

The Mentor Channel
Week of January 20, 2020

| | Monday 1/20 | Tuesday 1/21 | Wednesday 1/22 | Thursday 1/23 | Friday 1/24 | Saturday 1/25 | Sunday 1/26 | |
|-------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|-------------|
| 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 | | | | | Planning (T) | Planning (T) | Planning (T) | 8:30 |
| 9:00 | | | | | | | | 9:00 |
| 9:30 | | | | | | | | 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 | | | 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 | 12:00 |
| 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 | Bulletin Board | Bulletin Board | 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 | 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 (live) | Council (T) | Planning (live) | 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 | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | Bulletin Board | 9:30 |
| 10:00 | | | | | Planning (T) | Planning (T) | Planning (T) | 10:00 |
| 10:30 | | | | | | | | 10:30 |
| 11:00 | | | | | | | | 11:00 |
| 11:30 | | | | | | | | 11:30 |
| 12:00 AM | | | | | Bulletin Board | Bulletin Board | Bulletin Board | 12:00 AM |
| 12:30 | | | 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 – Broadcast and streamed live on January 21st and rebroadcast throughout the week.

Mentor Municipal Planning Commission – Broadcast and streamed live on January 23rd, then 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. 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.

