



# PROGRAM GUIDE

Week of December 26, 2022

	Monday 12/26	Tuesday 12/27	Wednesday 12/28	Thursday 12/29	Friday 12/30	Saturday 12/31	Sunday 1/1
5:00 AM	<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							
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							
9:00							
9:30	<b>CityFest Parade</b>	<b>CityFest Parade</b>	<b>CityFest Parade</b>	<b>CityFest Parade</b>	<b>CityFest Parade</b>	<b>CityFest Parade</b>	<b>CityFest Parade</b>
10:00							
10:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
11:00							
11:30							
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>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>
1:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
2:00							
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>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>
3:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
4:00							
4:30	<b>CityFest Parade</b>	<b>CityFest Parade</b>	<b>CityFest Parade</b>	<b>CityFest Parade</b>	<b>CityFest Parade</b>	<b>CityFest Parade</b>	<b>CityFest Parade</b>
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>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>
6:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
7:00							
7:30	<b>CityFest Parade</b>	<b>CityFest Parade</b>	<b>CityFest Parade</b>	<b>CityFest Parade</b>	<b>CityFest Parade</b>	<b>CityFest Parade</b>	<b>CityFest Parade</b>
8:00							
8:30	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>
9:00	<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>
9:30	<b>CityFest Parade</b>	<b>CityFest Parade</b>	<b>CityFest Parade</b>	<b>CityFest Parade</b>	<b>CityFest Parade</b>	<b>CityFest Parade</b>	<b>CityFest Parade</b>
10:00							
10:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
11:00							
11:30							
12:00 AM	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
12:30							

Watch live or view archived City Council and Planning Commission meetings at [www.thementorchannel.com](http://www.thementorchannel.com)  
 Questions or Comments? Call 440-974-5794 or e-mail [pubinfo@cityofmentor.com](mailto:pubinfo@cityofmentor.com)



## Programs

Week of December 26, 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. 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.

**CityFest Parade 2022!** – We're throwing open the Mentor Channel vault and rebroadcasting the best parade in Lake County! All the fun and excitement from August's big event including Marching bands, floats, baton twirlers, Scouts and cheerleaders! Taped August 20, 2022.