



**AUDIO**JOURNAL

Broadcasting to People Who Are Blind

# Program Guide

May 14, 2025

All programs are subject to change

Please contact us with your comments, questions, or suggestions at:

Audio Journal, Inc.  
799 West Boylston Street  
Worcester, MA 01606

Phone: (508) 797-1117  
Email: [info@audiojournal.org](mailto:info@audiojournal.org)  
Web: <https://.audiojournal.org>

TIME	SUNDAY
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12:00 AM	Community News - Milford
1:00 AM	Science Journal
2:00 AM	Community News - Fitchburg, Leominster
3:00 AM	Cooking in the Dark
4:00 AM	Travel with Rick Steves
5:00 AM	Big Picture Science
6:00 AM	Cape Cod Times
7:00 AM	National Geographic
8:00 AM	Diabetes Update
9:00 AM	Weekend Update
10:00 AM	In the Kitchen
11:00 AM	Funny Pages
12:00 PM	Telegram and Gazette
1:00 PM	Women's Hour
2:00 PM	Young at Heart
3:00 PM	Sports with Heart (Wk1)/AJ Kaleidoscope (Wk 2,3,4)
4:00 PM	African American Experience
5:00 PM	Children's Hour
6:00 PM	The Listening Treehouse (Wk1) Talking Topics (2&5), Beautiful Minds (3), Braille Monitor (4)
7:00 PM	Telegram and Gazette
8:00 PM	Radio Active Theatre
9:00 PM	Extraordinary Tales
10:00 PM	Backyard Bookshelf Archives
11:00 PM	Backyard Bookshelf Archives

## TIME    **MONDAY**

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12:00 AM	Cape Cod Times
1:00 AM	Wall Street Journal
2:00 AM	USA Today
3:00 AM	Community News – Holden, Paxton, Princeton, Rutland, Sterling
3:30 AM	Since You Asked
4:00 AM	In the Kitchen
5:00 AM	Another Point of View
6:00 AM	Telegram and Gazette
7:00 AM	Consumer Reports
7:30 AM	Morning Report
8:00 AM	Accent on Ability (Council Connection 2nd and 3rd wk), (VISAbilities 1st & 4th wk)
9:00 AM	Consumer Reports
9:30 AM	Morning Report
10:00 AM	In Perspective
11:00 AM	Worcester Business Journal
12:00 PM	Telegram and Gazette
1:00 PM	Wall Street Journal
2:00 PM	Boston Globe
3:00 PM	Spanish News Hour
4:00 PM	An Older Voice - Senior News
5:00 PM	Community News - Auburn, Grafton, Millbury, Sutton
6:00 PM	Community News - Spencer, Barre
7:00 PM	Telegram and Gazette
8:00 PM	USA Today
9:00 PM	Boston Globe
10:00 PM	Backyard Bookshelf Archives
11:00 PM	Backyard Bookshelf Archives

## TIME      **TUESDAY**

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12:00 AM	In Perspective
1:00 AM	Wall Street Journal
2:00 AM	USA Today
3:00 AM	Community News - Barre, Spencer
4:00 AM	Spanish News Hour
5:00 AM	National Geographic
6:00 AM	Telegram and Gazette
7:00 AM	Since You Asked
7:30 AM	Morning Report
8:00 AM	Another Point of View
9:00 AM	Since You Asked
9:30 AM	Morning Report
10:00 AM	Community News - Framingham, Metrowest
11:00 AM	Bargains, Bargains - Grocery Ads
12:00 PM	Telegram and Gazette
1:00 PM	Wall Street Journal
2:00 PM	Boston Globe
3:00 PM	Community News - Clinton, Lancaster, Boylston, West Boylston
4:00 PM	Community News - Shrewsbury, Northboro, Southboro, Westboro
5:00 PM	Accent on Ability (Council Connection 2nd and 3rd weeks), (VISAbilities 1st & 4th weeks)
6:00 PM	Speaking Volumes (1st and 2nd weeks), Radio Active Theatre (3rd, 4th, and 5th weeks)
7:00 PM	Telegram and Gazette
8:00 PM	USA Today
9:00 PM	Boston Globe
10:00 PM	Backyard Bookshelf Archives
11:00 PM	Backyard Bookshelf Archives

