

The Mentor Channel
 Week of November 29, 2021

| | Monday 11/29 | Tuesday 11/30 | Wednesday 12/1 | Thursday 12/2 | Friday 12/3 | Saturday 12/4 | Sunday 12/5 | |
|----------|------------------|------------------|-------------------|------------------|------------------|------------------|------------------|----------|
| 5:00 AM | Jazz Cardio | Jazz Cardio | Jazz Cardio | Jazz Cardio | Jazz Cardio | Jazz Cardio | Jazz Cardio | 5:00 AM |
| 5:30 | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | 5:30 |
| 6:00 | | | | | | | | 6:00 |
| 6:30 | | | | | | | | 6:30 |
| 7:00 | Jazz Cardio | Jazz Cardio | Jazz Cardio | Jazz Cardio | Jazz Cardio | Jazz Cardio | Jazz Cardio | 7:00 |
| 7:30 | My Mentor | My Mentor | My Mentor | My Mentor | My Mentor | My Mentor | My Mentor | 7:30 |
| 8:00 | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | 8:00 |
| 8:30 | | | | | | | | 8:30 |
| 9:00 | | | | | | | | 9:00 |
| 9:30 | | | | | | | | 9:30 |
| 10:00 | Speaking of... | Speaking of... | Speaking of... | Speaking of... | Speaking of... | Speaking of... | Speaking of... | 10:00 |
| 10:30 | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | 10:30 |
| 11:00 | | | | | | | | 11:00 |
| 11:30 | | | | | | | | 11:30 |
| 12:00 | My Mentor | My Mentor | My Mentor | My Mentor | My Mentor | My Mentor | My Mentor | 12:00 |
| 12:30 | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | 12:30 |
| 1:00 | Paint with Kevin | Paint with Kevin | Paint with Kevin | Paint with Kevin | Paint with Kevin | Paint with Kevin | Paint with Kevin | 1:00 |
| 1:30 | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | 1:30 |
| 2:00 | | | | | | | | 2:00 |
| 2:30 | My Mentor | My Mentor | My Mentor | My Mentor | My Mentor | My Mentor | My Mentor | 2:30 |
| 3:00 | Jazz Cardio | Jazz Cardio | Jazz Cardio | Jazz Cardio | Jazz Cardio | Jazz Cardio | Jazz Cardio | 3:00 |
| 3:30 | Speaking of... | Speaking of... | Speaking of... | Speaking of... | Speaking of... | Speaking of... | Speaking of... | 3:30 |
| 4:00 | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | 4:00 |
| 4:30 | | | | | | | | 4:30 |
| 5:00 | | | | | | | | 5:00 |
| 5:30 | My Mentor | My Mentor | My Mentor | My Mentor | My Mentor | My Mentor | My Mentor | 5:30 |
| 6:00 | Jazz Cardio | Jazz Cardio | Jazz Cardio | Jazz Cardio | Jazz Cardio | Jazz Cardio | Jazz Cardio | 6:00 |
| 6:30 | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | 6:30 |
| 7:00 | Speaking of... | Speaking of... | Speaking of... | Speaking of... | Speaking of... | Speaking of... | Speaking of... | 7:00 |
| 7:30 | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | 7:30 |
| 8:00 | | | | | | | | 8:00 |
| 8:30 | Paint with Kevin | Paint with Kevin | Paint with Kevin | Paint with Kevin | Paint with Kevin | Paint with Kevin | Paint with Kevin | 8:30 |
| 9:00 | My Mentor | My Mentor | My Mentor | My Mentor | My Mentor | My Mentor | My Mentor | 9:00 |
| 9:30 | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | 9:30 |
| 10:00 | | | | | | | | 10:00 |
| 10:30 | Speaking of... | Speaking of... | Speaking of... | Speaking of... | Speaking of... | Speaking of... | Speaking of... | 10:30 |
| 11:00 | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | 11:00 |
| 11:30 | | | | | | | | 11:30 |
| 12:00 AM | | | | | | | | 12:00 AM |
| 12:30 | | | | | | | | 12:30 |
| 1:00 | | | | | | | | 1:00 |

Watch us live or view archived City Council and Planning Commission meetings on the web at www.thementorchannel.com Questions or Comments? Call 440-974-5794 or e-mail mctv@cityofmentor.com

Programs

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

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 at 7:30 AM, 12:00, 2:30, 5:30 & 9 PM to see what's happening in My Mentor.

Paint with Kevin – Kevin Hill is a self-taught artist, who learned most of his painting lessons from mistakes, practice and successes. The Paint with Kevin show teaches you steps and techniques to create beautiful oil and acrylic paintings. This show originally aired on PBS.

Speaking of...Winter Sowing – The Wildwood Garden Club welcomed Lake County Master Gardener Meg Shay, who presented a program on Winter Sowing. Meg demonstrates a method of using recycled containers to start seeds outside in the winter with Mother Nature providing the perfect growing conditions. Learn how to start your own Winter Sowing project.

