**October 2025 Program Listings**

**Please note programs are subject to change without notice. All programs are copyrighted and may not be used elsewhere in part or in whole.**

**Millis Community Media Programs for Wednesday October 1, 2025 – Saturday October 4, 2025**

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Wed. Oct. 1

7:00 p.m. Finance Committee - live

Followed by School Building Committee- 9/17

Followed by Health Links: Oral Effects

Followed by Varsity Football with Weston

Thurs. Oct. 2

7:00 p.m. Select Board Meeting – 9/29

Followed by Girls Varsity Volleyball with St. Mary’s

Followed by Health Links: Safe Cycling

Fri. Oct. 3

7:00 p.m. In the Know

7:30 p.m. Finance Committee – 10/1

Followed by Frosted Fireflies from Niagara Coffee Haus

Followed by Health Links: Vision Resources

Followed by Girls Varsity Volleyball with St. Mary’s

Sat. Oct. 4

7:00 p.m. Select Board- 9/29

Followed by Planning Board – 9/9

Followed by For Your Health: Quitting Smoking

**Millis Community Media Programs for October 5, 2025 – October 11, 2025**

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Sun. Oct. 5

7:00 p.m. SBC Meeting – 9/17

7:43 p.m. Millis Climate Change Action Plan Forum-part 2

8:07 p.m. This Is Milis – Community Connect w/the fire dept.

8:11 p.m. Health Links: Safe Cycling

911 p.m. In the Know -with the Norfolk County Sheriff

9:41 p.m. This Is Millis- Designs by Lorraine, UCC Farmer’s Market

Mon. Oct. 6

7:00 p.m. Select Board – 9/29

Followed by Health Links: Infection Prevention

Followed by Girls Volleyball with St. Mary’s

Tues. Oct. 7

7:00 p.m. For Your Health: Quitting Smoking

7:30 p.m. Planning Board – live

Followed by Millis Varsity Football with Weston

Followed by Millis Climate Control Plan – part 2

Wed. Oct. 8

7:00 p.m. Finance Committee - live

Followed by Millis Varsity Football with Lowell Catholic

Thurs. Oct. 9

7:00 p.m. For Your Health: Stress

7:30 p.m. Planning Board – 10/7

Followed by Girls’ Varsity Volleyball with Bellingham

Followed by Health Links: Oral Effects

Fri. Oct. 10

7:00 p.m. Select Board – Select Board – 9/29

Followed by Health Links: Vision Resources

Followed by Frosted Fireflies- original music presentation at Niagara Coffee Haus

Sat. Oct. 11

7:00 p.m. For Your Health: Quitting Smoking

7:30 p.m. Finance Committee- 10/8

Followed by Girls Volleyball with Norton

Followed by Health Links: Living Alone

**To view our programs on demand, visit our website at** [www.millismedia.org **or**](http://www.millismedia.org/) **visit our** **Facebook page or YouTube**  **Channel.** **Please note programs are subject to change without notice. For more information on programs, contact us at 508-376-7057 or e-mail us at milliscommunitymedia@gmail.com**

**Millis Community Media Programs for October 12, 2025 – October 18, 2025**

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Sun. Oct. 12

7:00 p.m. Girls’ Varsity Volleyball with Norton

Followed by Health Links: Vision Resources

Followed by Planning Board -10/7

Followed by This Is Millis-Designs by Lorraine, Community Connect

Mon. Oct. 13

7:00 p.m. Select Board – 9/29

Followed by Millis Varsity Football with Lowell Catholic

Health Links: Safe Cycling

## Tues. Oct. 14

7:00 p.m. Planning Board – 10/7

Followed by For Your Health – Quitting Smoking

Followed by School Building Committee

Girls’ Varsity Volleyball -with Norton

Wed. Oct. 15

7:00 p.m. Finance Committee-live

Followed by For Your Health: Oral Effects

Followed by Millis Varsity Football with Lowell Catholic

Followed by Frosted Fireflies-an original musical performance at Niagara Coffee Haus

Thurs. Oct. 16

7:00 p.m. Girls’ Varsity Volleyball with Norton

Followed by Finance Committee- 10/15

Followed by Select Board – 9/29

## Fri. oct. 17

## 7:00 p.m. SBC Meeting

## Followed by Health Links: Infection Prevention

Followed by Millis Climate Chane Action Forum

Sat. Oct. 18

7:00 p.m. For Your Health: Stress

7:30 p.m. School Building Committee Meeting

**Please note programs are subject to change without notice. For more information about producing a project call MCM- 508-376-7057 or email** [**milliscommunitymedia@gmail.com**](mailto:milliscommunitymedia@gmail.com)

**Millis Community Media Programs for October 19, 2025 – October 25, 2025**

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Sun. Oct. 19

7:00 p.m. Finance Committee – 10/15

Followed by Girls’ Varsity Volleyball with Norton

History of the Jewish Hotels in Millis

Mon. Oct. 20

7:00 p.m. Select Board – live

Followed by Health Links: Vision Resources

Followed by Girls Varsity Volleyball with Nipmuc Regional

Tues. Oct. 21

7:00 p.m. For Your Health: Quit Smoking

7:30 p.m. Planning Board – 10/7

Followed by Beacon Hill Update w/ Millis State Representatives

Wed. Oct. 22

7:00 p.m. Finance Committee - live

School Building Committee

Followed by Millis Varsity Football with Weston

Thurs. Oct. 23

7:00 p.m. Select Board – 10/20

Followed by Millis Varsity Football with Weston

This Is Millis: Dave O’Gara, Designs by Lorraine, and Community Connect

Followed by Health Links: Safe Cycling

Fri. Oct. 24

7:00 p.m. Finance Committee

Followed by For Your Health: stress

Followed by Planning Board -10/7

Sat. Oct. 25

7:00 p.m. School Building Committee Meeting

Followed by This is Millis:, Dave O’Gara, and Community Connect

Followed by Health Links: Safe Cycling

Followed by Girls Varsity Volleyball with Nipmuc Regional

**All programs are copyrighted by Millis Community Media**

**Millis Community Media Programs for October 26, 2025 –November 1, 2025**

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Sun. Oct. 26

7:00p.m. Finance Committee Meeting- 10/22

Followed by Millis Varsity Football with Medfield

Followed by Girls Varsity Volleyball with Medway

Mon. Oct 27

7:00 p.m. Select Board – 10/20

Followed by School Building Committee Meeting

Followed by Health Links: Infection Prevention

Tues. Oct. 28

7:00 p.m. Health Links: Living Alone

8:00 p.m. Planning Board – 10/7

Followed by Millis Varsity Football with Medfield

Wed. Oct. 29

7;00 p.m. Finance Committee – 10/22

Followed by Girls Varsity Volleyball with Medway

Followed by Health Links: Living Alone

Thurs. Oct. 30

700 p.m. Millis Varsity Football with Medfield

Followed by Select Board – 10/20

Followed by School Building Committee

Fri. Oct. 31

7:00 p.m. This Is Millis

Followed by Frosted Fireflies – original music performed at Niagara Coffee Haus

Followed by Girls Varsity Volleyball with Medway

Followed by Beacon Hill Update

Sat. Nov. 1

7:00 p.m. Girls Varsity Volleyball with Hopedale

Followed by Millis Varsity Football with Medfield

Followed by Health Links: Living Alone

**Be sure to check out our Proramming on our website at** [**www.millismedia.org**](http://www.millismedia.org) **and our Facebook page and**

**YouTube channel**.