



PROGRAM GUIDE

Week of June 9, 2025

	Monday 06/09	Tuesday 06/10	Wednesday 06/11	Thursday 06/12	Friday 06/13	Saturday 06/14	Sunday 06/15
5:00am	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio
5:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
6:00	Get Healthy with Holly	Get Healthy with Holly	Get Healthy with Holly	Get Healthy with Holly	Get Healthy with Holly	Get Healthy with Holly	Get Healthy with Holly
6:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
7:00	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio
7:30	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor
8:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
8:30					Planning (T)	Planning (T)	Planning (T)
9:00							
9:30							
10:00	The Garage	The Garage	The Garage	The Garage	The Garage	The Garage	The Garage
10:30	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)
11:00							
11:30							
12:00	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor
12:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
1:00	Get Healthy with Holly	Get Healthy with Holly	Get Healthy with Holly	Get Healthy with Holly	Get Healthy with Holly	Get Healthy with Holly	Get Healthy with Holly
1:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
2:00	The Garage	The Garage	The Garage	The Garage	The Garage	The Garage	The Garage
2:30	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor
3:00	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)
3:30							
4:00							
4:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
5:00							
5:30	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor
6:00	The Garage	The Garage	The Garage	The Garage	The Garage	The Garage	The Garage
6:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
7:00	Council (T)	Council (T)	Council (T)	Planning Live	Council (T)	Council (T)	Council (T)
7:30							
8:00							
8:30	Get Healthy with Holly	Get Healthy with Holly	Get Healthy with Holly	Get Healthy with Holly	Get Healthy with Holly	Get Healthy with Holly	Get Healthy with Holly
9:00	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor
9:30	The Garage	The Garage	The Garage	The Garage	The Garage	The Garage	The Garage
10:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Planning (T)	Planning (T)	Planning (T)
10:30							
11:00	Hometown Heroes	Hometown Heroes	Hometown Heroes	Hometown Heroes	Hometown Heroes	Hometown Heroes	Hometown Heroes
11:30							
12:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
12:30	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)

Watch live or view archived City Council and Planning Commission meetings at www.thementorchannel.com
 Questions or Comments? Call 440-974-5794 or e-mail pubinfo@cityofmentor.com



Programs

Week of June 9, 2025

Mentor City Council – Rebroadcast of the Council Meeting taped on June 3, 2025.

Mentor Municipal Planning Commission - Planning Meeting airs LIVE on June 12, 2025 and rebroadcast throughout the week.

Hometown Heroes – A look at some of Mentor's own Hometown Heroes.

The Garage with Steve Butler – Berenger Toolbox

Steve Butler is an artist and furniture maker with more than 20 years' experience in the field. In his garage workshop, he'll share with you the way to make fun woodworking projects. Anything from fine furniture to cigar box guitars are what he's making. The Garage is a how-to show unlike any other.

My Mentor – Join us for stories about the community, featuring our neighbors, friends, children, local businesses, and folks that make our hometown special. My Mentor is timely and ever changing, so as we finish these community stories, we'll share them. Tune into The Mentor Channel to see what's happening in My Mentor.

Get Healthy with Holly – Pushup Progressions

Get Healthy with Holly" is a TV show starring Holly Kouvo of Fitting Fitness In®. As a Personal Trainer and Nutrition Specialist, Holly talks about health and fitness topics that teach people how to live a healthy lifestyle. She regularly will demo simple and healthy recipes to try at home.

Jazz Cardio Strength Stretch – A fun and effective workout that will lift your spirits and strengthen your heart, muscles, and core.