



October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Work It Weekdays Noon - 12:30 pm Downtown Campus, Room 250</p> <p>Insanity Group Fitness 4:00 - 5:00pm Downtown Campus</p> <p>Tasty Tuesday Pumpkin, Spinach & Walnut Spaghetti</p>	<p>2</p> <p>Wellness Wednesday: 70% of your serotonin is in your gut. What's going in your gut is going to affect your mood – anxiety, depression and focus.</p>	<p>3</p> <p>Insanity Group Fitness 4:00 - 5:00pm Downtown Campus</p> <p>Thursday Trivia: Green tea increase fat burning and improves physical performance.</p>	<p>4</p> <p>Meditation Session Noon - 12:50 pm BC, 9-152</p> <p>Feel Good Friday: Head out to Wickham Farms this weekend for corn mazes, apple picking and lots of yummy fall treats.</p>
<p>7</p> <p>PiYo 5 – 6:00 pm BC, Dance Studio</p> <p>Monday Motivation: This week is yours. Own it.</p>	<p>8</p> <p>Work It Weekdays Noon - 12:30 pm Downtown Campus, Room 250</p> <p>Home Buyers Seminar Noon – 1:00 pm Empire Room</p> <p>Therapy Dog Tuesday 12:30 pm – 1:30 pm Library</p> <p>Insanity Group Fitness 4:00 - 5:00pm Downtown Campus</p>	<p>9</p> <p>Meditation with Mike Noon – 1:00 pm Downtown Campus</p> <p>Wellness Wednesday: Although sugar might feel good in the moment, cutting down is the way to practice self-care for your long term health and wellness.</p>	<p>10</p> <p>Insanity Group Fitness 4:00 - 5:00pm Downtown Campus</p> <p>Thursday Trivia: Brushing your teeth with the non-dominant hand improves brain function and encourages new neural pathways to form. When using the non-dominant hand, it activates both hemispheres of the brain.</p>	<p>11</p> <p>Meditation Session Noon - 12:50 pm BC, 9-152</p> <p>Feel Good Friday: Get out with the family and take a fall hike in the Finger Lakes</p>
<p>14</p> <p>PiYo 5 – 6:00 pm BC, Dance Studio</p> <p>Monday Motivation: A negative mind will never give you a positive life. Bone & Joint Health Action Week</p>	<p>15</p> <p>Work It Weekdays Noon - 12:30 pm Downtown Campus, Room 250</p> <p>Insanity Group Fitness 4:00 - 5:00pm Downtown Campus</p> <p>Tasty Tuesday BBQ Chicken Sweet Potatoes</p>	<p>16</p> <p>Home Buyers Seminar Noon – 1:00 pm Downtown Campus</p> <p>Wellness Wednesday: Writing down your emotions has concrete health benefits.</p>	<p>17</p> <p>Insanity Group Fitness 4:00 - 5:00pm Downtown Campus</p> <p>Thursday Trivia: The amino acid found in eggs can help improve your reflexes</p>	<p>18</p> <p>Meditation Session Noon - 12:50 pm BC, 9-152</p> <p>Feel Good Friday: Take a Fall Foliage Trolley ride at the NY Museum of Transportation</p>
<p>21</p> <p>PiYo 5 – 6:00 pm BC, Dance Studio</p> <p>Monday Motivation: What if the hokey pokey really is what it's all about Red Ribbon Week</p>	<p>22</p> <p>Work It Weekdays Noon - 12:30 pm Downtown Campus, Room 250</p> <p>Insanity Group Fitness 4:00 - 5:00pm Downtown Campus</p> <p>Tasty Tuesday Harvest Stew with Smoked Sausage</p>	<p>23</p> <p>Wellness Wednesday: Laughing for fifteen minutes has the same health benefits as getting and extra two hours of sleep.</p>	<p>24</p> <p>Insanity Group Fitness 4:00 - 5:00pm Downtown Campus</p> <p>Thursday Trivia: Brushing teeth too soon after eating or drinking can soften the tooth enamel</p>	<p>25</p> <p>Meditation Session Noon - 12:50 pm BC, 9-152</p> <p>Feel Good Friday: Last chance to get that pumpkin before Halloween next week</p>
<p>28</p> <p>PiYo 5 – 6:00 pm BC, Dance Studio</p> <p>Monday Motivation: Progress over perfection</p>	<p>29</p> <p>Work It Weekdays Noon - 12:30 pm DC, Room 250</p> <p>Insanity Group Fitness 4:00 - 5:00pm DC</p> <p>Tasty Tuesday Butternut Squash Chili</p>	<p>30</p> <p>Wellness Wednesday: An apple a day can reduce Levels of bad cholesterol</p>	<p>31</p> <p>Insanity Group Fitness 4:00 - 5:00pm DC</p> <p>Thursday Trivia: Bodies will stop growing but noses and ears will not</p>	 <p>October is National Dental Hygiene Month!</p>

