

- 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 **The Music Jam**
- 2.00pm **The Chart Show** (Ray Oxley)
Classic Chart Rundowns from years gone by with Ray
- 3.00pm **The Music Jam**
- 5.00pm **The Sweetest Feeling** ® (Barry Hayward)

Every first Monday of the Month ONLY:

- 8.00pm **Anker Folk**
An hour of Folk music on Anker Radio.

All other times:

- 8.00pm **The Music Jam**
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- 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.