



PROGRAM GUIDE
Week of April 08, 2024

| | Monday 04/08 | Tuesday 04/09 | Wednesday 04/10 | Thursday 04/11 | Friday 04/12 | Saturday 04/13 | Sunday 04/14 |
|----------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 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 | | | | | 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 | Council (T) | Council (T) | Council (T) | Council (T) | Council (T) | Council (T) | Council (T) |
| 11:00 | | | | | | | |
| 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 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 | Council (T) | Council (T) | Council (T) | Council (T) | Council (T) | Council (T) | Council (T) |
| 3:30 | | | | | | | |
| 4:00 | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board |
| 4:30 | | | | | | | |
| 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 | Council (T) | Council (T) | Council (T) | Planning Live | Council (T) | Council (T) | Council (T) |
| 7:30 | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board |
| 8:00 | | | | | | | |
| 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 | Bulletin Board | Bulletin Board | Planning (T) | Planning (T) | Planning (T) |
| 10:30 | | | | | | | |
| 11:00 | | | | | Bulletin Board | Bulletin Board | Bulletin Board |
| 11:30 | | | | | | | |
| 12:00 AM | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board |
| 12:30 | Council (T) | Council (T) | 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 April 8, 2024

Mentor City Council – Rebroadcast of the Council Meeting taped on April 2, 2024.

Mentor Municipal Planning Commission – Planning Meeting airs LIVE on April 11, 2024 and rebroadcast throughout the week.

All Aboard! – Episode 011 – Rails Chicago

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 213: Golden Soup, Marinated Salad, and Berry Cobbler

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.