

The Mentor Channel
 Week of March 15, 2021

	Monday 3/15	Tuesday 3/16	Wednesday 3/17	Thursday 3/18	Friday 3/19	Saturday 3/20	Sunday 3/21						
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	Speaking of...	Speaking of...	Speaking of...	Speaking of...	Speaking of...	Speaking of...	Speaking of...	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	Speaking of...	Speaking of...	Speaking of...	Speaking of...	Speaking of...	Speaking of...	Speaking of...	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	Speaking of...	Speaking of...	Speaking of...	Speaking of...	Speaking of...	Speaking of...	Speaking of...	9:30					
10:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	10:00					
10:30								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 March 16th 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....Young Tree Pruning – Spring is the perfect time to prune most young trees. Learn the proper technique from Arborist Ben Askren and the Mentor Tree Commission.

