



PROGRAM GUIDE

Week of October 28, 2024

	Monday 10/28	Tuesday 10/29	Wednesday 10/30	Thursday 10/31	Friday 11/01	Saturday 11/2	Sunday 11/3
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	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
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	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	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
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	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
3:30							
4:00	Lake Erie Monster	Lake Erie Monster	Lake Erie Monster	Lake Erie Monster	Lake Erie Monster	Lake Erie Monster	Lake Erie Monster
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	Lake Erie Monster	Lake Erie Monster	Lake Erie Monster	Lake Erie Monster	Lake Erie Monster	Lake Erie Monster	Lake Erie Monster
10:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
11:00							
11:30							
12:00	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

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All Aboard! – Episode 14 – Rails in Transition

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.

Legend of the Lake Erie Monster – Come take a look at what may be out there in our beloved Lake Erie.

Eat Well Be Happy – Episode 306 – Three Fall Veggie Stews

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.