

## PROGRAM GUIDE

Week of March 4, 2024

1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	3/04	3/05	3/06	3/07	3/08	3/09	3/10
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	Eat Well Be	Eat Well Be	Eat Well Be	Eat Well Be	Eat Well Be	Eat Well Be
6:30	Нарру	Нарру	Нарру	Нарру	Нарру	Нарру	Нарру
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	Planning (T)	Planning (T)	Planning (T)	State of the	State of the	State of the	State of the
9:00				City	City	City	City
9:30							
10:00	All Aboard	All Aboard	All Aboard	All Aboard	All Aboard	All Aboard	All Aboard
10:30	State of the	State of the	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)
11:00	City	City					
11:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
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	Eat Well Be	Eat Well Be	Eat Well Be	Eat Well Be	Eat Well Be	Eat Well Be
	Нарру	Нарру	Нарру	Нарру	Нарру	Нарру	Нарру
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	State of the	State of the	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)
2.20							
3:30	City	City					
4:00	City Bulletin Board	City Bulletin Board	State of the	State of the	State of the	State of the	State of the
4:00 4:30		-	State of the City	State of the City	State of the City	State of the City	State of the City
4:00 4:30 5:00	Bulletin Board	Bulletin Board	City	City	City	City	City
4:00 4:30 5:00 5:30	Bulletin Board My Mentor	Bulletin Board My Mentor	City My Mentor	City My Mentor	City My Mentor	City My Mentor	City My Mentor
4:00 4:30 5:00 5:30 6:00	Bulletin Board My Mentor All Aboard	Bulletin Board My Mentor All Aboard	City My Mentor All Aboard	City My Mentor All Aboard	City My Mentor All Aboard	City My Mentor All Aboard	City My Mentor All Aboard
4:00 4:30 5:00 5:30 6:00 6:30	Bulletin Board My Mentor All Aboard Bulletin Board	Bulletin Board My Mentor All Aboard Bulletin Board	City My Mentor All Aboard Bulletin Board	City My Mentor All Aboard Bulletin Board	City My Mentor All Aboard Bulletin Board	City My Mentor All Aboard Bulletin Board	City My Mentor All Aboard Bulletin Board
4:00 4:30 5:00 5:30 6:00	Bulletin Board My Mentor All Aboard Bulletin Board State of the	Bulletin Board My Mentor All Aboard Bulletin Board Council	City My Mentor All Aboard	City My Mentor All Aboard	City My Mentor All Aboard	City My Mentor All Aboard	City My Mentor All Aboard
4:00 4:30 5:00 5:30 6:00 6:30 7:00	Bulletin Board My Mentor All Aboard Bulletin Board State of the City	Bulletin Board My Mentor All Aboard Bulletin Board Council (Live)	City My Mentor All Aboard Bulletin Board Council (T)	City My Mentor All Aboard Bulletin Board Council (T)	City My Mentor All Aboard Bulletin Board Council (T)	City My Mentor All Aboard Bulletin Board Council (T)	City My Mentor All Aboard Bulletin Board Council (T)
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4:00 4:30 5:00 5:30 6:00 6:30 7:00 7:30 8:00	Bulletin Board My Mentor All Aboard Bulletin Board State of the City Bulletin Board	Bulletin Board My Mentor All Aboard Bulletin Board Council (Live) Bulletin Board	City My Mentor All Aboard Bulletin Board Council (T) Bulletin Board	City My Mentor All Aboard Bulletin Board Council (T) Bulletin Board	City My Mentor All Aboard Bulletin Board Council (T) Bulletin Board	City My Mentor All Aboard Bulletin Board Council (T) Bulletin Board	City My Mentor All Aboard Bulletin Board Council (T) Bulletin Board
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Watch live or view archived City Council and Planning Commission meetings at <u>www.thementorchannel.com</u> Questions or Comments? Call 440-974-5794 or e-mail <u>pubinfo@cityofmentor.com</u>



# **Programs**

Week of March 4, 2024

Mentor City Council – Council Meeting recorded live on March 5, 2024 and rebroadcast throughout the week.

**Mentor Municipal Planning Commission** – Rebroadcast of the Planning Meeting taped on February 29, 2024.

### **CITY OF MENTOR – State of the City Address**

City Manager, Kenneth J. Filipiak gives the State of the City Address, recorded on February 27, 2024.

### All Aboard! – Episode 006 – Steel Rails – Private Varnish

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 210: A Bean, a Grain, and a Pasta

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.