

## PROGRAM GUIDE

Week of January 23, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	01/23	01/24	01/25	01/26	01/27	01/28	01/29
5:00am	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio
5:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
6:00							
6:30	Jam Candia	Jame Candia	Lora Condia	Long Condia	Jam Candia	Lore Condia	Jam Candia
7:00	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio
7:30 8:00	My Mentor Bulletin Board	My Mentor Bulletin Board	My Mentor Bulletin Board	My Mentor Bulletin Board	My Mentor Bulletin Board	My Mentor Bulletin Board	My Mentor Bulletin Board
8:30	Planning (T)	Planning (T)	Planning (T)	Planning (T)	Planning (T)	Planning (T)	Planning (T)
9:00	Flaming (1)	Plaining (1)	Plaining (1)	Fidining (1)	Fidining (1)	Plaining (1)	Fidining (1)
9:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
10:00	2011001120010						
10:30	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)
11:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
11:30	Buildin Bourd	Buildin Bourd	Builetin Bourd	Buildin Bourd	Buildin Bourd	Builetin Bourd	Buildin Bourd
12:00	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor
12:30	Eat Well Be	Eat Well Be	Eat Well Be	Eat Well Be	Eat Well Be	Eat Well Be	Eat Well Be
	Нарру	Нарру	Нарру	Нарру	Нарру	Нарру	Нарру
1:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
1:30							
2:00							
2:30	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor
3:00	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio
3:30	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)
4:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
4:30							
5:00							
5:30	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor
6:00	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio
6:00 6:30	Jazz Cardio Bulletin Board	Jazz Cardio Bulletin Board	Jazz Cardio Bulletin Board	Jazz Cardio Bulletin Board	Jazz Cardio Bulletin Board	Jazz Cardio Bulletin Board	Jazz Cardio Bulletin Board
6:00 6:30 7:00	Jazz Cardio Bulletin Board Council (T)	Jazz Cardio Bulletin Board Council	Jazz Cardio Bulletin Board Council (T)				
6:00 6:30 7:00 7:30	Jazz Cardio Bulletin Board	Jazz Cardio Bulletin Board	Jazz Cardio Bulletin Board	Jazz Cardio Bulletin Board	Jazz Cardio Bulletin Board	Jazz Cardio Bulletin Board	Jazz Cardio Bulletin Board
6:00 6:30 7:00 7:30 8:00	Jazz Cardio Bulletin Board Council (T) Bulletin Board	Jazz Cardio Bulletin Board Council Bulletin Board	Jazz Cardio Bulletin Board Council (T) Bulletin Board				
6:00 6:30 7:00 7:30	Jazz Cardio Bulletin Board Council (T) Bulletin Board Eat Well Be	Jazz Cardio Bulletin Board Council Bulletin Board Eat Well Be	Jazz Cardio Bulletin Board Council (T) Bulletin Board Eat Well Be				
6:00 6:30 7:00 7:30 8:00 8:30	Jazz Cardio Bulletin Board Council (T) Bulletin Board Eat Well Be Happy	Jazz Cardio Bulletin Board Council Bulletin Board Eat Well Be Happy	Jazz Cardio Bulletin Board Council (T) Bulletin Board Eat Well Be Happy				
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Watch live or view archived City Council and Planning Commission meetings at <u>www.thementorchannel.com</u> Questions or Comments? Call 440-974-5794 or e-mail <u>pubinfo@cityofmentor.com</u>



## Programs

## Week of January 23, 2023

Mentor City Council – Rebroadcast of the Council Meeting taped on January 17, 2023.

Mentor Municipal Planning Commission - Rebroadcast of the meeting taped on January 19, 2023.

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 – Episode 313: Korean Hot Pots!

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.