

SHTV Program Schedule
January 19-25, 2026

	Monday, Jan. 19	Tuesday, Jan. 20	Wednesday, Jan. 21	Thursday, Jan. 22	Friday, Jan. 23	Saturday, Jan. 24	Sunday, Jan. 25
1:30am							
2:00am	Focus	Focus	Focus	Focus	Focus	Focus	Focus
2:30am							
3:00am	Cookbook Corner	Cookbook Corner	Cookbook Corner	Cookbook Corner	Cookbook Corner	Cookbook Corner	Cookbook Corner
3:30am							
6:00am	Focus	Focus	Focus	Focus	Focus	Focus	Focus
6:30am						Cookbook Corner	Cookbook Corner
7:00am	Rebroadcast: January 14, 2026 Planning Meeting	Rebroadcast: January 14, 2026 Planning Meeting		Rebroadcast: December 15, 2025 BOA Meeting	Rebroadcast: January 20, 2026 City Council	Rebroadcast: December 15, 2025 BOA Meeting	Rebroadcast: January 13, 2026 Planning Meeting
7:30am							
8:00am							
8:30am							
10:00am			Rebroadcast: January 20, 2026 City Council			Great Lakes Water Authority Video	Great Lakes Water Authority Video
10:30am							
11:00am							
12:00pm	Focus	Rebroadcast: December 15, 2025 BOA Meeting	Focus	Rebroadcast: January 20, 2026 City Council	Rebroadcast: January 13, 2026 Planning Meeting	Rebroadcast: January 20, 2026 City Council	Cookbook Corner
12:30pm							
1:00pm							Focus
3:00pm	Cookbook Corner		Cookbook Corner		Cookbook Corner	Cookbook Corner	Cookbook Corner
3:30pm							
4:00pm						Cookbook Corner	
4:30pm							
5:00pm	Focus	Focus	Focus	Focus	Focus	Rebroadcast: January 13, 2026 Planning Meeting	Rebroadcast: January 20, 2026 City Council
5:30pm							
6:00pm							
6:30pm		LIVE: Sterling Heights City Council Meeting		MLK Unity Walk	Rebroadcast: January 20, 2026 City Council	Focus	Focus
7:00pm			MLK Unity Walk				
7:30pm	Legally Speaking						
8:00pm	Legally Speaking		Legally Speaking			Classic Concerts	Classic Concerts
8:30pm							
11:00pm	Focus	Focus	Focus	Focus		Focus	Focus
11:30pm							