



## PROGRAM GUIDE

Week of July 14, 2025

	Monday 7/14	Tuesday 7/15	Wednesday 7/16	Thursday 7/17	Friday 7/18	Saturday 7/19	Sunday 7/20
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 with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy 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	<b>Fire Dept. Swearing In</b>	<b>Fire Dept. Swearing In</b>	<b>Fire Dept. Swearing In</b>	<b>Fire Dept. Swearing In</b>	<b>Fire Dept. Swearing In</b>	<b>Fire Dept. Swearing In</b>	<b>Fire Dept. Swearing In</b>
8:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
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	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
11:00	<b>Police Dept. Swearing In</b>	<b>Police Dept. Swearing In</b>	<b>Police Dept. Swearing In</b>	<b>Police Dept. Swearing In</b>	<b>Police Dept. Swearing In</b>	<b>Police Dept. Swearing In</b>	<b>Police Dept. Swearing In</b>
11:30	<b>Safety Memorial</b>	<b>Safety Memorial</b>	<b>Safety Memorial</b>	<b>Safety Memorial</b>	<b>Safety Memorial</b>	<b>Safety Memorial</b>	<b>Safety Memorial</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 with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy 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>Fire Dept. Swearing In</b>	<b>Fire Dept. Swearing In</b>	<b>Fire Dept. Swearing In</b>	<b>Fire Dept. Swearing In</b>	<b>Fire Dept. Swearing In</b>	<b>Fire Dept. Swearing In</b>	<b>Fire Dept. Swearing In</b>
3:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
4:00	<b>Safety Memorial</b>	<b>Safety Memorial</b>	<b>Safety Memorial</b>	<b>Safety Memorial</b>	<b>Safety Memorial</b>	<b>Safety Memorial</b>	<b>Safety Memorial</b>
4:30							
5:00							
5:30	<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>
6:00	<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>
6:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
7:00	<b>Police Dept. Swearing In</b>	<b>Police Dept. Swearing In</b>	<b>Police Dept. Swearing In</b>	<b>Police Dept. Swearing In</b>	<b>Police Dept. Swearing In</b>	<b>Police Dept. Swearing In</b>	<b>Police Dept. Swearing In</b>
7:30							
8:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
8:30	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>
9:00	<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>
9:30	<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>
10:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
10:30							
11:00	<b>Fire Dept. Swearing In</b>	<b>Fire Dept. Swearing In</b>	<b>Fire Dept. Swearing In</b>	<b>Fire Dept. Swearing In</b>	<b>Fire Dept. Swearing In</b>	<b>Fire Dept. Swearing In</b>	<b>Fire Dept. Swearing In</b>
11:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
12:00							
12:30							

Watch live or view archived City Council and Planning Commission meetings at [www.thementorchannel.com](http://www.thementorchannel.com)  
Questions or Comments? Call 440-974-5794 or e-mail [pubinfo@cityofmentor.com](mailto:pubinfo@cityofmentor.com)



## Programs

Week of July 14, 2025

**Fire Department Swearing In Ceremony** – Promotion and Swearing in Ceremony for the Mentor Fire Department held on June 26, 2025.

**Fire Department Swearing In Ceremony** – Promotion and Swearing in Ceremony for the Mentor Police Department held on June 30, 2025.

**Mentor Safety Forces Memorial Service** – Remembering those we have lost. Memorial Service was held on June 24, 2025.

### **The Garage with Steve Butler – Coopered Chest**

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 – Forest Bathing for Mental Health**

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.