

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**MIDDAY FRIENDSHIP
ACTIVITIES
JUNE 2018**

1
Long Hill- Omega 3 Fats Good For Blood
Rockaway-Bingo
Madison-10 Reasons To Eat More Fruits And Vegetables
Morristown- Site Picnic "Country Theme"

4
Long Hill-Bingo
Dover-Bingo
Mt. Olive-Line Dancing
Madison-Bingo
Denville-Preventing Heat Stroke
Morris Mews-Getting More Nutrition From Vegetables

5
Rockaway-Bingo
Chester-Bingo
Chatham-Stay Safe During Summer Weather Hazards
Morristown-Bingo
Jefferson-Cauliflower High In Fiber

6
Rockaway-Bingo
Mt. Olive-Food Nutrition Labeling
Madison-Bingo
Parsippany-Color Therapy
Roxbury-Bingo
Morris Mews-Food Safety Tips

7
Dover-Bingo
Chatham-10 Reasons To Eat More Fruits And Vegetables
Morristown-6 Swaps For More Fiber
Jefferson-Why Is It Important To Eat Fruit

8
Long Hill-Vitamin B12 Who's At Risk For Deficiency
Rockaway-Bingo
Madison-Stay Safe During Summer Weather Hazards
Morristown-Bingo
Roxbury-Bingo

11
Long Hill-Bingo
Dover-Bingo
Mt. Olive-Line Dancing
Morristown-Stay Safe During Summer Weather Hazards
Parsippany-Creating Healthy Habits
Butler-Five Ways To Boost Your Concentration

12
Rockaway-Bingo & Blood Pressure Screening
Chester-Bingo
Morristown-Bingo & Blood Pressure Screening
Butler-20 Foods High In Vitamin A
Morris Mews-Ways To Lower Your Blood Pressure Naturally

13
Rockaway-Bingo
Denville-Blood Pressure Screening & Site Picnic
Madison-Bingo
Roxbury-Bingo
Morris Mews-Tips For Making Wise Protein Food Choices
Morristown-Tuna Reduces Hunger Pangs

14
Dover-Bingo
Jefferson-Grapefruit High In Potassium
Montville-Flag Day Celebration
Butler-Getting More Nutrition From Vegetables
Morristown-Benefits of Apple Cider Vinegar Myth or Reality

15
Long Hill-20 Foods High In Vitamin A
Rockaway-Bingo
Mt. Olive-Movie Day
Madison-Bingo
Morristown-Bingo
Parsippany-Board Games
Denville-Father's Day Celebration

18
Long Hill-Bingo
Dover-Bingo
Mt. Olive-Line Dancing
Madison-Combating Allergy Season
Morristown-Keeping Fit By Keeping Active

19
Rockaway-Bingo
Chester-Bingo
Morristown-Bingo
Jefferson-Tips To Relive Dry Eyes
Denville-Father's Day Celebration

20
Rockaway-Bingo
Madison/Chatham-Site Picnic
Morristown-20 Foods High In Vitamin A
Roxbury-Bingo
Butler-Keeping Fit By Keeping Active

21
Dover-Bingo
Chester-Movie Day
Chatham-Combating Allergy Season
Montville-Blood Pressure Screening
Jefferson-Bingo

22
Long Hill-Bingo
Rockaway-Bingo
Madison-Bingo
Morristown-Bingo
Morris Mews-Eat More Fruit
Roxbury-Bingo

25
Long Hill-Vitamin C And Potassium
Dover-Bingo
Mt. Olive-Line Dancing
Madison-Bingo
Morris Mews-Facts About Carbohydrates

26
Rockaway-Bingo
Chester-Bingo
Chatham- Water: Meeting Your Daily Fluid Needs
Morristown-Bingo
Parsippany-20 Foods High In Vitamin A

27
Rockaway-Bingo
Madison-Water: Meeting Your Daily Fluid Needs
Roxbury-Bingo
Parsippany-Vitamin B12 Who's at Risk For Deficiency

28
Dover-Bingo
Jefferson-Bingo
Morris Mews-Chair Exercise
Butler-Reduce Your Stroke Risk With Oranges
Morristown-Five Ways To Boost Your Concentration

29
Long Hill- Bingo & Blood Pressure Screening
Rockaway-Bingo
Madison-Vitamin C And Potassium
Morristown-Bingo
Parsippany-Birthday Celebration