

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**MIDDAY FRIENDSHIP
ACTIVITIES
SEPTEMBER 2017**

1
Parsippany-Tai Chi
Morristown-What are "Oils"?
Rockaway-Bingo
Long Hill-Site Picnic
Morristown-Low Fat Choices
From The Proteins Food Group

4

All Sites Closed

5
Parsippany-Bingo
Chatham-Easy Ways To Add
Physical Activity To Your Day
Morristown-Bingo
Jefferson-Walking Tape
Exercise
Chester-Importance Of Whole
Grains In Your Diet

6
Parsippany-Senior Fitness
Denville-Health Talk-
Alzheimer's Disease
Madison-Easy Ways To Add
Physical Activity To Your Day
Roxbury-Blood Pressure
Screening
Rockaway-Bingo

7
Parsippany-Bingo
Butler-Super Fruit That
Reverses Skin Aging-
"Pomegranate"
Jefferson-Chair Exercise
Dover-Bingo
Chatham-Tips To Help You Eat
Vegetables

8
Parsippany-Tai Chi
Morristown-Bingo
Morris Mews-Site Picnic
Long Hill-Why It Is So
Important To Eat Fish Each
Week
Denville-Kiwi Are A Good
Source Of Vitamin C

11
Parsippany-Line Dancing
Morristown-13 Things Your
Pharmacist Won't Tell You
Butler-Keeping Your Brain
Young
Madison-Five Super Foods For
Your Heart
Dover-Bingo

12
Morristown-Blood Pressure
Screening
Montville-Health Talk-
Alzheimer's Disease
Jefferson-Walking Tape
Exercise
Rockaway-Blood Pressure
Screening

13
Parsippany-Senior Fitness
Denville-Blood Pressure
Screening
Butler-Brighten Your Mood
With Apples
Madison-Bingo & Cards
Roxbury-Healthy Eating For An
Active Lifestyle

14
Parsippany-Bingo
Montville-States Trivia Quiz-
"Alabama"
Chatham-Five Super Foods For
Your Heart
Jefferson-Chair Exercise
Butler-Fall Clean Up!
Dover-Bingo

15
Parsippany-Tai Chi
Morristown-Bingo
Long Hill-Enjoy Life To Live
Longer
Roxbury-Potatoes Are A Good
Source Of Fiber
Rockaway-Bingo

18
Parsippany-Line Dancing
Butler-Soothe Tummy Troubles
With Seltzer
Jefferson-Healthy Eating For An
Active Lifestyle
Dover-Bingo
Long Hill-Vitamin C Is
Important For All Body Repair

19
Parsippany-Bingo
Montville-Blood Pressure
Screening
Morristown-Bingo
Chatham-Important To Handle
Leftovers With Care
Jefferson-Bingo
Rockaway-Bingo

20
Parsippany-Senior Fitness
Roxbury-Bingo
Butler-Eating Fruits And
Vegetables May Reduce Risk
For Heart Attack And Stroke
Rockaway-Bingo
Mt. Olive-Importance Of
Whole Grains In Your Diet

21
Parsippany-Bingo
Morristown-Surprisingly
Ordinary Allergy Triggers
Jefferson-Potatoes Are A Good
Source Of Fiber
Dover-Bingo
Chatham-What Counts As a
Cup Of Fruit?

22
Parsippany-Tai Chi
Morristown-Bingo
Madison-Important To Handle
Leftovers With Care
Roxbury-Be Food Safe
Rockaway-Bingo
Morris Mews-Vitamin A Keeps
Eyes And Skin Healthy

25
Parsippany-Line Dancing
Denville-States Trivia Quiz-
"Alabama"
Madison-Signs And Symptoms
Of A Heart Attack
Jefferson-Kiwi Are A Good
Source Of Vitamin C
Dover-Bingo

26
Parsippany-Bingo
Chatham-Signs And Symptoms
Of A Heart Attack
Morristown-Bingo
Jefferson-Walking Tape
Exercise
Rockaway-Bingo

27
Parsippany-Senior Fitness
Madison-Tips To Help You Eat
Vegetables
Roxbury-Bingo
Chatham-What Counts As a
Cup Of Fruit?
Rockaway-Bingo

28
Parsippany-Bingo
Butler-The Truth About Bacon
Jefferson-Chair Exercise
Dover-Bingo
Morris Mews-Eating Fruits And
Vegetables May Reduce Risk
For Heart Attack And Stroke

29
Parsippany-Tai Chi
Morristown-Birthday
Celebration
Madison-Bingo
Long Hill-Importance Of
Potassium In Your Diet
Rockaway-Bingo