

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

## MIDDAY FRIENDSHIP ACTIVITIES MARCH 2018

**1**  
Chester-Bingo  
Dover-Bingo  
Butler-The Importance Of Exercise  
Jefferson-Bingo  
Montville-Cabbage Is High In Vitamin C

**2**  
Roxbury-Blood Pressure Screening  
Rockaway-Bingo  
Denville-Overcoming Roadblocks To Healthy Eating  
Long Hill-Grapefruit Is High In Potassium

**5**  
Mt. Olive-Line Dancing  
Madison-Top Ten Ways To Cook Fruits And Vegetables  
Dover-Bingo  
Jefferson-Blood Pressure Screening  
Morristown-Tips To Help You Eat More Fruit

**6**  
Chester-Bingo  
Jefferson-Chair Exercise  
Rockaway-Bingo  
Butler-Let's Improve Healthy Habits  
Parsippany-Tips To Eat A Healthier Diet

**7**  
Madison- Why Is It Important To Eat Fruit?  
Roxbury-Blood Pressure Screening  
Rockaway-Bingo  
Butler-Tips For Making Wise Dairy Food Choices

**8**  
Chester-Bingo  
Chatham-Top Ten Ways To Cook Fruits And Vegetables  
Dover-Cauliflower Is High In Fiber  
Morris Mews-Brussel Sprouts Are A Good Source of Vitamin A

**9**  
Rockaway-Bingo  
Madison-Foods Considered To Be High In Protein  
Roxbury-Ten Reasons To Eat More Fruits And Vegetables  
Mt. Olive-Beans And Peas Are Unique Foods

**12**  
Madison-Bingo  
Morristown-Tips To Relieve Dry Eyes  
Dover-Bingo  
Butler-The Importance Of Preventative Health Care  
Jefferson-Bingo

**13**  
Chester-Bingo  
Chatham-Why Is It Important To Eat Fruit?  
Rockaway-Blood Pressure Screening  
Jefferson-Chair Exercise  
Morristown-Bingo

**14**  
Mt. Olive-Egg Coloring  
Madison-Bingo  
Butler-The Importance Of Hand Washing  
Denville-Blood Pressure Screening  
Roxbury-Bingo

**15**  
Chester-Bingo  
Montville-St. Patrick's Day Celebration  
Dover-Bingo  
Jefferson-Ten Reasons To Eat More Fruits And Vegetables

**16**  
Mt. Olive-Wear Green  
Butler-St. Patrick's Day Celebration  
Roxbury-Bingo  
Denville-St. Patrick's Day Celebration  
Parsippany-Birthday Celebration

**19**  
Morris Mews-Bell Peppers Are A Good Source of Vitamin C  
Jefferson-Bingo  
Butler-Ways To Reduce Sodium In Your Diet  
Parsippany-Health Benefits Of Eating Apples

**20**  
Chester-Bingo  
Montville-Spring Fling  
Rockaway-Bingo  
Jefferson-Chair Exercise  
Chatham-Foods Considered To Be High In Protein  
Parsippany-Crossword Puzzles

**21**  
Mt. Olive-Importance of Having Proper Posture To Avoid Balance Issues  
Madison-Why Is It Important To Eat Whole Grains?  
Rockaway-Bingo  
Parsippany-Arts & Crafts

**22**  
Chester-Egg Coloring  
Chatham-Birthday Celebration  
Jefferson-Bingo  
Morris Mews-Tips To Help You Eat More Fruit  
Montville-Overcoming Roadblocks To Healthy Eating

**23**  
Madison-Bingo  
Morris Mews-Tips For Making Wise Dairy Food Choices  
Rockaway-Cauliflower Is High In Fiber  
Long Hill-Kiwi Is Rich In Vitamin E

**26**  
Mt. Olive-Line Dancing  
Madison-Birthday Celebration  
Dover-Bingo  
Butler-Home Food Safety Tips  
Jefferson-Bingo  
Morristown-Brussel Sprouts Are A Good Source Of Vitamin A

**27**  
Chester-Easter Celebration  
Chatham-Symptoms Of Diabetes  
Rockaway-Bingo  
Jefferson-Chair Exercise  
Montville-Blood Pressure Screening

**28**  
Mt. Olive-Easter Celebration  
Madison-Symptoms Of Diabetes  
Rockaway-Bingo  
Denville-Cabbage Is High In Vitamin C  
Roxbury-Bingo

**29**  
Jefferson-Birthday Celebration  
Chatham-Why Is It Important To Eat Whole Grains?  
Chester-Beans And Peas Are Unique Foods  
Morristown-Cauliflower Is High In Fiber

**30**  
  
  
  
  
  
  
  
  
  
All Sites Closed

TAMMI BROWN-DIRECTOR

PLEASE CALL 973-285-6856 FOR THE NUTRITION CENTER NEAR YOU!

MENU IS SUBJECT TO CHANGE