Trace novelist Jane Austen’s life and career and explore the homes where Austen lived and stayed. Wednesday, November 19 at 9 p.m. See page 13.
Dear Friends,

As we head into the season of giving thanks, all of us at KBTC want to express our deep gratitude to you.

Your generosity has made a difference all year on KBTC – from superb drama, world class performances, outstanding nature documentaries and the latest scientific discoveries to local productions that present you the issues and stories of western Washington. It’s your support that has helped KBTC provide a diverse offering of programs and services that are free, entertaining and educational.

And it doesn’t stop with the television screen. KBTC is in schools and neighborhoods using lessons from favorite PBS Kids programs to inspire learning and spark curiosity. Kids imagine themselves as Odd Squad agents solving math problems or use activities from Ready Jet Go! and Cat in the Hat to learn vocabulary and scientific inquiry... all in a safe and supportive environment after school.

Thank you for making all of this possible!

With our gratitude and best wishes for a wonderful Thanksgiving and holiday season,

DeAnne Hamilton
Follow the journey of two military wives on the eve of their husbands' deployment to Iraq — revealing how they find the resilience to survive and grow stronger than they ever thought possible.

Lidia Bastianich hosts a holiday meal celebrating our homegrown heroes — veterans who now cultivate the land they fought to defend.

Witness the story of how U.S. Navy sailor Joe George became an unlikely hero during the Pearl Harbor attack, and how he was recognized for his actions years later.
KBTC KIDS SCHEDULE

NEW SCHEDULE NOV. 11!

11:00am  Ready Jet Go!
11:30am  Daniel Tiger’s Neighborhood
12:00pm  Sesame Street
12:30pm  Pinkalicious and Peterifffic
1:00pm   Xavier Riddle and the Secret Mansion
1:30pm   Molly of Denali
2:00pm   The Cat in the Hat Knows A Lot About That
2:30pm   Let’s Go Luna!
3:00pm   Clifford
3:30pm   Curious George
4:00pm   Wild Kratts
4:30pm   Arthur
5:00pm   Nature Cat
5:30pm   Odd Squad

Xavier Riddle and the Secret Museum | new series! Premieres Monday, Nov. 11, 1 p.m.

Follow the adventures of Xavier Riddle and friends as they meet inspiring figures from history!

Parents:
Check out the Thanksgiving hub on PBSKIDSFORPARENTS.ORG

Educators:
Explore gratitude and courage in the classroom with PBSLEARNINGMEDIA.ORG

LEARN MORE AT WWW.KBTCKIDS.ORG
## FRIDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00am</td>
<td>Country Music: Are You Sure Hank Done it This Way? (1973-1983), Pt. 7 of 8</td>
</tr>
<tr>
<td>9:30am</td>
<td>This Old House</td>
</tr>
<tr>
<td>10:00am</td>
<td>Field Trip with Curtis Stone</td>
</tr>
<tr>
<td>10:30am</td>
<td>Simply Ming</td>
</tr>
<tr>
<td>11:00am – 6:00pm</td>
<td><strong>KBTC KIDS</strong></td>
</tr>
<tr>
<td>6:00pm</td>
<td>Finding Your Roots: Hollywood Royalty</td>
</tr>
<tr>
<td>7:00pm</td>
<td>Rick Steves' Europe</td>
</tr>
<tr>
<td>7:30pm</td>
<td>Northwest Now</td>
</tr>
<tr>
<td>8:00pm</td>
<td>Foyle's War: The Russian House, Pt. 2 of 2</td>
</tr>
<tr>
<td>9:00pm</td>
<td>New Tricks</td>
</tr>
<tr>
<td>10:00pm</td>
<td>Death in Paradise (S5, Ep. 8)</td>
</tr>
<tr>
<td>11:00pm</td>
<td>Grantchester (S4, Ep. 4)</td>
</tr>
<tr>
<td>12:00am</td>
<td>Amanpour and Company</td>
</tr>
</tbody>
</table>

## SATURDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00am</td>
<td>Growing a Greener World</td>
</tr>
<tr>
<td>6:30am</td>
<td>Washington Grown</td>
</tr>
<tr>
<td>7:00am</td>
<td>Garden Smart</td>
</tr>
<tr>
<td>7:30am</td>
<td>P. Allen Smith's Garden Home</td>
</tr>
<tr>
<td>8:00am</td>
<td>Make It Artsy</td>
</tr>
</tbody>
</table>

The acclaimed series returns with host Henry Louis Gates Jr. exploring the mysteries, surprises and revelations hidden in the family trees of popular figures, including Melissa McCarthy and other Hollywood royalty.
The Okavango Delta is a true natural wonder – an unlikely oasis in the middle of a hostile desert that supports and feeds an incredible abundance of wildlife. African creatures live and die in the timeless drama of survival.

