1. I’m watching this channel.
2. I watch this channel.
3. I check it every day.
4. I’m checking it very thoroughly
5. She always talks about it.
6. She’s talking about it now.
7. We often discuss this kind of things.
8. We’re discussing it at present / at the present time.
9. We meet **on** Mondays.
10. We’re meeting now.
11. Sometimes it happens.
12. It sometimes happens.
13. It happens sometimes.
14. It’s happening at the moment.
15. I never do it.
16. I never lie
17. He never complains.
18. He’s lying now.
19. He often comes there later than usual.
20. I go to the gym two times a week.
21. I go there twice a week.
22. I go there several times a week.
23. I’m going to the gym.
24. We usually meet three times a week.
25. It seems to me that it’s very effectively learn English several times a week because one time isn’t enough.
26. I prefer to do it every day.
27. I prefer to do it now.
28. He visit us every week.
29. I get this kind of letters every month.
30. We’re celebrating it now.
31. We celebrate it every year.
32. We’re celebrating our anniversary.