

- 12:00am **The Music Jam**
- 10.00am **The Music Box** (Gordon Lowe)
30 Minutes of great instrumental music
- 10.30am **Get Out These Old Records** (Ken Anton)
Music from the golden age of British Dance Bands from the 1920's to the mid 1940's
- 11.00am **The A-Z of Pop** (Richard Smith)
- 12.00pm **Health Today** (Dominic Arkwright)
Health information programme from the NHS
- 1.00pm **Number Ones @ 1**
Playing Number 1 Hits from Yesterday & Today
- 2.00pm **The Chart Show** (Ray Oxley)
Classic Chart Rundowns from years gone by with Ray
- 3.00pm **Lazy Sunday@** (Jay Dewis)
A Repeat of Sunday Afternoons Lazy Sunday show Including your requests and dedications. Also Listen out for " I haven't heard it for yonks" , "our song" , plus Jays jukebox
- 5.00pm **The Sweetest Feeling @** (Barry Hayward)
- 8.00pm **Anker Folk** (John Goodman & Geoff Veasey)
An hour of Folk music on Anker Radio.
- 9.00pm **A Kick Up The Eighties @** (Mark Thomas)
An hour of great 80's music with Mark.
- 10.00pm **Late with Karl** (Karl Stein)
Music and words of wisdom from Karl including the "Be my Guest" Competition.