



PROGRAM GUIDE

Week of March 03, 2025

	Monday 3/03	Tuesday 3/04	Wednesday 3/05	Thursday 3/06	Friday 3/07	Saturday 3/08	Sunday 3/09
5:00am	Jazz Cardio						
5:30	Bulletin Board						
6:00	Get Healthy with Holly						
6:30							
7:00	Jazz Cardio						
7:30	My Mentor						
8:00	Bulletin Board						
8:30	Planning (T)						
9:00							
9:30	Bulletin Board						
10:00	The Garage						
10:30	State of the City	State of the City	Council (T)				
11:00							
11:30	Bulletin Board						
12:00	My Mentor						
12:30	Bulletin Board						
1:00	Get Healthy with Holly						
1:30	Bulletin Board						
2:00	The Garage						
2:30	My Mentor						
3:00	Bulletin Board	Bulletin Board	Council (T)				
3:30							
4:00	State of the City						
4:30							
5:00							
5:30	My Mentor						
6:00	The Garage						
6:30	Bulletin Board						
7:00	State of the City	Council (Live)	Council (T)				
7:30							
8:00			Bulletin Board				
8:30	Get Healthy with Holly						
9:00	My Mentor						
9:30	The Garage						
10:00	Planning (T)						
10:30							
11:00	Bulletin Board						
11:30							
12:00a							
12:30			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 03, 2025

Mentor City Council – Council Meeting recording live on March 04, 2025 and rebroadcast throughout the week.

Mentor Municipal Planning Commission – Rebroadcast of the Planning Meeting taped on February 27, 2025.

CITY OF MENTOR – 2025 State of the City Address

City Manager, Kenneth J. Filipiak gives the State of the City Address, recorded on February 25, 2025.

The Garage with Steve Butler – Mahogany Tea Table

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.

Get Healthy with Holly – Get Fit for Your Trip

Get Healthy with Holly" is a TV show starring Holly Kouvo of Fitting Fitness In®. As a Personal Trainer and Nutrition Specialist, Holly talks about health and fitness topics that teach people how to live a healthy lifestyle. She regularly will demo simple and healthy recipes to try at home.

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