



# PROGRAM GUIDE

Week of December 19, 2022

	Monday 12/19	Tuesday 12/20	Wednesday 12/21	Thursday 12/22	Friday 12/23	Saturday 12/24	Sunday 12/25
5:00 AM	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio
5:30	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes
6:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
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	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes
8:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
9:00							
9:30							
10:00	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes
10:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
11:00							
11:30							
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	Eat Well Be Happy	Eat Well Be Happy	Eat Well Be Happy	Eat Well Be Happy	Eat Well Be Happy	Eat Well Be Happy	Eat Well Be Happy
1:30	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes
2:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
2:30	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor
3:00	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio
3:30	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes
4:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
4:30							
5:00							
5:30	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor
6:00	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio
6:30	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes
7:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
7:30	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes
8:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
8:30	Eat Well Be Happy	Eat Well Be Happy	Eat Well Be Happy	Eat Well Be Happy	Eat Well Be Happy	Eat Well Be Happy	Eat Well Be Happy
9:00	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor
9:30	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes
10:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
10:30							
11:00							
11:30	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes
12:00 AM	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
12:30							
1:00							

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 Questions or Comments? Call 440-974-5794 or e-mail [pubinfo@cityofmentor.com](mailto:pubinfo@cityofmentor.com)



## Programs

Week of December 19, 2022

**Jazz Cardio Strength Stretch** – A fun and effective workout that will lift your spirits and strengthen your heart, muscles and core.

**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.

**Eat Well Be Happy** – We all strive to eat right, but often lack the knowledge and creativity to make healthy and delicious meals. Eat Well Be Happy is a cooking show that teaches you to use fresh, seasonal, and colorful ingredients (organic when possible) to make meals everyone loves.

**Toasty Tunes** – A holiday program featuring Christmas music set to the warmth of a roaring fire. It's the perfect backdrop for celebrating this holiday season.