



PROGRAM GUIDE

Week of August 11, 2025

| | Monday 8/11 | Tuesday 8/12 | Wednesday 8/13 | Thursday 8/14 | Friday 8/15 | Saturday 8/16 | Sunday 8/17 |
|--------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| 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 | | | | | Planning (T) | Planning (T) | Planning (T) |
| 9:00 | | | | | | | |
| 9:30 | | | | | Bulletin Board | Bulletin Board | Bulletin Board |
| 10:00 | The Garage | The Garage | The Garage | The Garage | The Garage | The Garage | The Garage |
| 10:30 | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board |
| 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 | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Planning (T) | Planning (T) | Planning (T) |
| 3:30 | | | | | | | |
| 4:00 | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board |
| 4:30 | | | | | | | |
| 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 | | | | Planning Live | | | |
| 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 | Planning (T) | Planning (T) | Planning (T) |
| 10:30 | | | | | | | |
| 11:00 | | | | | Bulletin Board | Bulletin Board | Bulletin Board |
| 11:30 | | | | | | | |
| 12:00 | | | | | | | |
| 12:30 | | | | | | | |

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 August 11, 2025

Mentor Municipal Planning Commission - Planning Meeting airs LIVE on August 14, 2025 and is rebroadcast throughout the week.

The Garage with Steve Butler – Shaker Bench

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 – Assisted Stretching

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.