**SATURDAY CONTINUED**

<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00pm</td>
<td>Last of the Summer Wine</td>
</tr>
<tr>
<td>9:30pm</td>
<td>Last of the Summer Wine</td>
</tr>
<tr>
<td>10:00pm</td>
<td>Are You Being Served</td>
</tr>
<tr>
<td>10:30pm</td>
<td>Upstart Crow</td>
</tr>
<tr>
<td>11:00pm</td>
<td>Doctor Who</td>
</tr>
<tr>
<td>11:30pm</td>
<td>Doctor Who</td>
</tr>
<tr>
<td>12:00am</td>
<td>NOVA: Why Bridges Collapse</td>
</tr>
</tbody>
</table>

**SUNDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00am</td>
<td>Ask This Old House</td>
</tr>
<tr>
<td>6:30am</td>
<td>This Old House</td>
</tr>
<tr>
<td>7:00am</td>
<td>Paint This with Jerry Yarnell</td>
</tr>
<tr>
<td>7:30am</td>
<td>The Best of Joy of Painting</td>
</tr>
<tr>
<td>8:00am</td>
<td>Joseph Rosendo's Travelscope</td>
</tr>
<tr>
<td>8:30am</td>
<td>Rick Steves' Europe</td>
</tr>
<tr>
<td>9:00am</td>
<td>Deepak Chopra: The Spiritual Laws of Success</td>
</tr>
<tr>
<td>11:00am</td>
<td>Brain Secrets with Dr. Michael Merzenich</td>
</tr>
<tr>
<td>12:30pm</td>
<td>The Keto Diet with Dr. Josh Axe</td>
</tr>
<tr>
<td>2:00pm</td>
<td>Memory Rescue with Daniel Amen, MD</td>
</tr>
<tr>
<td>4:00pm</td>
<td>Feel Better Fast and Make it Last with</td>
</tr>
</tbody>
</table>

**MONDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00am</td>
<td>Downton Abbey Returns!</td>
</tr>
<tr>
<td>6:30am</td>
<td>Rick Steves' Festive Europe</td>
</tr>
<tr>
<td>7:00am</td>
<td>Country Music: Don't Get Above Your Raisin (1984 -1996), Pt. 8 of 8</td>
</tr>
<tr>
<td>9:00am</td>
<td>Sit and Be Fit</td>
</tr>
<tr>
<td>9:30am</td>
<td>Lidia's Kitchen</td>
</tr>
<tr>
<td>10:00am</td>
<td>America's Test Kitchen</td>
</tr>
<tr>
<td>10:30am</td>
<td>Cook's Country</td>
</tr>
<tr>
<td>11:00am – 6:00pm</td>
<td><strong>KBTC KIDS</strong></td>
</tr>
<tr>
<td>6:00pm</td>
<td>Downton Abbey (S4, Ep. 1)</td>
</tr>
<tr>
<td>8:00pm</td>
<td>The Durrells in Corfu (S4, Ep. 5)</td>
</tr>
<tr>
<td>9:00pm</td>
<td>Poldark (S5, Ep. 5)</td>
</tr>
</tbody>
</table>
Tech giants and car manufacturers alike are developing self-driving cars—and some of them are already on public roads. But what must computers be capable of to truly take the wheel? Will they be safer than human drivers?

