



PROGRAM GUIDE

Week of October 9, 2023

| | Monday 10/09 | Tuesday 10/10 | Wednesday 10/11 | Thursday 10/12 | Friday 10/13 | Saturday 10/14 | Sunday 10/15 |
|----------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 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 | Lake Erie Monster | Lake Erie Monster | Lake Erie Monster | Lake Erie Monster | Lake Erie Monster | Lake Erie Monster | Lake Erie Monster |
| 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 | Lake Erie Monster | Lake Erie Monster | Lake Erie Monster | Lake Erie Monster | Lake Erie Monster | Lake Erie Monster | Lake Erie Monster |
| 3:30 | | | | | | | |
| 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 | 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 | | | | | | | |
| 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 | Lake Erie Monster | Lake Erie Monster | Lake Erie Monster | Lake Erie Monster | Lake Erie Monster | Lake Erie Monster | Lake Erie Monster |
| 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 October 09, 2023

All Aboard! – Episode 11 – Rails Chicago

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 301: Three Fall Soups

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.

Legend of the Lake Erie Monster – Is there really a Sea Serpent out there in Lake Erie? Watch and Listen to some of the stories and legends.

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