

December

2019

Motivational Monday	Tasty Tuesday	Workout Wednesday	(No) Trash Thursday	Funny Friday
2 Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence. – Helen Keller	3 Creamy Shrimp Linguine	4 Raise the roof: while marching in place, push toward the ceiling with your palms up and thumbs almost touching your shoulders.	5 Not everything can be recycled, even if it's made up of recyclable materials: Styrofoam, bubble wrap, aerosol cans.	6 Q: What do you get when you cross a snowman with a vampire? A: Frostbite!
9 It does not matter how slowly you go as long as you do not stop. - Confucius	10 Lasagna Bolognese	11 Triceps kick: while marching in place, bend at hips, about 45 degrees. Bend your elbows, then extend them behind you as if you are lifting weights.	12 Plastics like clothes hangers, grocery bags, and toys aren't always recyclable in your curbside bin.	13 Q: Did Rudolph go to school? A: No. He was elf-taught!
16 Well done is better than well said. – Benjamin Franklin	17 Turkey Tetrazzini	18 The hulk: while marching in place, bent at the hips 45 degrees, move your arms back like wings with elbows bent and fists together in front. Try to touch your shoulder blades together.	19 Other things that aren't recyclable: dishes, electronic cords, batteries, pizza boxes, clothing.	20 Q: Which hand is best to light the menorah with? A: Neither, it's best to light it with a candle.
23 With the new day comes new strength and new thoughts. – Eleanor Roosevelt	24 Deep dish pizza	25 Hamstring curl: bend arms at elbow. Bring one foot up toward your rear end while straightening your arms so that your hands are down when your foot is up.	26 Mirrors aren't recyclable due to the coating which makes the regular glass unusable.	27 Q: What do snowmen eat for lunch? A: Ice-bergers.
30 Accept the challenges so that you can feel the exhilaration of victory. – George S. Patton	31 Aloo Gobi			

**BETTER LIVING
WITH CHEMISTRY**

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