

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MIDDAY FRIENDSHIP ACTIVITIES</b>	<b>1</b> Butler-Detoxify Your Liver With Lemons And Limes Jefferson-Top Ten Healthy Ways To Cook Fruits And Vegetables Parsippany-Falun Gong Montville-Cabbage Is Rich In Vitamin C	<b>2</b> Madison-The Super Fruit That Reverses Skin Aging Mt. Olive-Keep Your Brain Young With Strawberries Parsippany-Senior Fitness Rockaway-Bingo Denville-Soothe Tummy Trouble With Seltzer	<b>3</b> Chester-Shield Your Tummy With Probiotics Jefferson-What Foods Are Included In The Dairy Group? Montville-Detoxify Your Liver With Lemons And Limes Parsippany-Yoga Dover/Jefferson-Bingo	<b>4</b> Parsippany-Ways To Lower Your Blood Pressure Naturally Denville-Cabbage Is Rich In Vitamin C Long Hill-Tips To Help You Eat More Fruit Roxbury-What Foods Are Included In The Dairy Group?
	<b>7</b> Dover-Pink Grapefruit Blocks Fat Long Hill-Calcium Is Used For Building Bones And Teeth And In Maintaining Bone Mass Parsippany-Senior Fitness Madison-Osteoporosis: The Bone Thief	<b>8</b> All Sites Closed	<b>9</b> Denville-Blood Pressure Screening Rockaway-Tips To Help You Make Wise Choices From The Protein Foods Group Morris Mews-Oranges Are High In Calcium, Potassium, Niacin And Magnesium	<b>10</b> Jefferson-Spinach Controls Glucose Chester-Brussel Sprouts Are A Good Source Of Vegetable Protein Dover-Cauliflower Is High In Fiber Parsippany-Tai Chi
<b>14</b> Mt. Olive-Shield Your Tummy With Probiotics Dover-How To Build A Healthy Eating Style Long Hill-What Foods Are In The Protein Foods Group? Jefferson-Blood Pressure Screening	<b>15</b> Butler-Walking Is A Health Boosting Wonder Montville-Soothe Tummy Trouble With Seltzer Chatham-Beans And Peas Are Unique Foods Chester-How Are Oils Different From Fats?	<b>16</b> Roxbury-Benefits Of Eating Kiwi Fruit Madison-Bingo Denville-Detoxify Your Liver With Lemons And Limes Parsippany-Senior Fitness Rockaway-Bingo	<b>17</b> Montville-Blood Pressure Screening Chatham-Oils Provide Essential Nutrients Morristown-Oranges Are High In Calcium, Potassium, Niacin And Magnesium Dover/Jefferson-Bingo	<b>18</b> Rockaway-Pink Grapefruit Blocks Fat Parsippany-Calcium Is Used For Building Bones And Teeth And In Maintaining Bone Mass Roxbury-Top Ten Healthy Ways To Cook Fruits And Vegetables
<b>21</b> Madison-Brighten Your Mood With Apples Dover-Tips To Help You Make Wise Choices From The Protein Foods Group Long Hill-Detoxify Your Liver With Lemons And Limes Parsippany-Senior Fitness	<b>22</b> Chatham-The Super Fruit That Reverses Skin Aging Montville-Thanksgiving Celebration Jefferson-Grapefruit Is High In Potassium Parsippany-Walking Is A Health Booster	<b>23</b> Morristown-Ways To Lower Your Blood Pressure Naturally Madison-Oils Provide Essential Nutrients Denville-Thanksgiving Celebration Parsippany-Senior Fitness Rockaway/Roxbury-Bingo	<b>24</b> All Sites Closed	<b>25</b> All Sites Closed
<b>28</b> Morris Mews-Yogurt Fuels Fat Burn Long Hill-Tips For Making Wise Choices In The Dairy Group Morristown-Tips To Help You Eat More Whole Grains Jefferson-Blood Pressure Screening	<b>29</b> Chester-Keep Your Brain Young With Strawberries Parsippany-Tips To Help You Eat More Fruit Montville-Sundae Fun Day Chatham-Brighten Your Mood With Apples Rockaway/Jefferson-Bingo	<b>30</b> Morristown-Diets Rich In Potassium May Help To Maintain Healthy Blood Pressure Mt. Olive-How Are Oils Different From Fats? Morris Mews-Tips To Help You Eat More Whole Grains	<b>NOVEMBER 2016 ACTIVITIES</b>	