

Are you tired of traditional exercise programs that are not enjoyable and ready to try something NEW and FUN? Join us and come play...



Bingocize® offers you a unique solution that combines exercise, health education, and the familiar game of bingo in a fun way to get you moving and socializing.

The goals of the program are to help you:

- Improve and/or maintain your mobility and independence
- Learn and use health information focused on falls reduction and other health-related behaviors
- Engage with other older adults in social settings or virtually

Who can participate?

The program targets sedentary older adults at all ability levels, in a variety of settings, including nursing facilities, assisted living, independent living, and community senior centers.

What are the benefits of participating?

- Improved lower/upper body strength, gait, balance, and range of motion
- Improved cognitive function
- Increased social engagement
- Improved knowledge of falls risk reduction and other important health topics

We have three modules from which to choose (also available in Spanish)

- Exercise Only OR
- Falls Prevention OR
- Nutrition

How long is it? Participants play Bingocize® for one hour 2 times per week for 10 weeks.

How can I participate? Bingocize® can be played from the comforts of your home or in a traditional face-to-face setting.

How do I join a class? Call the number below or email for more information.