   |                                   |   |   | midn. |
| 2:00  | For programs from 2-5 a.m., please refer to the 5-8 p.m. block.         |  |   |                                   |                                   |   |   | 2:00  |
| 5:00  | Happy Yoga  | Body Electric                                | Sit and Be Fit                                    | Wai Lana Yoga                     | Classical Stretch                 | Functional Fitness  | Happy Yoga  | 5:00  |
| 5:30  | Wai Lana Yoga   | Functional Fitness                           | Classical Stretch                                 | Happy Yoga                        | Body Electric                     | Sit and Be Fit  | Classical Stretch   | 5:30  |
| 6:00  | For programs from 6-8 a.m., please refer to the 1-3 p.m. block.         |  |   |                                   |                                   |   |   | 6:00  |
| 8:00  | For programs from 8-9 a.m., please refer to the 4-5 p.m. block.         |  |   |                                   |                                   |   |   | 8:00  |
| 9:00  | How to Cook Well with Rory O'Connell                                    | Food Over 50 (11/2) To Dine For (beg. 11/9)  | Baking with Julia                                 | Martha Bakes                      | Lidia's Kitchen                   | Martha Stewart's Cooking School   | Cook's Country  | 9:00  |
| 9:30  | A Chef's Life   | Check, Please! Arizona                       | Jacques Pépin                                     | America's Test Kitchen            | Pati's Mexican Table              | Martha Bakes  | Real Good Food (11/3) New Scandinavian Cooking (beg. 11/10)         | 9:30  |
| 10:00 | Moveable Feast with Fine Cooking  | Sara's Weeknight Meals                       | Pati's Mexican Table                              | Dining with the Chef              | Simply Ming                       | Food Over 50 (11/2) To Dine For (beg. 11/9)   | Jacques Pépin   | 10:00 |
| 10:30 | Lidia's Kitchen   | Nigella: at My Table                         | Steven Raichlen's Project Fire                    | Cook's Country                    | Yan Can Cook: Spice Kingdom       | Moveable Feast with Fine Cooking  | Check, Please! Arizona  | 10:30 |
| 11:00 | Martha Stewart's Cooking School   | America's Test Kitchen                       | Yan Can Cook: Spice Kingdom                       | Check, Please! Arizona            | Sara's Weeknight Meals            | Check, Please! Arizona  | Simply Ming   | 11:00 |
| 11:30 | Baking with Julia   | How to Cook Well with Rory O'Connell         | New Scandinavian Cooking                          | Nigella: at My Table              | A Chef's Life                     | Dining with the Chef  | Steven Raichlen's Project Fire                                      | 11:30 |
| noon  | Best of "Simply Painting" (10/28)                                       | Fons & Porter's Love of Quilting             | Painting & Travel                                 | Fit 2 Stitch                      | Beads, Baubles & Jewels           | Painting with Paulson   | Knit and Crochet Now  | noon  |
| 12:30 | Best of Joy of Painting   | Quilting Arts                                | Painting with Wilson Bickford                     | Sewing with Nancy                 | Creative Living                   | Paint This with Jerry Yarnell   | Arizona Collectibles  | 12:30 |
| 1:00  | Travels with Darley   | In the Americas                              | Wild!   | Travelscope                       | Expeditions w/ Patrick McMillan   | In the Americas   | Weekends with Yankee  | 1:00  |
| 1:30  | Wild Travels  | Rick Steves' Europe                          |   | Two for the Road                  | Born to Explore                   | Arizona Wildlife Views  | Journeys in Japan   | 1:30  |
| 2:00  | Expeditions with Patrick McMillan                                       | Today's Wild West                            | Weekends with Yankee                              | Travels with Darley               | Rick Steves' Europe               | Travelscope   | Wild!   | 2:00  |
| 2:30  | Born to Explore   | Journeys in Japan                            | Wild Travels                                      | Arizona Wildlife Views            | Wild Nevada                       | Two for the Road  |   | 2:30  |
| 3:00  | Beads, Baubles and Jewels   | Best of "Simply Painting" (10/29)            | Fons & Porter's Love of Quilting                  | Painting & Travel                 | Fit 2 Stitch                      | Knit and Crochet Now  | Painting with Paulson   | 3:00  |
