Senior adults can exercise via TV

Non-commercial television takes on an important community service. The new program, "Senior Adult Exercise Program, is a television show produced by SWOCD production specialist Donnell Conway for the sponsoring department of Farmington Hills Special Services. Maggie Loridas, of the senior adult program, designed this exercise program to help senior adult mobility and flexibility. The goal is to stay physically independent or regain independence. The exercises are designed to adapt to each person's tolerance. Maggie explains, "A tolerance level, that is, which he or she can perform comfortably without undue stress."

Emphasizing what the medical profession refuserate. Mania service profession refuserate.

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Emphasizing what the medical
profession relicrates, Maggie says
the exercise activity to music, peer
involvement and upbeat atmosphere
go a long way to foster feelings of
self-worth, better quality of life and
physical fitness for each of the participanis.

Watch this "anti-aging" exercise
program on channel 12 and join atter you check with your physician.
Watch Tuesday and Thursday at 10
a.m.

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Watch Tuesday and Thursday at 10 a.m.

ACCESS

PROGRAMMINO SCHEDULE Channel 12 Monday, April 4

10 a.m. — Community 12 Annual Parmington Hills Schemel Channel 12 Monday, April 4

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10 10 a.m. — Travels with Kay.** — Perceptions: widow-hood.

1230 p.m. — Travels with Kay.** — Perceptions: widow-hood.

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1 p.m. – Carmington Artists Club: Nancy Hurd, artist.
 2 p.m. – Botsford Inn Sesquicentennial Concert: Courtyard con-

SPECIAL

PRE-SEASON

SALE

CENTRAL AIR CONDITIONING

LENNOX

Tuesday, April 5 10 a.m. — Senior Adult Exercise Program: Seniors at Mercy Center.
 11 a.m. — Novi History lesson: Fraser Staman.

• 7:30 p.m. — Think Tornado Safety. • 8:13 p.m. — Detroit Water & Sewerage Department: How we rate. • 8:30 p.m. — 1988 Girls Short Course Swim Meet: Michigan Girls.

Fraser Staman.

Noon — Michigan Journal:
Michigan Republican Party.

12:30 p.m. — Oakland County
Parks & Rec.: Oakland County
Parks an overview.

1 p.m. — Over the Counter:
Getting in gardening.

1:30 p.m. — Oakland County
Connection: Features from Oakland

Wednesday, April 6

• 10 a.m. - Comic & Fantasy

Si:35 p.m. — Tri-Outlook News
Break: local news,
6 p.m. — Funtime with Rosco
the Clown & Mr. Trix: St. Paul Lutheran lat grade.
9:5:30 p.m. — A House for all
Seasons: solar home.
9 7 p.m. — Shores of Your MindJan Jarrell.

 Seasons: Solar home.
9 1 p.m. — A tri in Review: Theater and moultaint.

 Seasons: Triangle & Fantasy
 Seasons: When the Seasons of Seasons: Triangle & Fantasy
 Seasons: Triangle & Fantasy
 Seasons: When the Seasons: Solar home.
9 2 p.m. — A tri in Review: Theater and moultaint.

Visit Our

1:30 p.m. — Sports Yesterday/
Today: sports interviews.
 2 p.m. — Let's Talk Money: insurance basics.
 2:30 p.m. — Jayeces focus on
the Farmington area: Huntington
Learning Center.
 3 p.m. — Crists in the Modern
Farmily: runaways.
 5:55 p.m. — Tri-Outlook News
Break: local news.
 Farmington Artists
Club: Nancyi Hurd, artist.
 6:30 p.m. — Farmington Focus:
City of Farmington.
 7 p.m. — Serendipity: birthdays.

days.

9 7:30 p.m. — Art in Architecture: Louis Redstone, artist.

8 p.m. — Cards Plus More: save Tiger Stadium.

8 3:30 p.m. — Dog obedlence: leash breaking.

9 p.m. — Quest for Better Living. Resources to find your family roots.

• 1 p.m. — Shores of Your Mind:
Jan Jerrell.
• 1:30 p.m. — Viewpoint: City of
Farmington Hills.
• 2 p.m. — Fundine with Rose
the Clown & Mr. Trix: St. Paul Lutheran 1st grade.
• 2:30 p.m. — Today's World: Eumenical Institute.
• 3 p.m. — Farmington Focus:
City of Farmington.
• 3:30 p.m. — Women in Politics:
Eline Donnelly.
• 5:55 p.m. — Tri-Outlook News
Bræk: local news.
• 6 p.m. — Let's Talk Money: Insurance basics.

• 6 p.m. — Tri- Iok Show: Joh.

6:30 p.m. — The Job Show: Job information from MESC.
 7 p.m. — Duel of Knowledge: Clarenceville vs. North Farmington.

• 7:30 p.m. — Viewpoint: City of Farmington Hills.

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525-1930

S.A.

FAIRLANE

cable connection

Lark Reid

executive director, Southwestern Oakland Cable Commission

8 p.m. — Jaycees focus on the mington area: Huntington Learn- & Dave Show.

CABLE RADIO PROGRAMMING SCHEDULE

ing Center.

• 8:30 p.m. — Crisis in the Modern Family: runaways.

• 9:30 p.m. — Travels with Kay:

Peru, Part II.

12:30-1:30 p.m. — At Random.
1:30-2 p.m. — TV Tunes.
7:30-9 p.m. — Inner Sanctum.

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Livonia - Farmington Hills - Northville



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