

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>All Sites Closed</p>	<p>2</p> <p>Jefferson-Chair Exercise Butler-New Year Celebration Chatham-Tips To Help You Quit Emotional Eating Chester-Reduce Your Stroke Risk With Oranges Morristown-Food Safety Tips</p>	<p>3</p> <p>Jefferson-Chair Exercise Butler-New Year Celebration Chatham-Tips To Help You Quit Emotional Eating Chester-Reduce Your Stroke Risk With Oranges Morristown-Food Safety Tips</p>	<p>4</p> <p>Jefferson-Tips For Making Wise Protein Food Choices Montville-Trivia Day Dover-Spinach Controls Glucose Chatham-Strengthen Your Defenses With Apples Chester-Bingo</p>	<p>5</p> <p>Roxbury-Blood Pressure Screening Butler-Blood Pressure Screening Madison-Tips To Help You Quit Emotional Eating Long Hill-Tuna Reduces Hunger Pangs</p>
<p>8</p> <p>Jefferson-Blood Pressure Screening Madison-Five Ways To Boost Your Concentration Long Hill-Health Benefits Of Dairy Products Mt. Olive-Line Dancing</p>	<p>9</p> <p>Jefferson-Chair Exercise Morristown-Blood Pressure Screening Butler-Healthy Eating Tips Chester-Bingo Morris Mews-Ten Ways To Cook Fruits And Vegetables</p>	<p>10</p> <p>Roxbury-Bingo Denville-Blood Pressure Screening Madison-Health Benefits Of Drinking Green Tea Parsippany-Board Games Mt. Olive-What Foods Are Considered Grains?</p>	<p>11</p> <p>Jefferson-Pink Grapefruit Blocks Fat Dover-Importance of Grains In Your Diet Chatham-Five Ways To Boost Your Concentration Chester-Cranberries May Lower Your Risk Of Type 2 Diabetes</p>	<p>12</p> <p>Roxbury-Bingo Denville-Keeping Healthy In Cold Weather Madison-Bingo Parsippany-Ways To Lower Your Blood Pressure Naturally</p>
<p>15</p> <p>All Sites Closed</p>	<p>16</p> <p>Jefferson-Chair Exercise Chatham-Home Safety Checklist Butler-Food Safety Tips Montville-Detoxify Your Liver With Lemons And Limes Morris Mews-Tuna Reduces Hunger Pangs</p>	<p>17</p> <p>Roxbury-Bingo Chatham-Home Safety Checklist Butler-Food Safety Tips Montville-Detoxify Your Liver With Lemons And Limes Morris Mews-Tuna Reduces Hunger Pangs</p>	<p>18</p> <p>Jefferson-Chair Exercise Montville-Stay Hydrated This Winter Chatham-Walking Is A Health-Boosting Wonder Chester-What Foods Are Considered Grains?</p>	<p>19</p> <p>Roxbury-Tips For Making Wise Protein Food Choices Parsippany-Birthday Celebration Madison-Bingo Denville-The Truth About Bacon</p>
<p>22</p> <p>Jefferson-Bingo Denville-Trivia Day Madison-Bingo Parsippany-Crossword Puzzles Dover-Ways To Lower Your Blood Pressure Naturally Mt. Olive-Line Dancing</p>	<p>23</p> <p>Jefferson-Chair Exercise Morristown-Remedies To Believe In Butler-Safety Tips In Cold Weather Chatham-Birthday Celebration Chester-Bingo</p>	<p>24</p> <p>Roxbury-Pink Grapefruit Blocks Fat Parsippany-Healthy Bones Madison-Strengthen Your Defenses With Apples Mt. Olive-Reduce Your Stroke Risk With Oranges</p>	<p>25</p> <p>Jefferson-Chair Exercise Morristown-Grocery Shopping Tips Butler-Chair Exercise Chatham-Protecting Yourself From The Flu Montville-The Truth About Bacon Chester-Bingo</p>	<p>26</p> <p>Roxbury-Birthday Celebration Madison-Protecting Yourself From The Flu Rockaway-Health Benefits Of Dairy Products Mt. Olive-Game Day</p>
<p>29</p> <p>Jefferson-Birthday Celebration Madison-Birthday Celebration Mt. Olive-Cranberries May Lower Your Risk Of Type 2 Diabetes Denville-The Truth About Bacon Mt. Olive-Line Dancing</p>	<p>30</p> <p>Montville-Blood Pressure Screening Butler-Skin Conditioners Rockaway-Health Benefits Of Drinking Green Tea Glucose Chester-Bingo</p>	<p>31</p> <p>Roxbury-Bingo Butler-Easy Ways To Boost Brainpower Madison-Health Benefits Of Eating Apples Mt. Olive-Garlic Lowers Blood Pressure</p>	<p>MIDDAY FRIENDSHIP ACTIVITIES JANUARY 2018</p>	