



PROGRAM GUIDE

Week of May 20, 2024

	Monday 5/20	Tuesday 5/21	Wednesday 5/22	Thursday 5/23	Friday 5/24	Saturday 5/25	Sunday 5/26
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	Birding in Mentor	Birding in Mentor	Birding in Mentor	Birding in Mentor			
9:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
10:00	All Aboard	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							
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	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	Birding in Mentor	Birding in Mentor	Birding in Mentor	Birding in Mentor	Planning (T)	Planning (T)	Planning (T)
3:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
4:00							
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	Birding in Mentor	Birding in Mentor	Birding in Mentor	Planning Live	Planning (T)	Planning (T)	Planning (T)
7:30	Bulletin Board	Bulletin Board	Bulletin Board		Bulletin Board	Bulletin Board	Bulletin Board
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	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	Birding in Mentor	Birding in Mentor	Birding in Mentor	Birding in Mentor	Birding in Mentor	Birding in Mentor	Birding in Mentor
11:30							
12:00a	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
12:30							

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 May 20, 2024

Mentor Municipal Planning Commission – Planning Meeting airs LIVE on May 23, 2024, and rebroadcast throughout the week.

All Aboard! – Episode 017 – Pennsylvania Railroad

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 322 – Dijon Chicken, Carrot Beet Slaw, & Steamed Veggies

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.

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.

Jazz Cardio Strength Stretch – A fun and effective workout that will lift your spirits and strengthen your heart, muscles, and core.