

The Mentor Channel  
 Week of January 17, 2022

	Monday 1/17	Tuesday 1/18	Wednesday 1/19	Thursday 1/20	Friday 1/21	Saturday 1/22	Sunday 1/23							
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					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	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	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			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 (live)	Council (T)	Planning (live)	Council (T)	Council (T)	Council (T)	7:00
7:30								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					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](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 Tuesday, January 18th and rebroadcast throughout the week.

**Mentor Municipal Planning Commission** – Broadcast and streamed live on Thursday, January 20th, then rebroadcast throughout the week.

**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.

**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.

