

PROGRAM GUIDE
Week of January 19, 2026

	Monday 1/19	Tuesday 1/20	Wednesday 1/21	Thursday 1/22	Friday 1/23	Saturday 1/24	Sunday 1/25
5:00am	Jazz Cardio						
5:30	Bulletin Board						
6:00	Get Healthy with Holly						
6:30							
7:00	Jazz Cardio						
7:30	My Mentor						
8:00	Planning (T)						
8:30							
9:00	Bulletin Board						
9:30							
10:00	The Garage						
10:30	Bulletin Board	Bulletin Board	Council (T)				
11:00							
11:30	Bulletin Board						
12:00	My Mentor						
12:30	Bulletin Board						
1:00	Get Healthy with Holly						
1:30	Bulletin Board						
2:00	The Garage						
2:30	My Mentor						
3:00	Bulletin Board	Bulletin Board	Council (T)				
3:30							
4:00	Bulletin Board						
4:30							
5:00							
5:30	My Mentor						
6:00	The Garage						
6:30	Bulletin Board						
7:00		Council (Live)	Council (T)				
7:30			Bulletin Board				
8:00							
8:30	Get Healthy with Holly						
9:00	My Mentor						
9:30	The Garage						
10:00	Planning (T)						
10:30							
11:00	Bulletin Board						
11:30							
12:00a							
12:30			Council (T)				



Programs

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Mentor City Council – Council Meeting recording live on January 20, 2026 and rebroadcast throughout the week.

Mentor Municipal Planning Commission – Rebroadcast of the Planning Meeting taped on January 15, 2026.

The Garage with Steve Butler – Foosball Game

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 – New Years Goals

"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.