

The Better Part

Seniors making a difference through Public Access Television



The Better Part is a Public Access television program produced by members of the Cupertino Senior Center. The group meets twice a week to produce their shows. The first meeting is on Tuesday to plan the shows and the second meeting is at the studio of KMVT15 in Mountain View to tape the show for cablecast. They have been producing award-winning television shows since 1983 and cablecast their 1,000th show in October 2010. Further information can be obtained by contacting the group at info@thebetterpart.com or by calling Diane Sparks, Executive Producer at 408-564-7754.

Program Schedule for February

Cupertino and Los Altos Comcast Cable Channel 15

Cupertino only AT&T U-verse, Channel 99

Shows Monday at 4:30 PM; Tuesday and Friday at 7:00 PM.

Other cities program schedules can be found on the reverse side.



Simulcast live on the Internet, see schedule on back.

February 6, 7 & 10	Adapted Physical Fitness with Tom Beggs - People with limited movement can do physical fitness to keep the muscles strong and burn calories. Here are some outings available for physically challenged that are wonderful for socializing and getting outdoors. #1035
February 13, 14 & 17	Remembering the Woman Who Could Not Forget - An interview with Ying Ying Chang the author of "The Woman Who Could Not Forget," the poignant biography of her late daughter, the internationally acclaimed author and historian Iris Chang. #1034
February 20, 21 & 24	JW House - A hospitality house for families of children in the hospital. #1020
February 27, 28 and March 2	Land Your Dream Job - The guest gives tips on Job Searching Skills that include self assessment, networking, building a resume, preparing for an Interview and finally accepting that coveted job #1027

DVD copies of programs can be purchased by visiting the web site: www.thebetterpart.com

DVDs of past programs can be found in the Santa Clara County Library System and on YouTube.

Cupertino Senior Television Productions

c/o Cupertino Senior Center

21251 Stevens Creek Boulevard, Cupertino, CA 95014

Email: info@thebetterpart.com www.thebetterpart.com

Studio: KMVT15, Mountain View, CA

IRS 501(c) (5) Non Profit Organization 77-0126455

Schedule for February 2012**Gilroy, Hollister & San Juan Bautista CMAP - Comcast Ch 20**

Mon., 7 & 10 PM, Tue. 7 & 10 AM, Wed. 1 PM, Thurs. 3 PM, Fri. 5 PM

S Simulcast on the Internet: www.cmap.tv

February 6, 7, 8, 9 & 10 **Adapted Physical Fitness with Tom Beggs** #1035
 February 13, 14, 15, 16 & 17 **Remembering the Woman Who Could Not Forget** #1034
 February 20, 21, 22, 23, & 24 **JW House** #1020
 February 27, 28, 29, March 1 & 2 **Land Your Dream Job** #1027

S Half Moon Bay, Mid-Coast TV, Comcast Ch 6, see www.mctv.com for current schedule**Los Gatos KCAT - Ch 15 Friday at 4:00 PM**

February 10 **Adapted Physical Fitness with Tom Beggs** #1035
 February 17 **Remembering the Woman Who Could Not Forget** #1034
 February 24 **JW House** #1020
 March 2 **Land Your Dream Job** #1027

Monterey North County, MGTV Comcast Ch 28, Monday & Friday 12:30 PM Visit the station website for more details.

February 6 & 10 **Adapted Physical Fitness with Tom Beggs** #1035 www.co.monterey.ca.us/mgtv
 February 13 & 17 **Remembering the Woman Who Could Not Forget** #1034
 February 20 & 24 **JW House** #1020
 February 27 & March 2 **Land Your Dream Job** #1027

Morgan Hill & San Martin MHAT Comcast Ch 19, Wednesday and Thursday 5:30 & 8:30 PM**S Simulcast on the Internet: www.mhat.tv**

February 8 & 9 **Adapted Physical Fitness with Tom Beggs** #1035
 February 15 & 16 **Remembering the Woman Who Could Not Forget** #1034
 February 22 & 23 **JW House** #1020
 February 29 & March 1 **Land Your Dream Job** #1027

Mountain View KMVT - Comcast Ch 15, AT&T U-verse Ch 99, Monday 4:30 PM

February 6 **Adapted Physical Fitness with Tom Beggs** #1035
 February 13 **Remembering the Woman Who Could Not Forget** #1034
 February 20 **JW House** #1020
 February 27 **Land Your Dream Job** #1027

Palo Alto, East Palo Alto, Menlo Park, Stanford & Atherton Comcast Ch 30

Sunday 7:00 PM, Monday 2:30 AM & 11:00 AM, Thursday 7:30 PM, Friday 1:30 AM & 9:30 AM

S Simulcast on: www.communitymediacenter.net

February 5, 6, 9 & 10 **Adapted Physical Fitness with Tom Beggs** #1035
 February 12, 13, 16 & 17 **Remembering the Woman Who Could Not Forget** #1034
 February 19, 20, 23 & 24 **JW House** #1020
 February 26, 27, March 1 & 2 **Land Your Dream Job** #1027

San Jose & Campbell CreaTV Comcast Ch 15, Tuesday 4:00 PM**S Simulcast on the internet: www.creatvsj.org**

February 7 **Adapted Physical Fitness with Tom Beggs** #1035
 February 14 **Remembering the Woman Who Could Not Forget** #1034
 February 21 **JW House** #1020
 February 28 **Land Your Dream Job** #1027

S Santa Cruz County, Comcast Ch 27 & Charter Ch 73, simulcast www.communitytv.org

Sunday, Tuesday and Saturday at 3:30 PM, & Thursday at 7:00 PM

February 5, 7, 9 & 11 **Adapted Physical Fitness with Tom Beggs** #1035
 February 12, 14, 16 & 18 **Remembering the Woman Who Could Not Forget** #1034
 February 19, 21, 23, 25 **JW House** #1020
 February 26, 28, March 1 & 3 **Land Your Dream Job** #1027

Saratoga KSAR TV Comcast Ch 15, AT&T U-verse Ch 99 Thursday at 7:00 PM

February 9 **Adapted Physical Fitness with Tom Beggs** #1035
 February 16 **Remembering the Woman Who Could Not Forget** #1034
 February 23 **JW House** #1020
 March 1 **Land Your Dream Job** #1027