

# November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>Meditation Session</b> Noon - 12:50 pm BC, 9-152
4 <b>PiYo</b> 5 – 6:00 pm BC, Dance Studio <b>Monday Motivation:</b> Happiness often sneaks in a door that you didn't think was open	5 <b>Work It Weekdays</b> Noon - 12:30 pm DC, Room 250 <b>Therapy Dog Tuesday</b> 12:30 pm – 1:30 pm Library <b>Insanity Group Fitness</b> 4:00 - 5:00 pm DC	6 <b>Wellness Wednesday:</b> Open up to a friend about something	7 <b>Insanity Group Fitness</b> 4:00 - 5:00pm Downtown Campus <b>Thursday Trivia:</b> It is illegal to lock your car doors in downtown Churchill, Manitoba in case someone needs to escape a polar bear	8 <b>Meditation Session</b> Noon - 12:50 pm BC, 9-152 <b>Feel Good Friday:</b> National Toy Hall of Fame Celebration Weekend at the Strong Museum
11 	12 <b>Work It Weekdays</b> Noon - 12:30 pm DC, Room 250 <b>Insanity Group Fitness</b> 4:00 - 5:00 pm DC <b>Tasty Tuesday</b> <a href="#">Creamy Pumpkin Steel Cut Oats</a>	13 <b>Wellness Wednesday:</b> Take 10 minutes each day and focus on a happy place.	14 <b>Insanity Group Fitness</b> 4:00 - 5:00pm Downtown Campus <b>Thursday Trivia:</b> It takes about 4 seconds for silence to become awkward	15 <b>Meditation Session</b> Noon - 12:50 pm BC, 9-152 <b>Feel Good Friday:</b> E.T. Activities and Special Screening at Rochester Museum and Science Center
18 <b>Project Zero Weigh In</b> <b>PiYo</b> 5 – 6:00 pm BC, Dance Studio <b>Monday Motivation:</b> Live like sponge bob, laugh out loud all day without any reason, and annoy the mean people with your happiness.	19 <b>Project Zero Weigh In</b> <b>Work It Weekdays</b> Noon - 12:30 pm DC, Room 250 <b>Insanity Group Fitness</b> 4:00 - 5:00 pm DC <b>Tasty Tuesday</b> <a href="#">Cranberry Rosemary One Pan                      Chicken</a>	20 <b>Meditation with Mike</b> Noon – 1:00 pm DC, Room 250 <b>Wellness Wednesday:</b> Unplug from all devices for one hour every day.	21 <b>Insanity Group Fitness</b> 4:00 - 5:00pm Downtown Campus <b>Thursday Trivia:</b> Friday increases the happiness all around the world by 11%	22 <b>Meditation Session</b> Noon - 12:50 pm BC, 9-152 <b>Feel Good Friday:</b> Visit the George Eastman House and see their Gingerbread House and Wreath Displays
25 <b>PiYo</b> 5 – 6:00 pm BC, Dance Studio <b>Monday Motivation:</b> Rise up and attack the week with enthusiasm	26 <b>Work It Weekdays</b> Noon - 12:30 pm DC, Room 250 <b>Insanity Group Fitness</b> 4:00 - 5:00 pm DC <b>Tasty Tuesday</b> <a href="#">Thanksgiving Leftover Ideas</a>	27 <b>Wellness Wednesday:</b> Schedule a time to go out with a friend – maybe do some holiday shopping	28  Happy Thanksgiving	29 