

Core EssentialsSM

Mike Sylvester is host of "Core Essentials" a monthly local TV show shown in Marlborough, Hudson, Framingham, Waltham, and Ashland.



Below is a listing of the days and times his show is broadcasted.

NOTE: Listed below is the days and times my show airs on WMCT-TV in Marlborough only. If you live in Framingham, Hudson, Waltham, or Ashland refer to the following websites for the times my show airs in these towns:

Framingham cable access website: schedule.fpac-tv.org

Hudson cable access website: hudtv.org

Waltham cable access website: wcac.org

Ashland cable access website: wacatv.com

Marlborough (WMCT-TV) schedule:

Sunday: 6:30 pm

Monday:

Tuesday: 7 pm, 9 pm

Wednesday: 9am

Thursday: 6:30 pm, 8:30 pm

Friday: 7 pm

Saturday: 10:30 pm

Note: the above show times are subject to change periodically. If the times are wrong, please refer to the following website (www.WMCT-TV.com)