

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MIDDAY FRIENDSHIP ACTIVITIES FEBRUARY 2017

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| | | <p>1 Butler-Blood Pressure Screening Madison-Bingo Roxbury-Benefits of Eating Whole Grains Parsippany-Senior Fitness Mt. Olive-Benefits of Eating Watermelon</p> | <p>2 Butler-Ground Hog Day Chester-Eating Well Promotes Health Jefferson-Benefits of Adding Fiber to Your Diet Parsippany-Bingo Montville-Pomegranates Are a Good Source of Fiber</p> | <p>3 Roxbury-Bingo Madison-Eating Well Promotes Health Long Hill-Ten Ways to Enjoy Apples Parsippany-Tai Chi Butler-Top Ten Ways To Enjoy Strawberries</p> |
| <p>6 Butler-Ways to Lower Your Cholesterol Madison-Bingo and Cards Mt. Olive-Line Dancing Jefferson-Blood Pressure Screening Parsippany-Line Dancing</p> | <p>7 Chatham-Pneumonia Symptoms; Prevention and Care Jefferson-Ways to Follow a Healthy Diet Parsippany-Falun Gong Chester-Bananas Are A Good Source Of Potassium</p> | <p>8 Madison-Pneumonia Symptoms: Prevention and Care Roxbury-Apples Are Fat, Sodium and Cholesterol Free Parsippany-Senior Fitness Denville-Nutrition Benefits Of Eating Blueberries</p> | <p>9 Jefferson-Benefits of Eating Avocado Chester-Benefits of Eating Watermelon Parsippany-Bingo Chatham-Top Ten Ways to Enjoy Raisins</p> | <p>10 Madison-Bingo Roxbury-Beans and Peas Are Unique Foods Long Hill-Bingo Parsippany-Tai Chi Rockaway-Grape Tomatoes Are a Good Source of Vitamin A And Vitamin C</p> |
| <p>13 All Sites Closed</p> | <p>14 Butler-Valentine's Day Celebration Jefferson-Chair Exercise Chatham-Valentine's Day Celebration Parsippany-Falun Gong</p> | <p>15 Butler-Blood Pressure Screening Madison-Bingo Roxbury-The Importance of Adding Fiber to Your Diet Parsippany-Senior Fitness</p> | <p>16 Chatham-Ten Warning Signs of Alzheimer's Disease Jefferson-Beans and Peas Are Unique Foods Parsippany-Bingo Montville-Nutrition Benefits of Eating Blueberries</p> | <p>17 Roxbury-Bingo Madison-Ten Warning Signs of Alzheimer's Disease Long Hill-Bingo Parsippany-Tai Chi Mt. Olive-Bananas Are A Good Source Of Potassium</p> |
| <p>20 All Sites Closed</p> | <p>21 Chatham-Know The Symptoms of Foodborne Illness Jefferson-Chair Exercise Parsippany-Falun Gong Rockaway-Top Ten Ways To Enjoy Cantaloupe</p> | <p>22 Madison-Know The Symptoms of Foodborne Illness Roxbury-Bingo Parsippany-Blood Pressure Screening Morris Mews-Top Ten Ways To Enjoy Strawberries</p> | <p>23 Butler-Current Events Chatham-Birthday Celebration Jefferson-Bingo Dover-Grape Tomatoes Are a Good Source of Vitamin A And Vitamin C Parsippany-Bingo</p> | <p>24 Madison-Top Ten Ways to Enjoy Raisins Parsippany-Tai Chi Long Hill-Bingo Roxbury-Benefits of Eating Avocado Morris Mews-Clementines Are High In Vitamin C</p> |
| <p>27 Parsippany-Line Dancing Long Hill-Bingo Madison-Birthday Celebration Mr. Olive-Line Dancing Jefferson-Bingo Denville-Pomegranates Are A Good Source Of Fiber</p> | <p>28 Butler-Ten Reasons to Eat More Fruits and Vegetables Jefferson-Apples Are Fat, Sodium and Cholesterol Free Parsippany-Falun Gong Morristown-Top Ten Ways To Enjoy Apples</p> | | | |