**NOVA: Look Who’s Driving | Tuesday, November 5, 8 p.m.**

Made in Boise

**WEDNESDAY**

6:00am Journeys in Japan
6:30am Consuelo Mack
7:00am Antiques Roadshow: Virginia Beach, Hour 1
8:00am Great Estates Scotland: Dumfries
9:00am Sit and Be Fit
9:30am P. Allen Smith’s Garden Home
10:00am Martha Stewart’s Cooking School
10:30am Martha Bakes
11:00am – 6:00pm KBTC KIDS

6:00pm Native America: From Caves to Cosmos, Pt. 1 of 4
7:00pm Antiques Roadshow: Salt Lake City, Hour 3
8:00pm Antiques Roadshow: Junk in the Trunk 5, Hour 2
9:00pm Thou Shalt Not Kill, Pt. 5 of 10
10:00pm Press: Magic, Pt. 4 of 6
11:00pm Great Estates Scotland: Dumfries
**FRIDAY**

5:00am  Retire Safe and Secure with Ed Slott
7:00am  The Military Family Documentary: While Time Stands Still
8:00am  Lidia Celebrates America
9:00am  Sit and Be Fit
9:30am  This Old House
10:00am Field Trip with Curtis Stone
10:30am Simply Ming
11:00am – 6:00pm **KBTC KIDS**
6:00pm  Finding Your Roots: Off the Farm
7:00pm  Rick Steves’ Europe
7:30pm  Northwest Now
8:00pm  Foyle’s War: Killing Time, Pt. 1 of 2
9:00pm  New Tricks
10:00pm Death in Paradise (S6, Ep. 1)
11:00pm  Grantchester (S4, Ep. 5)
12:00am  Amanpour and Company

**SATURDAY**

6:00am  Growing a Greener World
6:30am  Washington Grown
7:00am  Garden Smart
7:30am  P. Allen Smith’s Garden Home
8:00am  Make It Artsy
8:30am  Knit and Crochet Now!
9:00am  It’s Sew Easy
9:30am  Fit 2 Stitch
10:00am Best of Sewing with Nancy
10:30am  Quilting Arts
11:00am Fresh Quilting
11:30am  Fons & Porter’s Love of Quilting
12:00pm  Quilt in a Day
12:30pm  Motorweek
1:00pm  Joseph Rosendo’s Travelscope
1:30pm  The Woodsmith Shop
2:00pm  Ask This Old House
SUNDAY

6:00am  Ask This Old House
6:30am  This Old House
7:00am  Paint This with Jerry Yarnell
7:30am  The Best of Joy of Painting
8:00am  Joseph Rosendo’s Travelscope
9:00am  The Keto Diet with Dr. Josh Axe
10:30am 3 Steps to Incredible Health! with Joel Fuhrman, MD
12:00pm Haylie Pomroy’s Metabolism Revolution!
2:00pm  Rick Steves’ Great German Cities
4:00pm  Rick Steves’ Heart of Italy
6:00pm  Downton Abbey Returns!
8:00pm  Celtic Woman: Ancient Land
10:00pm Wings Over Grand Canyon
11:00pm Food: What the Heck Should I Eat? with Mark Hyman, MD
1:00am  Memory Rescue with Daniel Amen, MD
### 11 Monday

<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00am</td>
<td>Haylie Pomroy's Metabolism Revolution!</td>
</tr>
<tr>
<td>7:00am</td>
<td>Dayton Codebreakers</td>
</tr>
<tr>
<td>8:00am</td>
<td>D-Day: The Price of Freedom</td>
</tr>
<tr>
<td>9:00am</td>
<td>Sit and Be Fit</td>
</tr>
<tr>
<td>9:30am</td>
<td>American's Test Kitchen</td>
</tr>
<tr>
<td>10:00am</td>
<td>America's Test Kitchen</td>
</tr>
<tr>
<td>10:30am</td>
<td>Food Over 50</td>
</tr>
<tr>
<td>11:00am</td>
<td>Bertha's Kitchen</td>
</tr>
<tr>
<td>12:00am</td>
<td>Amanpour and Company</td>
</tr>
</tbody>
</table>

**9:00am** Sit and Be Fit  
**9:30am** Creative Living  
**10:00am** Sara's Weeknight Meals  
**10:30am** America's Test Kitchen  
**11:00am – 6:00pm** KBTC KIDS

<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00pm</td>
<td>Earth's Natural Wonders – Life at Extremes: Surviving Against the Odds, Pt. 3 of 3</td>
</tr>
<tr>
<td>7:00pm</td>
<td>Nature: Okavango: River of Dreams – Limbo, Pt. 2 of 3</td>
</tr>
<tr>
<td>8:00pm</td>
<td>NOVA: The Next Pompeii</td>
</tr>
<tr>
<td>9:00pm</td>
<td>Rick Steves' Rome</td>
</tr>
<tr>
<td>10:00pm</td>
<td>Rick Steves' Cruising the Mediterranean</td>
</tr>
<tr>
<td>11:00pm</td>
<td>Independent Lens: Decade of Fire</td>
</tr>
<tr>
<td>12:00am</td>
<td>Amanpour and Company</td>
</tr>
</tbody>
</table>

