



Coffee With America. Episode 379. Week of October 3rd – October 9th.

New this week on Coffee with America, Sasha Rionda gets tips for the perfect tailgating party. Plus, your favorite fall ice cream flavors and home decorating ideas.

Coffee With America. Episode 380. Week of October 10th – October 16th.

Coming up this week on Coffee with America, host Sasha Rionda has fall wellness tips for the whole family and a very early look at your holiday shopping needs. And, a fall checklist for busy moms.

Coffee With America. Episode 381. Week of October 17th – October 23rd.

This week on an all-new Coffee with America, Sasha Rionda gets you and your home prepared for the upcoming winter weather. Plus, some fall travel ideas.

Coffee With America. Episode 382. Week of October 24th – October 30th.

This week on an all-new Coffee with America, host Sasha Rionda gets you ready for the busy holiday shopping season with tips to make sure your packages arrive on time. Plus, it's Open Enrollment season so she's sharing advice from a financial expert so you can get the most out of your health insurance. And, some cool tech to help kids learn.

Coffee With America. Episode 383. Week of October 31st – November 6th.

New this week on Coffee with America, Sasha Rionda has head to toe nutrition tips. Plus, many people missed important health screenings over the past year. Learn why it's crucial to go back to the doctor. And, brightening your skin routine for fall.