

Jan 2-8								
TIME	Monday, January 2, 2023	Tuesday, January 3, 2023	Wednesday, January 4, 2023	Thursday, January 5, 2023	Friday, January 6, 2023	Saturday, January 7, 2023	Sunday, January 8, 2023	TIME
12:00 AM	Richard Bangs' Adventures with Purpose Greece: Quest for the Gods	This Old House	This Old House	This Old House	This Old House	This Old House	Rick Steves Art of Europe	12:00 AM
12:30 AM		Ask This Old House	Woodsmith Shop	Classic Woodworking	Craftsman's Legacy	American Woodshop		12:30 AM
1:00 AM	The Jazzy Vegetarian	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	The Jazzy Vegetarian	1:00 AM
1:30 AM	Ellie's Real Good Food	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Ellie's Real Good Food	1:30 AM
2:00 AM	The Legacy List with Matt Paxton	J Schwanke's Life In Bloom	Conscious Living	Make It Artsy	Baby Makes 3	Classical Stretch: By Essentrics	Classical Stretch: By Essentrics	2:00 AM
2:30 AM		Culture Quest	Growing Bolder	For Your Home	Make Your Mark	Yndi Yoga	Happy Yoga with Sarah Starr	2:30 AM
3:00 AM	Best of Sewing with Nancy	Quilting Arts	Fit 2 Stitch	Quilting Arts	Best of Sewing with Nancy	Fons & Porter's Love of Quilting	It's Sew Easy	3:00 AM
3:30 AM	Paint This with Jerry Yarnell	Painting and Travel with Roger & Sarah Bensemer	Painting with Wilson Bickford	Landscapes Through Time with David Dunlop	Paint This with Jerry Yarnell	Canvassing The World with Sean Diediker	Wyland's Art Studio	3:30 AM
4:00 AM	This Old House	This Old House	This Old House	This Old House	This Old House	Ask This Old House	Classical Stretch: By Essentrics	4:00 AM
4:30 AM	Ask This Old House	Woodsmith Shop	Classic Woodworking	Craftsman's Legacy	American Woodshop	This Old House	Classical Stretch: By Essentrics	4:30 AM
5:00 AM	Dining with the Chef	Tastemakers	How She Rolls	Ciao Italia	Crossing South	P. Allen Smith's Garden Home	The Jazzy Vegetarian	5:00 AM
5:30 AM	Fit to Eat	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Garden Smart	Ellie's Real Good Food	5:30 AM
6:00 AM	Discover The Upper Cumberland	Daytripper	Two for the Road	Highpointers with the Bargo Brothers	Cycle Around Japan Highlights	America's Test Kitchen	Trails to Oishii Tokyo	6:00 AM
6:30 AM	Seeing Canada	Travelscope	Outside: Beyond The Lens	Travelscope	Samantha Brown's Places to Love	America's Test Kitchen	Journeys In Japan	6:30 AM
7:00 AM	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Cook's Country	J Schwanke's Life In Bloom	7:00 AM
7:30 AM	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	America's Test Kitchen	Family Plot: Gardening in the Mid-South	7:30 AM
8:00 AM	In Julia's Kitchen with Master Chefs	Tastemakers	How She Rolls	Ciao Italia	Crossing South	Cook's Country	America's Test Kitchen	8:00 AM
8:30 AM	My Greek Table with Diane Kochilas	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	America's Test Kitchen	America's Test Kitchen	8:30 AM
9:00 AM	Best of Sewing with Nancy	Quilting Arts	Fit 2 Stitch	Quilting Arts	Best of Sewing with Nancy	America's Test Kitchen	Cook's Country	9:00 AM
9:30 AM	Paint This with Jerry Yarnell	Painting and Travel with Roger & Sarah Bensemer	Painting with Wilson Bickford	Landscapes Through Time with David Dunlop	Paint This with Jerry Yarnell	America's Test Kitchen	America's Test Kitchen	9:30 AM
10:00 AM	This Old House	This Old House	This Old House	This Old House	This Old House	Cook's Country	Cook's Country	10:00 AM
10:30 AM	Ask This Old House	Woodsmith Shop	Classic Woodworking	Craftsman's Legacy	American Woodshop	Cook's Country	America's Test Kitchen	10:30 AM
11:00 AM	Best of Sewing with Nancy	Quilting Arts	Fit 2 Stitch	Quilting Arts	Best of Sewing with Nancy	This Old House	America's Test Kitchen	11:00 AM
11:30 AM	America's Test Kitchen	Cook's Country	America's Test Kitchen	Cook's Country	America's Test Kitchen	Ask This Old House	America's Test Kitchen	11:30 AM
12:00 PM	In Julia's Kitchen with Master Chefs	Tastemakers	How She Rolls	Ciao Italia	Crossing South	America's Test Kitchen	Cook's Country	12:00 PM
12:30 PM	Fit to Eat	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Cook's Country	Cook's Country	12:30 PM
1:00 PM	Discover The Upper Cumberland	Daytripper	Two for the Road	Highpointers with the Bargo Brothers	Cycle Around Japan Highlights	Rick Steves Art of Europe	Lucky Chow	1:00 PM