**TIME****WEDNESDAY**

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12:00 AM	Speaking Volumes
1:00 AM	Wall Street Journal
2:00 AM	USA Today
3:00 AM	Community News - Framingham, Metrowest
4:00 AM	Community News - Clinton, Lancaster, Boylston, West Boylston
5:00 AM	Community News - Shrewsbury, Northboro, Southboro, Westboro
6:00 AM	Telegram and Gazette
7:00 AM	Poet's Corner
7:30 AM	State House News
8:00 AM	Community News - Milford
9:00 AM	Poet's Corner
9:30 AM	State House News
10:00 AM	Worcester Living/Yankee Magazine
11:00 AM	Worcester Business Journal
12:00 PM	Telegram and Gazette
1:00 PM	Wall Street Journal
2:00 PM	Boston Globe
3:00 PM	Another Point of View
4:00 PM	Community News - Fitchburg, Leominster
5:00 PM	Community News - Southbridge, Sturbridge, Charlton
6:00 PM	Community News - Gardner
7:00 PM	Telegram and Gazette
8:00 PM	USA Today
9:00 PM	Boston Globe
10:00 PM	Backyard Bookshelf Archives
11:00 PM	Backyard Bookshelf Archives

<b>TIME</b>	<b>THURSDAY</b>
12:00 AM	Worcester Living/Yankee Magazine
1:00 AM	Wall Street Journal
2:00 AM	USA Today
3:00 AM	Bargains, Bargains - Grocery Ads
4:00 AM	Community News - Southbridge, Sturbridge, Charlton
5:00 AM	Community News - Gardner
6:00 AM	Telegram and Gazette
7:00 AM	Positive Outlook (Wk 1&3), Book Club (Wk 2 & 4)
7:30 AM	Morning Report
8:00 AM	Weekend Update
9:00 AM	Positive Outlook (Wk 1&3), Book Club (Wk 2 & 4)
9:30 AM	Morning Report
10:00 AM	Everyday Health
10:30 AM	Eyes on Success
11:00 AM	Blindness & Disability News Hr
12:00 PM	Telegram and Gazette
1:00 PM	Wall Street Journal
2:00 PM	Boston Globe
3:00 PM	Community News – Marlborough, Hudson, Bolton, Harvard, Stow
4:00 PM	An Older Voice - Senior News
5:00 PM	Community News – Blackstone Valley, Webster
6:00 PM	Reader's Digest
7:00 PM	Telegram and Gazette
8:00 PM	USA Today
9:00 PM	Boston Globe
10:00 PM	Backyard Bookshelf Archives
11:00 PM	Backyard Bookshelf Archives

## TIME    **FRIDAY**

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12:00 AM	Everyday Health
12:30 AM	Eyes on Success
1:00 AM	Wall Street Journal
2:00 AM	USA Today
3:00 AM	Community News – Blackstone Valley, Webster
4:00 AM	Community News - Auburn, Grafton, Millbury, Sutton
5:00 AM	Community News – Marlborough, Hudson, Bolton, Harvard
6:00 AM	Telegram and Gazette
7:00 AM	Community News – Holden, Paxton, Princeton, Rutland, Sterling
7:30 AM	Morning Report
8:00 AM	Weekend Update
9:00 AM	Community News – Holden, Paxton, Princeton, Rutland, Sterling
9:30 AM	Morning Report
10:00 AM	Mindful Moments
10:30 AM	The Natural World
11:00 AM	Worcester Magazine
12:00 PM	Telegram and Gazette
1:00 PM	Wall Street Journal
2:00 PM	Boston Globe
3:00 PM	All Things History
4:00 PM	Backyard Bookshelf
5:00 PM	AJ Sports Page
6:00 PM	Science Journal
7:00 PM	Telegram and Gazette
8:00 PM	USA Today

9:00 PM Boston Globe

10:00 PM Backyard Bookshelf Archives

11:00 PM Backyard Bookshelf Archives



## TIME      **SATURDAY**

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12:00 AM	Mindful Moments
12:30 AM	The Natural World
1:00 AM	Wall Street Journal
2:00 AM	Blindness & Disability News Hr
3:00 AM	Extraordinary Tales
4:00 AM	Poet's Corner
4:30 AM	Since You Asked
5:00 AM	AJ Sports Page
6:00 AM	Weekend Update
7:00 AM	Funny Pages
8:00 AM	Women's Hour
9:00 AM	Travel with Rick Steves
10:00 AM	Cooking in the Dark
11:00 AM	Big Picture Science
12:00 PM	African American Experience
1:00 PM	Children's Hour
2:00 PM	Young at Heart
3:00 PM	The Listening Treehouse (Wk1) Talking Topics (2&5), Beautiful Minds (3), Braille Monitor (4)
4:00 PM	In the Kitchen
5:00 PM	Sports Roundtable
6:00 PM	Sports with Heart (Wk1)/AJ Kaleidoscope (Wk 2,3,4)
7:00 PM	Worcester Magazine
8:00 PM	Reader's Digest
9:00 PM	All Things History
10:00 PM	Backyard Bookshelf Archives
11:00 PM	Backyard Bookshelf Archives

