

November

2019

Motivational Monday	Tasty Tuesday	Workout Wednesday	(No) Trash Thursday	Funny Friday
				1 Q: What is a turkey's favorite dessert? A: Peach gobbler!
4 The only person you should strive to be better than is the person you were yesterday – Matty Mullins	5 Crockpot Chicken and Dumplings	6 Calf raises: raise your legs up to the tips of your toes while remaining seated. Hold for 10 seconds, return to start, repeat 8 times.	7 Recycle to reduce landfill waste.	8 Q: What did the turkey say to the computer? A: Google, google, google.
11 The world is a dangerous place, not because of those who do evil, but because of those who look on and do nothing. – Albert Einstein	12 Slow-Cooker Salmon	13 Ankle rotations: rotate your ankles in both directions for 5 seconds. Do 5 sets of 8 reps in each direction.	14 Recycle to conserve natural resources.	15 Q: If pilgrims were alive today, what would they be known for? A: Their age.
18 Man cannot discover new oceans unless he has the courage to lose sight of the shore. – Andre Gide	19 Loaded Slow-Cooker Potatoes	20 Rotating at the waist: While seated, rotate at the waist as far left as you can and hold for 5 seconds. Repeat on the right. Complete 5 sets of 5 seconds on each side.	21 Recycle to save energy.	22 My family told me to stop telling Thanksgiving jokes, but I told them I couldn't just quit "cold turkey."
25 A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles. – Christopher Reeve	26 Slow-cooker Mac & Cheese	27 Leg lifts: While seated, lift right leg then left leg. Do 10 sets of 8 reps to strengthen your thigh muscles and your core.	28 Recycle to create jobs.	29 Q: What always comes at the end of Thanksgiving? A: The G.

BETTER LIVING WITH CHEMISTRY

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