1:30 PM	Seeing Canada	Travelscope	Outside: Beyond The Lens	Travelscope	Samantha Brown's Places to Love		Simply Ming	1:30 PM
2:00 PM	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Chef's Life	2:00 PM
2:30 PM	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Christopher Kimball's Milk Street Television	Lidia's Kitchen	2:30 PM
3:00 PM	Simply Ming	Roadfood	Jacques Pepin: Heart & Soul	100 Days, Drinks, Dishes and Destinations	Simply Ming	Field Trip with Curtis Stone	Sara's Weeknight Meals	3:00 PM
3:30 PM	Cook's Country	New Orleans Cooking with Kevin Belton	Cook's Country	Pat's Mexican Table	Cook's Country	Pat's Mexican Table	Nick Stellino: Storyteller in the Kitchen	3:30 PM
4:00 PM	America's Test Kitchen	Christopher Kimball's Milk Street Television	Lidia's Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Craft In America	Craft In America	4:00 PM
4:30 PM	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow			4:30 PM
5:00 PM	The Great American Recipe	The Great American Recipe	The Great American Recipe	America's Test Kitchen	America's Test Kitchen	Best of the Joy of Painting	America's Test Kitchen	5:00 PM
5:30 PM				Cook's Country	America's Test Kitchen	Best of the Joy of Painting	America's Test Kitchen	5:30 PM
6:00 PM	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Cook's Country	Rick Steves Art of Europe	Rick Steves Art of Europe	6:00 PM
6:30 PM	Seeing Canada	Travelscope	Outside: Beyond The Lens	Travelscope	America's Test Kitchen		6:30 PM	
7:00 PM	In The Americas with David Yetman	Daytripper	Two for the Road	Highpointers with the Bargo Brothers	Cook's Country	In Julia's Kitchen with Master Chefs	My Greek Table with Diane Kochilas	7:00 PM
7:30 PM	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	America's Test Kitchen	Tastemakers	Lidia's Kitchen	7:30 PM
8:00 PM	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	America's Test Kitchen	Ciao Italia	Christopher Kimball's Milk Street Television	8:00 PM
8:30 PM	America's Test Kitchen	Christopher Kimball's Milk Street Television	Lidia's Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	How She Rolls		America's Test Kitchen
9:00 PM	Simply Ming	Roadfood	Jacques Pepin: Heart & Soul	100 Days, Drinks, Dishes and Destinations	Cook's Country	Crossing South	America's Test Kitchen	9:00 PM
9:30 PM	Cook's Country	New Orleans Cooking with Kevin Belton	Cook's Country	Pat's Mexican Table	Cook's Country	The Jazzy Vegetarian	Ellie's Real Good Food	9:30 PM
10:00 PM	The Great American Recipe	The Great American Recipe	The Great American Recipe	America's Test Kitchen	America's Test Kitchen	Best of the Joy of Painting	America's Test Kitchen	10:00 PM
10:30 PM				Cook's Country	Lucky Chow	Best of the Joy of Painting	America's Test Kitchen	10:30 PM
11:00 PM	In Julia's Kitchen with Master Chefs	Tastemakers	How She Rolls	Ciao Italia	Crossing South	Craft In America	Craft In America	11:00 PM
11:30 PM	My Greek Table with Diane Kochilas	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen			11:30 PM

Jan 9-15								
TIME	Monday, January 9, 2023	Tuesday, January 10, 2023	Wednesday, January 11, 2023	Thursday, January 12, 2023	Friday, January 13, 2023	Saturday, January 14, 2023	Sunday, January 15, 2023	TIME
12:00 AM	Rick Steves Art of Europe	This Old House	This Old House	This Old House	This Old House	This Old House	Rick Steves Art of Europe	12:00 AM
12:30 AM		Ask This Old House	Woodsmith Shop	Classic Woodworking	Craftsman's Legacy	American Woodshop		12:30 AM
1:00 AM	The Jazzy Vegetarian	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	The Jazzy Vegetarian	1:00 AM
1:30 AM	Ellie's Real Good Food	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Ellie's Real Good Food	1:30 AM
2:00 AM	The Legacy List with Matt Paxton	J Schwanke's Life In Bloom	Conscious Living	Make It Artsy	Baby Makes 3	Classical Stretch: By Essentrics	Classical Stretch: By Essentrics	2:00 AM
2:30 AM		Culture Quest	Growing Bolder	For Your Home	Make Your Mark	Yndi Yoga	Happy Yoga with Sarah Starr	2:30 AM
3:00 AM	Best of Sewing with Nancy	Quilting Arts	Fit 2 Stitch	Quilting Arts	Best of Sewing with Nancy	Fons & Porter's Love of Quilting	It's Sew Easy	3:00 AM
3:30 AM	Paint This with Jerry Yarnell	Painting and Travel with Roger & Sarah Bansemir	Painting with Wilson Bickford	Landscapes Through Time with David Dunlop	Paint This with Jerry Yarnell	Canvassing The World with Sean Diediker	Wyland's Art Studio	3:30 AM
