

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Madison- Bingo Jefferson- Bingo Mt. Olive- Line dancing Parsippany- Card Games Dover- Bingo Long Hill- Bingo Denville-Facts About Veggies</p>	<p>3 Jefferson- Bingo Chester- Bingo Rockaway- Bingo Chatham-Foods Considered To Be High In Protein Morristown-Bingo Butler-Chair Exercise</p>	<p>4 INDEPENDENCE DAY! ALL SITES CLOSED</p>	<p>5 Chatham- Nutrition Myths Jefferson- Bingo Dover-Bingo Butler-Overcoming Roadblocks To Healthy Eating Parsippany-Best Juices For Your Health</p>	<p>6 Madison- Nutrition Myths Roxbury- Bingo & Blood Pressure Screening Rockaway- Bingo Long Hill- Bingo Morristown-Carrots Saves Eyesight</p>
<p>9 Madison-Tips To Relieve Dry Eyes Jefferson- Bingo & Blood Pressure Screening Mt. Olive- Line Dancing Dover- Bingo Long Hill- Chestnuts Protect Your Health Morris Mews-Symptoms Of Diabetes</p>	<p>10 Jefferson- Bingo Chester- Bingo Rockaway-Blood Pressure Screening Morristown- Blood Pressure Screening Parsippany-Why Is It Important To Eat Whole Grains? Butler-Tips For Making Wise Dairy Food Choices</p>	<p>11 Madison- Bingo Roxbury- Bingo & Healthy Meal Cooking Rockaway- Bingo Mt. Olive-Tips For Making Wise Dairy Food Choices Morris Mews-Grapefruit Is High In Potassium Parsippany-Beans And Peas Are Unique Foods</p>	<p>12 Chatham- Keep An Eye On Your Eyes Jefferson- Bingo Chester- Game Day Dover- Bingo Morristown-Cauliflower Is High In Fiber Morris Mews-Kiwi Is Rich In Vitamin E Montville-Choose Healthy Fats</p>	<p>13 Madison- Bingo Roxbury- Bingo Parsippany- Board Games Rockaway- Bingo Long Hill- Bingo Morris Mews-Artichokes Battles Diabetes Denville-Ten Quick Ways To Relax Butler-Vitamin C Functions</p>
<p>16 Madison- Bingo Jefferson- Bingo Mt. Olive- Line Dancing Dover- Bingo Long Hill- Vitamin C Food Sources</p>	<p>17 Chatham- Creating Healthy Habits Jefferson- Bingo Chester- Bingo Rockaway- Bingo Butler-Food Safety Tips</p>	<p>18 Madison- Creating Healthy Habits Roxbury- Bingo Rockaway- Bingo Morristown- Coping With Arthritis</p>	<p>19 Jefferson- Bingo Dover- Bingo Chatham-Why Is It Important To Eat Whole Grains? Chester-Food Safety Tips Montville-20 Foods High In Vitamin A</p>	<p>20 Madison- Bingo Roxbury- Bingo Mt. Olive-Sing Along With Margaret & Peter Rockaway- Bingo Long Hill- Bingo</p>
<p>23 Madison- Bingo Jefferson- Bingo Mt. Olive- Line dancing Dover- Bingo Morristown- Food Safety Tips Long Hill- Why Some Fat Is Good</p>	<p>24 Jefferson- Bingo Chester- Bingo Rockaway- Bingo Parsippany-Handwashing Tips Montville-Grapefruit Is High In Potassium Butler-Choose Healthy Fats</p>	<p>25 Madison- Birthday Celebration Roxbury- Bingo Parsippany- Color Therapy Rockaway- Bingo Morristown-Food Safety Tips Denville-Healthy Bones Morris Mews-Vitamin C Butler-Foods High In Protein</p>	<p>26 Chatham- Birthday Celebration Jefferson- Bingo Dover- Bingo Chester-Vitamin B-12 & Potassium Montville-Handwashing Tips Morristown-Foods High In Fats Butler-Healthy Eating Tips</p>	<p>27 Madison- Bingo Roxbury- Bingo Mt. Olive-Site Picnic Rockaway- Bingo Long Hill- Bingo Parsippany-Food Safety Tips Morris Mews-Cauliflower Is High In Fiber</p>
<p>30 Madison- Bingo Jefferson- Bingo Mt. Olive- Line Dancing Dover- Bingo Long Hill-Handwashing Tips Denville-Grapefruit Is High In Potassium</p>	<p>31 Jefferson- Bingo Chester- Bingo Rockaway- Bingo Parsippany-Birthday Celebration Morris Mews-Top Ten Ways To Cook Fruits And Vegetables Chatham-Build A Healthy Eating Style</p>	<p>MIDDAY FRIENDSHIP ACTIVITIES JULY 2018</p>		