



PROGRAM GUIDE

Week of January 20, 2025

	Monday 1/20	Tuesday 1/21	Wednesday 1/22	Thursday 1/23	Friday 1/24	Saturday 1/25	Sunday 1/26
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)	Planning (T)	Planning (T)	Planning (T)	Planning (T)
9:00							
9:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
10:00	The Garage	The Garage	The Garage	The Garage	The Garage	The Garage	The Garage
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	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	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
2:00	The Garage	The Garage	The Garage	The Garage	The Garage	The Garage	The Garage
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							
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	The Garage	The Garage	The Garage	The Garage	The Garage	The Garage	The Garage
6:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
7:00	Planning (T)	Council (Live)	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)
7:30							
8:00			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	The Garage	The Garage	The Garage	The Garage	The Garage	The Garage	The Garage
10:00	Planning (T)	Planning (T)	Planning (T)	Planning (T)	Planning (T)	Planning (T)	Planning (T)
10:30							
11:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
11:30							
12:00a							
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 January 20, 2025

Mentor City Council – Council Meeting recording live on January 21, 2025 and rebroadcast throughout the week.

Mentor Municipal Planning Commission – Rebroadcast of the Planning Meeting taped on January 16, 2025.

The Garage with Steve Butler – Bathroom Shelf

Steve Butler is an artist and furniture maker with more than 20 years' experience in the field. In his garage workshop, he'll share with you the way to make fun woodworking projects. Anything from fine furniture to cigar box guitars are what he's making. The Garage is a how-to show unlike any other.

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 203: Hearty Soups

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.