| 3:30  | Creative Living   | Best of Joy of Painting                      | Quilting Arts                                     | Painting with Wilson Bickford     | Sewing with Nancy                 | Arizona Collectibles  | Paint This with Jerry Yarnell                                       | 3:30  |
| 4:00  | This Old House  | Growing a Greener World                      | Rough Cut with Fine Woodworking                   | Woodsmith Shop                    | Growing a Greener World           | This Old House  | Rough Cut with Fine Woodworking                                     | 4:00  |
| 4:30  | Ask This Old House  | Garden Smart                                 | Woodsmith's Shop                                  | P. Allen Smith's Garden Home      | Garden Smart                      | Ask This Old House  | P. Allen Smith's Garden Home  | 4:30  |
| 5:00  | How to Cook Well with Rory O'Connell                                    | Food Over 50 (11/5) To Dine For (beg. 11/12) | Baking with Julia                                 | Martha Bakes                      | Lidia's Kitchen                   | Martha Stewart's Cooking School   | Cook's Country  | 5:00  |
| 5:30  | A Chef's Life   | Check, Please! Arizona                       | Jacques Pépin (11/6) Baking w/ Julia (beg. 11/13) | America's Test Kitchen            | Pati's Mexican Table              | Martha Bakes  | Ellie's Real Good Food (11/3)/New Scandinavian Cooking (beg. 11/10) | 5:30  |
| 6:00  | Moveable Feast w/ Fine Cooking  | Sara's Weeknight Meals                       | Pati's Mexican Table                              | Dining with the Chef              | Simply Ming                       | Food Over 50 (11/2) To Dine For (beg. 11/9)   | Jacques Pépin   | 6:00  |
| 6:30  | Lidia's Kitchen   | Nigella: at My Table                         | Steven Raichlen's Project Fire                    | Cook's Country                    | Yan Can Cook: Spice Kingdom       | Moveable Feast with Fine Cooking  | Check, Please! Arizona  | 6:30  |
| 7:00  | Martha Stewart's Cooking School   | America's Test Kitchen                       | Yan Can Cook: Spice Kingdom                       | Check, Please! Arizona            | Sara's Weeknight Meals            | Check, Please! Arizona  | Simply Ming   | 7:00  |
| 7:30  | Baking with Julia   | How to Cook Well with Rory O'Connell         | New Scandinavian Cooking                          | Nigella: at My Table              | A Chef's Life                     | Dining with the Chef  | Steven Raichlen's Project Fire                                      | 7:30  |
| 8:00  | Travels with Darley   | In the Americas                              | Wild!   | Travelscope                       | Expeditions with Patrick McMillan | In the Americas   | Weekends with Yankee  | 8:00  |
| 8:30  | Wild Travels  | Rick Steves' Europe                          |   | Two for the Road                  | Born to Explore                   | Arizona Wildlife Views  | Journeys in Japan   | 8:30  |
| 9:00  | Expeditions with Patrick McMillan                                       | Wild Nevada                                  | Weekends with Yankee                              | Travels with Darley               | Rick Steves' Europe               | Travelscope   | Wild!   | 9:00  |
| 9:30  | Born to Explore   | Journeys in Japan                            | Wild Travels                                      | Arizona Wildlife Views            | Wild Nevada                       | Two for the Road  |   | 9:30  |
| 10:00 | This Old House  | Growing a Greener World                      | Rough Cut   | Woodsmith Shop                    | Growing a Greener World           | This Old House  | Rough Cut with Fine Woodworking                                     | 10:00 |
| 10:30 | Ask This Old House  | Garden Smart                                 | Woodsmith Shop                                    | P. Allen Smith's Garden Home      | Garden Smart                      | Ask This Old House  | P. Allen Smith's Garden Home  | 10:30 |
| 11:00 | Reflect: Successful Aging Defined                                       | Second Opinion                               | Creative Living                                   | Innovations in Medicine           | Trust Docs                        | Going the Distance (11/2)/ Finding Home (11/9)/Truth about Alcohol (11/16)/ Journey Ahead (11/23)/9 to 90 (11/30) | In Good Shape   | 11:00 |
| 11:30 | Innovations in Medicine   | Trust Docs                                   | In Good Shape                                     | Reflect: Successful Aging Defined | Second Opinion                    |   | Creative Living   | 11:30 |