



**PROGRAM GUIDE**  
Week of March 23, 2026

	Monday 3/23	Tuesday 3/24	Wednesday 3/25	Thursday 3/26	Friday 3/27	Saturday 3/28	Sunday 3/29
5:00am	<b>Jazz Cardio</b>						
5:30	Bulletin Board						
6:00	<b>Get Healthy with Holly</b>						
6:30							
7:00	<b>Jazz Cardio</b>						
7:30	<b>My Mentor</b>						
8:00	Bulletin Board						
8:30	<b>Planning (T)</b>						
9:00	<b>Backyard Birds</b>						
9:30							
10:00	<b>The Garage</b>						
10:30	<b>Council (T)</b>						
11:00							
11:30	Bulletin Board						
12:00	<b>My Mentor</b>						
12:30	Bulletin Board						
1:00	<b>Get Healthy with Holly</b>						
1:30	Bulletin Board						
2:00	<b>The Garage</b>						
2:30	<b>My Mentor</b>						
3:00	<b>Council (T)</b>						
3:30							
4:00	Bulletin Board						
4:30	<b>Backyard Birds</b>						
5:00							
5:30	<b>My Mentor</b>						
6:00	<b>The Garage</b>						
6:30	Bulletin Board						
7:00	<b>Council (T)</b>	<b>Council</b>	<b>Council (T)</b>				
7:30							
8:00	Bulletin Board						
8:30	<b>Get Healthy with Holly</b>						
9:00	<b>My Mentor</b>						
9:30	<b>The Garage</b>						
10:00	<b>Planning (T)</b>						
10:30	Bulletin Board						
11:00	<b>Backyard Birds</b>						
11:30							
12:00							
12:30	<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 March 23, 2026

**Mentor City Council** – Rebroadcast of the Council meeting taped on March 17, 2026.

**Mentor Municipal Planning Commission** - Rebroadcast of the Planning Commission meeting taped on March 19, 2026.

### **The Garage with Steve Butler – Bathroom Shelf**

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 – Foods that Boost Your Immunity**

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.

**Backyard Birds** - Mary Ann Wagner from the Blackbrook Audubon Society presents an overview of getting started in birding for beginners. This thoughtful presentation, hosted by the Wildwood Garden Club, gives useful tips and information about the hobby including relevant resources for identifying area birds. Presented on March 18, 2026.

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