### 12 Tuesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00am</td>
<td>Northwest Now</td>
</tr>
<tr>
<td>6:30am</td>
<td>Asia Insight</td>
</tr>
<tr>
<td>7:00am</td>
<td>Consuelo Mack</td>
</tr>
<tr>
<td>7:00am</td>
<td>Antiques Roadshow: Junk in the Trunk 5, Hour 2</td>
</tr>
<tr>
<td>8:00am</td>
<td>Joseph Rosendo's Travelscope</td>
</tr>
<tr>
<td>8:30am</td>
<td>Rick Steves' Europe</td>
</tr>
</tbody>
</table>

**6:00am** Journeys in Japan  
**6:30am** Great Estates Scotland: Kincardine  
**9:00am** Sit and Be Fit

---

Native America | Four-part mini-series! Wednesdays in November, 6 p.m.

Explore the splendor and ingenuity of the world created by America's First Peoples, 15,000 years ago. Combining modern science with Native knowledge, this series shines a spotlight on these ancient cultures and people.

Native America | Four-part miniseries! Wednesdays in November, 6 p.m.
9:30am  P. Allen Smith’s Garden Home
10:00am Martha Stewart’s Cooking School
10:30am Martha Bakes
11:00am – 6:00pm KBTC KIDS
   6:00pm Native America: Nature to Nations, Pt. 2 of 4
   7:00pm Antiques Roadshow: The Gen X Years
   8:00pm Antiques Roadshow: Extraordinary Finds
   9:00pm Thou Shalt Not Kill, Pt. 6 of 10
10:00pm Press: Two Worlds, Pt. 5 of 6
11:00pm Great Estates Scotland: Kincardine
12:00am Amanpour and Company

**14 THURSDAY**

6:00am  Focus on Europe
6:30am  Journeys in Japan
7:00am  Nature: Okavango: River of Dreams – Limbo, Pt. 2 of 3
8:00am  NOVA: The Next Pompeii
9:00am  Sit and Be Fit
9:30am  Ask This Old House
10:00am Christopher Kimball’s Milk Street Television
10:30am Dining with The Chef
11:00am – 6:00pm KBTC KIDS
   6:00pm Betty White: First Lady of Television
   7:00pm Finding Your Roots: The Stories We Tell
   8:00pm Journey Home to the USS Arizona
   9:00pm Pearl Harbor: Into the Arizona
10:00pm Pearl Harbor: USS Oklahoma: The Final Story
11:00pm USS Indianapolis: Live From the Deep
12:00am Amanpour and Company

---

**NOVEMBER SCHEDULE**

**Native America**
Four-part mini-series!
Wednesdays in November, 6 p.m.
Follow the family of a crew member interred aboard the Arizona.

**Journey Home to the USS Arizona**
Thursday, November 14, 8 p.m.
Explore the lower decks for the first time since the Pearl Harbor attack.

**Pearl Harbor: Into the Arizona**
Thursday, November 14, 9 p.m.
Uncover the story of how this Pearl Harbor ship capsized.
Discover why the Bronx burned in the 1970s and meet those who chose to resist, remain and rebuild. Through rich archival and home movie footage, this documentary reveals the real reasons for the devastation.

**FRIDAY**

- **5:00am**  
The Keto Diet with Dr. Josh Axe
- **6:30am**  
Rick Steves’ Festive Europe
- **7:00am**  
The Medicine Game
- **8:00am**  
Racing the Rez
- **9:00am**  
Sit and Be Fit
- **9:30am**  
This Old House
- **10:00am**  
Field Trip with Curtis Stone
- **10:30am**  
Simply Ming
- **11:00am – 6:00pm KBTC KIDS**
  - **6:00pm**  
Finding Your Roots: The Stories We Tell
  - **7:00pm**  
Rick Steves’ Europe
  - **7:30pm**  
Northwest Now
  - **8:00pm**  
Foyles War: Killing Time, Pt. 2 of 2
  - **9:00pm**  
New Tricks
  - **10:00pm**  
Death in Paradise (S6, Ep. 2)
  - **11:00pm**  
Betty White: First Lady of Television
  - **12:00am**  
Amanpour and Company

**SATURDAY**

- **6:00am**  
Growing a Greener World
- **6:30am**  
Washington Grown
Join historian Lucy Worsley as she visits the places and houses in England where Jane Austen spent time and which served as inspiration for the settings of her novels.

