BINGOcize®

Bingo + Trivia + Exercise

PRIZES & FUN

- BingoCize® is a health promotion program that combines the game of bingo with inclusive exercises for everyone! Come play bingo and meet new people while learning about how to reduce your risk of experiencing a fall.
- BINGOCIZE® IS EXERCISE FOR YOUR MIND, BODY, AND SPIRIT!

LOCATION: Senior & Family Services

WHEN: 10 a.m. on the following dates:

April 29

May 1, 4, 8, 11, 15, 18, 22, 29

June 1, 5, 8, 12, 15, 17, 26, 29

July 6, 8 & 10

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