








January WCNY Daytime Schedule

Schedule is subject to change. Visit 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. |
|--|---|-----------------------------|------------------------|-------------------------------------|---------------------------|---|-----------------------------|-----------------------------|---|---|------------------------------------|--------------------------------------|
| MON-FRI | 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 |
| SAT | Classical Stretch: By Essentrics | Arthur | | | | | Work It Out Wombats! | Daniel Tiger's Neighborhood | This Old House/USA Wheelchair Football Tournament | Ask This Old House | American Woodshop | GZERO World with Ian Bremmer |
| SUN | | Happy Yoga with Sarah Starr | | | | | | | Music & the Spoken Word | America's Heartland | Consuelo Mack Wealthtrack | To the Contrary with Bonnie Erbe |
| | Noon | 12:30 p.m. | 1 p.m. | 1:30 p.m. | 2 p.m. | 2:30 p.m. | 3 p.m. | 3:30 p.m. | 4 p.m. | 4:30 p.m. | 5 p.m. | 5:30 p.m. |
| MON  | 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 |
| TUE  | | | | | 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 | |
| WED  | | | | | Curious Traveler | Good Road | MotorWeek | Roadtrip Nation | Travels with Darley | Joseph Rosendo's Travelscope | Boondock Nation | Rick Steves' Europe |
| THU  | | | | | 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 |
| FRI  | | | | | 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 |
| SAT | 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 |
| SUN | Tell Me More with Kelly Corrigan | On the Money | This Old House | | Nature | | Austin City Limits | | | | | NOVA |