



# PROGRAM GUIDE

Week of March 24, 2025

	Monday 3/24	Tuesday 3/25	Wednesday 3/26	Thursday 3/27	Friday 3/28	Saturday 3/29	Sunday 3/30
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>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>
6:30							
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>Planning (T)</b>	<b>Planning (T)</b>	<b>Planning (T)</b>	<b>Planning (T)</b>	<b>Planning (T)</b>	<b>Planning (T)</b>	<b>Planning (T)</b>
9:00							
9:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
10:00	<b>The Garage</b>	<b>The Garage</b>	<b>The Garage</b>	<b>The Garage</b>	<b>The Garage</b>	<b>The Garage</b>	<b>The Garage</b>
10:30	<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>
11:00							
11:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
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>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>
1:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
2:00	<b>The Garage</b>	<b>The Garage</b>	<b>The Garage</b>	<b>The Garage</b>	<b>The Garage</b>	<b>The Garage</b>	<b>The Garage</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>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>
3:30							
4:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
4:30							
5:00							
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>
6:00	<b>The Garage</b>	<b>The Garage</b>	<b>The Garage</b>	<b>The Garage</b>	<b>The Garage</b>	<b>The Garage</b>	<b>The Garage</b>
6:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
7:00	<b>Council (T)</b>	<b>Council</b>	<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>
7:30							
8:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
8:30	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>	<b>Get Healthy with Holly</b>
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12:30	<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>

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



## Programs

Week of March 24, 2025

**Mentor City Council** – Rebroadcast of the Council meeting taped on March 18, 2025.

**Mentor Municipal Planning Commission** - Rebroadcast of the Planning Commission meeting taped on March 20, 2025.

### **The Garage with Steve Butler – Table for Two**

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 – Exercise and Your Brain**

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.