

PROGRAM GUIDE
Week of February 2, 2025

	Monday 2/2	Tuesday 2/3	Wednesday 2/4	Thursday 2/5	Friday 2/6	Saturday 2/7	Sunday 2/8
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					Planning (T)	Planning (T)	Planning (T)
9:00							
9:30	Bulletin Board						
10:00	The Garage						
10:30	Bulletin Board	Bulletin Board	Council (T)				
11:00							
11:30			Bulletin Board				
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	Bulletin Board	Bulletin Board	Council (T)				
3:30							
4:00	Bulletin Board						
4:30	Jazz Cardio						
5:00	Bulletin Board						
5:30	My Mentor						
6:00	The Garage						
6:30	Bulletin Board						
7:00		Council (Live)	Council (T)	Planning Live	Council (T)	Council (T)	Council (T)
7:30							
8:00	Bulletin Board						
8:30	Get Healthy with Holly						
9:00	My Mentor						
9:30	The Garage						
10:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Planning (T)	Planning (T)	Planning (T)
10:30							
11:00					Bulletin Board	Bulletin Board	
11:30							
12:00							
12:30			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 February 2, 2026

Mentor City Council – Council Meeting airs live on February 3, 2026, and is rebroadcast throughout the week.

Mentor Municipal Planning Commission - Planning Meeting airs LIVE on February 5, 2026, and is rebroadcast throughout the week.

The Garage with Steve Butler – Mallet & Plane

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 – New Year Resolution Rescue

"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.