



# PROGRAM GUIDE

Week of May 1, 2023

	Monday 05/01	Tuesday 05/02	Wednesday 05/03	Thursday 05/04	Friday 05/05	Saturday 05/06	Sunday 05/07
5:00am	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>
5:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
6:00							
6:30							
7:00	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>	<b>Jazz Cardio</b>
7:30	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>
8:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
8:30					<b>Planning (T)</b>	<b>Planning (T)</b>	<b>Planning (T)</b>
9:00							
9:30							
10:00	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>
10:30	Bulletin Board	Bulletin Board	<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>
11:00			Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
11:30							
12:00	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>
12:30	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>
1:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
1:30							
2:00	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>
2:30	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>
3:00	Bulletin Board	Bulletin Board	<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>
3:30							
4:00							
4:30							
5:00			Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
5:30	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>
6:00	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>
6:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
7:00		<b>Council (Live)</b>	<b>Council (T)</b>	<b>Planning (live)</b>	<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>
7:30							
8:00							
8:30	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>	<b>Eat Well Be Happy</b>
9:00	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>	<b>My Mentor</b>
9:30	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>	<b>All Aboard</b>
10:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	<b>Planning (T)</b>	<b>Planning (T)</b>	<b>Planning (T)</b>
10:30							
11:00							
11:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
12:00 AM							
12:30			<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>	<b>Council (T)</b>

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 Questions or Comments? Call 440-974-5794 or e-mail [pubinfo@cityofmentor.com](mailto:pubinfo@cityofmentor.com)



## Programs

Week of May 1, 2023

**Mentor City Council** – Broadcast and streamed live on Tuesday, May 2nd and rebroadcast throughout the week.

**Mentor Municipal Planning Commission** - Broadcast and streamed live on Thursday, May 4th and rebroadcast throughout the week.

### **All Aboard! – Episode 014 – Rails in Transition**

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

**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 327: All Veggies!!**

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.

**Jazz Cardio Strength Stretch** – A fun and effective workout that will lift your spirits and strengthen your heart, muscles, and core.