# AUGUST 2023

## MONDAY
- 6:00am: Happy Yoga
- 6:30am: Classical Stretch
- 7:00am: Country Kitchen
- 7:30am: Wai Lana Yoga
- 8:00am: Healthy Minds
- 8:30am: Medical Frontiers
- 9:00am: Journeys in Japan
- 9:30am: Washington Grown
- 10:00am: Country Kitchen
- 10:30am: Garden Smart
- 11:00am: Human Footprint
- Noon: America's Test Kitchen
- 12:30pm: Dining With the Chef
- 1:00pm: DW News
- 1:30pm: DW The Day
- 2:00pm: BBC News
- 2:30pm: BBC News America
- 3:00pm: Cook's Country
- 3:30pm: Planet Barbecue
- 4:00pm: To Be Announced
- 4:30pm: Conscious Living
- 5:00pm: NHK Newsline
- 5:30pm: BBC News America

## TUESDAY
- 6:00am: Happy Yoga
- 6:30am: Classical Stretch
- 7:00am: Country Kitchen
- 7:30am: Wai Lana Yoga
- 8:00am: Healthy Minds
- 8:30am: Medical Frontiers
- 9:00am: Journeys in Japan
- 9:30am: Washington Grown
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- 3:30pm: Planet Barbecue
- 4:00pm: To Be Announced
- 4:30pm: Conscious Living
- 5:00pm: NHK Newsline
- 5:30pm: BBC News America

## WEDNESDAY
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- 6:30am: Classical Stretch
- 7:00am: Country Kitchen
- 7:30am: Wai Lana Yoga
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- 8:30am: Medical Frontiers
- 9:00am: Journeys in Japan
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- 2:30pm: BBC News America
- 3:00pm: Cook's Country
- 3:30pm: Planet Barbecue
- 4:00pm: To Be Announced
- 4:30pm: Conscious Living
- 5:00pm: NHK Newsline
- 5:30pm: BBC News America

## THURSDAY
- 6:00am: Happy Yoga
- 6:30am: Classical Stretch
- 7:00am: Country Kitchen
- 7:30am: Wai Lana Yoga
- 8:00am: Healthy Minds
- 8:30am: Medical Frontiers
- 9:00am: Journeys in Japan
- 9:30am: Washington Grown
- 10:00am: Country Kitchen
- 10:30am: Garden Smart
- 11:00am: Human Footprint
- Noon: America's Test Kitchen
- 12:30pm: Dining With the Chef
- 1:00pm: DW News
- 1:30pm: DW The Day
- 2:00pm: BBC News
- 2:30pm: BBC News America
- 3:00pm: Cook's Country
- 3:30pm: Planet Barbecue
- 4:00pm: To Be Announced
- 4:30pm: Conscious Living
- 5:00pm: NHK Newsline
- 5:30pm: BBC News America

## FRIDAY
- 6:00am: Happy Yoga
- 6:30am: Classical Stretch
- 7:00am: Country Kitchen
- 7:30am: Wai Lana Yoga
- 8:00am: Healthy Minds
- 8:30am: Medical Frontiers
- 9:00am: Journeys in Japan
- 9:30am: Washington Grown
- 10:00am: Country Kitchen
- 10:30am: Garden Smart
- 11:00am: Human Footprint
- Noon: America's Test Kitchen
- 12:30pm: Dining With the Chef
- 1:00pm: DW News
- 1:30pm: DW The Day
- 2:00pm: BBC News
- 2:30pm: BBC News America
- 3:00pm: Cook's Country
- 3:30pm: Planet Barbecue
- 4:00pm: To Be Announced
- 4:30pm: Conscious Living
- 5:00pm: NHK Newsline
- 5:30pm: BBC News America

## WEEKENDS

### SATURDAY
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- 9:30am: Washington Grown
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- 1:30pm: DW The Day
- 2:00pm: BBC News
- 2:30pm: BBC News America
- 3:00pm: Cook's Country
- 3:30pm: Planet Barbecue
- 4:00pm: To Be Announced
- 4:30pm: Conscious Living
- 5:00pm: NHK Newsline
- 5:30pm: BBC News America

### SUNDAY
- 6:00am: Happy Yoga
- 6:30am: Classical Stretch
- 7:00am: Country Kitchen
- 7:30am: Wai Lana Yoga
- 8:00am: Healthy Minds
- 8:30am: Medical Frontiers
- 9:00am: Journeys in Japan
- 9:30am: Washington Grown
- 10:00am: Country Kitchen
- 10:30am: Garden Smart
- 11:00am: Human Footprint
- Noon: America's Test Kitchen
- 12:30pm: Dining With the Chef

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**Address Service Requested (4407-9883)**
# AUGUST

## PRIMETIME

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>06</td>
<td>6:00 Celebrity Antiques/Trip</td>
<td>6:00 Death In Paradise</td>
<td>6:00 Changing Seas</td>
<td>6:00 John Denver</td>
<td>6:00 Washington Grown</td>
<td>6:00 Carol Burnett Show</td>
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<tr>
<td></td>
<td>7:00 Grantchester</td>
<td>7:00 Doc Martin</td>
<td>6:30 Walkin' West</td>
<td>7:30 Letter/Earth</td>
<td>6:30 America's Test Kitchen</td>
<td>7:00 When Wire Was King</td>
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<tr>
<td></td>
<td>8:00 Doc Martin</td>
<td>8:00 Hope Street</td>
<td>7:00 Great American Recipe</td>
<td>9:30 My Music</td>
<td>7:00 Hope Street</td>
<td>8:00 Celebrity Antiques/Trip</td>
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<tr>
<td></td>
<td>9:00 Luna &amp; Sophie</td>
<td>9:00 Great Performances</td>
<td>8:00 Animals With Cameras</td>
<td>10:00 Amanpour and Co.</td>
<td>8:00 Grantchester</td>
<td>9:00 Earth's/Wonders</td>
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<td>10:00 Atlantic Crossing</td>
<td>10:00 Amanpour and Co.</td>
<td>9:00 Human Footprint</td>
<td>11:00 Doc Martin</td>
<td>9:00 All Creatures</td>
<td>10:00 Luna &amp; Sophie</td>
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<td></td>
<td>11:00 Earth's/Wonders</td>
<td>11:00 Songs At the Center</td>
<td>10:00 Amanpour and Co.</td>
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<td>7:00 Finding Your Roots</td>
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<td>9:00 Native America</td>
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<td>6:30 My Music</td>
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<tr>
<td></td>
<td>9:00 Native America</td>
<td>11:00 Songs At the Center</td>
<td>10:00 Amanpour and Co.</td>
<td>11:00 Art in the 21st Century</td>
<td>11:00 Amanpour and Co.</td>
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<td>10:00 Amanpour and Co.</td>
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<td>6:00 Wealthtrack</td>
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<td>6:00 Ken Burns: Hemingway</td>
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<td>25</td>
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<td>26</td>
<td>7:00 When Wire Was King</td>
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<td>6:00 Wealthtrack</td>
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<td>29</td>
<td>6:00 Death in Paradise</td>
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<td>31</td>
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