4:00 AM	This Old House	This Old House	This Old House	This Old House	This Old House	Ask This Old House	Classical Stretch: By Essentrics	4:00 AM
4:30 AM	Ask This Old House	Woodsmith Shop	Classic Woodworking	Craftsman's Legacy	American Woodshop	This Old House	Classical Stretch: By Essentrics	4:30 AM
5:00 AM	Dining with the Chef	Tastemakers	How She Rolls	Ciao Italia	Crossing South	P. Allen Smith's Garden Home	The Jazzy Vegetarian	5:00 AM
5:30 AM	Fit to Eat	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Garden Smart	Ellie's Real Good Food	5:30 AM
6:00 AM	Discover The Upper Cumberland	Daytripper	Two for the Road	Highpointers with the Bargo Brothers	Cycle Around Japan Highlights	Christina Cooks: Back to the Cutting Board	Trails to Oishii Tokyo	6:00 AM
6:30 AM	Seeing Canada	Travelscope	Outside: Beyond The Lens	Travelscope	Samantha Brown's Places to Love	The Jazzy Vegetarian	Journeys In Japan	6:30 AM
7:00 AM	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Yoga In Practice	J Schwanke's Life In Bloom	7:00 AM
7:30 AM	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Christina Cooks: Back to the Cutting Board	Family Plot: Gardening in the Mid-South	7:30 AM
8:00 AM	In Julia's Kitchen with Master Chefs	Tastemakers	How She Rolls	Ciao Italia	Crossing South	The Jazzy Vegetarian	Christina Cooks: Back to the Cutting Board	8:00 AM
8:30 AM	My Greek Table with Diane Kochilas	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Classical Stretch: By Essentrics	The Jazzy Vegetarian	8:30 AM
9:00 AM	Best of Sewing with Nancy	Quilting Arts	Fit 2 Stitch	Quilting Arts	Best of Sewing with Nancy	Christina Cooks: Back to the Cutting Board	Yoga In Practice	9:00 AM
9:30 AM	Paint This with Jerry Yarnell	Painting and Travel with Roger & Sarah Bansemir	Painting with Wilson Bickford	Landscapes Through Time with David Dunlop	Paint This with Jerry Yarnell	The Jazzy Vegetarian	Christina Cooks: Back to the Cutting Board	9:30 AM
10:00 AM	This Old House	This Old House	This Old House	This Old House	This Old House	Yoga In Practice	The Jazzy Vegetarian	10:00 AM
10:30 AM	Ask This Old House	Woodsmith Shop	Classic Woodworking	Craftsman's Legacy	American Woodshop	Classical Stretch: By Essentrics	Classical Stretch: By Essentrics	10:30 AM
11:00 AM	Best of Sewing with Nancy	Quilting Arts	Fit 2 Stitch	Quilting Arts	Best of Sewing with Nancy	This Old House	Christina Cooks: Back to the Cutting Board	11:00 AM
11:30 AM	America's Test Kitchen	Cook's Country	America's Test Kitchen	Cook's Country	America's Test Kitchen	Ask This Old House	The Jazzy Vegetarian	11:30 AM
12:00 PM	In Julia's Kitchen with Master Chefs	Tastemakers	How She Rolls	Ciao Italia	Crossing South	America's Test Kitchen	Yoga In Practice	12:00 PM
12:30 PM	Fit to Eat	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Cook's Country	Classical Stretch: By Essentrics	12:30 PM
1:00 PM	Discover The Upper Cumberland	Daytripper	Two for the Road	Highpointers with the Bargo Brothers	Cycle Around Japan Highlights	Rick Steves Art of Europe	Lucky Chow	1:00 PM
1:30 PM	Seeing Canada	Travelscope	Outside: Beyond The Lens	Travelscope	Samantha Brown's Places to Love		Simply Ming	1:30 PM
2:00 PM	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Chefs Life	2:00 PM
2:30 PM	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Christopher Kimball's Milk Street Television	Lidia's Kitchen	2:30 PM
3:00 PM	Simply Ming	Sara's Weeknight Meals	Jacques Pepin: Heart & Soul	Field Trip with Curtis Stone	Simply Ming	Field Trip with Curtis Stone	Sara's Weeknight Meals	3:00 PM
3:30 PM	Cook's Country	New Orleans Cooking with Kevin Belton	Cook's Country	Pat's Mexican Table	Cook's Country	Pat's Mexican Table	Nick Stellino: Storyteller in the Kitchen	3:30 PM
4:00 PM	America's Test Kitchen	Christopher Kimball's Milk Street Television	Lidia's Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Craft In America	Craft In America	4:00 PM
4:30 PM	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow			4:30 PM
5:00 PM	Cook's Country	Cook's Country	America's Test Kitchen	Cook's Country	Christina Cooks: Back to the Cutting Board	Best of the Joy of Painting	Christina Cooks: Back to the Cutting Board	5:00 PM