**Jane Austen: Behind Closed Doors | Tuesday, November 19, 9 p.m.**

- 9:30pm Wine
- 10:00pm Are You Being Served Wine
- 10:30pm Upstart Crow
- 11:00pm Doctor Who
- 11:30pm Doctor Who
- 12:00am NOVA: The Next Pompeii
- 5:00pm A Classic Christmas (My Music)
- 7:00pm Memory Rescue with Daniel Amen, MD
- 9:00pm Rick Steves’ Fascism in Europe
- 10:30pm Fast Metabolism Revolution with Haylie Pomroy
- 12:30am Celtic Woman: Ancient Land

**17 Sunday**

- 6:00am Ask This Old House
- 6:30am This Old House
- 7:00am Paint This with Jerry Yarnell
- 7:30am The Best of Joy of Painting
- 8:00am Joseph Rosendo’s Travelscope
- 8:30am Rick Steves’ Europe
- 9:00am Aging Backwards 3 with Miranda Esmonde-White
- 10:00am Feel Better Fast and Make it Last with Daniel Amen, MD
- 12:00pm Retire Safe and Secure with Ed Slott
- 2:00pm Classical Rewind (My Music)
- 3:30pm Deepak Chopra: The Spiritual Laws of Success

**18 Monday**

- 5:00am Downton Abbey Returns!
- 7:00am Pearl Harbor: Into the Arizona
- 8:00am Pearl Harbor: USS Oklahoma, The Final Story
- 9:00am Sit and Be Fit
- 9:30am Lidia’s Kitchen
- 10:00am America’s Test Kitchen
- 10:30am Cook’s Country
- 11:00am – 6:00pm KBTC KIDS
- 6:00pm Downton Abbey (S4, Ep. 4)
- 7:00pm You Are Cordially Invited
- 7:30pm What the Durrells Did Next: A Masterpiece Special
RIVERS OF LIFE

The Mississippi: Rivers of Life | Thursday, November 21, 9 p.m.
Explore the Mississippi and meet the animals who call it home.

The Amazon: Rivers of Life | Thursday, November 21, 10 p.m.
Uncover the many secrets and extreme worlds of the Amazon.

The Nile: Rivers of Life | Thursday, November 21, 11 p.m.
Visit the world’s longest river and see ancient wonders and wildlife.

MONDAY CONTINUED
9:00pm   Poldark (S5, Ep. 7)
10:00pm  Foyle’s War: Killing Time, Pt. 2 of 2
11:00pm  New Tricks
12:00am  Amanpour and Company

19 TUESDAY
6:00am   Northwest Now
6:30am   Asia Insight
7:00am   Seeing Canada
7:30am   Seeing Canada
8:00am   Joseph Rosendo’s Travelscope
8:30am   Rick Steves’ Europe
9:00am   Sit and Be Fit
9:30am   Creative Living
10:00am  Sara’s Weeknight Meals
10:30am  Food Over 50
11:00am – 6:00pm KBTC KIDS
6:00pm   Keep Talking
7:00pm   Nature: Okavango: River of Dreams – Inferno, Pt. 3 of 3
8:00pm   NOVA: Dead Sea Scroll Detectives
9:00pm   Jane Austen: Behind Closed Doors
10:00pm  Secrets of the Royal Servants
11:00pm  Independent Lens: The Interpreters
12:00am  Amanpour and Company

20 WEDNESDAY
6:00am   Journeys in Japan
6:30am   Consuelo Mack
7:00am   Antiques Roadshow: Extraordinary Finds
8:00am   Great Estates Scotland: Rosslyn
9:00am   Sit and Be Fit
9:30am   P. Allen Smith’s Garden Home
10:00am  Martha Stewart’s Cooking School
10:30am  Martha Bakes
11:00am – 6:00pm KBTC KIDS
6:00pm Native America: Cities of the Sky, Pt. 3 of 4
7:00pm Native America: New World Rising, Pt. 4 of 4
8:00pm Antiques Roadshow: Treasures on the Move
9:00pm Thou Shalt Not Kill, Pt. 7 of 10
10:00pm Press: Resonance, Pt. 6 of 6
11:00pm Great Estates Scotland: Rosslyn
12:00am Amanpour and Company

