

The Mentor Channel  
 Week of August 10, 2020

	Monday 8/10	Tuesday 8/11	Wednesday 8/12	Thursday 8/13	Friday 8/14	Saturday 8/15	Sunday 8/16	
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								9:00
9:30	History of...	History of...	History of...	History of...	History of...	History of...	History 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	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	History of...	History of...	History of...	History of...	History of...	History of...	History of...	3:30
4:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	4:00
4:30								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	History of...	History of...	History of...	History of...	History of...	History of...	History of...	7:00
7:30	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	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								10:00
10:30	History of...	History of...	History of...	History of...	History of...	History of...	History of...	10:30
11:00	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	Bulletin Board	11:00
11:30								11:30
12:00 AM								12:00 AM
12:30								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](http://www.thementorchannel.com) Questions or Comments? Call 440-974-5794 or e-mail [mctv@cityofmentor.com](mailto:mctv@cityofmentor.com)

## Programs

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

**The History of Mentor: A Celebration of Our Past** – Mentor became a City in 1963 when Mentor Village and Mentor Township united. This program, produced in 1993, features an overview of the events leading up to the formation of the City and historic interviews with many of the City leaders who worked to make it happen.

**My Mentor “Retro Edition”** – The Mentor Channel is celebrating 30 years of broadcasting to the Mentor Community! Over the last 30 years we’ve documented everything from community events, major construction projects, and local history to stories highlighting interesting members of the Mentor community. Join us as we look back over the last 30 years and rebroadcast stories featuring folks that make our hometown special. Tune into The Mentor Channel at 7:30 AM, 12:00, 2:30 5:30 & 9 PM for a look back at 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.

