

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Dover-What Counts As A Cup Of Fruit? Butler-Bingo Butler-Fourth of July Celebration Parsippany-Tai Chi Long Hill-Health Benefits Of Eating Strawberries</p>	<p>4 All Sites Closed</p>	<p>5 Morris Mews-Vegetarian Choices In The Protein Foods Group Roxbury-Why It Is Important To Consume Oils Rockaway-Bingo Madison-Bingo Parsippany-Senior Fitness</p>	<p>6 Chester-Different Ways To Prepare Eggplant Chatham-Kiwi Are Rich In Vitamins C & E Jefferson-Diets Rich In Potassium Help To Maintain Healthy Blood Pressure Parsippany-Bingo</p>	<p>7 Long Hill-Dietary Fiber From Fruits Helps Reduce Blood Cholesterol Levels And May Lower The Risk Of Heart Disease Roxbury-Bingo Denville-Beat The Heat Parsippany-Tai Chi</p>
<p>10 Long Hill-Vegetarian Choices In The Protein Foods Group Jefferson-Why It Is Important To Consume Oils Dover-Bingo Butler-Fruits And Veggies On The Go Madison-Bingo Parsippany-Tai Chi</p>	<p>11 Parsippany-Why Is It Important To Make Lean Or Low-Fat Choices From The Protein Foods Group? Rockaway-Bingo Jefferson-Chair Exercise Morristown-Be Salt Smart Montville-Beat The Heat</p>	<p>12 Mt. Olive-Tips To Help You Eat More Vegetables Rockaway-Bingo Roxbury-The Importance Of Potassium In Your Diet Madison-Bingo Denville-Blood Pressure Screening</p>	<p>13 Dover-The Importance Of Eating Whole Grains Jefferson-Bingo Morristown-The Miracle Nerve In Your Body Butler-Potatoes Are A Good Source Of Potassium Parsippany-Bingo</p>	<p>14 Madison-Kiwi Are Rich In Vitamins C & E Rockaway-Bingo Roxbury-Better Nutrition Every Day Butler-Active Care Givers Working With Seniors Parsippany-Tai Chi</p>
<p>17 Mt. Olive-Different Ways To Prepare Eggplant Madison-Why It Is Important To Eat More Vegetables Dover-Bingo Jefferson-Bingo Butler-Sun Safety Parsippany-Tai Chi</p>	<p>18 Chatham-Excessive Daytime Sleepiness Montville-Blood Pressure Screening Parsippany-Bingo Chester-Top Ten Ways To Enjoy Raspberries Rockaway-Bingo</p>	<p>19 Rockaway-Bingo Butler-Brighten Your Mood With Apples Roxbury-Bingo Denville-Sundae Fun Day Madison-Site Picnic Parsippany-Senior Fitness</p>	<p>20 Morristown-Benefits Of Eating Nuts And Seeds Chatham-Why It Is Important To Eat More Vegetables Dover-Bingo Jefferson-The Importance Of Potassium In Your Diet Parsippany-Bingo</p>	<p>21 Long Hill-Why Is It Important To Make Lean Or Low-Fat Choices From The Protein Foods Group? Rockaway-What Counts As A Cup Of Fruit? Roxbury-Bingo Parsippany-Tai Chi</p>
<p>24 Dover-The Importance Of Eating Whole Grains Jefferson-The Importance Of Calcium In Your Diet Denville-Sweet Potatoes Are An Excellent Source of Vitamin A And Calcium Parsippany-Tai Chi Mt. Olive-Site Picnic</p>	<p>25 Parsippany-Benefits of Eating Nuts And Seeds Chester-Tips To Help You Eat More Vegetables Rockaway-Bingo Jefferson-Chair Exercise Butler-Keeping Your Brain Young With Strawberries</p>	<p>26 Morris Mews-Dietary Fiber From Fruits Helps Reduce Blood Cholesterol Levels And May Lower The Risk Of Heart Disease Rockaway-Bingo Roxbury-The Importance Of Calcium In Your Diet</p>	<p>27 Butler-Why Is It Important To Eat Eight Ounces Of Seafood Each Week Jefferson-Better Nutrition Every Day Chatham-Birthday Celebration Montville-Sundae Fun Day Parsippany-Bingo</p>	<p>28 Roxbury-Diets Rich In Potassium Help To Maintain Healthy Blood Pressure Butler-Ten Tips To Make Better Beverage Choices Parsippany-Tai Chi Long Hill-Top Ten Ways To Enjoy Mangos</p>
<p>31 Morristown-Vitamin C Is Important For Growth And Repair Of All Body Tissues Dover-Bingo Madison-Birthday Celebration Jefferson-Bingo Parsippany-Tai Chi</p>	<p>MIDDAY FRIENDSHIP ACTIVITIES JULY 2017</p>			