

City of Suffolk Municipal Channel 190

Programming Lineup

October 12 - October 18, 2020

(Programs are subject to change & preemption)

Monday / Wednesday / Friday/ Sunday

- 9:00 a.m. On the Scene (Walk to End Alzheimer's)
- 9:30 a.m. Suffolk Seniorcise Exercise Program
- 10:00 a.m. Healthy Living (Virginia Medical Reserve Corps)
- 10:30 a.m. Safety First (2020 Hurricane Preparedness)
- 4:00 p.m. Get Fit with Suffolk Parks & Recreation
- 5:00 p.m. Safety First (2020 Hurricane Preparedness)
- 6:00 p.m. On the Scene (Walk to End Alzheimer's)
- 6:30 p.m. Healthy Living (Virginia Medical Reserve Corps)
- 7:00 p.m. Suffolk City Council Meeting

Tuesday / Thursday / Saturday

- 8:30 a.m. Healthy Living (Virginia Medical Reserve Corps)
- 9:00 a.m. On the Scene (Walk to End Alzheimer's)
- 9:30 a.m. Suffolk Seniorcise Exercise Program
- 10:00 a.m. Suffolk City Council Meeting
- 4:00 p.m. Get Fit with Suffolk Parks & Recreation
- 4:30 p.m. Safety First (2020 Hurricane Preparedness)
- 6:00 p.m. On the Scene (Walk to End Alzheimer's)