MIDDAY FRIENDSHIP ACTIVITIES
APRIL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Butler-April Fool's Jokes Madison-Aging And Life Expectancy Denville-April Fool's Day Trivia Dover-Bingo Jefferson-Bingo Mt. Olive-Cut Your Flu Risk In Half Parsippany-Line Dancing	4 Jefferson-Chair Exercise Rockaway-Bingo Butler-Shaking The Salt Habit Morristown-Bingo Morris Mews-Proper Refrigeration Of Foods Chester-Vitamin B2 Supports Nervous System Function Parsippany-Bingo	5 Butler-Blood Pressure Screening Madison-Bingo Roxbury-Be Salt Smart Rockaway-Bingo Denville-The Importance Of Washing Hands And Surfaces Properly Parsippany-Senior Fitness	6 Chatham-Aging And Life Expectancy Dover-Bingo Jefferson-Beans And Peas Are Unique Foods Chester-Cut Your Flu Risk In Half Parsippany-Bingo	7 Long Hill-Take Your Vitamins Daily Butler-Hints For Spring Cleaning Rockaway-Bingo Morristown-Eat To Beat Heartburn Roxbury-Bingo
10 Morristown-Benefit Of Eating Sweet Potatoes Jefferson-Bingo Dover-Cooking Foods To Proper Temperatures Parsippany-Vitamin A Plays A Key Role In Tissue And Skin Repair	11 Jefferson-Chair Exercise Rockaway-Blood Pressure Screening Morristown-Blood Pressure Screening Montville-The Importance Of Washing Hands And Surfaces Properly	12 Madison-Recommended Texts And Procedures For Seniors Denville-Blood Pressure Screening Rockaway-Bingo Butler-Program on Grapes Roxbury-Bingo Parsippany-Senior Fitness	13 Butler-Current Events Montville-Aging Taste Buds And Thirst Dover-Bingo Jefferson-Bingo Chatham-Recommended Texts And Procedures For Seniors Parsippany-Bingo	14 All Sites Closed
17 Long Hill-Yogurt Has Good Bacteria Madison-Healthy Heart Tips Denville-Easter Celebration Dover-Bingo Jefferson-What Foods Are In Vegetable Group Parsippany-Line Dancing	18 Montville-Easter Celebration Butler-The Importance Of Hand Washing Jefferson-Chair Exercise Rockaway-Bingo Morristown-Easter Goodies Morris Mews-Shaking The Salt Habit	19 Butler-Blood Pressure Screening Madison-Bingo Roxbury-Ways To Prevent Cross-Contamination When Preparing Foods Rockaway-Cooking Foods To Proper Temperatures	20 Chatham-Healthy Heart Tips Montville-Blood Pressure Screening Dover-Bingo Morristown-Good Vibes Coloring Jefferson-Bingo Parsippany-Bingo	21 Long Hill-Stimulate Your Mind With Music Rockaway-Bingo Morristown-Seven Super Foods Roxbury-Bingo Mt. Olive-Vitamin B2 Supports Nervous System Function
24 Long Hill-Pets Are Great Company Madison-Cold Or Flu: Antibiotics Don't Work For You Dover-Bingo Jefferson-Ways To Prevent Cross-Contamination When Preparing Foods	25 Butler-Ten Ways To Enjoy Apples Chatham-Birthday Celebration Jefferson-Chair Exercise Rockaway-Bingo Morristown-Ten Ways To Enjoy Avocados	26 Madison-Importance Of Staying Hydrated Denville-Sundae Fun Day Rockaway-Bingo Roxbury-Beans And Peas Are Unique Foods Butler-Vitamin A Plays A Key Role In Tissue And Skin Repair	27 Butler-Nutrition Facts About Lettuce Dover-Bingo Jefferson-Be Salt Smart Chatham-Cold Or Flu: Antibiotics Don't Work For You Morristown-Proper Refrigeration Of Foods	28 Long Hill-Blood Pressure Screening Madison-Bingo Morristown-End Of The Month Party Rockaway-Bingo Parsippany-Tai Chi Roxbury-Bingo

TAMMI BROWN-DIRECTOR

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

MENU IS SUBJECT TO CHANGE