

The Mentor Channel
 Week of September 5, 2022

	Monday 9/5	Tuesday 9/6	Wednesday 9/7	Thursday 9/8	Friday 9/9	Saturday 9/10	Sunday 9/11							
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)	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	CityFest Parade	CityFest Parade	CityFest Parade	CityFest Parade	CityFest Parade	CityFest Parade	CityFest Parade	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	CityFest Parade	CityFest Parade	CityFest Parade	CityFest Parade	CityFest Parade	CityFest Parade	CityFest Parade	5:00						
5:30								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	CityFest Parade	CityFest Parade	CityFest Parade	CityFest Parade	CityFest Parade	CityFest Parade	CityFest Parade	9:00						
9:30								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)	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, September 6th and rebroadcast throughout the week.

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

CityFest Parade – All the floats, all the bands, all the community groups, all the trucks, all the safety forces...It's the best parade in Lake County, and it's on The Mentor Channel this week! Taped August 20, 2022.

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.

