PROGRAM GUIDE

Week of November 9, 2026

	Monday 11/9	Tuesday 11/10	Wednesday 11/11	Thursday 11/12	Friday 11/13	Saturday 11/14	Sunday 11/15
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	Hometown Heroes	Hometown Heroes	Hometown Heroes	Hometown Heroes	Veterans Day Ceremony	Veterans Day Ceremony	Veterans Day Ceremony
8:30	Planning (T)	Planning (T)	Planning (T)	Planning (T)	Planning (T)	Planning (T)	Planning (T)
9:00							
9:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
10:00	The Garage	The Garage	The Garage	The Garage	The Garage	The Garage	The Garage
10:30	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)
11:00							
11:30	Hometown	Hometown	Hometown	Hometown	Hometown	Hometown	Hometown
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	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)
3:30							
4:00	Hometown	Hometown	Hometown	Hometown	Hometown	Hometown	Hometown
4:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
5:00	Hometown Heroes	Hometown Heroes	Hometown Heroes	Hometown Heroes	Veterans Day Ceremony	Veterans Day Ceremony	Veterans Day Ceremony
5:30	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor
6:00	The Garage	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	Bulletin Board
7:00	Council (T)	Council	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)
7:30							
8:00	Hometown	Hometown	Hometown	Hometown	Hometown	Hometown	Hometown
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							
11:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
11:30	Hometown Heroes	Hometown Heroes	Hometown Heroes	Hometown Heroes	Veterans Day Ceremony	Veterans Day Ceremony	Veterans Day Ceremony
12:00							
12:30	Council (T)	Council (T)	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 November 9, 2026

Mentor City Council – Rebroadcast of the Council meeting taped on November 4, 2026.

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

Hometown Heroes – A slideshow of our 2026 Hometown Heroes. Banners will be up in the city from Memorial Day to Veterans Day.

Veterans Day Ceremony – A video of our annual Veterans Day Ceremony filmed on November 11, 2026.

The Garage with Steve Butler – Shaker Lap Desk

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 – A Body in Motion Stays in Motion

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.