**PROGRAM GUIDE**

Week of November 16, 2026

| | Monday 11/16 | Tuesday 11/17 | Wednesday 11/18 | Thursday 11/19 | Friday 11/20 | Saturday 11/21 | Sunday 11/22 |
|---|---|---|---|---|---|---|---|
| 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 | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board |
| 8:30 | | | | | | | |
| 9:00 | Veterans Day | Veterans Day | Veterans Day | Veterans Day | Veterans Day | Veterans Day | Veterans Day |
| 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 | 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 | Veterans Day | Veterans Day | Veterans Day | Veterans Day | Veterans Day | Veterans Day | Veterans Day |
| 4:30 | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board |
| 5:00 | | | | | | | |
| 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 | Bulletin Board | Council (Live) | Council (T) | Council (T) | Council (T) | Council (T) | Council (T) |
| 7:30 | | | | | | | |
| 8:00 | Bulletin Board | Bulletin Board | 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 | Veterans Day | Veterans Day | Veterans Day | Veterans Day | Veterans Day | Veterans Day | Veterans Day |
| 10:30 | | | | | | | |
| 11:00 | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board |
| 11:30 | | | | | | | |
| 12:00a | Nat'l Anthem | Nat'l Anthem | Nat'l Anthem | Nat'l Anthem | Nat'l Anthem | Nat'l Anthem | Nat'l Anthem |
| 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 November 16, 2026

**Mentor City Council –** Council Meeting recording live on November 17, 2026 and rebroadcast throughout the week.

**Veterans Day Ceremony –** A look at the Veterans Day Ceremony held at the Mentor Cemetery on November 11, 2026.

### The Garage with Steve Butler – Garden Cart

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 – Tasty Thanksgiving Dishes

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.