



## PROGRAM GUIDE

Week of February 9, 2026

	Monday 2/9	Tuesday 2/10	Wednesday 2/11	Thursday 2/12	Friday 2/13	Saturday 2/14	Sunday 2/15
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	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	<b>Winter Sowing</b>	<b>Winter Sowing</b>	<b>Winter Sowing</b>	<b>Winter Sowing</b>	<b>Winter Sowing</b>	<b>Winter Sowing</b>	<b>Winter Sowing</b>
11:30							
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>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	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
4:00	<b>Winter Sowing</b>	<b>Winter Sowing</b>	<b>Winter Sowing</b>	<b>Winter Sowing</b>	<b>Winter Sowing</b>	<b>Winter Sowing</b>	<b>Winter Sowing</b>
4:30							
5:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
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>
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7:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
8:00	<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>
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11:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
12:00							
12:30	<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>

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 February 9, 2026

**Mentor City Council** – Rebroadcast of the Council meeting taped on February 3, 2026.

**Mentor Municipal Planning Commission** - Rebroadcast of the Planning Commission meeting taped on February 5, 2026.

### **The Garage with Steve Butler – Sandbox**

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 – Valentine Partner Workout**

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.

**Winter Sowing** - The Wildwood Garden Club welcomed Brittany of Well Rooted Plants, who presented a program on Winter Sowing. Brittany demonstrates a method using recycled containers to start seeds outside in the winter with Mother Nature providing the perfect growing conditions. Learn how to start your own Winter Sowing project.

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