Cable from page 6B

WEDNESDAY, DEC. 8

10 a.m. - Capitol Report 10:30 a.m. - Madonna Maga-zine

11 a.m. - Marc country TV 11:30 a.m. - Amvets

- The way the truth and

12:30 p.m. — That's Italian 1 p.m. - Senior messenger

2 p.m. — Life, liberty and health: insurance benefits billing and home care 3 p.m. — Crisis in the modern family: fathers for equal rights

4 p.m. — Jr. Japanese: Lesson

4:30 p.m. — Motorsports basics: Michael Kollins

5:30 p.m. — Groove session
6 p.m. — Coffee and conversation: assisted suicide

7 p.m. — GThe word of life; who are we watching 7:30 p.m. — Library check it out

8 p.m. — My vote counts 8:30 p.m. - Lansing Connection

9 p.m. - Speakers row

THURSDAY, DEC. 8

10 a.m. — Senior adult exercise
11 a.m. — Seniors on the move:
glamorous grandmas 11:30 a.m. — Bagels and talk with Tracy and Phil

Noon - Life matters 12:30 p.m. — Senior spotlight: Skits-O-Frantics players

1 p.m. — Women on the move: bereavement

1:30 p.m. - Viewpoint 2 p.m. — My vote counts

2:30 p.m. — Chi-aerobics inter-nal power: Lesson 37

3 p.m. — Business and residential news

3:30 p.m. - A moving experi-

4 p.m. — Seniors beware: the furnace man — Kitchen ceramics 4:30 p.m. -

5 p.m. — Political workshop for women 6 p.m. - Novi Chamber of Com-

merce: our town 6:30 p.m. - Dollars and sense: value investing

7 p.m. — Crisis in the modern family: fathers for equal rights 8 p.m. — John Akouri live

8:30 p.m. - The voter 9 p.m. - Cash talks: fear of fly-

FRIDAY, DEC. 10

Request your favorite community access program to cablecast on Friday between 3 and 9 p.m. Call MetroVision at 553-7303.

YMCA HIGHLIGHTS

These YMCA Highlights appear courtesy of the Farmington YMCA, 28100 Farmington Road, Farmington Hills. For information, call 553-4020.

M PERSONAL TRAINERS

Depresent trainers Looking for a personal trainer to evaluate your present fitness level, recommend a fitness program suited just for you, and then help assure that you obtain your goals? Let a YMCA personal fitness trainer be your guarantee to healthier and happy you. For complete details about the personal trainer program contact. Tom Wyllie at 553-4020.

The Tarmington Area Y has many exciting activities, programs and plans for the Holiday Season. Collegs students home for the holidays? Check out a holiday membership for the time that they will be home. Looking for something for your school-age

children to do while out of school?
Hollday Camp at the Y provides a fun and safe way to spend the day. How about a party just for kids on New Year's Eve Step: The annual New Year's Eve Step: In is a great way for kids to ring in the new year while mom and alga are celebrating on their own. For information about the holiday programs call the Y at 553-4020.

M FAMILY WELLNESS CENTER The New Family Wellness Center
The New Family Wellness Center
is open and causing much excitement at the Fermington Area Y.
The size has double allowing for
a complete new circuit of Cybex
equipment for adults and Heartline equipment for youth. Also
new are four Quinton and four Lifestride Treadmills, two Nordic
Tracks, seven Sprint steppers and
a refurbished sprint circuit. Stop
by the Y to see the new Family
Wellness Center and how your
family would fit right in.

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3-day holiday celebration begins Saturday

A special three-holiday celebra-tion begins Saturday at Hudson's Northland.

The store will spotlight Hanuk-kah all day Saturday with special

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A special Christmas celebration is scheduled for Saturday, Dec. 11.

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All three events will be held during normal Saturday shopping hours.

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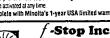
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