

- 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** (Produced by 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**
- 7.00pm **The Classic Gold Show** (Ian Jowsey)
Ian will be playing the music from the 60s 70s 80s
- 9.00pm **The Music Jam**
- 10.00pm **Late with Karl** (Karl Stein)
Music and words of wisdom from Karl including "Be my Guest"
Competition