<b>Community News</b>	<b>Day</b>	<b>Time</b>
Ashland	Tuesday	10:00am
Auburn	Monday	5:00pm
Barre	Monday	6:00pm
Blackstone Valley	Thursday	5:00pm
Bolton	Thursday	3:00pm
Boylston	Tuesday	3:00pm
Charlton	Wednesday	5:00pm
Clinton	Tuesday	3:00pm
Fitchburg	Wednesday	4:00pm
Framingham	Tuesday	10:00am
Gardner	Wednesday	6:00pm
Grafton	Monday	5:00pm
Harvard	Thursday	3:00pm
Holden	Thursday	4:00pm
Hudson	Thursday	3:00pm
Lancaster	Tuesday	3:00pm
Leominster	Wednesday	4:00pm
Marlborough	Thursday	3:00pm
Maynard	Tuesday	10:00am
Millbury	Monday	5:00pm
Northboro	Tuesday	4:00pm
Paxton	Thursday	4:00pm
Princeton	Thursday	4:00pm

<b>Community News</b>	<b>Day</b>	<b>Time</b>
Rutland	Thursday	4:00pm
Shrewsbury	Tuesday	4:00pm
Southboro	Tuesday	4:00pm
Southbridge	Wednesday	5:00pm
Spencer	Monday	6:00pm
Sterling	Thursday	4:00pm
Sturbridge	Wednesday	5:00pm
Sudbury	Tuesday	10:00am
Sutton	Monday	5:00pm
Webster	Thursday	5:00pm
West Boylston	Tuesday	3:00pm
Westboro	Tuesday	4:00pm

## **Audio Journal on Cable Access T.V.**

<b>Ashburnham.....</b>	<b>Channel</b>	<b>9</b>
<b>Auburn .....</b>	<b>Channel</b>	<b>191</b>
<b>Barre .....</b>	<b>Channel</b>	<b>191, 194</b>
<b>Bolton.....</b>	<b>Channel</b>	<b>8</b>
<b>Boylston .....</b>	<b>Channel</b>	<b>191</b>
<b>Brimfield .....</b>	<b>Channel</b>	<b>5</b>
<b>Charlton .....</b>	<b>Channel</b>	<b>191, 192</b>
<b>Douglas .....</b>	<b>Channel</b>	<b>191, 192</b>
<b>Fitchburg .....</b>	<b>Channel</b>	<b>8,35</b>
<b>Gardner.....</b>	<b>Channel</b>	<b>8</b>
<b>Grafton .....</b>	<b>Channel</b>	<b>191</b>
<b>Harvard .....</b>	<b>Channel</b>	<b>191</b>
<b>Holden .....</b>	<b>Channel</b>	<b>192</b>
<b>Hopedale .....</b>	<b>Channel</b>	<b>8, 29</b>
<b>Hubbardston .....</b>	<b>Channel</b>	<b>191</b>
<b>Hudson .....</b>	<b>Channel</b>	<b>8, 47</b>
<b>Leicester .....</b>	<b>Channel</b>	<b>194</b>
<b>Leominster .....</b>	<b>Channel</b>	<b>8, 34</b>
<b>Marlborough .....</b>	<b>Channel</b>	<b>33, 96</b>
<b>Milford .....</b>	<b>Channel</b>	<b>8, 38</b>
<b>Millbury .....</b>	<b>Channel</b>	<b>26, 191</b>
<b>North Brookfield .....</b>	<b>Channel</b>	<b>191</b>

## **Audio Journal on Cable Access T.V.**

<b>Northborough .....</b>	<b>Channel</b>	<b>30, 192</b>
<b>Northbridge .....</b>	<b>Channel</b>	<b>191</b>
<b>Oakham .....</b>	<b>Channel</b>	<b>191</b>
<b>Oxford .....</b>	<b>Channel</b>	<b>192</b>
<b>Paxton .....</b>	<b>Channel</b>	<b>192, 194</b>
<b>Rutland .....</b>	<b>Channel</b>	<b>191</b>
<b>Shrewsbury.....</b>	<b>Channel</b>	<b>26</b>
<b>Southborough.....</b>	<b>Channel</b>	<b>38, 191</b>
<b>Southbridge .....</b>	<b>Channel</b>	<b>192</b>
<b>Spencer .....</b>	<b>Channel</b>	<b>191</b>
<b>Sturbridge .....</b>	<b>Channel</b>	<b>191</b>
<b>Templeton .....</b>	<b>Channel</b>	<b>8</b>
<b>Upton.....</b>	<b>Channel</b>	<b>194</b>
<b>Uxbridge .....</b>	<b>Channel</b>	<b>191</b>
<b>Webster .....</b>	<b>Channel</b>	<b>191</b>
<b>West Brookfield .....</b>	<b>Channel</b>	<b>194</b>
<b>Westborough.....</b>	<b>Channel</b>	<b>24, 191</b>
<b>Westminster.....</b>	<b>Channel</b>	<b>9</b>
<b>Worcester .....</b>	<b>Channel</b>	<b>192</b>