5:30 PM	America's Test Kitchen	America's Test Kitchen	America's Test Kitchen	Cook's Country	The Jazzy Vegetarian	Best of the Joy of Painting	The Jazzy Vegetarian	5:30 PM
6:00 PM	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Yoga In Practice	Rick Steves Art of Europe	Rick Steves Art of Europe	6:00 PM
6:30 PM	Seeing Canada	Travelscope	Outside: Beyond The Lens	Travelscope	Christina Cooks: Back to the Cutting Board			6:30 PM
7:00 PM	In The Americas with David Yetman	Daytripper	Two for the Road	Highpointers with the Bargo Brothers	The Jazzy Vegetarian	In Julia's Kitchen with Master Chefs	My Greek Table with Diane Kochilas	7:00 PM
7:30 PM	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Classical Stretch: By Essentrics	Tastemakers	Lidia's Kitchen	7:30 PM
8:00 PM	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Christina Cooks: Back to the Cutting Board	Ciao Italia	Christopher Kimball's Milk Street Television	8:00 PM
8:30 PM	America's Test Kitchen	Christopher Kimball's Milk Street Television	Lidia's Kitchen	Christopher Kimball's Milk Street Television	The Jazzy Vegetarian	How She Rolls	America's Test Kitchen	8:30 PM
9:00 PM	Simply Ming	Sara's Weeknight Meals	Jacques Pepin: Heart & Soul	Field Trip with Curtis Stone	Yoga In Practice	Crossing South	America's Test Kitchen	9:00 PM
9:30 PM	Cook's Country	New Orleans Cooking with Kevin Belton	Cook's Country	Pat's Mexican Table	Classical Stretch: By Essentrics	The Jazzy Vegetarian	Ellie's Real Good Food	9:30 PM
10:00 PM	Cook's Country	Cook's Country	America's Test Kitchen	Cook's Country	America's Test Kitchen	Best of the Joy of Painting	Christina Cooks: Back to the Cutting Board	10:00 PM
10:30 PM	America's Test Kitchen	America's Test Kitchen	America's Test Kitchen	Cook's Country	Lucky Chow	Best of the Joy of Painting	The Jazzy Vegetarian	10:30 PM
11:00 PM	In Julia's Kitchen with Master Chefs	Tastemakers	How She Rolls	Ciao Italia	Crossing South	Craft In America	Craft In America	11:00 PM
11:30 PM	My Greek Table with Diane Kochilas	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen			11:30 PM

Jan 16-22								
TIME	Monday, January 16, 2023	Tuesday, January 17, 2023	Wednesday, January 18, 2023	Thursday, January 19, 2023	Friday, January 20, 2023	Saturday, January 21, 2023	Sunday, January 22, 2023	TIME
12:00 AM	Rick Steves Art of Europe	This Old House	This Old House	This Old House	This Old House	This Old House	Rick Steves Art of Europe	12:00 AM
12:30 AM		Ask This Old House	Woodsmith Shop	Classic Woodworking	Craftsman's Legacy	American Woodshop		12:30 AM
1:00 AM	The Jazzy Vegetarian	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	The Jazzy Vegetarian	1:00 AM
1:30 AM	Ellie's Real Good Food	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Ellie's Real Good Food	1:30 AM
2:00 AM	The Legacy List with Matt Paxton	J Schwanke's Life In Bloom	Conscious Living	Make It Artsy	Baby Makes 3	Classical Stretch: By Essentrics	Classical Stretch: By Essentrics	2:00 AM
2:30 AM		Culture Quest	Growing Bolder	For Your Home	Make Your Mark	Yndi Yoga	Happy Yoga with Sarah Starr	2:30 AM
3:00 AM	Best of Sewing with Nancy	Quilting Arts	Fit 2 Stitch	Quilting Arts	Best of Sewing with Nancy	Fons & Porter's Love of Quilting	It's Sew Easy	3:00 AM
3:30 AM	Paint This with Jerry Yarnell	Painting and Travel with Roger & Sarah Bansemir	Painting with Wilson Bickford	Landscapes Through Time with David Dunlop	Paint This with Jerry Yarnell	Canvassing The World with Sean Diediker	Wyland's Art Studio	3:30 AM
4:00 AM	This Old House	This Old House	This Old House	This Old House	This Old House	Ask This Old House	Classical Stretch: By Essentrics	4:00 AM
4:30 AM	Ask This Old House	Woodsmith Shop	Classic Woodworking	Craftsman's Legacy	American Woodshop	This Old House	Classical Stretch: By Essentrics	4:30 AM
5:00 AM	Dining with the Chef	Tastemakers	How She Rolls	Ciao Italia	Crossing South	P. Allen Smith's Garden Home	The Jazzy Vegetarian	5:00 AM
5:30 AM	Fit to Eat	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Garden Smart	Ellie's Real Good Food	5:30 AM
6:00 AM	Discover The Upper Cumberland	Daytripper	Two for the Road	Highpointers with the Bargo Brothers	Cycle Around Japan Highlights	Samantha Brown's Places to Love	Trails to Oishii Tokyo	6:00 AM
6:30 AM	Seeing Canada	Travelscope	Outside: Beyond The Lens	Joseph Rosendo's Travelscope	Samantha Brown's Places to Love	Samantha Brown's Places to Love	Journeys In Japan	6:30 AM