21 THURSDAY
6:00am Focus on Europe
6:30am Journeys in Japan
7:00am Nature: Okavango: River of Dreams – Inferno, Pt. 3 of 3
8:00am NOVA: Dead Sea Scroll Detectives
9:00am Sit and Be Fit
9:30am Ask This Old House
10:00am Christopher Kimball’s Milk Street Television
10:30am Dining with The Chef
11:00am – 6:00pm KBTC KIDS
6:00pm The Art of Home: A Wind River Story
7:00pm Finding Your Roots: In Search of Freedom
8:00pm Canadian Rockies By Rail
9:00pm The Mississippi: Rivers of Life
10:00pm The Amazon: Rivers of Life
11:00pm The Nile: Rivers of Life
12:00am Amanpour and Company

22 FRIDAY
5:00am Feel Better Fast and Make it Last with Daniel Amen, MD
7:00am Amanpour and Company

23 SATURDAY
6:00am Growing a Greener World
6:30am Washington Grown
7:00am Garden Smart
7:30am P. Allen Smith’s Garden Home
8:00am Make It Artsy
8:30am Knit and Crochet Now!
9:00am It’s Sew Easy
9:30am Fit 2 Stitch

In the series finale of this smash hit, Ross and his friends must launch their most daring plan yet.

CALL 1.800.325.5877 TO MAKE A DONATION
### SATURDAY CONTINUED

<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00am</td>
<td>Paint This with Jerry Yarnell</td>
</tr>
<tr>
<td>7:30am</td>
<td>The Best of Joy of Painting</td>
</tr>
<tr>
<td>8:00am</td>
<td>Joseph Rosendo's Travelscope</td>
</tr>
<tr>
<td>8:30am</td>
<td>Rick Steves' Europe</td>
</tr>
<tr>
<td>9:00am</td>
<td>Memory Rescue with Dr. Kellyann</td>
</tr>
<tr>
<td>11:00am</td>
<td>5 Day Rapid Reset with Daniel Amen, MD</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Deepak Chopra: The Spiritual Laws of Success</td>
</tr>
<tr>
<td>3:00pm</td>
<td>Retire Safe and Secure with Ed Slott</td>
</tr>
<tr>
<td>5:00pm</td>
<td>Aging Backwards 3 with Miranda Esmonde-White</td>
</tr>
<tr>
<td>6:00pm</td>
<td>Mister Rogers: It's You I Like</td>
</tr>
<tr>
<td>7:30pm</td>
<td>Rick Steves' Fascism in Europe</td>
</tr>
<tr>
<td>9:00pm</td>
<td>The Keto Diet with Dr. Josh Axe</td>
</tr>
<tr>
<td>10:30pm</td>
<td>Aging Backwards 3 with Miranda Esmonde-White</td>
</tr>
<tr>
<td>11:30pm</td>
<td>Memory Rescue with Daniel Amen, MD</td>
</tr>
<tr>
<td>1:30am</td>
<td>3 Steps to Incredible Health! with Joel Fuhrman, MD</td>
</tr>
</tbody>
</table>

### SUNDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00am</td>
<td>Ask This Old House</td>
</tr>
<tr>
<td>6:30am</td>
<td>This Old House</td>
</tr>
</tbody>
</table>

---

**What the Durrells Did Next: A Masterpiece Special | Monday, November 18, 7:30 p.m.**

Learn the definitive true story behind one of the best-loved families in TV drama, and see how Corfu shaped the personalities and ambitions of each Durrell. It's an outlandish story of expeditions, fame, heartbreak and a zoo.
25 Monday
5:00am Haylie Pomroy's Metabolism Revolution!
7:00am Food: What the Heck Should I Eat? with Mark Hyman, MD
9:00am Sit and Be Fit
9:30am Aging Backwards 3 with Miranda Esmonde-White
10:30am Rick Steves' Festive Europe
11:00am – 6:00pm KBTC KIDS
6:00pm Downton Abbey Returns!
7:30pm Mister Rogers: It's You I Like
9:00pm Poldark (S5, Ep. 8)
10:30pm The Keto Diet with Dr. Josh Axe
12:00am Amanpour and Company
1:00am Feel Better Fast and Make it Last with Daniel Amen, MD

