



PROGRAM GUIDE

Week of November 17, 2025

	Monday 11/17	Tuesday 11/18	Wednesday 11/19	Thursday 11/20	Friday 11/21	Saturday 11/22	Sunday 11/23
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							
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	Garfield in Mentor	Garfield in Mentor	Garfield in Mentor	Garfield in Mentor	Garfield in Mentor	Garfield in Mentor	Garfield in Mentor
9:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
9:30							
10:00	The Garage	The Garage	The Garage	The Garage	The Garage	The Garage	The Garage
10:30	Bulletin Board	Bulletin Board	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)
11:00							
11:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
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	Bulletin Board	Bulletin Board	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)
3:30							
4:00	Garfield in Mentor	Garfield in Mentor	Garfield in Mentor	Garfield in Mentor	Garfield in Mentor	Garfield in Mentor	Garfield in Mentor
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 (Live)	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)
7:30							
8:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
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	Bulletin Board	Bulletin Board	Bulletin Board
10:30							
11:00	Garfield in Mentor	Garfield in Mentor	Garfield in Mentor	Garfield in Mentor	Garfield in Mentor	Garfield in Mentor	Garfield in Mentor
11:30							
12:00a							
12:30			Council (T)	Council (T)	Council (T)	Council (T)	Council (T)



Programs

Week of November 17, 2025

Mentor City Council – Council Meeting recording live on October 7, 2025 and rebroadcast throughout the week.

Garfield in Mentor – A look at President James A. Garfield's life in Mentor, Ohio.

The Garage with Steve Butler – Cigar Box Guitar

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 – Benefits of Tai Chi

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.