7:00 AM	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Samantha Brown's Places to Love	J Schwanke's Life In Bloom	7:00 AM
7:30 AM	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Samantha Brown's Places to Love	Family Plot: Gardening in the Mid-South	7:30 AM
8:00 AM	In Julia's Kitchen with Master Chefs	Tastemakers	How She Rolls	Ciao Italia	Crossing South	Samantha Brown's Places to Love	Samantha Brown's Places to Love	8:00 AM
8:30 AM	My Greek Table with Diane Kochilas	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Samantha Brown's Places to Love	Samantha Brown's Places to Love	8:30 AM
9:00 AM	Best of Sewing with Nancy	Quilting Arts	Fit 2 Stitch	Quilting Arts	Best of Sewing with Nancy	Samantha Brown's Places to Love	Samantha Brown's Places to Love	9:00 AM
9:30 AM	Paint This with Jerry Yarnell	Painting and Travel with Roger & Sarah Bansemir	Painting with Wilson Bickford	Landscapes Through Time with David Dunlop	Paint This with Jerry Yarnell	Samantha Brown's Places to Love	Samantha Brown's Places to Love	9:30 AM
10:00 AM	This Old House	This Old House	This Old House	This Old House	This Old House	Samantha Brown's Places to Love	Samantha Brown's Places to Love	10:00 AM
10:30 AM	Ask This Old House	Woodsmith Shop	Classic Woodworking	Craftsman's Legacy	American Woodshop	Samantha Brown's Places to Love	Samantha Brown's Places to Love	10:30 AM
11:00 AM	Best of Sewing with Nancy	Quilting Arts	Fit 2 Stitch	Quilting Arts	Best of Sewing with Nancy	This Old House	Samantha Brown's Places to Love	11:00 AM
11:30 AM	America's Test Kitchen	Cook's Country	America's Test Kitchen	Cook's Country	America's Test Kitchen	Ask This Old House	Samantha Brown's Places to Love	11:30 AM
12:00 PM	In Julia's Kitchen with Master Chefs	Tastemakers	How She Rolls	Ciao Italia	Crossing South	America's Test Kitchen	Samantha Brown's Places to Love	12:00 PM
12:30 PM	Fit to Eat	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Cook's Country	Samantha Brown's Places to Love	12:30 PM
1:00 PM	Discover The Upper Cumberland	Daytripper	Two for the Road	Highpointers with the Bargo Brothers	Cycle Around Japan Highlights	Rick Steves Art of Europe	Lucky Chow	1:00 PM
1:30 PM	Seeing Canada	Travelscope	Outside: Beyond The Lens	Joseph Rosendo's Travelscope	Samantha Brown's Places to Love		Simply Ming	1:30 PM
2:00 PM	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Chef's Life	2:00 PM
2:30 PM	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Christopher Kimball's Milk Street Television	Lidia's Kitchen	2:30 PM
3:00 PM	Simply Ming	Sara's Weeknight Meals	Jacques Pepin: Heart & Soul	Field Trip with Curtis Stone	Simply Ming	Field Trip with Curtis Stone	Sara's Weeknight Meals	3:00 PM
3:30 PM	Cook's Country	New Orleans Cooking with Kevin Belton	Cook's Country	Pat's Mexican Table	Cook's Country	Pat's Mexican Table	Nick Stellino: Storyteller in the Kitchen	3:30 PM
4:00 PM	America's Test Kitchen	Christopher Kimball's Milk Street Television	Lidia's Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Craft In America	Craft In America	4:00 PM
4:30 PM	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow			4:30 PM
5:00 PM	Yoga In Practice	The Jazzy Vegetarian	Christina Cooks: Back to the Cutting Board	Yoga In Practice	Samantha Brown's Places to Love	Best of the Joy of Painting	Samantha Brown's Places to Love	5:00 PM
5:30 PM	Christina Cooks: Back to the Cutting Board	Classical Stretch: By Essentrics	The Jazzy Vegetarian	Classical Stretch: By Essentrics	Samantha Brown's Places to Love	Best of the Joy of Painting	Samantha Brown's Places to Love	5:30 PM
6:00 PM	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Samantha Brown's Places to Love	Rick Steves Art of Europe	Rick Steves Art of Europe	6:00 PM
6:30 PM	Seeing Canada	Travelscope	Outside: Beyond The Lens	Joseph Rosendo's Travelscope	Samantha Brown's Places to Love			6:30 PM
7:00 PM	In The Americas with David Yetman	Daytripper	Two for the Road	Highpointers with the Bargo Brothers	Samantha Brown's Places to Love	In Julia's Kitchen with Master Chefs	My Greek Table with Diane Kochilas	7:00 PM
7:30 PM	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Samantha Brown's Places to Love	Tastemakers	Lidia's Kitchen	7:30 PM
