

The Mentor Channel  
 Week of October 14, 2019

	Monday 10/14	Tuesday 10/15	Wednesday 10/16	Thursday 10/17	Friday 10/18	Saturday 10/19	Sunday 10/20						
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	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	7:30					
8:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	8:00					
8:30								8:30					
9:00	Beekeeping	Beekeeping	Beekeeping	Beekeeping	Beekeeping	Beekeeping	Beekeeping	9:00					
9:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	9:30					
10:00								10:00					
10:30	Bulletin Board	Bulletin Board	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	Painting with Kevin	Painting with Kevin	Painting with Kevin	Painting with Kevin	Painting with Kevin	Painting with Kevin	Painting 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	Beekeeping	Beekeeping	Beekeeping	Beekeeping	Beekeeping	Beekeeping	Beekeeping	5:00					
5:30	My Mentor	My Mentor	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	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)	Council (T)	Council (T)	Council (T)	7:00
7:30													7:30
8:00													8:00
8:30	Painting with Kevin	Painting with Kevin	Painting with Kevin	Painting with Kevin	Painting with Kevin	Painting with Kevin	Painting 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	Beekeeping	Beekeeping	Beekeeping	Beekeeping	Beekeeping	Beekeeping	Beekeeping	10:00					
10:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	10:30					
11:00								11:00					
11:30								11:30					
12:00 AM								12:00 AM					
12:30								Council (T)	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)
1:00								1:00					

**Watch us live or view archived City Council and Planning Commission meetings on the web at [www.thementorchannel.com](http://www.thementorchannel.com) Questions or Comments? Call 440-974-5794 or e-mail [mctv@cityofmentor.com](mailto:mctv@cityofmentor.com)**

## Programs

**Mentor City Council** – Broadcast and streamed live on October 15th and rebroadcast throughout the week.

**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.

**Paint with Kevin** – Kevin Hill is a self-taught artist, who learned most of his painting lessons from mistakes, practice and successes. The Paint with Kevin show teaches you steps and techniques to create beautiful oil and acrylic paintings. This show originally aired on PBS.

**Speaking of... Beekeeping: The Players, the Products, the Threats** – Gene McCune of McCune Family Apiaries presents information on the Beekeeping industry and the threats to bees and ultimately our food sources. Originally presented in April 2019 to the Wildwood Garden Club.

