

The Mentor Channel
 Week of November 21, 2022

| | Monday 11/21 | Tuesday 11/22 | Wednesday 11/23 | Thursday 11/24 | Friday 11/25 | Saturday 11/26 | Sunday 11/27 | |
|----------|-------------------|-------------------|--------------------|-------------------|-------------------|-------------------|-------------------|----------|
| 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) | 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 | 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 | Council (T) | Council (T) | Council (T) | Council (T) | Council (T) | Council (T) | Council (T) | 3:30 |
| 4:00 | | | | | | | | 4:00 |
| 4:30 | | | | | | | | 4:30 |
| 5:00 | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | 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 (T) | Council (T) | Council (T) | Council (T) | Council (T) | Council (T) | Council (T) | 7:00 |
| 7:30 | | | | | | | | 7:30 |
| 8:00 | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | 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 | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | 9:30 |
| 10:00 | | | | | | | | 10:00 |
| 10:30 | | | | | | | | 10:30 |
| 11:00 | | | | | | | | 11:00 |
| 11:30 | | | | | | | | 11:30 |
| 12:00 AM | | | | | | | | 12:00 AM |
| 12:30 | Council (T) | Council (T) | 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 Questions or Comments? Call 440-974-5794 or e-mail mctv@cityofmentor.com

Programs

Mentor City Council – Rebroadcast of the Council Meeting taped on November 15, 2022.

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.

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.

