

The Mentor Channel
 Week of June 13, 2022

	Monday 6/13	Tuesday 6/14	Wednesday 6/15	Thursday 6/16	Friday 6/17	Saturday 6/18	Sunday 6/19	
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)	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								4:30
5:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	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)	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	Bulletin Board
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 Municipal Planning Commission – Broadcast and streamed live on June 16th then rebroadcast throughout the week.

Mentor City Council – Rebroadcast of the June 7, 2022 meeting.

Jazz Cardio Strength Stretch – A fun and effective workout that will lift your spirits and strengthen your heart, muscles and core.

Eat Well Be Happy – We all strive to eat right, but often lack the knowledge and creativity to make healthy and delicious meals. Eat Well Be Happy is a cooking show that teaches you to use fresh, seasonal, and colorful ingredients (organic when possible) to make meals everyone loves.

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 to see what's happening in My Mentor.