8:00 PM	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Samantha Brown's Places to Love	Ciao Italia	Christopher Kimball's Milk Street Television	8:00 PM
8:30 PM	America's Test Kitchen	Christopher Kimball's Milk Street Television	Lidia's Kitchen	Christopher Kimball's Milk Street Television	Samantha Brown's Places to Love	How She Rolls	America's Test Kitchen	8:30 PM
9:00 PM	Simply Ming	Sara's Weeknight Meals	Jacques Pepin: Heart & Soul	Field Trip with Curtis Stone	Samantha Brown's Places to Love	Crossing South	Samantha Brown's Places to Love	9:00 PM
9:30 PM	Cook's Country	New Orleans Cooking with Kevin Belton	Cook's Country	Pat's Mexican Table	Samantha Brown's Places to Love	The Jazzy Vegetarian	Ellie's Real Good Food	9:30 PM
10:00 PM	Yoga In Practice	The Jazzy Vegetarian	Christina Cooks: Back to the Cutting Board	Yoga In Practice	America's Test Kitchen	Best of the Joy of Painting	Samantha Brown's Places to Love	10:00 PM
10:30 PM	Christina Cooks: Back to the Cutting Board	Classical Stretch: By Essentrics	The Jazzy Vegetarian	Classical Stretch: By Essentrics	Lucky Chow	Best of the Joy of Painting	Samantha Brown's Places to Love	10:30 PM
11:00 PM	In Julia's Kitchen with Master Chefs	Tastemakers	How She Rolls	Ciao Italia	Crossing South	Craft In America	Craft In America	11:00 PM
11:30 PM	My Greek Table with Diane Kochilas	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen			11:30 PM

Jan 23-29								
TIME	Monday, January 23, 2023	Tuesday, January 24, 2023	Wednesday, January 25, 2023	Thursday, January 26, 2023	Friday, January 27, 2023	Saturday, January 28, 2023	Sunday, January 29, 2023	TIME
12:00 AM	Rick Steves Art of Europe	This Old House	This Old House	This Old House	This Old House	This Old House	Rick Steves Art of Europe	12:00 AM
12:30 AM		Ask This Old House	Woodsmith Shop	Classic Woodworking	Craftsman's Legacy	American Woodshop		12:30 AM
1:00 AM	The Jazzy Vegetarian	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	The Jazzy Vegetarian	1:00 AM
1:30 AM	Ellie's Real Good Food	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Ellie's Real Good Food	1:30 AM
2:00 AM	The Legacy List with Matt Paxton	J Schwanke's Life In Bloom	Conscious Living	Make It Artsy	Baby Makes 3	Classical Stretch: By Essentrics	Classical Stretch: By Essentrics	2:00 AM
2:30 AM		Culture Quest	Growing Bolder	For Your Home	Make Your Mark	Yndi Yoga	Happy Yoga with Sarah Starr	2:30 AM
3:00 AM	Best of Sewing with Nancy	Quilting Arts	Fit 2 Stitch	Quilting Arts	Best of Sewing with Nancy	Fons & Porter's Love of Quilting	It's Sew Easy	3:00 AM
3:30 AM	Paint This with Jerry Yarnell	Painting and Travel with Roger & Sarah Bansemir	Painting with Wilson Bickford	Landscapes Through Time with David Dunlop	Paint This with Jerry Yarnell	Canvassing The World with Sean Diediker	Wyland's Art Studio	3:30 AM
4:00 AM	This Old House	This Old House	This Old House	This Old House	This Old House	Ask This Old House	Classical Stretch: By Essentrics	4:00 AM
4:30 AM	Ask This Old House	Woodsmith Shop	Classic Woodworking	Craftsman's Legacy	American Woodshop	This Old House	Classical Stretch: By Essentrics	4:30 AM
5:00 AM	Dining with the Chef	Tastemakers	How She Rolls	Ciao Italia	Crossing South	P. Allen Smith's Garden Home	The Jazzy Vegetarian	5:00 AM
5:30 AM	Fit to Eat	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Garden Smart	Ellie's Real Good Food	5:30 AM
6:00 AM	Discover The Upper Cumberland	Daytripper	Two for the Road	Highpointers with the Bargo Brothers	Cycle Around Japan Highlights	Family Travel with Colleen Kelly	Trails to Oishii Tokyo	6:00 AM
6:30 AM	Seeing Canada	Joseph Rosendo's Travelscope	Outside: Beyond The Lens	Joseph Rosendo's Travelscope	Samantha Brown's Places to Love	Family Travel with Colleen Kelly	Journeys In Japan	6:30 AM
7:00 AM	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Family Travel with Colleen Kelly	J Schwanke's Life In Bloom	7:00 AM
7:30 AM	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Family Travel with Colleen Kelly	Family Plot: Gardening in the Mid-South	7:30 AM
8:00 AM	In Julia's Kitchen with Master Chefs	Tastemakers	How She Rolls	Ciao Italia	Crossing South	Family Travel with Colleen Kelly	Family Travel with Colleen Kelly	8:00 AM
8:30 AM	My Greek Table with Diane Kochilas	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Family Travel with Colleen Kelly	Family Travel with Colleen Kelly	8:30 AM
