



## PROGRAM GUIDE

Week of December 8, 2025

|        | Monday<br>12/8                    | Tuesday<br>12/9                   | Wednesday<br>12/10                | Thursday<br>12/11                 | Friday<br>12/12                   | Saturday<br>12/13                 | Sunday<br>12/14                   |
|--------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| 5:00am | <b>Jazz Cardio</b>                | <b>Jazz Cardio</b>                | <b>Jazz Cardio</b>                | <b>Jazz Cardio</b>                | <b>Jazz Cardio</b>                | <b>Jazz Cardio</b>                | <b>Jazz Cardio</b>                |
| 5:30   | Bulletin Board                    | Bulletin Board                    | Bulletin Board                    | Bulletin Board                    | Bulletin Board                    | Bulletin Board                    | Bulletin Board                    |
| 6:00   | <b>Get Healthy<br/>with Holly</b> | <b>Get Healthy<br/>with Holly</b> | <b>Get Healthy<br/>with Holly</b> | <b>Get Healthy<br/>with Holly</b> | <b>Get Healthy<br/>with Holly</b> | <b>Get Healthy<br/>with Holly</b> | <b>Get Healthy<br/>with Holly</b> |
| 6:30   |                                   |                                   |                                   |                                   |                                   |                                   |                                   |
| 7:00   | <b>Jazz Cardio</b>                | <b>Jazz Cardio</b>                | <b>Jazz Cardio</b>                | <b>Jazz Cardio</b>                | <b>Jazz Cardio</b>                | <b>Jazz Cardio</b>                | <b>Jazz Cardio</b>                |
| 7:30   | <b>My Mentor</b>                  | <b>My Mentor</b>                  | <b>My Mentor</b>                  | <b>My Mentor</b>                  | <b>My Mentor</b>                  | <b>My Mentor</b>                  | <b>My Mentor</b>                  |
| 8:00   | Bulletin Board                    | Bulletin Board                    | Bulletin Board                    | Bulletin Board                    | Bulletin Board                    | Bulletin Board                    | Bulletin Board                    |
| 8:30   | <b>Planning (T)</b>               | <b>Planning (T)</b>               | <b>Planning (T)</b>               | <b>Planning (T)</b>               | <b>Planning (T)</b>               | <b>Planning (T)</b>               | <b>Planning (T)</b>               |
| 9:00   |                                   |                                   |                                   |                                   |                                   |                                   |                                   |
| 9:30   |                                   |                                   |                                   |                                   |                                   |                                   |                                   |
| 10:00  | <b>The Garage</b>                 | <b>The Garage</b>                 | <b>The Garage</b>                 | <b>The Garage</b>                 | <b>The Garage</b>                 | <b>The Garage</b>                 | <b>The Garage</b>                 |
| 10:30  | <b>Council (T)</b>                | <b>Council (T)</b>                | <b>Council (T)</b>                | <b>Council (T)</b>                | <b>Council (T)</b>                | <b>Council (T)</b>                | <b>Council (T)</b>                |
| 11:00  |                                   |                                   |                                   |                                   |                                   |                                   |                                   |
| 11:30  | <b>Toasty Tunes</b>               | <b>Toasty Tunes</b>               | <b>Toasty Tunes</b>               | <b>Toasty Tunes</b>               | <b>Toasty Tunes</b>               | <b>Toasty Tunes</b>               | <b>Toasty Tunes</b>               |
| 12:00  | <b>My Mentor</b>                  | <b>My Mentor</b>                  | <b>My Mentor</b>                  | <b>My Mentor</b>                  | <b>My Mentor</b>                  | <b>My Mentor</b>                  | <b>My Mentor</b>                  |
| 12:30  | Bulletin Board                    | Bulletin Board                    | Bulletin Board                    | Bulletin Board                    | Bulletin Board                    | Bulletin Board                    | Bulletin Board                    |
| 1:00   | <b>Get Healthy<br/>with Holly</b> | <b>Get Healthy<br/>with Holly</b> | <b>Get Healthy<br/>with Holly</b> | <b>Get Healthy<br/>with Holly</b> | <b>Get Healthy<br/>with Holly</b> | <b>Get Healthy<br/>with Holly</b> | <b>Get Healthy<br/>with Holly</b> |
| 1:30   | Bulletin Board                    | Bulletin Board                    | Bulletin Board                    | Bulletin Board                    | Bulletin Board                    | Bulletin Board                    | Bulletin Board                    |
| 2:00   | <b>The Garage</b>                 | <b>The Garage</b>                 | <b>The Garage</b>                 | <b>The Garage</b>                 | <b>The Garage</b>                 | <b>The Garage</b>                 | <b>The Garage</b>                 |
| 2:30   | <b>My Mentor</b>                  | <b>My Mentor</b>                  | <b>My Mentor</b>                  | <b>My Mentor</b>                  | <b>My Mentor</b>                  | <b>My Mentor</b>                  | <b>My Mentor</b>                  |
| 3:00   | <b>Council (T)</b>                | <b>Council (T)</b>                | <b>Council (T)</b>                | <b>Council (T)</b>                | <b>Council (T)</b>                | <b>Council (T)</b>                | <b>Council (T)</b>                |
| 3:30   |                                   |                                   |                                   |                                   |                                   |                                   |                                   |
| 4:00   | <b>Toasty Tunes</b>               | <b>Toasty Tunes</b>               | <b>Toasty Tunes</b>               | <b>Toasty Tunes</b>               | <b>Toasty Tunes</b>               | <b>Toasty Tunes</b>               | <b>Toasty Tunes</b>               |
| 4:30   | Bulletin Board                    | Bulletin Board                    | Bulletin Board                    | Bulletin Board                    | Bulletin Board                    | Bulletin Board                    | Bulletin Board                    |
| 5:00   |                                   |                                   |                                   |                                   |                                   |                                   |                                   |
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 Questions or Comments? Call 440-974-5794 or e-mail [pubinfo@cityofmentor.com](mailto:pubinfo@cityofmentor.com)



## Programs

Week of December 8, 2025

**Mentor City Council** – Rebroadcast of the Council meeting taped on December 2, 2025.

**Mentor Municipal Planning Commission** - Rebroadcast of the Planning Commission meeting taped on December 4, 2025.

### **The Garage with Steve Butler – Swedish Corner Cabinet**

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 – Social Dining**

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.

**Toasty Tunes** - A holiday program featuring Christmas music set to the warmth of a roaring fire. It's the perfect backdrop for celebrating this holiday season.

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