

| MONDAY                                                                                                                                                                                 | TUESDAY                                                                                                                                                                                                 | WEDNESDAY                                                                                                                                                                                              | THURSDAY                                                                                                                                                                             | FRIDAY                                                                                                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>2<br/>Morristown-Spinach Is The Superfood<br/>Denville-Joke Day<br/>Jefferson-Walking In Place Exercise DVD<br/>Dover-Bingo<br/>Madison-Stay Safe During Spring Weather Hazards</p> | <p>3<br/>Morristown-Bingo<br/>Butler-Smart Snack Strategies<br/>Chester-Bingo<br/>Montville-Joke Day<br/>Jefferson-Bingo<br/>Chatham-How Can I Eat Carbs Without Gaining Weight?<br/>Rockaway-Bingo</p> | <p>4<br/>Mt. Olive-Birthday Celebration<br/>Roxbury-Facts About Carbohydrates<br/>Rockaway-Bingo<br/>Madison-Bingo &amp; Cards<br/>Denville-Garlic Quiets The Brain's Tension Center</p>               | <p>5<br/>Jefferson-Walking In Place Exercise DVD<br/>Dover-Bingo<br/>Chatham-Stay Safe During Spring Weather Hazards<br/>Chester-Citrus Calms Your Central Nervous System</p>        | <p>6<br/>Morristown-I Need More Energy<br/>Roxbury-Health Benefits Of Condiments<br/>Rockaway-Bingo<br/>Long Hill-Have A Protein Shake Instead Of A Milkshake<br/>Madison-Bingo</p>          |
| <p>9<br/>Mt. Olive-Line Dancing<br/>Jefferson-Health Benefits Of Condiments<br/>Dover-Bingo<br/>Madison-Prevent A Vitamin B12 Deficiency<br/>Long Hill-Get Rid Of Stagnant Water</p>   | <p>10<br/>Morristown-Blood Pressure Screening<br/>Chester-Bingo<br/>Jefferson-Walking In Place Exercise DVD<br/>Rockaway-Blood Pressure Screening</p>                                                   | <p>11<br/>Morristown-Find Your Happy<br/>Denville-Blood Pressure Screening<br/>Roxbury-Trivia<br/>Rockaway-Bingo<br/>Morris News-Facts About Saturated Fats<br/>Madison-Bingo</p>                      | <p>12<br/>Jefferson-Walking In Place Exercise DVD<br/>Dover-Carrots Relax A Tense Body<br/>Chatham-Prevent A Vitamin B12 Deficiency<br/>Butler-Foods High In Protein</p>             | <p>13<br/>Morristown-Bingo<br/>Roxbury-Bingo<br/>Long Hill-Eat Fish Tacos Instead of Beef For A Healthier You<br/>Rockaway-Bingo<br/>Madison-How Can I Eat Carbs Without Gaining Weight?</p> |
| <p>16<br/>Mt. Olive-Line Dancing<br/>Jefferson-Walking In Place Exercise DVD<br/>Dover-Bingo<br/>Long Hill-Ways To Lower Blood Pressure<br/>Madison-Bingo</p>                          | <p>17<br/>Morristown-Bingo<br/>Chester-Bingo<br/>Montville-Keeping Fit By Keeping Active<br/>Jefferson-What Is Fiber?<br/>Rockaway-Bingo<br/>Chatham-Combating Allergy Season</p>                       | <p>18<br/>Roxbury-Trivia<br/>Rockaway-Bingo<br/>Madison-Combating Allergy Season<br/>Butler-Facts About Unsaturated Fats<br/>Denville-Importance Of Vitamin A In Your Diet</p>                         | <p>19<br/>Morristown-The Lowdown On Generics<br/>Montville-Blood Pressure Screening<br/>Jefferson-Walking In Place Exercise DVD<br/>Dover-Bingo<br/>Chatham-Birthday Celebration</p> | <p>20<br/>Morristown-Bingo<br/>Mt. Olive-Going Back to the 1950's Celebration<br/>Roxbury-Bingo<br/>Long Hill-Peaches Are A Good Source Of Vitamin C<br/>Rockaway-Bingo</p>                  |
| <p>23<br/>Mt. Olive-Line Dancing<br/>Jefferson-Walking In Place Exercise DVD<br/>Dover-Bingo<br/>Madison-What Fish Oil Does For Your Health<br/>Long Hill-The Truth About Bacon</p>    | <p>24<br/>Morristown-Bingo<br/>Chester-Bingo<br/>Montville-Garlic Quiets The Brain's Tension Center<br/>Jefferson-Facts About Carbohydrates<br/>Rockaway-Carrots Relax A Tense Body</p>                 | <p>25<br/>Roxbury-The Wonderful Sweet Potato<br/>Rockaway-Bingo<br/>Madison-Birthday Celebration<br/>Denville-Keeping Fit By Keeping Active<br/>Mt. Olive-Citrus Calms Your Central Nervous System</p> | <p>26<br/>Jefferson-Walking In Place Exercise DVD<br/>Dover-Bingo<br/>Chester-Food Nutrition Labeling<br/>Parsippany-Smart Snack Strategies<br/>Chatham-Foods High In Protein</p>    | <p>27<br/>Morristown-Birthday Celebration<br/>Roxbury-Trivia<br/>Rockaway-Bingo<br/>Long Hill-Blood Pressure Screening<br/>Madison-Bingo</p>                                                 |
| <p>30<br/>Long Hill-What is Fiber?<br/>Jefferson-Trivia<br/>Madison-Keeping Fit By Keeping Active<br/>Parsippany-Walking In Place Exercise DVD<br/>Morristown-Joke Day</p>             |                                                                                                                                                                                                         | <p><b>MIDDAY FRIENDSHIP<br/>ACTIVITIES<br/>APRIL 2018</b></p>                                                                                                                                          |                                                                                                                                                                                      |                                                                                                                                                                                              |