

The Mentor Channel  
 Week of October 31, 2022

	Monday 10/31	Tuesday 11/1	Wednesday 11/2	Thursday 11/3	Friday 11/4	Saturday 11/5	Sunday 11/6						
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								10:00					
10:30								Council (T)	Council (T)	Council (T)	Council (T)	Council (T)	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	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	1:00					
1:30	Spirits of Ohio	Spirits of Ohio	Spirits of Ohio	Spirits of Ohio	Spirits of Ohio	Spirits of Ohio	Spirits of Ohio	1:30					
2:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	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	Bulletin Board	Bulletin Board	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)	3:30					
4:00								4:00					
4:30								4:30					
5:00	Spirits of Ohio	Spirits of Ohio	Spirits of Ohio	Spirits of Ohio	Spirits of Ohio	Spirits of Ohio	Spirits of Ohio	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								Council (live)	Council (T)	Council (T)	Council (T)	Council (T)	7:00
7:30								7:30					
8:00								8:00					
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	8:30					
9:00	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	9:00					
9:30	Spirits of Ohio	Spirits of Ohio	Spirits of Ohio	Spirits of Ohio	Spirits of Ohio	Spirits of Ohio	Spirits of Ohio	9:30					
10:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	10:00					
10:30								10:30					
11:00	Spirits of Ohio	Spirits of Ohio	Spirits of Ohio	Spirits of Ohio	Spirits of Ohio	Spirits of Ohio	Spirits of Ohio	11:00					
11:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	11:30					
12:00 AM								12:00 AM					
12:30								Council (T)	Council (T)	Council (T)	Council (T)	Council (T)	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](http://www.thementorchannel.com) Questions or Comments? Call 440-974-5794 or e-mail [mctv@cityofmentor.com](mailto:mctv@cityofmentor.com)**

## Programs

**Mentor City Council** – Broadcast and streamed live on November 1st and rebroadcast throughout the week.

**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 to see what's happening in My Mentor.

**Eat Well Be Happy** – 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.

**The Spirits of Haunted Ohio** – Thrill to the stories of Ohio hauntings based on Chris Woodyard's "Haunted Ohio" book series. What spooky spots can be found in the Mentor area? You'd be surprised! The show includes interviews with Woodyard and several residents who have had ghostly experiences. The program originally aired on The Mentor Channel in 1999.

