

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**MIDDAY FRIENDSHIP
ACTIVITIES
FEBRUARY 2018**

1
Jefferson-Brussel Sprouts Are A Good Source Of Vitamin C
Montville-Groundhog Day Trivia
Morristown-Your Doctor May Be Wrong
Chester-Bingo

2
Denville-Groundhog Day Trivia
Butler-How Much Food From The Dairy Group Is Needed Daily?
Long Hill-Grapefruit Is High In Potassium

5
Jefferson-Bingo
Butler-Food Safety Tips
Denville-Presidential Trivia
Madison-What To Do About Flu
Mt. Olive-Line Dancing
Dover-Tips To Help You Eat More Fruits

6
Jefferson-Bingo
Morristown-Blood Pressure Screening
Chester-Bingo
Chatham-Facts About Some Commonly Eaten Oils
Rockaway-Benefits Of Eating Apples

7
Roxbury-Blood Pressure Screening
Madison- Facts About Some Commonly Eaten Oils
Denville-Top Ten Ways To Cook Fruits And Vegetables

8
Jefferson-Bingo
Butler-Shopping Tips
Chester-Bingo
Morristown-Oranges Are High In Folate, Calcium, Potassium, Thiamin, Niacin And Magnesium

9
Roxbury-Blood Pressure Screening
Madison-Bingo & Cards
Mt. Olive-Build A Healthy Eating Style
Long Hill-Fruit And Vegetable Storage 101

12

Lincoln's Birthday
All Sites Closed

13
Jefferson-Bingo
Butler-The Importance Of Washing Your Hands
Montville-Mardi Gras
Chatham-Valentine's Celebration
Chester-Wear Red: Valentine Celebration

14
Roxbury/Butler/Madison- Valentine's Day Celebration
Denville-Blood Pressure Screening
Morristown-Valentine Goodies
Mt. Olive-Wear Red Or Pink: Valentine Celebration

15
Jefferson-Bingo
Montville-Valentine's Day Celebration
Chester-Tie Die Thursday
Chatham-What To Do About Flu
Morris Mews-Fruit And Vegetable Storage 101

16
Roxbury-Bingo
Denville-Valentine's Day Celebration
Morristown-Windowsill Ginger
Madison-Bingo
Mt. Olive-Wear Red And Gold For Mt. Olive Marauders

19

President's Day
All Sites Closed

20
Jefferson-Bingo
Butler-Chair Exercises
Chatham-Birthday Celebration
Chester-Build A Healthy Eating Style
Morris Mews-Grapefruit Is High In Potassium

21
Roxbury-Brussel Sprouts Are A Good Source Of Vitamin C
Madison-Best Juices For Your Health
Rockaway-Tips To Help You Eat More Fruits

22
Jefferson-Bingo
Butler-Cold Weather Tips
Montville-Blood Pressure Screening
Chatham-Best Juices For Your Health
Chester-Bingo

23
Roxbury-Bingo
Morristown-Spice Up Your Health
Madison-Bingo
Mt. Olive-Sing Along With Margaret And Peter
Rockaway-Facts About Diabetes

26
Jefferson-Bingo
Madison-Birthday Celebration
Mt. Olive-Line Dancing
Parsippany-Oranges Are High In Folate, Calcium, Potassium, Thiamin, Niacin And Magnesium

27
Jefferson-Bingo
Butler-Current Events
Chatham-Ten Quick Ways To Relax
Chester-Bingo
Montville-Top Ten Ways To Cook Fruits And Vegetables

28
Roxbury-Bingo
Butler-Taking Care Of Your Health
Madison-Bingo
Morristown-How Much Food From The Dairy Group Is Needed Daily?