

The Mentor Channel
 Week of December 2, 2019

	Monday 12/2	Tuesday 12/3	Wednesday 12/4	Thursday 12/5	Friday 12/6	Saturday 12/7	Sunday 12/8						
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	Senior Forum	Senior Forum	Senior Forum	Senior Forum	Senior Forum	Senior Forum	Senior Forum	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								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	Senior Forum	Senior Forum	Senior Forum	Senior Forum	Senior Forum	Senior Forum	Senior Forum	1:30					
2:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	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								Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board
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	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	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	Toasty Tunes	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)
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 – Broadcast and streamed live on December 2nd 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.

Senior Forum – The Mentor Senior Forum was held at the Mentor Senior Center on April 17. The presentation features representatives from the Lake County Council on Aging, Social Security Administration, Laketran, and others that provide senior services in Lake County.

Toasty Tunes – A holiday program featuring Christmas music set to the warmth of a roaring fire. It's the perfect backdrop for celebrating this holiday season.

