



# PROGRAM GUIDE

Week of August 7, 2023

	Monday 08/07	Tuesday 08/08	Wednesday 08/09	Thursday 08/10	Friday 08/11	Saturday 08/12	Sunday 08/13
5:00am	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>
5:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
6:00	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>
6:30							
7:00	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>
7:30	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>
8:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
8:30							
9:00							
9:30							
10:00	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>
10:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
11:00							
11:30							
12:00	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>
12:30	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>
1:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
1:30							
2:00	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>
2:30	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>
3:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
3:30							
4:00							
4:30							
5:00							
5:30	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>
6:00	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>
6:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
7:00							
7:30							
8:00							
8:30	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>
9:00	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>
9:30	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>
10:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
10:30							
11:00							
11:30							
12:00 AM							
12:30							

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## Programs

Week of August 7, 2023

### **All Aboard! – Episode 02 – Amtrak California Zephyr**

All Aboard is a show produced with the railroad enthusiast in mind and covers railroad operations over the last half of the 20<sup>th</sup> century across much of the United States.

**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 – Episode 115: Fish Salad, Detox Beet Salad, Chocolate Confection**

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.

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