MIDDAY FRIENDSHIP ACTIVITIES DECEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Parsippany-Bingo Butler-Special Nutrients For Older Adults Morris Mews-Storing Fruits And Vegetables For Better Taste Chester-Tips To Avoid Cross-Contamination of Foods	2 Parsippany-Tai Chi Long Hill-Fruits And Vegetables Are Nutritious In Any Form-Fresh, Frozen, Dried And 100% Juice Roxbury-Walking Tips For Older Adults Madison-Bingo
5 Parsippany-Line Dancing Jefferson-Walking Tips For Older Adults Long Hill-Bingo Madison-Basics For Handling Food Safely Denville-Beans Are A Good Source Of Iron	6 Chatham-What Not To Eat For A Good Night's Sleep Montville-Pearl Harbor Remembrance Day Jefferson-Bananas, Cherries, Tomatoes And Sweet Potatoes Are A Good Source of Potassium	7 Parsippany-Senior Fitness Roxbury-Bingo Denville-Pearl Harbor Remembrance Day Butler-Blood Pressure Screening Madison-Bingo	8 Parsippany-Bingo Jefferson-Top Ten Reasons To Eat More Fruits And Vegetables Dover-Cooking With Beans And Basic Chili Recipe Chatham-Spinach And Collard Greens Are High In Calcium	9 Long Hill-Bingo Madison-What Not To Eat For A Good Night's Sleep Denville-Cooking Safely In The Microwave Oven Roxbury-Basic Foods For Cupboard, Fridge And Freezer
12 Parsippany-Line Dancing Long Hill-Bingo Jefferson-Blood Pressure Screening Madison-Bingo Mt. Olive-Apples, Artichokes, Broccoli And Onions Are High In Fiber	13 Parsippany-Falun Gong Jefferson-Exercise Class Rockaway-Cooking With Beans And Basic Chili Recipe Butler-Fruits And Vegetables Are Nutritious In Any Form-Fresh, Frozen, Dried And 100% Juice	14 Parsippany-Senior Fitness Roxbury-Safe Travel Tips For Older Adults Madison-Falls And Fractures Denville-Blood Pressure Screening Morris Mews-Simple Vegetable Soup Recipe	15 Parsippany-Bingo Chatham-Falls And Fractures Chester-Apples, Artichokes, Broccoli And Onions Are High In Fiber Jefferson-Bingo Montville-Beans Are A Good Source Of Iron	16 Parsippany-Tai Chi Madison-Five Steps To Managing Diabetes Denville-Christmas Party Roxbury-Bananas, Cherries, Tomatoes And Sweet Potatoes Are A Good Source of Potassium
19 Parsippany-Line Dancing Long Hill-Bingo Jefferson-Tips To Get A Good Night's Sleep Mt. Olive-Tips To Avoid Cross-Contamination Of Foods Madison-Bingo	20 Parsippany-Falun Gong Jefferson-Exercise Class Montville-Blood Pressure Screening Butler-Ten Warning Signs Of Alzheimer's Disease Morristown-Simple Chicken And Vegetable Soup Recipe	21 Parsippany-Senior Fitness Roxbury-Tips To Get A Good Night's Sleep Denville-Cooking Safely In The Microwave Oven Morris Mews-Bell Peppers And Cauliflower Are High In Vitamin C	22 Parsippany-Bingo Jefferson-Safe Travel Tips For Older Adults Montville-Christmas Party Butler-Current Events Chatham-Basics For Handling Food Safely	23 Long Hill-Carrots, Cantaloupe, Lettuce And Cabbage Are High In Vitamin A Madison-Christmas Celebration Parsippany-Storing Fruits And Vegetables For Better Taste Roxbury-Bingo
26 All Sites Closed	27 Chatham-Five Steps To Managing Diabetes Jefferson-Exercise Class Butler-Signs And Symptoms Of A Heart Attack Montville-Lemons And Limes Are A Good Source Of Vitamin C	28 Parsippany-Blood Pressure Screening Roxbury-Bingo Butler-Blood Pressure Screening Madison-Spinach And Collard Greens Are High In Calcium	29 Parsippany-Bingo Montville-New Year's Celebration Jefferson-Basic Foods For Cupboard, Fridge And Freezer Morristown-Carrots, Cantaloupe, Lettuce And Cabbage Are High In Vitamin A	30 Long Hill-Bingo Madison-New Year's Celebration Roxbury-New Year's Celebration Denville-Lemons And Limes Are A Good Source Of Vitamin C

TAMMI BROWN-DIRECTOR

PLEASE CALL 973-285-6856 FOR THE NUTRITION CENTER NEAR YOU!

MENU IS SUBJECT TO CHANGE