



# PROGRAM GUIDE

Week of December 23, 2024

	Monday 12/23	Tuesday 12/24	Wednesday 12/25	Thursday 12/26	Friday 12/27	Saturday 12/28	Sunday 12/29
5:00am	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>
5:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
6:00	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>
6:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
7:00	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>
7:30	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>
8:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
8:30	<b>Holiday Fireplace</b>	<b>Holiday Fireplace</b>	<b>Holiday Fireplace</b>	<b>Holiday Fireplace</b>	<b>Holiday Fireplace</b>	<b>Holiday Fireplace</b>	<b>Holiday Fireplace</b>
9:00	<b>Holiday Fireplace</b>	<b>Holiday Fireplace</b>	<b>Holiday Fireplace</b>	<b>Holiday Fireplace</b>	<b>Holiday Fireplace</b>	<b>Holiday Fireplace</b>	<b>Holiday Fireplace</b>
9:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
10:00	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>
10:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
11:00							
11:30	<b>Toasty Tunes</b>	<b>Toasty Tunes</b>	<b>Toasty Tunes</b>	<b>Toasty Tunes</b>	<b>Toasty Tunes</b>	<b>Toasty Tunes</b>	<b>Toasty Tunes</b>
12:00	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>
12:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
1:00	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>
1:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
2:00	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>
2:30	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>
3:00	<b>Holiday Fireplace</b>	<b>Holiday Fireplace</b>	<b>Holiday Fireplace</b>	<b>Holiday Fireplace</b>	<b>Holiday Fireplace</b>	<b>Holiday Fireplace</b>	<b>Holiday Fireplace</b>
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4:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
4:30							
5:00	<b>Toasty Tunes</b>	<b>Toasty Tunes</b>	<b>Toasty Tunes</b>	<b>Toasty Tunes</b>	<b>Toasty Tunes</b>	<b>Toasty Tunes</b>	<b>Toasty Tunes</b>
5:30	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>
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9:00	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>
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11:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
11:30	<b>Toasty Tunes</b>	<b>Toasty Tunes</b>	<b>Toasty Tunes</b>	<b>Toasty Tunes</b>	<b>Toasty Tunes</b>	<b>Toasty Tunes</b>	<b>Toasty Tunes</b>
12:00 AM	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
12:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board

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 Questions or Comments? Call 440-974-5794 or e-mail [pubinfo@cityofmentor.com](mailto:pubinfo@cityofmentor.com)



## Programs

Week of December 23, 2024

### **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 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 209 – Easy Desserts**

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 to put up on your big screen.