26 Tuesday
5:00am Memory Rescue with Daniel Amen, MD
7:00am Memory Rescue with Daniel Amen, MD
9:00am Sit and Be Fit
9:30am The Keto Diet with Dr. Josh Axe
11:00am – 6:00pm KBTC KIDS
6:00pm 3 Steps to Incredible Health! with Joel Fuhrman, MD
7:30pm The Keto Diet with Dr. Josh Axe
9:00pm Rick Steves' Fascism in Europe
10:30pm Joe Bonamassa: British Blues Explosion Live
12:00am Amanpour and Company
1:00am The Keto Diet with Dr. Josh Axe

27 Wednesday
5:00am 3 Steps to Incredible Health! with Joel Fuhrman, MD
6:30am Rick Steves' Festive Europe
7:00am The Keto Diet with Dr. Josh Axe
8:30am Rick Steves' Festive Europe
9:00am Sit and Be Fit
9:30am Brain Secrets with Dr. Michael Merzenich
11:00am – 6:00pm KBTC KIDS
6:00pm Food: What the Heck Should I Eat? with Mark Hyman, MD
8:00pm Celtic Woman: Ancient Land
10:00pm Memory Rescue with Daniel Amen, MD
12:00am Amanpour and Company
1:00am Deepak Chopra: The Spiritual Laws of Success

28 Thursday
5:00am Celtic Woman: Ancient Land
11:00am – 6:00pm KBTC KIDS

6:00pm  Mister Rogers: It’s You I Like
7:30pm  Northwest Now
8:00pm  A Classic Christmas (My Music)
10:00pm Downton Abbey Returns!
12:00am Amanpour and Company
1:00am  Joe Bonamassa: British Blues Explosion Live

FRIDAY

5:00am  The Keto Diet with Dr. Josh Axe
6:30am  Rick Steves’ Remote, Sacred, Wild
7:00am  A Classic Christmas (My Music)
9:00am  Sit and Be Fit
9:30am  Mister Rogers: It’s You I Like

SATURDAY

6:00am  Growing a Greener World
6:30am  Washington Grown
7:00am  Garden Smart
7:30am  P. Allen Smith’s Garden Home
8:00am  Make It Artsy
8:30am  Knit and Crochet Now!
9:00am  It’s Sew Easy
9:30am  Fit 2 Stitch
10:00am Best of Sewing with Nancy
10:30am Quilting Arts
11:00am Fresh Quilting
11:30am Fons & Porter’s Love of Quilting
12:00pm Quilt in a Day
12:30pm 3 Steps to Pain-Free Living
2:00pm  This Old House: 40th Anniversary Special
3:30pm  A Classic Christmas (My Music)
5:30pm  Downton Abbey Live!
7:00pm  John Sebastian Presents Folk Rewind (My Music)
9:00pm  Joe Bonamassa: British Blues Explosion Live
10:30pm Rick Steves’ Festive Europe
11:00pm Doctor Who
11:30pm Doctor Who
12:00am Deepak Chopra: The Spiritual Laws of Success
A little help. A big difference.

The assisted living services at Narrows Glen are about the whole family and the whole YOU. No matter if you need a little help or a lot, the difference you’ll feel will be amazing.

Narrows Glen

Call us today to schedule a complimentary lunch and tour.

LICENSE# 2385

INDEPENDENT & ASSISTED LIVING • MEMORY CARE

8201 6th Avenue • Tacoma • NarrowsGlen.com • 253.292.5959

GEORGE LI PLAYS ENCHANTING RACHMANINOFF

Sat, Nov. 23 | 7:30 pm
Pantages Theater
Sarah Jeanides, conductor | George Li, piano

George Li has been praised by the Washington Post for his "staggering technical prowess and depth of expression." Join us as he takes on one of the most technically challenging piano pieces in the standard classic repertoire, Rachmaninoff's Piano Concerto No. 3.

TICKETS:
253-591-5894 | symphonytacoma.org

CALL 1.800.325.5877 TO MAKE A DONATION
If you would like to conserve resources and receive the KBTC Viewer Guide via e-mail, please contact membership@kbtc.org.