

The Mentor Channel
 Week of August 15, 2022

	Monday 8/15	Tuesday 8/16	Wednesday 8/17	Thursday 8/18	Friday 8/19	Saturday 8/20	Sunday 8/21			
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				7:30		
8:00					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	Bulletin Board	5:00		
5:30	My Mentor	Council (live)	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	6:00		
6:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	6:30		
7:00			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 Questions or Comments? Call 440-974-5794 or e-mail mctv@cityofmentor.com

Programs

Mentor City Council – Broadcast and streamed live on Tuesday, August 16th and rebroadcast throughout the week. *Please note: Summer meetings start at 5:30 PM.*

Mentor Municipal Planning Commission – Broadcast and streamed live on Thursday, August 18th, 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.

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.

