

# April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Email Us: <a href="mailto:MCCWellness@monroecc.edu">MCCWellness@monroecc.edu</a> Facebook: MCC Wellness Council MCC Lib Guide: <a href="http://libguides.monroecc.edu/wellness">http://libguides.monroecc.edu/wellness</a>			1 <u>Tasteful Thursday:</u> <a href="#">Spicy Zucchini Taco Boats</a>  <u>Mindfulness Meditation with Donna Burke</u> 12:00-12:30 via Zoom	2 <u>Family Friday:</u> East Esker Trail Honeoye Falls
5 <u>Donate Life Campaign</u>  <u>Mindful Monday:</u> Physical Self Care: Sleep, Stretching, Walking, Physical Release, Healthy Food, Yoga, Rest	6 <u>Donate Life Campaign</u>  <u>Ten Minute Tuesday's with Kevin</u> 10:00 am - 10:10 am 10-minute workouts to start your day!	7 <u>Donate Life Campaign</u>  <u>Words of Wisdom Wednesday:</u> Every day may not be good, but there is something good in every day.	8 <u>Donate Life Campaign</u>  <u>Tasteful Thursday:</u> <a href="#">Buffalo Chicken Stuffed Sweet Potatoes</a>  <u>Mindfulness Meditation with Donna Burke</u> 12:00-12:30 via Zoom	9 <u>Donate Life Campaign</u>  <u>Family Friday:</u> Turning Point Park Rochester, NY
12 <u>Mindful Monday:</u> Emotional Self Care: Stress Management, Emotional Maturity, Forgiveness, Compassion, Kindness	13 <u>Ten Minute Tuesday's with Kevin</u> 10:00 am - 10:10 am 10-minute workouts to start your day!	14 <u>Words of Wisdom Wednesday:</u> The one who falls and gets up is so much stronger than the one who never fell.  <u>Stay the Course- Financial Empowerment</u> Noon <a href="#">Zoom</a>	15 <u>Tasteful Thursday:</u> <a href="#">Grilled Honey Lime Shrimp</a>  <u>Mindfulness Meditation with Donna Burke</u> 12:00-12:30 via Zoom  <u>Virtual Cooking with Kids Event</u> 5:00 pm	16 <u>Family Friday:</u> Thousand Acre Swamp Trail Penfield, NY
19 <u>Mindful Monday:</u> Social Self Care: Boundaries, Support Systems, Positive Social Media, Communication, Time Together, Ask for help	20 <u>Ten Minute Tuesday's with Kevin</u> 10:00 am - 10:10 am 10-minute workouts to start your day!	21 <u>Words of Wisdom Wednesday:</u> Be gentle to yourself. You're doing the best that you can.  <u>Small Space Gardening</u> Noon Zoom	22 <u>Tasteful Thursday:</u> <a href="#">Parmesan Roasted Carrots</a>  <u>Mindfulness Meditation with Donna Burke</u> 12:00-12:30 via Zoom	23 <u>Family Friday:</u> Ganondagan State Historic Site Victor, NY
26 <u>Mindful Monday:</u> Spiritual Self Care: Time Alone, Meditation, Yoga, connection, Nature, Journaling	27 <u>Ten Minute Tuesday's with Kevin</u> 10:00 am - 10:10 am 10-minute workouts to start your day!	29 <u>Words of Wisdom Wednesday:</u> A dream written down with a date becomes a goal. A goal broken down into steps becomes a plan. A plan backed by action becomes reality.	30 <u>Tasteful Thursday:</u> <a href="#">Strawberry Avocado Salad</a>  <u>Mindfulness Meditation with Donna Burke</u> 12:00-12:30 via Zoom	