

### **PROGRAM GUIDE**

## Week of September 1, 2025

S-00am   Jazz Cardio   Jazz		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sulletin Board   Sull		•	· ·	-	-	-	· ·	-
Signature   Signature   Signature   Sulletin Board   Sulletin Board   Sulletin Board   Sulletin Board   Get Healthy   Get Healthy   Get Healthy   Get Healthy   With Holly		J =	37 =	5,5	J, .	3,5	3,0	571
Get Healthy   Get Healthy   Get Healthy   With Holly	5:00am	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio
Signature   Sign	5:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
Tool   Jazz Cardio   My Mentor   My Mentor   My Mentor   My Mentor   Bulletin Board	6:00	<b>Get Healthy</b>	<b>Get Healthy</b>	<b>Get Healthy</b>	<b>Get Healthy</b>	<b>Get Healthy</b>	<b>Get Healthy</b>	<b>Get Healthy</b>
Ny Mentor   Bulletin Board   Bulletin	6:30	with Holly	with Holly	with Holly	with Holly	with Holly	with Holly	with Holly
Bulletin Board   Bulletin Board   Bulletin Board   Bulletin Board   Bulletin Board   Bulletin Board   Planning (T)   Plannin	7:00	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio
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11:30   Bulletin Board   Bulletin Boar		Bulletin Board	Bulletin Board	Council (T)				
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12:30 Bulletin Board								
1:00   Get Healthy with Holly   with Holly			•	•	_		_	•
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Sign								
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8:00 Bulletin Board B				Council (1)	_	Council (1)	Council (1)	Council (1)
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11:30 12:00						Rulletin Board	Rulletin Board	Rulletin Poord
12:00						Bulletill Boald	Bulletill Boald	Bulletill Boald
	12:30			Council (T)				



# **Programs**

## Week of September 1, 2025

Mentor City Council – Council Meeting airs live on September 2, 2025 and is rebroadcast throughout the week.

**Mentor Municipal Planning Commission -** Planning Meeting airs LIVE on September 4, 2025 and is rebroadcast throughout the week.

#### The Garage with Steve Butler – Shaker Lap Desk

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 – Hydration**

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.