



PROGRAM GUIDE

Week of January 30, 2023

	Monday 01/30	Tuesday 01/31	Wednesday 02/01	Thursday 02/02	Friday 02/03	Saturday 02/04	Sunday 02/05
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							
7:00	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio
7:30	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor
8:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
8:30							
9:00	All Aboard	All Aboard	All Aboard	All Aboard	All Aboard	All Aboard	All Aboard
9:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
10:00							
10:30	Memories of Mentor	Memories of Mentor	Memories of Mentor	Memories of Mentor	Memories of Mentor	Memories of Mentor	Memories of Mentor
11:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
11:30							
12:00	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor
12:30	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
1:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
1:30	All Aboard	All Aboard	All Aboard	All Aboard	All Aboard	All Aboard	All Aboard
2:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
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	Memories of Mentor	Memories of Mentor	Memories of Mentor	Memories of Mentor	Memories of Mentor	Memories of Mentor	Memories of Mentor
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
6:30	All Aboard	All Aboard	All Aboard	All Aboard	All Aboard	All Aboard	All Aboard
7:00	Memories of Mentor	Memories of Mentor	Memories of Mentor	Memories of Mentor	Memories of Mentor	Memories of Mentor	Memories of Mentor
7:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
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
9:00	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor
9:30	All Aboard	All Aboard	All Aboard	All Aboard	All Aboard	All Aboard	All Aboard
10:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
10:30							
11:00							
11:30							
12:00							
12:30							

Watch live or view archived City Council and Planning Commission meetings at www.thementorchannel.com
 Questions or Comments? Call 440-974-5794 or e-mail pubinfo@cityofmentor.com



Programs

Week of January 30, 2023

Memories of Mentor: Celebrating 50 Years – Rebroadcast of the historical documentary celebrating Mentor's 50th anniversary as a city. Longtime residents and City officials look back at the last 50 years. Originally broadcast in December 2013.

All Aboard - All Aboard is a show produced with the railroad enthusiast in mind and covers railroad operations over the last half of the 20th century across much of the United States.

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 314: Bone Broth!

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.