



PROGRAM GUIDE

Week of December 25, 2023

	Monday 12/25	Tuesday 12/26	Wednesday 12/27	Thursday 12/28	Friday 12/29	Saturday 12/30	Sunday 12/31
5:00am	Bulletin Board	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio
5:30	Fireplace	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
6:00	Bulletin Board	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	Toasty Tunes	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
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	Toasty Tunes	Toasty Tunes	Toasty Tunes				
9:00	Bulletin Board	Bulletin Board	Bulletin Board				
9:30							
10:00	Toasty Tunes	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	Toasty Tunes	Toasty Tunes					
12:00	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor
12:30	Bulletin Board	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	Toasty Tunes	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
1:30	Bulletin Board						
2:00		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	Toasty Tunes	Toasty Tunes	Toasty Tunes				
4:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
4:30							
5:00	Toasty Tunes	Fireplace					
5:30	My Mentor	My Mentor	My Mentor				
6:00	Bulletin Board	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
7:00	Toasty Tunes	Toasty Tunes	Toasty Tunes				
7:30	Fireplace	Fireplace	Fireplace				
8:00	Bulletin Board						
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
9:00	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor
9:30	Bulletin Board	All Aboard	All Aboard	All Aboard	All Aboard	All Aboard	All Aboard
10:00	Toasty Tunes	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
10:30	Fireplace	Toasty Tunes	Toasty Tunes				
11:00	Bulletin Board	Fireplace	Fireplace				
11:30		Bulletin Board	Bulletin Board				
12:00 AM							
12:30	Fireplace	Fireplace	Fireplace				

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 022 – East Broad Top

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 310 – 3 Salads for the New Year!

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.

Toasty Tunes

A holiday program featuring Christmas music set to the warmth of a roaring fire. It's the perfect backdrop for celebrating this holiday season.

Holiday Fireplace

A warm roaring fire with just the sounds of the crackling wood. Great to have on with your own Holiday music.