



# PROGRAM GUIDE

Week of November 27, 2023

	Monday 11/27	Tuesday 11/28	Wednesday 11/29	Thursday 11/30	Friday 12/01	Saturday 12/02	Sunday 12/03
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	<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 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	<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>
6:00	<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>
6:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
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							
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>
9:30	<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>
10:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
10:30							
11:00							
11:30							
12:00 AM	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
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 November 27, 2023

**Mentor City Council** – Rebroadcast of the Council Meeting taped on November 21, 2023.

### **All Aboard! – Episode 018 – Rails to Steel City**

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 313: Korean Hot Pot**

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.