

The Mentor Channel
 Week of December 5, 2022

	Monday 12/5	Tuesday 12/6	Wednesday 12/7	Thursday 12/8	Friday 12/9	Saturday 12/10	Sunday 12/11					
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	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	7:30				
8:00										8:00		
8:30					Planning (T)	Planning (T)	Planning (T)			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	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	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	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	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)	Planning (live)	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	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	9:30				
10:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Planning (T)	Planning (T)	Planning (T)	10:00				
10:30										10:30		
11:00											11:00	
11:30									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 Questions or Comments? Call 440-974-5794 or e-mail mctv@cityofmentor.com

Programs

Mentor City Council – Broadcast and streamed live on Tuesday, December 6th and rebroadcast throughout the week.

Mentor Municipal Planning Commission – Broadcast and streamed live on Thursday, December 8th, then rebroadcast throughout the week.

Toasty Tunes – A holiday program featuring Christmas music set to the warmth of a roaring fire. It's the perfect backdrop for celebrating this holiday season.

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.

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

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.

