

# March 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p><b><u>Mindful Monday:</u></b> Stay Present: Bring your attention to what's around you. Shift your focus back to the present moment and your emotions right now.</p>	<p><b><u>Ten Minute Tuesday</u></b> <a href="#">10 Minute Pilates Workout</a></p>	<p><b><u>Words of Wisdom Wednesday:</u></b> What you are looking for is not out there. It is in you.</p>	<p><b><u>Tasteful Thursday:</u></b> <a href="#">Cranberry Apple Quinoa Salad</a></p> <p><b><u>Mindfulness Meditation with Donna Burke</u></b> 12:00-12:30 via Zoom</p>	<p><b><u>Family Friday:</u></b> Pop up some corn and add your favorite toppings. Get the family together for a <a href="#">popcorn party!</a></p>
8	9	10	11	12
<p><b><u>Mindful Monday:</u></b> Practice Gratitude: Focusing on the good in your life and then within yourself will bring about more joy into your life and you will begin to look at the world differently.</p> <p><b><u>International Women's Day</u></b></p>	<p><b><u>Ten Minute Tuesday</u></b> <a href="#">10 Minute Barre Abs</a></p> <p><b><u>What Does the Future Hold for You</u></b> Tax Deferred Plans: 403(b) Noon – 1:00 pm <a href="https://voyafa.zoom.us/j/97329960598">https://voyafa.zoom.us/j/97329960598</a></p>	<p><b><u>Words of Wisdom Wednesday:</u></b> A quiet mind can hear intuition over fear.</p>	<p><b><u>Tasteful Thursday:</u></b> <a href="#">Banana and Chocolate Chip Oatmeal Cups</a></p> <p><b><u>Mindfulness Meditation with Donna Burke</u></b> 12:00-12:30 via Zoom</p>	<p><b><u>Family Friday:</u></b> Head out this weekend to <a href="#">Manhattan Square Park</a> for some ice skating.</p> <p><b><u>Project complete: using the rest of the spring semester to accomplish a major goal.</u></b> Noon – 12:45 pm via Zoom</p>
15	16	17	18	19
<p><b><u>Mindful Monday:</u></b> Meditate: Meditation means taking the time to be silent, mindful, and relaxed. Meditate for 10-20 minutes each day.</p>	<p><b><u>Ten Minute Tuesday</u></b> <a href="#">10 Minute Yoga Flow</a></p> <p><b><u>Facilitating an effective zoom meeting</u></b> Noon – 12:45 pm Via Zoom</p>	<p><b><u>Words of Wisdom Wednesday:</u></b> Your smile is a reason for many others to smile.</p>	<p><b><u>Tasteful Thursday:</u></b> <a href="#">Taco Casserole</a></p> <p><b><u>Mindfulness Meditation with Donna Burke</u></b> 12:00-12:30 via Zoom</p>	<p><b><u>Family Friday:</u></b> Do you have photos sitting in a shoe box? This is a great weekend to drag them out for some reminiscing and scrapbook making.</p> <p><b><u>World Sleep Day</u></b></p>
22	23	24	25	26
<p><b><u>Mindful Monday:</u></b> Listen to Others: Often when speaking to others, we are consumed with our own thoughts. Try giving your whole undivided attention to the person talking to you.</p>	<p><b><u>Ten Minute Tuesday</u></b> <a href="#">10 Minute Legs Sculpting</a></p>	<p><b><u>Words of Wisdom Wednesday:</u></b> Worrying is like sitting in a rocking chair. It gives you something to do but it does not get you anywhere.</p> <p><b><u>Herb Gardening Webinar</u></b> Noon – 1:00 pm Via Zoom</p> <p><b><u>Managing your distractions</u></b> Noon – 12:45 Via Zoom</p>	<p><b><u>Tasteful Thursday:</u></b> <a href="#">30 Minute Tuscan Chicken</a></p> <p><b><u>Mindfulness Meditation with Donna Burke</u></b> 12:00-12:30 via Zoom</p>	<p><b><u>Family Friday:</u></b> Adult paint by numbers is so "in" right now. Pick one up at your local craft store and bring some creativity and Zen to your weekend.</p> <p><b><u>Purple Day for Epilepsy</u></b></p>
29	30	31	<p>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></p>	
<p><b><u>Mindful Monday:</u></b> Read More: Before you got to sleep for the night, read for 30 minutes or more, Encourage better sleep and mental wellness</p>	<p><b><u>Ten Minute Tuesday</u></b> <a href="#">10 Minute Stretch</a></p>	<p><b><u>Words of Wisdom Wednesday:</u></b> What are you doing today to get you closer to where you want to be tomorrow?</p>		