



# PROGRAM GUIDE

Week of October 23, 2023

|             | Monday<br>10/23              | Tuesday<br>10/24             | Wednesday<br>10/25           | Thursday<br>10/26            | Friday<br>10/27              | Saturday<br>10/28            | Sunday<br>10/29              |
|-------------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|
| 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<br/>Happy</b> | <b>Eat Well Be<br/>Happy</b> | <b>Eat Well Be<br/>Happy</b> | <b>Eat Well Be<br/>Happy</b> | <b>Eat Well Be<br/>Happy</b> | <b>Eat Well Be<br/>Happy</b> | <b>Eat Well Be<br/>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        | <b>Planning (T)</b>          | <b>Planning (T)</b>          | <b>Planning (T)</b>          | <b>Planning (T)</b>          | <b>Planning (T)</b>          | <b>Planning (T)</b>          | <b>Planning (T)</b>          |
| 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       | <b>Council (T)</b>           | <b>Council (T)</b>           | <b>Council (T)</b>           | <b>Council (T)</b>           | <b>Council (T)</b>           | <b>Council (T)</b>           | <b>Council (T)</b>           |
| 11:00       | Bulletin Board               | Bulletin Board               | Bulletin Board               | Bulletin Board               | Bulletin Board               | Bulletin Board               | Bulletin Board               |
| 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<br/>Happy</b> | <b>Eat Well Be<br/>Happy</b> | <b>Eat Well Be<br/>Happy</b> | <b>Eat Well Be<br/>Happy</b> | <b>Eat Well Be<br/>Happy</b> | <b>Eat Well Be<br/>Happy</b> | <b>Eat Well Be<br/>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        | <b>Council (T)</b>           | <b>Council (T)</b>           | <b>Council (T)</b>           | <b>Council (T)</b>           | <b>Council (T)</b>           | <b>Council (T)</b>           | <b>Council (T)</b>           |
| 3:30        | Bulletin Board               | Bulletin Board               | Bulletin Board               | Bulletin Board               | Bulletin Board               | Bulletin Board               | Bulletin Board               |
| 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>             |
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| 7:00        | <b>Council (T)</b>           | <b>Council (T)</b>           | <b>Council (T)</b>           | <b>Council (T)</b>           | <b>Council (T)</b>           | <b>Council (T)</b>           | <b>Council (T)</b>           |
| 7:30        | Bulletin Board               | Bulletin Board               | Bulletin Board               | Bulletin Board               | Bulletin Board               | Bulletin Board               | Bulletin Board               |
| 8:00        |                              |                              |                              |                              |                              |                              |                              |
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| 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>             |
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| 10:30       |                              |                              |                              |                              |                              |                              |                              |
| 11:00       |                              |                              |                              |                              |                              |                              |                              |
| 11:30       | Bulletin Board               | Bulletin Board               | Bulletin Board               | Bulletin Board               | Bulletin Board               | Bulletin Board               | Bulletin Board               |
| 12:00<br>AM |                              |                              |                              |                              |                              |                              |                              |
| 12:30       | <b>Council (T)</b>           | <b>Council (T)</b>           | <b>Council (T)</b>           | <b>Council (T)</b>           | <b>Council (T)</b>           | <b>Council (T)</b>           | <b>Council (T)</b>           |

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



## Programs

Week of October 23, 2023

**Mentor City Council** – Rebroadcast of the Council Meeting taped on October 17, 2023.

**Mentor Municipal Planning Commission** – Rebroadcast of the Planning Meeting taped on October 19, 2023.

### **All Aboard! – Episode 013 – Union Pacific Super Railroad**

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 303: Cheesy Potatoes, Watercress, & Ginger Pear Cake**

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.