



PROGRAM GUIDE

Week of August 28, 2023

| | Monday 08/28 | Tuesday 08/29 | Wednesday 08/30 | Thursday 08/31 | Friday 09/01 | Saturday 09/02 | Sunday 09/03 |
|----------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| 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 | 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 |
| 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 | Senior Center 50th | Senior Center 50th | Senior Center 50th | Senior Center 50th | Senior Center 50th | Senior Center 50th | Senior Center 50th |
| 9:30 | | | | | | | |
| 10:00 | All Aboard | All Aboard | All Aboard | All Aboard | All Aboard | All Aboard | All Aboard |
| 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 | 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 |
| 1:00 | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board |
| 1:30 | | | | | | | |
| 2:00 | All Aboard | All Aboard | All Aboard | All Aboard | All Aboard | All Aboard | All Aboard |
| 2:30 | My Mentor | My Mentor | My Mentor | My Mentor | My Mentor | My Mentor | My Mentor |
| 3:00 | Senior Center 50th | Senior Center 50th | Senior Center 50th | Senior Center 50th | Senior Center 50th | Senior Center 50th | Senior Center 50th |
| 3:30 | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board |
| 4:00 | | | | | | | |
| 4:30 | | | | | | | |
| 5:00 | | | | | | | |
| 5:30 | My Mentor | My Mentor | My Mentor | My Mentor | My Mentor | My Mentor | My Mentor |
| 6:00 | All Aboard | All Aboard | All Aboard | All Aboard | All Aboard | All Aboard | All Aboard |
| 6:30 | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board |
| 7:00 | Senior Center 50th | Senior Center 50th | Senior Center 50th | Senior Center 50th | Senior Center 50th | Senior Center 50th | Senior Center 50th |
| 7:30 | | | | | | | |
| 8:00 | | | | | | | |
| 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 | All Aboard | All Aboard | All Aboard | All Aboard | All Aboard | All Aboard | All Aboard |
| 10:00 | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board |
| 10:30 | | | | | | | |
| 11:00 | Senior Center 50th | Senior Center 50th | Senior Center 50th | Senior Center 50th | Senior Center 50th | Senior Center 50th | Senior Center 50th |
| 11:30 | | | | | | | |
| 12:00 AM | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board |
| 12:30 | | | | | | | |

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 August 28, 2023

All Aboard! – Episode 05 – Atlanta Railroads

All Aboard is a show produced with the railroad enthusiast in mind and covers railroad operations over the last half of the 20th 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 118: Chicken Creole, Cajun Quinoa Salad, Farro Salad

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.

50th Anniversary of the Senior Center – 1973 to 2023. Come watch how we are celebrating our Seniors!

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