PROGRAM GUIDE

Week of November 23, 2026

	Monday 11/23	Tuesday 11/24	Wednesday 11/25	Thursday 11/26	Friday 11/27	Saturday 11/28	Sunday 11/29
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	Tim Garfield Presentation	Tim Garfield Presentation	Tim Garfield Presentation	Tim Garfield Presentation	Tim Garfield Presentation	Tim Garfield Presentation	Tim Garfield Presentation
9:30							
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	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
11:30	Thanksgiving	Thanksgiving	Thanksgiving	Thanksgiving	Thanksgiving	Thanksgiving	Thanksgiving
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	Thanksgiving	Thanksgiving	Thanksgiving	Thanksgiving	Thanksgiving	Thanksgiving	Thanksgiving
4:00	Tim Garfield Presentation	Tim Garfield Presentation	Tim Garfield Presentation	Tim Garfield Presentation	Tim Garfield Presentation	Tim Garfield Presentation	Tim Garfield Presentation
4:30							
5:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
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	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
8:00	Thanksgiving	Thanksgiving	Thanksgiving	Thanksgiving	Thanksgiving	Thanksgiving	Thanksgiving
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	Tim Garfield Presentation	Tim Garfield Presentation	Tim Garfield Presentation	Tim Garfield Presentation	Tim Garfield Presentation	Tim Garfield Presentation	Tim Garfield Presentation
10:30							
11:00	Thanksgiving	Thanksgiving	Thanksgiving	Thanksgiving	Thanksgiving	Thanksgiving	Thanksgiving
11:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
12:00	National Anthem	National Anthem	National Anthem	National Anthem	National Anthem	National Anthem	National Anthem
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 23, 2026

Mentor City Council – Rebroadcast of the Council meeting taped on November 17, 2026.

Americana Thanksgiving

AMERICANA - A look back at Thanksgiving from the early 1950's.

Tim Garfield Presentation

Tim Garfield, great great grandson of President James A. Garfield gives a talk about his famous relative. Recorded at the 2026 Veterans Breakfast at the Mentor Senior Center.

The Garage with Steve Butler – Jens 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 – 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.