

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

# MIDDAY FRIENDSHIP ACTIVITIES SEPTEMBER 2016

<b>MIDDAY FRIENDSHIP ACTIVITIES SEPTEMBER 2016</b>					<b>1</b> <b>Morris Mews-Signs of Heatstroke</b> <b>Butler-Brussel Sprouts Are A Good Source Of Potassium</b> <b>Chatham-The Importance Of Staying Hydrated</b> <b>Chester-Facts About Eggplant</b>	<b>2</b> <b>Morristown-Site Picnic</b> <b>Morris Mews-Exercise To Balance Blood Sugar</b> <b>Madison-Bingo</b> <b>Butler-What To Eat For Healthier Hair</b> <b>Long Hill-Bingo</b>
<b>5</b>  <b>All Sites Closed</b>	<b>6</b> <b>Morristown-Blood Pressure With Nurse</b> <b>Butler-Labor Day Celebration</b> <b>Morris Mews-Chair Exercise</b> <b>Chatham-Cabbage Is Rich In Vitamin C</b> <b>Montville-Sweet Potatoes Are High In Vitamin A</b>	<b>7</b> <b>Madison-Bingo</b> <b>Morris Mews-Eat Fish To Live Longer</b> <b>Butler-Car Fit Program</b> <b>Parsippany-Potatoes Are High In Potassium And Vitamin C</b> <b>Roxbury-The Importance Of Fiber In Your Diet</b>	<b>8</b> <b>Chatham-Symptoms Of Thyroid Disorder</b> <b>Montville-Balance/Weakness Screening</b> <b>Morris Mews-Foods And Flatulence-Getting Gas Under Control</b>	<b>9</b> <b>Morris Mews-Take A Hike-Improve Your Sleep And Self Confidence</b> <b>Madison-Bingo</b> <b>Parsippany-Facts About Diabetes</b> <b>Long Hill-Picnic</b>		
<b>12</b> <b>Morris Mews-Health Benefits Of Eating Blueberries</b> <b>Madison-Bingo &amp; Cards</b> <b>Butler-Home Food Safety Program</b> <b>Long Hill-Salmon And Tuna Help Reduce Your Risk Of Diabetes</b>	<b>13</b> <b>Chatham-How Many Calories Do Seniors Need?</b> <b>Montville-Sundae Fun Day</b> <b>Morris Mews-Chair Exercise</b> <b>Chester-Cauliflower Is High In Fiber</b> <b>Jefferson-Kiwi Is Rich In Vitamin E</b>	<b>14</b> <b>Madison-How Many Calories Do Seniors Need?</b> <b>Denville-Blood Pressure Screening</b> <b>Morristown-Easy Protection Against Alzheimer's Disease</b> <b>Morris Mews-Why Ice Cream Makes You Happy</b>	<b>15</b> <b>Butler-Getting Ready For Fall</b> <b>Morris Mews-Yogurt Is Full Of Good Bacteria</b> <b>Morristown-Oranges Are High In Calcium, Potassium, Thiamin, Niacin And Magnesium</b>	<b>16</b> <b>Morris Mews-Pokeno</b> <b>Madison-Cabbage Is Rich In Vitamin C</b> <b>Long Hill-Bingo</b> <b>Roxbury-Kiwi Is Rich In Vitamin E</b> <b>Mt. Olive-Facts About Eggplant</b>		
<b>19</b> <b>Morris Mews-Carrots Help To Prevent Constipation</b> <b>Madison-Bingo</b> <b>Denville-Be Salt Smart</b> <b>Long Hill-Bingo</b> <b>Morristown-Potatoes Are High In Potassium And Vitamin C</b>	<b>20</b> <b>Chatham-Food With Probiotics</b> <b>Butler-Importance of Potassium In Your Diet</b> <b>Morris Mews-Brussel Sprouts Are A Good Source Of Potassium</b> <b>Montville-Sweet Potatoes Are High In Vitamin A</b>	<b>21</b> <b>Morris Mews-What To Eat For Healthier Hair</b> <b>Madison-Bingo</b> <b>Butler-Car Fit Program</b> <b>Butler-The Importance Of Staying Hydrated</b>	<b>22</b> <b>Montville-Blood Pressure Screening</b> <b>Morris Mews-It's Never Too Late To Start Exercising</b> <b>Parsippany-The Importance Of Fiber In Your Diet</b>	<b>23</b> <b>Madison-Food With Probiotics</b> <b>Long Hill-Bingo</b> <b>Morris Mews-Pokeno</b> <b>Parsippany-Oranges Are High In Calcium, Potassium, Thiamin, Niacin And Magnesium</b>		
<b>26</b> <b>Madison-Birthday Celebration</b> <b>Long Hill-Bingo</b> <b>Morris Mews-Soup Is A Great Way To Eat More Vegetables</b> <b>Denville-Grapefruit Is A Good Source Of Vitamin C</b> <b>Jefferson-The Importance Of Fiber In Your Diet</b>	<b>27</b> <b>Chatham-Birthday Celebration</b> <b>Montville-How Can I Lower My Cholesterol?</b> <b>Morristown-Ways To Lower Your Cholesterol Naturally</b> <b>Morris Mews-Chair Exercise</b>	<b>28</b> <b>Madison-The Importance Of Staying Hydrated</b> <b>Morris Mews-Learn Something New Every Day</b> <b>Morristown-Facts About Diabetes</b>	<b>29</b> <b>Butler-Power Up With A Good Breakfast</b> <b>Morris Mews-A Little Sunlight Will Lift Your Mood</b> <b>Montville-Grapefruit Is A Good Source Of Vitamin C</b>	<b>30</b> <b>Madison-Bingo</b> <b>Denville-Sundae Fun Day</b> <b>Long Hill-Bingo</b> <b>Morris Mews-Red Wine And Heart Health</b> <b>Mt. Olive-Cauliflower Is High In Fiber</b>		

**TAMMI BROWN-DIRECTOR****PLEASE CALL 973-285-6856 FOR THE NUTRITION CENTER NEAR YOU!****MENU IS SUBJECT TO CHANGE**