9:00 AM	Best of Sewing with Nancy	Quilting Arts	Fit 2 Stitch	Quilting Arts	Best of Sewing with Nancy	Family Travel with Colleen Kelly	Family Travel with Colleen Kelly	9:00 AM
9:30 AM	Paint This with Jerry Yarnell	Painting and Travel with Roger & Sarah Bansemir	Painting with Wilson Bickford	Landscapes Through Time with David Dunlop	Paint This with Jerry Yarnell	Family Travel with Colleen Kelly	Family Travel with Colleen Kelly	9:30 AM
10:00 AM	This Old House	This Old House	This Old House	This Old House	This Old House	Family Travel with Colleen Kelly	Family Travel with Colleen Kelly	10:00 AM
10:30 AM	Ask This Old House	Woodsmith Shop	Classic Woodworking	Craftsman's Legacy	American Woodshop	Family Travel with Colleen Kelly	Family Travel with Colleen Kelly	10:30 AM
11:00 AM	Best of Sewing with Nancy	Quilting Arts	Fit 2 Stitch	Quilting Arts	Best of Sewing with Nancy	This Old House	Family Travel with Colleen Kelly	11:00 AM
11:30 AM	America's Test Kitchen	Cook's Country	America's Test Kitchen	Cook's Country	America's Test Kitchen	Ask This Old House	Family Travel with Colleen Kelly	11:30 AM
12:00 PM	In Julia's Kitchen with Master Chefs	Tastemakers	How She Rolls	Ciao Italia	Crossing South	America's Test Kitchen	Family Travel with Colleen Kelly	12:00 PM
12:30 PM	Fit to Eat	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Cook's Country	Family Travel with Colleen Kelly	12:30 PM
1:00 PM	Discover The Upper Cumberland	Daytripper	Two for the Road	Highpointers with the Bargo Brothers	Cycle Around Japan Highlights	Rick Steves Art of Europe	Lucky Chow	1:00 PM
1:30 PM	Seeing Canada	Joseph Rosendo's Travelscope	Outside: Beyond The Lens	Joseph Rosendo's Travelscope	Samantha Brown's Places to Love		Simply Ming	1:30 PM
2:00 PM	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Chef's Life	2:00 PM
2:30 PM	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Christopher Kimball's Milk Street Television	Lidia's Kitchen	2:30 PM
3:00 PM	Simply Ming	Sara's Weeknight Meals	Jacques Pepin: Heart & Soul	Field Trip with Curtis Stone	Simply Ming	Field Trip with Curtis Stone	Sara's Weeknight Meals	3:00 PM
3:30 PM	Cook's Country	New Orleans Cooking with Kevin Belton	Cook's Country	Pat's Mexican Table	Cook's Country	Pat's Mexican Table	Nick Stellino: Storyteller in the Kitchen	3:30 PM
4:00 PM	America's Test Kitchen	Christopher Kimball's Milk Street Television	Lidia's Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen	Craft In America	Craft In America	4:00 PM
4:30 PM	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow			4:30 PM
5:00 PM	Samantha Brown's Places to Love	Samantha Brown's Places to Love	Samantha Brown's Places to Love	Samantha Brown's Places to Love	Family Travel with Colleen Kelly	Best of the Joy of Painting	Family Travel with Colleen Kelly	5:00 PM
5:30 PM	Samantha Brown's Places to Love	Samantha Brown's Places to Love	Samantha Brown's Places to Love	Samantha Brown's Places to Love	Family Travel with Colleen Kelly	Best of the Joy of Painting	Family Travel with Colleen Kelly	5:30 PM
6:00 PM	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Rick Steves' Europe	Family Travel with Colleen Kelly	Rick Steves Art of Europe	Rick Steves Art of Europe	6:00 PM
6:30 PM	Seeing Canada	Joseph Rosendo's Travelscope	Outside: Beyond The Lens	Joseph Rosendo's Travelscope	Family Travel with Colleen Kelly			6:30 PM
7:00 PM	In The Americas with David Yetman	Daytripper	Two for the Road	Highpointers with the Bargo Brothers	Family Travel with Colleen Kelly	In Julia's Kitchen with Master Chefs	My Greek Table with Diane Kochilas	7:00 PM
7:30 PM	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Best of the Joy of Painting	Family Travel with Colleen Kelly	Tastemakers	Lidia's Kitchen	7:30 PM
8:00 PM	Lucky Chow	Lucky Chow	Lucky Chow	Lucky Chow	Family Travel with Colleen Kelly	Ciao Italia	Christopher Kimball's Milk Street Television	8:00 PM
8:30 PM	America's Test Kitchen	Christopher Kimball's Milk Street Television	Lidia's Kitchen	Christopher Kimball's Milk Street Television	Family Travel with Colleen Kelly	How She Rolls	America's Test Kitchen	8:30 PM
9:00 PM	Simply Ming	Sara's Weeknight Meals	Jacques Pepin: Heart & Soul	Field Trip with Curtis Stone	Family Travel with Colleen Kelly	Crossing South	America's Test Kitchen	9:00 PM
