



PROGRAM GUIDE

Week of March 30, 2026

	Monday 3/30	Tuesday 3/31	Wednesday 4/1	Thursday 4/2	Friday 4/3	Saturday 4/4	Sunday 4/5
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	Bulletin Board						
8:30							
9:00	Jazz Cardio						
9:30	Bulletin Board						
10:00	The Garage						
10:30	Bulletin Board						
11:00	The Garfields Mentor's Family						
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	The Garfields Mentor's Family						
3:30	Bulletin Board						
4:00	Jazz Cardio						
4:30	Bulletin Board						
5:00							
5:30	My Mentor						
6:00	The Garage						
6:30	Bulletin Board						
7:00	The Garfields Mentor's Family						
7:30	Bulletin Board						
8:00							
8:30	Get Healthy with Holly						
9:00	My Mentor						
9:30	The Garage						
10:00	Bulletin Board						
10:30							
11:00	The Garfields Mentor's Family						
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

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The Garfields – Mentor’s Family – A look at James A. Garfield and his family that grew up here in Mentor.

The Garage with Steve Butler – Pipe Rack

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 – What is N.E.A.T?

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.