

The Mentor Channel  
 Week of November 28, 2022

	Monday 11/28	Tuesday 11/29	Wednesday 11/30	Thursday 12/1	Friday 12/2	Saturday 12/3	Sunday 12/4	
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	The Garfields	The Garfields	The Garfields	The Garfields	The Garfields	The Garfields	The Garfields	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	Eat Well Be Happy	Eat Well Be Happy	Eat Well Be Happy	Eat Well Be Happy	Eat Well Be Happy	Eat Well Be Happy	Eat Well Be Happy	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	The Garfields	The Garfields	The Garfields	The Garfields	The Garfields	The Garfields	The Garfields	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	The Garfields	The Garfields	The Garfields	The Garfields	The Garfields	The Garfields	The Garfields	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	Eat Well Be Happy	Eat Well Be Happy	Eat Well Be Happy	Eat Well Be Happy	Eat Well Be Happy	Eat Well Be Happy	Eat Well Be Happy	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	The Garfields	The Garfields	The Garfields	The Garfields	The Garfields	The Garfields	The Garfields	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.

**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.

**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.

**The Garfields - A Mentor Family** – We all know that James A. Garfield was the 20th President of the United States, but what do we know of his descendants? His children and grandchildren grew up in Mentor and along the way achieved prominence of their own. Originally produced in 2002.

