## The Mentor Channel Week of July 15, 2019

	Monday 7/15	Tuesday 7/16	Wednesday 7/17	Thursday 7/18	Friday 7/19	Saturday 7/20	Sunday 7/21	
5:00	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	Jazz Cardio	5:00
AM	D 11 41 D 1	D 11 (; D 1	D 11 (1 D 1	D 11 (' D 1	D 11 ( D 1	D 11 (; D 1	D 11 4' D 1	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	T C 1	T C 1'	T C 1	T C 1'	T C 1'	T G 1'	T G 1	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	Planning (T)	Planning (T)	Planning (T)	Planning (T)	Planning (T)	Planning (T)	Planning (T)	8:00
8:30								8:30
9:00								9:00
9:30	D 11 41 D 1	D 11 4' D 1	D 11 ( D 1	D 11 (1 D 1	D 11 ( D 1	D 11 4' D 1	D 11 4' D 1	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	Manager	Man	M- M- 4	M-M-4	M-M-1	M-M-4	Man	11:30
	My Mentor Bulletin Board	My Mentor Bulletin Board	My Mentor Bulletin Board	My Mentor Bulletin Board	My Mentor Bulletin Board	My Mentor Bulletin Board	My Mentor Bulletin Board	12:00
12:30			Paint with			Paint with	Paint with	12:30
1:00	Paint with Kevin	Paint with Kevin	Kevin	Paint with Kevin	Paint with Kevin	Kevin	Kevin	1:00
1:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	1:30
2:00	Bulletili Board	Bulletili Boald	Builetiii Board	Builetiii Board	Bulletili Board	Bulletili Boald	Bulletili Boald	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	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	3:30
4:00	Dunetin Board	Bunetin Board	Builetin Bourd	Builetin Bourd	Bunetin Bourd	Bunetin Bourd	Builetin Board	4:00
4:30								4:30
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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	Planning (T)	Planning (T)	Planning (T)	Planning (T)	Planning (T)	Planning (T)	Planning (T)	6:30
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7:30								7:30
8:00								8:00
	Paint with	Paint with	Paint with	Paint with	Paint with	Paint with	Paint with	8:30
0.50	Kevin	Kevin	Kevin	Kevin	Kevin	Kevin	Kevin	8.50
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)	Planning (T)	Planning (T)	Planning (T)	Planning (T)	10:00
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11:00								11:00
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12:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	12:00
AM	Duncini Doard	Duncin Board	Duncin Board	Duncin Doard	Duncin Doard	Duncin Board	Duncin Doard	AM
12:30								12:30
1:00								1:00
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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 <a href="mailto:mctv@cityofmentor.com">mctv@cityofmentor.com</a>

## **Programs**

**Mentor Municipal Planning Commission** – Rebroadcast of the meeting taped on July 11, 2019.

**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, Noon, 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.

