MIDDAY FRIENDSHIP ACTIVITIES FEBRUARY 2012

		1 Madison-Cough, Cold and Flu Fast Facts Morristown-Fat-Burning Foods Morris Mews/Roxbury-Blood Pressure Screening Rockaway-Bingo Denville-Importance of Protein in Your Diet	2 Chatham-Cough, Cold and Flu Fast Facts Parsippany-Sit and Be Fit Chester-Healthy Heart Diet Morristown-Movie Day Morris Mews/Dover/ Jefferson-Bingo Butler-Ground Hog Day Story	3 Madison/Morristown/ Rockaway-Bingo Parsippany-Tai Chi Morris Mews-Pokeno Long Hill-What is SNAP? Roxbury-This Day in History Denville-Trivia Day Mt. Olive-Fill up on Fiber
6 Madison-Eat Better and Move More Parsippany-Line Dancing Mt. Olive-Exercise Long Hill-Stay Alert & Stay Safe Dover-Bingo Jefferson-Blood Pressure Screening	7 Chatham-Eat Better and Move More Parsippany/Morristown-Bingo Morris Mews-Pokeno Butler-Flu & Cold Fighters Rockaway-Blood Pressure Screening	8 Madison/Rockaway-Bingo Parsippany-Healthy Bones Program Mt. Olive/Denville-Blood Pressure Screening Roxbury-Trivia Questions Morristown-Fill up on Fiber	9 Chatham/Dover-Bingo Parsippany-Yoga Morristown-Skimping on Sleep Stalls Calorie Burning Montville-Bring a "New" Friend to Lunch Day Chester-Five Foods to Lower Your Cholesterol	10 Madison/Morristown-Bingo Parsippany-Tai Chi Mt. Olive-Sweetheart Movie Roxbury-This Day in History Morris Mews-Benefits of Eating Green Veggies Long Hill-Good Fats, Bad Fats
13 All Sites Closed	14 Chatham/ Butler/Montville-Valentine's Day Celebration Parsippany/Rockaway-Bingo Chester-Blood Pressure Screening Morristown-Seven Heart Smart Foods	15 Madison-Good Nutrition: Health Tips for Seniors Rockaway-Facts About Arthritis Roxbury-This Day in History Denville-Valentine's Day Party Butler-Benefits of Eating Green Veggies	16 Chatham-Good Nutrition: Health Tips for Seniors Parsippany-Sit and Be Fit Dover-Vitamin D: What it Does for You Jefferson-Bingo Morristown-Good vs. Bad Carbohydrates	17 Madison/Morristown-Bingo Parsippany-Tai Chi Morris Mews-Pokeno Roxbury-Trivia Questions Mt. Olive-Five Foods to Lower Your Cholesterol Rockaway-Eat Smart With Fruits and Vegetables
20 All Sites Closed	21 Parsippany/Jefferson-Bingo Morristown-Blood Pressure Screening Morris Mews-Pokeno Rockaway-Vitamin D: What it Does for You Montville-Importance of Protein in Your Diet	22 Mt. Olive-To Eat or Not to Eat: Program on Diverticulitis Butler-President's Day Celebration Roxbury-Trivia Questions Madison-Five Ways Older Adults Can Be More Physically Active	23 Chatham-Five Ways Older Adults Can Be More Physically Active Parsippany-Yoga Chester-Coupon Clipping Dover-Facts About Arthritis Jefferson-Bingo Montville-Trivia Day	24 Parsippany-Tai Chi Morris Mews-Pokeno Morristown-Bingo Long Hill-Blood Pressure Screening Rockaway-Birthday Celebration Roxbury-This Day in History
27 Madison/Dover-Bingo Parsippany-Line Dancing Mt. Olive-Exercise Denville-Bring a "New" Friend to Lunch Day Dover-Eat Smart With Fruits and Vegetables Butler-Benefits of Vitamin B6	28 Chatham-Birthday Celebration Morristown-Bingo Chester-Bingo w/Jim Morris Mews-Pokeno Parsippany-Fiber Supports Healthy Digestion	29 Madison-Birthday Celebration Morristown-Tips for Dry Skin Butler-Importance of Hand Washing Mt. Olive-Eat Five Fruits and Veggies a Day Rockaway-Bingo Roxbury-This Day in History		