



PROGRAM GUIDE

Week of July 6, 2026

	Monday 7/6	Tuesday 7/7	Wednesday 7/8	Thursday 7/9	Friday 7/10	Saturday 7/11	Sunday 7/12
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	Planning (T)	Planning (T)	Planning (T)	Planning (T)	Planning (T)	Planning (T)	Planning (T)
8:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
9:00	To Be an American	To Be an American	To Be an American	To Be an American	To Be an American	To Be an American	To Be an American
9:30							
10:00	The Garage	The Garage	The Garage	The Garage	The Garage	The Garage	The Garage
10:30	Bulletin Board	Bulletin Board	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)
11:00							
11:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
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	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)
3:30							
4:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
4:30	To Be an American	To Be an American	To Be an American	To Be an American	To Be an American	To Be an American	To Be an American
5:00							
5:30	My Mentor	Council (Live)	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor
6:00	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
7:00			Council (T)	Council (T)	Council (T)	Council (T)	Council (T)
7:30							
8:00			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	Planning (T)	Planning (T)	Planning (T)	Planning (T)	Planning (T)	Planning (T)	Planning (T)
10:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
11:00	To Be an American	To Be an American	To Be an American	To Be an American	To Be an American	To Be an American	To Be an American
11:30							
12:00a							
12:30			Council (T)	Council (T)	Council (T)	Council (T)	Council (T)

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 July 6, 2026

What it Means to Be American – A video produced by the Mentor Channel on what it means to be American. Followed by a video of the making of our new James A. Garfield statue.

Mentor City Council – Council Meeting recording live on July 7, 2026 and rebroadcast throughout the week.

Mentor Municipal Planning Commission – Rebroadcast of the Planning Meeting taped on July 1, 2026.

The Garage with Steve Butler – Modern Plywood Table

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 – Forest Bathing for Mental Health

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.