

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

MIDDAY FRIENDSHIP ACTIVITIES NOVEMBER 2017

1
Butler-Wash Your Hands Often
Morris Mews-Gentle Yoga
Parsippany-Senior Fitness
Madison-Bingo
Roxbury-Bingo
Rockaway-Bingo

2
Morris Mews-Keep Your Brain Young By Eating Strawberries
Parsippany-Bingo
Jefferson-Bingo
Dover-Bingo
Chester-Food For A Better Mood
Parsippany-Bingo

3
Mt. Olive-Bingo
Morris Mews-Foods That Burn Fat
Parsippany-Tai Chi
Madison-Bingo
Roxbury-Bingo
Rockaway-Bingo

6
Mt. Olive-Line Dancing
Parsippany-Line Dancing
Madison-How Much Protein Do You Need On A Daily Basis?
Morris Mews-Foods That Lower Blood Pressure
Jefferson-Bingo
Dover-Bingo

7

All Sites Closed

8
Morris Mews-Gentle Yoga
Parsippany-Senior Fitness
Madison-Bingo
Denville-Blood Pressure Screening
Roxbury-Be Food Safe
Rockaway-Bingo

9
Morris Mews-Ten Reasons To Eat More Fruit
Parsippany-Bingo
Chatham-How Much Protein Do You Need On A Daily Basis?
Jefferson-Healthy Eating For An Active Lifestyle
Dover-Bingo

10

All Sites Closed

13
Mt. Olive-Line Dancing
Butler-Thanksgiving Celebration
Morris Mews-Detoxify Your Liver With Lemons And Limes
Parsippany-Line Dancing
Madison-Bingo & Cards
Jefferson-Bingo
Dover-Bingo

14
Morris Mews-Chair Exercise
Parsippany-Bingo
Jefferson-Bingo
Rockaway-Bingo

15
Butler-Preventing Injuries
Morris Mews-Gentle Yoga
Parsippany-Senior Fitness
Madison-Home Safety Checklist
Roxbury-Bingo
Rockaway-Bingo

16
Chester-Signs And Symptoms Of A Heart Attack
Morris Mews-Foods For A Better Mood
Parsippany-Bingo
Montville-Sundae Fun Day
Jefferson-Bingo
Dover-Bingo

17
Morris Mews-Fruit And Vegetable Storage Tips
Parsippany-Tai Chi
Madison-Bingo
Roxbury-Healthy Eating For A Healthy Lifestyle
Rockaway-Bingo

20
Mt. Olive-Line Dancing
Butler-Staying Warm In Cold Weather
Morris Mews-Lower Blood Pressure Naturally
Parsippany-Line Dancing
Madison-Birthday Celebration
Dover-Bingo

21
Chester-Bingo
Morris Mews-Chair Exercise
Parsippany-Bingo
Montville-Blood Pressure Screening & Thanksgiving Celebration
Jefferson-Bingo
Rockaway-Bingo

22
Morris Mews-Gentle Yoga
Parsippany-Senior Fitness
Madison-Bingo
Denville-Thanksgiving Celebration
Roxbury-Make Half Of Your Grains Whole
Rockaway-Bingo

23

All Sites Closed

24

All Sites Closed

27
Mt. Olive-Line Dancing
Morris Mews-Importance Of Whole Grains In Your Diet
Parsippany-Line Dancing
Madison-How Aging Affects Your Driving
Jefferson-Bingo
Dover-Bingo

28
Butler-Eating Healthy During The Holidays
Morris Mews-Chair Exercise
Parsippany-Bingo
Chatham-Birthday Celebration
Jefferson-Make Half Of Your Grains Whole
Rockaway-Bingo

29
Mt. Olive-Bingo
Morris Mews-Gentle Yoga
Parsippany-Senior Fitness
Madison-Bingo
Denville-Sundae Fun Day
Roxbury-Bingo
Rockaway-Bingo

30
Morris Mews-Reduce Your Stroke Risk By Eating Oranges
Parsippany-Bingo
Jefferson-Be Food Safe
Dover-Bingo

TAMMI BROWN - DIRECTOR**PLEASE CALL 973-285-6856 FOR THE NUTRITION CENTER NEAR YOU!****MENU IS SUBJECT TO CHANGE**