

The Mentor Channel
 Week of November 25, 2019

	Monday 11/25	Tuesday 11/26	Wednesday 11/27	Thursday 11/28	Friday 11/29	Saturday 11/30	Sunday 12/1	
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	Winter Sowing	Winter Sowing	Winter Sowing	Winter Sowing	Winter Sowing	Winter Sowing	Winter Sowing	9:00
9:30								9:30
10:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	10:00
10:30	Council (T)	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	Paint with Kevin	Paint with Kevin	Paint with Kevin	Paint with Kevin	Paint with Kevin	Paint with Kevin	Paint 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	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)	3:30
4:00								4:00
4:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	4:30
5:00								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 (T)	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)	Council (T)	7:00
7:30								7:30
8:00								8:00
8:30	Paint with Kevin	Paint with Kevin	Paint with Kevin	Paint with Kevin	Paint with Kevin	Paint with Kevin	Paint with Kevin	8:30
9:00	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	My Mentor	9:00
9:30	Winter Sowing	Winter Sowing	Winter Sowing	Winter Sowing	Winter Sowing	Winter Sowing	Winter Sowing	9:30
10:00								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)	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 – Rebroadcast of the November 19, 2019 meeting.

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 at 7:30 AM, 12:00, 2:30, 5:30 & 9 PM to see what's happening in My Mentor.

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.

Winter Sowing – The Wildwood Garden Club welcomed Lake County Master Gardener Meg Shay, who presented a program on Winter Sowing. Meg demonstrates a method of using recycled containers to start seeds outside in the Winter with Mother Nature providing the perfect growing conditions. Learn how to start your own Winter Sowing project.

