

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MIDDAY FRIENDSHIP ACTIVITIES AUGUST 2018

		<p>1 Rockaway-Bingo Roxbury-Bingo Madison-Preventing Weight Gain Denville-Sesame Oil Soothes Joint Pain Butler-Health Benefits of Eating Raisins</p>	<p>2 Chester- National Ice Cream Sandwich Day Morristown- Keep Hydrated In the Summer Dover-Bingo Jefferson- Bingo. Chatham- Preventing Weight Gain</p>	<p>3 Long Hill-Yogurt Help With Protein Denville-Vita Minute Health Information Rockaway-Site Picnic Roxbury-Site Picnic Madison-Bingo Morristown-Bingo</p>
<p>6 Long Hill-Hand Washing Tips Mt. Olive-Line Dancing Parsippany-Card Games Dover- Bingo Jefferson-Bingo Madison- 21 Tips For Traveling With Diabetes Butler-Soothe Tummy Troubles With Seltzer</p>	<p>7 Chester-Bingo Rockaway-Bingo Jefferson-Bingo Chatham-21 Tips For Traveling With Diabetes Morristown-Bingo Butler-Importance Of Vitamin D In Your Diet Morris Mews-Trivia Questions</p>	<p>8 Denville-Blood Pressure Screening Morristown-What Is Toxoplasmosis Parsippany-Card Games Rockaway-Bingo Roxbury-Bingo Madison-Bingo Butler-Chair Exercise</p>	<p>9 Parsippany-Aden Courts Memory Care Dover-Bingo Jefferson-Site Picnic Chester-The Importance Of Vitamin D In Your Diet Morristown-Ginger Can Help Control Cholesterol Chatham-Trivia Questions</p>	<p>10 Long Hill-Cauliflower Pizza High In Fiber Mt. Olive-National S'mores Day Rockaway-Bingo Roxbury-Bingo Madison-International Dancers Show Morris Mews-Board Games</p>
<p>13 Long Hill-Grapefruit High In Potassium Mt. Olive-Line Dancing Dover-Bingo Jefferson-Bingo Madison-Bingo Morristown-Sun Safety</p>	<p>14 Chester-Bingo Montville-Vita Minute Health Information Rockaway-Blood Pressure Jefferson-Bingo Butler-Site Picnic Morris Mews-Food Safety Tips</p>	<p>15 Mt. Olive-Tribute To Elvis Parsippany-Color Therapy Rockaway-Bingo Roxbury-Bingo Madison-Know The Facts About Heart Disease Morristown-Senior Fitness</p>	<p>16 Dover-Bingo Jefferson-Bingo Chatham-Know The Facts About Heart Disease Montville-Spinach Is An Excellent Source Of Magnesium Butler-Fight Aging With Fruit</p>	<p>17 Long Hill-Bingo Butler-Brighten Your Mood With Apples Parsippany-Trivia Questions Rockaway-Bingo Roxbury-Bingo Madison-Bingo</p>
<p>20 Long Hill-Five Ways To Cook Vegetables Mt. Olive-Line Dancing Parsippany-Card Games Dover-Bingo Jefferson-Bingo Madison-Physical Activity For A Healthy Weight</p>	<p>21 Chester-Bingo Morristown-The Good Side Of Cholesterol Rockaway-Bingo Jefferson-Bingo Chatham-Physical Activity For A Healthy Weight Butler-The Truth About Bacon</p>	<p>22 Denville-Healthy & Satisfying Substitutes Parsippany-Board Games Rockaway-Bingo Roxbury-Bingo Madison- Bingo Morristown-Better Nutrition Every Day</p>	<p>23 Chester-Site Picnic Montville-Blood Pressure Screening Dover-Bingo Jefferson-Bingo Chatham-Birthday Celebration Morris Mews-Board Games</p>	<p>24 Long Hill-Bingo Parsippany-Card Games Rockaway-Bingo Roxbury-Bingo Madison-Bingo Morristown-Bingo Butler-Keep Hydrated In The Summer</p>
<p>27 Long Hill-Watermelon Help With Potassium Mt. Olive-Line Dancing Parsippany-Card Games Dover-Bingo Jefferson-Bingo Madison-Bingo</p>	<p>28 Chester-Bingo Rockaway-Bingo Jefferson-Calcium In Your Diet Chatham-Key Facts About Influenza Butler-Food Safety Tips Montville-Artichokes Battles Diabetes</p>	<p>29 Mt. Olive-Screening For Hearing Rockaway-Bingo Roxbury-Bingo Madison-Birthday Celebration Parsippany-Board Games Morris Mews-The Importance Of Using Sunscreen</p>	<p>30 Dover-Bingo Jefferson-Bingo Montville-Cranberries Are High In Fiber Butler-Fight Aging With Fruit Morristown-Keep Your Brain Young With Strawberries Parsippany-Sun Safety</p>	<p>31 Long Hill-Food Safety Tips Denville-Ice Cream Social & Barbershop Quartet Parsippany-Birthday Celebration Rockaway-Bingo Roxbury-Bingo Madison- Flu Facts</p>

TAMMI BROWN - DIRECTOR

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

MENU IS SUBJECT TO CHANGE