

# May 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Join the Wellness Council's Facebook Page:  <a href="http://www.facebook.com/groups/MCCWellnessCouncil">www.facebook.com/groups/MCCWellnessCouncil</a></p> <p>Email us at:  <a href="mailto:MCCWellness@monroec.edu">MCCWellness@monroec.edu</a></p>				<p><b>Guided Meditation</b>            12:00 pm – 12:30 pm  <a href="#">Via Zoom</a></p> <p><b>Work it Weekdays – Home Edition</b>            1:00 pm – 2:00 pm  <a href="#">Via Zoom</a></p> <p><b>Family Friday:</b>            Order some takeout and host a family game night</p>
<p><b>Guided Meditation</b>            12:00 pm – 12:30 pm  <a href="#">Via Zoom</a></p> <p><b>Monday Motivation:</b>            I will be grateful for this day</p>	<p><b>Tasty Tuesday</b>  <a href="#">Strawberry Chocolate Greek Yogurt Bark</a></p>	<p><b>Guided Meditation</b>            12:00 pm – 12:30 pm  <a href="#">Via Zoom</a></p> <p><b>Wellness Wednesday:</b>            For a slow and mindful morning: Morning Yoga, Meditation, make your favorite breakfast, drink lots of water, journal, Prepare a to-do list.</p>	<p><b>Thursday Trivia:</b>            Pop-Tarts aren't names after the way they pop out of your toaster – the name was inspired by the pop art movement and creations of artists like Andy Warhol.</p>	<p><b>Guided Meditation</b>            12:00 pm – 12:30 pm  <a href="#">Via Zoom</a></p> <p><b>Work it Weekdays – Home Edition</b>            1:00 pm – 2:00 pm  <a href="#">Via Zoom</a></p> <p><b>Family Friday:</b>            Put the kids to bed and have a date night in. Cook up your favorite recipe with your partner.</p>
<p><b>Guided Meditation</b>            12:00 pm – 12:30 pm  <a href="#">Via Zoom</a></p> <p><b>Monday Motivation:</b>            You do not have to be perfect to be amazing.</p>	<p><b>Tasty Tuesday</b>  <a href="#">Cauliflower Buffalo Bites</a></p>	<p><b>Guided Meditation</b>            12:00 pm – 12:30 pm  <a href="#">Via Zoom</a></p> <p><b>Wellness Wednesday:</b>            For a home reset: Make the bed each day, unload and reload the dishwasher, do a load of laundry, water your plants, clean all of your surfaces.</p>	<p><b>Thursday Trivia:</b>            Squirrels plant thousands of new trees each year simply by forgetting where they put their acorns.</p>	<p><b>Guided Meditation</b>            12:00 pm – 12:30 pm  <a href="#">Via Zoom</a></p> <p><b>Work it Weekdays – Home Edition</b>            1:00 pm – 2:00 pm  <a href="#">Via Zoom</a></p> <p><b>Family Friday:</b>  <a href="#">9 Spots to Seek Solitude</a> in the Rochester area</p>
<p><b>Guided Meditation</b>            12:00 pm – 12:30 pm  <a href="#">Via Zoom</a></p> <p><b>Monday Motivation:</b>            A beautiful day begins with a beautiful mindset.</p>	<p><b>Tasty Tuesday</b>  <a href="#">Spinach and Feta Egg Cups</a></p>	<p><b>Guided Meditation</b>            12:00 pm – 12:30 pm  <a href="#">Via Zoom</a></p> <p><b>Wellness Wednesday:</b>            For beauty: Take a bubble bath, wash &amp; condition your hair, wash &amp; moisturize your face, paint your nails.</p>	<p><b>Thursday Trivia:</b>            The word halibut means holy fish because it was only eaten on holy days.</p>	<p><b>Guided Meditation</b>            12:00 pm – 12:30 pm  <a href="#">Via Zoom</a></p> <p><b>Work it Weekdays – Home Edition</b>            1:00 pm – 2:00 pm  <a href="#">Via Zoom</a></p> <p><b>Family Friday:</b>            Go hunting for <a href="#">Rochester's Street Art</a></p>
<p><b>Memorial Day</b>  <b>College Closed</b></p> <p><b>Monday Motivation:</b>            Trust the timing in your life.</p>	<p><b>Tasty Tuesday</b>  <a href="#">Overnight Oats – 6 Different Ways</a></p>	<p><b>Guided Meditation</b>            12:00 pm – 12:30 pm  <a href="#">Via Zoom</a></p> <p><b>Wellness Wednesday:</b>            To wind down: Cook a comforting dinner, get into comfy pajamas, light a scented candle, watch your favorite show</p>	<p><b>Thursday Trivia:</b>            There is significantly less germs transferred when you fist bump instead of shaking hands.</p>	<p><b>Guided Meditation</b>            12:00 pm – 12:30 pm  <a href="#">Via Zoom</a></p> <p><b>Work it Weekdays – Home Edition</b>            1:00 pm – 2:00 pm  <a href="#">Via Zoom</a></p> <p><b>Family Friday</b>            Take a drive and see the <a href="#">9 lighthouses</a> along Lake Ontario</p>