

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Jefferson-Why It Is Important To Eat Fresh Fruit Madison-Five Foods That Lower Cholesterol Butler-Apples Are Full Of Antioxidants Long Hill-Importance of Hydration</p>	<p>3 Morris Mews-Chair Exercise Morristown-Bingo Chatham-Brussel Sprouts Are A Good Source Of Iron Parsippany-Bingo Montville-Squash Is An Excellent Source Of Vitamin A Jefferson-Bingo</p>	<p>4 Morris Mews-Blood Pressure Screening Roxbury-Blood Pressure Screening Madison-Bingo Parsippany-Senior Fitness Butler-Five Superfoods For Your Heart</p>	<p>5 Morris Mews-Keep Your Brain Young By Eating Strawberries Morristown-When Medication Makes Sense Jefferson-Chair Exercise Chatham-Five Foods That Lower Cholesterol Parsippany-Bingo</p>	<p>6 Morris Mews-Foods That Burn Fat Denville-Care One Program On Graceful Aging Madison-Bingo Parsippany-Tai Chi Long Hill-Benefits Of Eating Apples</p>
<p>9  All Sites Closed</p>	<p>10 Morris Mews-Chair Exercise Morristown-Blood Pressure Screening Jefferson-Bingo Montville-State Trivia Quiz On Arizona Chatham-The Benefits Of Extra Virgin Olive Oil</p>	<p>11 Morris Mews-Gentle Yoga Roxbury-Why It Is Important To Eat Fruit Denville-Blood Pressure Screening Madison-Bingo Parsippany-Senior Fitness</p>	<p>12 Morris Mews-Ten Reasons To Eat More Fruits And Vegetables Morristown-Bingo Jefferson-Why It Is Important To Consume Oils Parsippany-Bingo Butler-The Importance Of Hand Washing</p>	<p>13 Morris Mews-Foods That Lower Blood Pressure Roxbury-Bingo Madison-The Benefits Of Extra Virgin Olive Oil Parsippany-Tai Chi Butler-Facts About Good And Bad Cholesterol</p>
<p>16 Morris Mews-Detoxify Your Liver With Lemons And Limes Morristown-Eating For Better Mood Parsippany-Line Dancing Madison-Bingo Long Hill-Benefits of Whole Grains In Your Diet</p>	<p>17 Morris Mews-Chair Exercise Morristown-Bingo Montville-Care One Program On Graceful Aging Jefferson-Bingo Butler-The Importance Of Protein In Your Diet Parsippany-Bingo</p>	<p>18 Morris Mews-Gentle Yoga Roxbury-Bingo Madison-The Importance Of Water In Your Diet Parsippany-Senior Fitness Madison-Parsnips Are Rich In Potassium</p>	<p>19 Morris Mews-Food To Eat For A Better Mood Morristown-Bingo Jefferson-Chair Exercise Chatham-The Importance Of Water In Your Diet Parsippany-Bingo</p>	<p>20 Morris Mews-Fruit And Vegetable Storage Tips Roxbury-Why It Is Important To Consume Oils Madison-Bingo Parsippany-Tai Chi Denville-Squash Is An Excellent Source Of Vitamin A</p>
<p>23 Morris Mews-Lower Blood Pressure Naturally Jefferson-Blood Pressure Screening Madison-Bingo Parsippany-Line Dancing Butler-Importance Of Fiber In Your Diet</p>	<p>24 Morris Mews-Chair Exercise Morristown-Bingo Chester-Pears Are A Good Source Of Vitamin C Jefferson-Bingo Chester-Five Superfoods For Your Heart Parsippany-Bingo</p>	<p>25 Morris Mews-Gentle Yoga Roxbury-Bingo Parsippany-Senior Fitness Madison-Bingo Butler-Home Food Safety Tips Madison-Brussel Sprouts Are A Good Source Of Iron</p>	<p>26 Morristown-Bingo Morris Mews-Reduce Your Stroke Risk By Eating Oranges Jefferson-Bingo Montville-Blood Pressure Screening Chatham-Birthday Celebration Parsippany-Bingo</p>	<p>27 Morris Mews-Importance Of Whole Grains In Your Diet Morristown-Storing Fresh Fruits And Veggies For Better Taste Denville-State Trivia Quiz On Arkansas Madison-Birthday Celebration</p>
<p>30 Jefferson-Bingo Denville-Halloween Party Parsippany-Line Dancing Butler-Potatoes Are A Good Source Of Fiber Mt. Olive-Eating Cauliflower May Lower Your Cholesterol</p>	<p>31 Morris Mews-Chair Exercise Morristown-Birthday Celebration Jefferson-Bingo Montville-Halloween Party Chatham-Halloween Celebration</p>	<p><b>MIDDAY FRIENDSHIP ACTIVITIES OCTOBER 2017</b></p>		