



PROGRAM GUIDE

Week of March 18, 2024

	Monday 03/18	Tuesday 03/19	Wednesday 03/20	Thursday 03/21	Friday 03/22	Saturday 03/23	Sunday 03/24
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							
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	Birding in Mentor	Birding in Mentor	Birding in Mentor	Birding in Mentor	Planning (T)	Planning (T)	Planning (T)
9:00							
9:30							
10:00	All Aboard	All Aboard	All Aboard	All Aboard	All Aboard	All Aboard	All Aboard
10:30	Bulletin Board	Bulletin Board	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)
11:00							
11:30			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 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							
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	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)
3:30			Lagoons Shoreline Master Plan	Lagoons Shoreline Master Plan	Lagoons Shoreline Master Plan	Lagoons Shoreline Master Plan	Lagoons Shoreline Master Plan
4:00	Birding in Mentor	Birding in Mentor					
4:30	Bulletin Board	Bulletin Board					
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	Birding in Mentor	Council (Live)	Council (T)	Planning Live	Council (T)	Council (T)	Council (T)
7:30							
8:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	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	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	Bulletin Board	Bulletin Board	Lagoons Shoreline Master Plan	Lagoons Shoreline Master Plan	Planning (T)	Planning (T)	Planning (T)
10:30							
11:00	Birding in Mentor	Birding in Mentor			Birding in Mentor	Birding in Mentor	Birding in Mentor
11:30	Bulletin Board	Bulletin Board			Bulletin Board	Bulletin Board	Bulletin Board
12:00			Bulletin Board	Bulletin Board			
12:30			Council (T)	Council (T)	Council (T)	Council (T)	Council (T)

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

Week of March 18, 2024

Mentor City Council – Council Meeting airs live on March 19, 2024 and rebroadcast throughout the week.

Mentor Municipal Planning Commission – Planning Meeting airs LIVE on March 21, 2024 and rebroadcast throughout the week.

All Aboard! – Episode 008 – Steam in the 50's

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 317: Spinach Salad, Roasted Root Vegetables, & Barley Pilaf

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.

Speaking of... Birding in Mentor – Mentor has over 1,200 acres of preserved greenspace – the jewel of which is the Mentor Lagoons Nature Preserve. Located on the northwest boundary of the 800-acre Mentor Marsh State Nature Preserve, it is a great location for birding. City Naturalist, Joel Throckmorton talks about the significance of this diverse landscape to migrating birds.

Mentor Lagoons Nature Preserve Shoreline Master Plan - The City of Mentor hosted a public meeting on Tuesday, March 12, 2024, at the Springbrook Gardenhouse. The public was invited to review the results of the online survey and provide input on preliminary concepts and access opportunities that have been developed to protect, restore, and preserve the Mentor Lagoons Nature Preserve shoreline.