

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MIDDAY FRIENDSHIP ACTIVITIES</b></p>	<p>1 Morristown-Bingo Butler-Fruits And Veggies On The Go Parsippany-Bingo Jefferson-Chair Exercise Rockaway-Bingo Montville-Keep Hydrated In The Summer</p>	<p>2 Denville-Sesame Oil Soothes Joint Pain Roxbury-Make Better Beverage Choices Rockaway-Bingo Parsippany-Senior Fitness Butler-Health Benefits of Eating Raisins</p>	<p>3 Chester-Site Picnic Parsippany-Bingo Jefferson-Making Better Beverage Choices Dover-Bingo Morristown-Fermented Finds Chatham-Importance Of Fruits And Veggies In Your Diet</p>	<p>4 Long Hill-The Importance Of Using Sunscreen Roxbury-Site Picnic Denville-Keep Hydrated In The Summer Rockaway-Site Picnic Parsippany-Tai Chi Morristown-Bingo</p>
<p>7 Long Hill-The Importance Of Vitamin D In Your Diet Parsippany-Tai Chi Denville-Exercising With Fibromyalgia Jefferson-Bingo Dover-Keep Your Brain Young With Strawberries</p>	<p>8 Butler-Shaking The Salt Habit Parsippany-Bingo Jefferson-Chair Exercise Rockaway-Bingo Morristown-Blood Pressure Screening Chatham-Fight Aging With Fruit</p>	<p>9 Rockaway-Vitamins That Stop Hair Loss Roxbury-Trivia Questions Denville-Blood Pressure Screening Parsippany-Senior Fitness Roxbury-Soothe Tummy Troubles With Seltzer</p>	<p>10 Butler-Sun Safety Parsippany-Bingo Chatham-Cranberries Are High In Fiber Jefferson-Site Picnic Dover-Brighten Your Mood With Apples</p>	<p>11 Morristown-Bingo Long Hill-Walking Is Important For Your Overall Health Roxbury-Bingo Morris Mews-Spinach Is An Excellent Source Of Magnesium</p>
<p>14 Long Hill-Bingo Jefferson-Better Nutrition Every Day Dover-Bingo Morristown-Expiration Dates You Should Never Ignore Denville-Trivia Day Parsippany-Line Dancing</p>	<p>15 Butler-Site Picnic Parsippany-Bingo Jefferson-Chair Exercise Rockaway-Brighten Your Mood With Apples Morristown-Ladies Dress Your Best!</p>	<p>16 Madison-Fight Aging With Fruit Roxbury-Bingo Rockaway-Bingo Mt. Olive-Ginger Controls Cholesterol Parsippany-Senior Fitness Morris Mews-Health Benefits of Eating Raisins</p>	<p>17 Dover-Sesame Oil Soothes Joint Pain Parsippany-Bingo Montville-Site Picnic Jefferson-Bingo Chester-Importance Of Vitamin D In Your Diet</p>	<p>18 Long Hill-The Importance Of Vitamin C In Your Diet Morristown-Bingo Parsippany-Tai Chi Bingo-Better Nutrition Every Day Rockaway-Bingo</p>
<p>21 Long Hill-Bingo Dover-Vitamins That Stop Hair Loss Parsippany-Tai Chi Jefferson-Bingo Madison-Cranberries Are High In Fiber</p>	<p>22 Parsippany-Bingo Jefferson-Chair Exercise Rockaway-Bingo Montville-Exercising With Fibromyalgia Morristown-Bingo</p>	<p>23 Butler-Brighten Your Mood With Apples Parsippany-Senior Fitness Rockaway-Bingo Mt. Olive-Prunes Are High In Anti-Inflammatory And Antioxidant Effects</p>	<p>24 Parsippany-Site Picnic Dover-Bingo Morristown-Bones And Muscles Provide A Lifetime Of Support Montville-Blood Pressure Screening</p>	<p>25 Long Hill-Ginger Can Help Control Cholesterol Morristown-Bingo Roxbury-Trivia Questions Rockaway-Keep Your Brain Young With Strawberries Denville-Sundae Fun Day</p>
<p>28 Long Hill-Blood Pressure Screening Butler-Sooth Your Stomachache With Seltzer Parsippany-Line Dancing Dover-Bingo Jefferson-Soothe Tummy Troubles With Seltzer</p>	<p>29 Parsippany-Bingo Montville-Sundae Fun Day Parsippany-Bingo Chatham-Prunes Are High In Anti-Inflammatory And Antioxidant Effects Morristown-Bingo</p>	<p>30 Parsippany-Blood Pressure Screening Roxbury-Bingo Morris Mews-Shaking The Salt Habit Mt. Olive-Importance Of Vitamin D In Your Diet</p>	<p>31 Butler-The Truth About Bacon Parsippany-Bingo Morris Mews-Birthday Celebration Parsippany-Bingo Morristown-Spinach Is An Excellent Source Of Magnesium</p>	<p><b>AUGUST 2017</b></p>