

PROGRAM GUIDE
Week of January 26, 2026

	Monday 1/26	Tuesday 1/27	Wednesday 1/28	Thursday 1/29	Friday 1/30	Saturday 1/31	Sunday 2/01
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	Winter Sowing						
9:00							
9:30	Bulletin Board						
10:00	The Garage						
10:30	Council (T)						
11:00	Bulletin Board						
11:30							
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	Council (T)						
3:30	Bulletin Board						
4:00	Winter Sowing						
4:30							
5:00	Bulletin Board						
5:30	My Mentor						
6:00	The Garage						
6:30	Bulletin Board						
7:00	Council (T)	Council	Council (T)				
7:30	Bulletin Board						
8:00							
8:30	Get Healthy with Holly						
9:00	My Mentor						
9:30	The Garage						
10:00	Winter Sowing						
10:30							
11:00	Bulletin Board						
11:30							
12:00							
12:30	Council (T)						



Programs

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Mentor City Council – Rebroadcast of the Council meeting taped on January 20, 2026.

The Garage with Steve Butler – Café 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.

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.

Get Healthy with Holly – Sarcopenia: The Silent Muscle Thief

"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.