



**PROGRAM GUIDE**  
Week of October 30, 2023

|          | Monday<br>10/30          | Tuesday<br>10/31         | Wednesday<br>11/01       | Thursday<br>11/02        | Friday<br>11/03          | Saturday<br>11/04        | Sunday<br>11/05          |
|----------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 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>         |
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| 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>         |
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| 11:00    |                          |                          |                          |                          |                          |                          |                          |
| 11:30    |                          |                          |                          |                          |                          |                          |                          |
| 12:00 AM | Bulletin Board           | Bulletin Board           | Bulletin Board           | Bulletin Board           | Bulletin Board           | Bulletin Board           | Bulletin Board           |
| 12:30    |                          |                          |                          |                          |                          |                          |                          |

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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 30, 2023

### **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 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 304: Lamb Shanks, Chestnut Bread, & Chocolate Delight**

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.