

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>PiYo 5 – 6:00 pm BC, Dance Studio</p> <p>Monday Motivation: Hello December, you're the last one, so be the best one.</p>	<p>Work It Weekdays Noon - 12:30 pm DC, Room 250</p> <p>Insanity Group Fitness 4:00 - 5:00 pm DC</p> <p>Tasty Tuesday <u>Spiced Hot Fruit Bake</u></p>	<p>Wellness Wednesday: For five minutes of physical exercise</p>	<p>Insanity Group Fitness 4:00 - 5:00pm Downtown Campus</p> <p>Thursday Trivia: Did you know? No matter how flexible you are, you can't kiss your elbow</p>	<p>Meditation Session Noon - 12:50 pm BC, 9-152</p> <p>Project Zero –Healthy Cooking Demo Noon – 1:00 or 1:00 – 2:00 Kitchen, 3-140</p> <p>Feel Good Friday: Train Ride: Polar Express Medina Railroad</p>
9	10	11	12	13
<p>PiYo 5 – 6:00 pm BC, Dance Studio</p> <p>Monday Motivation: Expect nothing and be grateful for everything.</p>	<p>Work It Weekdays Noon - 12:30 pm DC, Room 250</p> <p>Therapy Dog Tuesday 12:30 pm – 1:30 pm Library</p> <p>Insanity Group Fitness 4:00 - 5:00 pm DC</p> <p>Tasty Tuesday <u>Mushroom and Spinach Cauliflower Rice</u></p>	<p>Wellness Wednesday: Pay it forward this week</p>	<p>Insanity Group Fitness 4:00 - 5:00pm Downtown Campus</p> <p>Thursday Trivia: Did you know? It takes 364 licks to get to the center of a tootsie pop.</p>	<p>Meditation Session Noon - 12:50 pm BC, 9-152</p> <p>Feel Good Friday: A Christmas Carol Geva Theater</p>
16	17	18	19	20
<p>Monday Motivation: Work hard in silence. Let success make the noise.</p>	<p>Work It Weekdays Noon - 12:30 pm DC, Room 250</p> <p>Insanity Group Fitness 4:00 - 5:00 pm DC</p> <p>Tasty Tuesday <u>Roasted Carrots with Pecans and Goat Cheese</u></p>	<p>Wellness Wednesday: Go to bed 30 minutes earlier</p>	<p>Insanity Group Fitness 4:00 - 5:00pm Downtown Campus</p> <p>Thursday Trivia: Did you know? It's impossible to sneeze with your eyes open.</p>	<p>Feel Good Friday: Holiday Laser Show Rochester Museum and Science Center</p>
23	24	25	Project Zero Continues December 1 – 7: National Handwashing Awareness Week National Influenza Vaccination Week Safe Toys and Gifts Month	
<p>Monday Motivation: Merry everything and a happy always!</p>	<p>Tasty Tuesday <u>One Pan Maple Glazed Pork with Apples and Onions</u></p>	<p>Wellness Wednesday: Note one thing that you are grateful today</p>		



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