9:30 PM	Cook's Country	New Orleans Cooking with Kevin Belton	Cook's Country	Pat's Mexican Table	Family Travel with Colleen Kelly	The Jazzy Vegetarian	Ellie's Real Good Food	9:30 PM
10:00 PM	Samantha Brown's Places to Love	Samantha Brown's Places to Love	Samantha Brown's Places to Love	Samantha Brown's Places to Love	America's Test Kitchen	Best of the Joy of Painting	Family Travel with Colleen Kelly	10:00 PM
10:30 PM	Samantha Brown's Places to Love	Samantha Brown's Places to Love	Samantha Brown's Places to Love	Samantha Brown's Places to Love	Lucky Chow	Best of the Joy of Painting	Family Travel with Colleen Kelly	10:30 PM
11:00 PM	In Julia's Kitchen with Master Chefs	Tastemakers	How She Rolls	Ciao Italia	Crossing South	Craft In America	Craft In America	11:00 PM
11:30 PM	My Greek Table with Diane Kochilas	Lidia's Kitchen	America's Test Kitchen	Christopher Kimball's Milk Street Television	America's Test Kitchen			11:30 PM

Jan 30-31								
TIME	Monday, January 30, 2023	Tuesday, January 31, 2023	Wednesday, February 1, 2023	Thursday, February 2, 2023	Friday, February 3, 2023	Saturday, February 4, 2023	Sunday, February 5, 2023	TIME
12:00 AM	Rick Steves Art of Europe	This Old House						12:00 AM
12:30 AM		Ask This Old House						12:30 AM
1:00 AM	The Jazzy Vegetarian	Rick Steves' Europe						1:00 AM
1:30 AM	Ellie's Real Good Food	Best of the Joy of Painting						1:30 AM
2:00 AM		J Schwanke's Life In Bloom						2:00 AM
2:30 AM	The Legacy List with Matt Paxton	Culture Quest						2:30 AM
3:00 AM	Best of Sewing with Nancy	Quilting Arts						3:00 AM
3:30 AM	Paint This with Jerry Yarnell	Painting and Travel with Roger & Sarah Bensemer						3:30 AM
4:00 AM	This Old House	This Old House						4:00 AM
4:30 AM	Ask This Old House	Woodsmith Shop						4:30 AM
5:00 AM	Dining with the Chef	Tastemakers						5:00 AM
5:30 AM	Fit to Eat	Lidia's Kitchen						5:30 AM
6:00 AM	Discover The Upper Cumberland	Daytripper						6:00 AM
6:30 AM	Seeing Canada	Joseph Rosendo's Travelscope						6:30 AM
7:00 AM	Rick Steves' Europe	Rick Steves' Europe						7:00 AM
7:30 AM	Best of the Joy of Painting	Best of the Joy of Painting						7:30 AM
8:00 AM	In Julia's Kitchen with Master Chefs	Tastemakers						8:00 AM
8:30 AM	My Greek Table with Diane Kochilas	Lidia's Kitchen						8:30 AM
9:00 AM	Best of Sewing with Nancy	Quilting Arts						9:00 AM
9:30 AM	Paint This with Jerry Yarnell	Painting and Travel with Roger & Sarah Bensemer						9:30 AM
10:00 AM	This Old House	This Old House						10:00 AM
10:30 AM	Ask This Old House	Woodsmith Shop						10:30 AM
11:00 AM	Best of Sewing with Nancy	Quilting Arts						11:00 AM
11:30 AM	America's Test Kitchen	Cook's Country						11:30 AM
12:00 PM	In Julia's Kitchen with Master Chefs	Tastemakers						12:00 PM
12:30 PM	Fit to Eat	Lidia's Kitchen						12:30 PM
1:00 PM	Discover The Upper Cumberland	Daytripper						1:00 PM
1:30 PM	Seeing Canada	Joseph Rosendo's Travelscope						1:30 PM
2:00 PM	Rick Steves' Europe	Rick Steves' Europe						2:00 PM
2:30 PM	Lucky Chow	Lucky Chow						2:30 PM
3:00 PM	Simply Ming	Sara's Weeknight Meals						3:00 PM
3:30 PM	Cook's Country	New Orleans Cooking with Kevin Belton						3:30 PM
4:00 PM	America's Test Kitchen	Christopher Kimball's Milk Street Television						4:00 PM
4:30 PM	Lucky Chow	Lucky Chow						4:30 PM
5:00 PM	Family Travel with Colleen Kelly	Family Travel with Colleen Kelly						5:00 PM
5:30 PM	Family Travel with Colleen Kelly	Family Travel with Colleen Kelly						5:30 PM
6:00 PM	Rick Steves' Europe	Rick Steves' Europe						6:00 PM
6:30 PM	Seeing Canada	Joseph Rosendo's Travelscope						6:30 PM
7:00 PM	In The Americas with David Yetman	Daytripper						7:00 PM
7:30 PM	Best of the Joy of Painting	Best of the Joy of Painting						7:30 PM
8:00 PM	Lucky Chow	Lucky Chow						8:00 PM
8:30 PM	America's Test Kitchen	Christopher Kimball's Milk Street Television						8:30 PM
9:00 PM	Simply Ming	Sara's Weeknight Meals						9:00 PM
9:30 PM	Cook's Country	New Orleans Cooking with Kevin Belton						9:30 PM
10:00 PM	Family Travel with Colleen Kelly	Family Travel with Colleen Kelly						10:00 PM
10:30 PM	Family Travel with Colleen Kelly	Family Travel with Colleen Kelly						10:30 PM
11:00 PM	In Julia's Kitchen with Master Chefs	Tastemakers						11:00 PM
11:30PM	My Greek Table with Diane Kochilas	Lidia's Kitchen						11:30PM