


April

Monday	Tuesday	Wednesday	Thursday	Friday
 		<p>1</p> <p>Guided Meditation 12:00 pm – 12:30 pm Via Zoom</p> <p>Wellness Wednesday: Want to stock up on produce? Head over to the Public Market and order a box fruits and vegetables to help support local farms.</p>	<p>2</p> <p>Thursday Trivia: Your iPhone will charge faster if it is on airplane mode.</p>	<p>3</p> <p>Guided Meditation 12:00 pm – 12:30 pm Via Zoom</p> <p>Work it Weekdays – Home Edition 1:00 pm – 2:00 pm Via Zoom</p> <p>Family Friday: Start a garden indoors. Here are steps to creating an indoor garden before the weather changes.</p>
<p>6</p> <p>Guided Meditation 12:00 pm – 12:30 pm Via Zoom</p> <p>Monday Motivation: The hard days are what make you stronger.</p>	<p>7</p> <p>Tasty Tuesday Homemade bread</p>	<p>8</p> <p>Guided Meditation 12:00 pm – 12:30 pm Via Zoom</p> <p>Wellness Wednesday: Pick up an adult coloring book and markers. Spend an hour getting creative.</p>	<p>9</p> <p>Thursday Trivia: The Queen of England has someone on staff dubbed 'Cinders' who breaks in all of her shoes before she wears them.</p>	<p>10</p> <p>Guided Meditation 12:00 pm – 12:30 pm Via Zoom</p> <p>Work it Weekdays – Home Edition 1:00 pm – 2:00 pm Via Zoom</p> <p>Family Friday: Gather the family together and check out Stellarium. This website will teach you on astronomy and constellations</p>
<p>13</p> <p>Guided Meditation 12:00 pm – 12:30 pm Via Zoom</p> <p>Monday Motivation: Never let a bad situation bring out the worst in you. Always choose to stay positive and be strong.</p>	<p>14</p> <p>Tasty Tuesday Super sneaky spinach brownies</p> 	<p>15</p> <p>Guided Meditation 12:00 pm – 12:30 pm Via Zoom</p> <p>Wellness Wednesday: Create a gratitude log and write in it each day.</p>	<p>16</p> <p>Thursday Trivia: George Washington spent \$200 on ice cream during the summer of 1790, which equals roughly \$5,100 in today's money</p>	<p>17</p> <p>Guided Meditation 12:00 pm – 12:30 pm Via Zoom</p> <p>Work it Weekdays – Home Edition 1:00 pm – 2:00 pm Via Zoom</p> <p>Family Friday: Pack up the car and take a drive to see the top 40 quirky roadside attractions.</p>
<p>20</p> <p>Guided Meditation 12:00 pm – 12:30 pm Via Zoom</p> <p>Monday Motivation: Everyday no matter what I face, I can smile and love others.</p>	<p>21</p> <p>Tasty Tuesday Zucchini Lasagna</p>	<p>22</p> <p>Guided Meditation 12:00 pm – 12:30 pm Via Zoom</p> <p>Wellness Wednesday: Do not spend any money for 24 hours</p>	<p>23</p> <p>Thursday Trivia: Albert Einstein's final words were in German to a non-German speaking nurse. No one know what he said.</p>	<p>24</p> <p>Guided Meditation 12:00 pm – 12:30 pm Via Zoom</p> <p>Work it Weekdays – Home Edition 1:00 pm – 2:00 pm Via Zoom</p> <p>Family Friday: . Try one of the 80 hiking paths in the Rochester area.</p>
<p>27</p> <p>Guided Meditation 12:00 pm – 12:30 pm Via Zoom</p> <p>Monday Motivation: You are not alone.</p>	<p>28</p> <p>Tasty Tuesday Mediterranean Feta Dip</p>	<p>29</p> <p>Guided Meditation 12:00 pm – 12:30 pm Via Zoom</p> <p>Wellness Wednesday: Write down your best qualities</p>	<p>30</p> <p>Thursday Trivia: The chocolate chip cookie was created by accident.</p>	<p>Join the Wellness Council's Facebook Page: www.facebook.com/groups/MCCWellnessCouncil</p> <p>Email us at: MCCWellness@monroec.edu</p>