

## EXERCISE ONLY - SESSION 1 (Leader)

**BINGO ROLLS (3)** 

\*\*Remember to print Exercise Only Take-Home Card (week 1) to give to each participant after the session today!!\*\*

### Read aloud to the participants:

Over our next several weeks, we will have fun <u>playing</u> Bingocize<sup>®</sup>. We'll play bingo and do a few simple exercises that will improve your mental and physical health. Did you know?

- For a healthy heart, exercise or be physically active for at least 30 minutes on most or all days of the week. Follow a heart-healthy diet, and keep a healthy weight.
- You can take small steps to prevent or delay the onset of type 2 diabetes such as being active and making smart food choices. If you already have type 2 diabetes, exercise and physical activity can help you manage the disease and help you stay healthy longer.
- Regular exercise can reduce arthritis-related joint pain and stiffness. It also can help with losing weight, which reduces stress on the joints.
- Your bones and muscles will be stronger if you are physically active. Weight-bearing exercises done three to four times per week can help prevent osteoporosis.

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Being more physically active will make you feel better!!

Source: National Institute on Aging, 2019

**BINGO ROLLS (3)** 

BINGO ROLLS (3)	
Morning Walk Seated	30 seconds
<ul> <li>While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Tie Your Shoes Seated	30 seconds
<ul> <li>Begin in a seated position with both legs straight and heels touching the floor. Slow towards the front of your leg, keeping both legs straight. Lower both feet back to t position.</li> </ul>	

BINGO ROLLS (3)	
Top Shelf Reach Seated	30 seconds
<ul> <li>Begin by sitting on the edge of the chair, feet hip-width apart on the floor. Keep you Place one hand on the side of the chair for support. Breathe in, and sweep the opport the side and up overhead. Breathe out as you continue the motion, moving through finally into a side bend. Pause, breathe in, and return back to the starting position. opposite side.</li> </ul>	osite arm out to In full range and
Trunk Rotation Seated	30 seconds
<ul> <li>Sit on the edge of the chair, with feet on the floor, shoulder-width apart. Squeeze y blades slightly together. Reach your arms out to the sides, as if making a "T", while your shoulder blades together. Twist your upper body to the right and pulse, gently three times into spinal rotation. Exhale with each pulse. Inhale and return to center the left.</li> </ul>	still squeezing v pushing further
BINGO ROLLS (3)	
Toes to the Sky Seated	30 seconds
<ul> <li>Begin in a seated position with good posture, eyes facing forward, palms on your th hip-width apart. Extend your right foot. Slowly return to starting position and repeat foot.</li> </ul>	-
Chair Stands	30 seconds
<ul> <li>To decrease difficulty:</li> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> <li>To increase difficulty:</li> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> <li>As you move upward, maintain a neutral spine by moving head, neck, and spine together.</li> <li>hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and from moving beyond toes. Stay under control as you return to the seated position.</li> </ul>	
BINGO ROLLS (3)	
Stiff Arthur's Hip Seated	30 seconds
<ul> <li>Shift weight to the right hip, and lift left hip off the chair. Shift your weight to the le your right hip off the chair.</li> </ul>	ft hip, and lift
Seated Balance Exercises	30 seconds
<ul> <li>Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to seves closed while moving head up and down.</li> </ul>	side. Sit with

BINGO ROLLS (3)	
Vorning Walk Seated	30 second
<ul> <li>While in the seated position, begin walking in place. The pace will be a linwalking. If you can, on every step raise the knee so that the hip and knee degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Side Steps Seated	30 second
<ul> <li>Begin in a seated position with feet together and hands on your thighs. F ground, and step as far to the right as you can without leaving your chair back together between each side step. Now repeat with the left foot.</li> </ul>	
BINGO ROLLS (3)	
humb to Fingers	30 seconds
your thumb across your palm, touching the tip of your thumb to the bot you can't make your thumb touch, just stretch as far as you can. Return	vour thumb to the starting
<ul> <li>you can't make your thumb touch, just stretch as far as you can. Return position. Repeat multiple times with each hand.</li> <li>Table Roll</li> <li>Roll the hand therapy ball with your fingertips to the ball. Then repeat the stretch as far as you can. Return the stretch as far as you can</li></ul>	30 seconds
you can't make your thumb touch, just stretch as far as you can. Return position. Repeat multiple times with each hand.	30 seconds
you can't make your thumb touch, just stretch as far as you can. Return position. Repeat multiple times with each hand. Table Roll • Roll the hand therapy ball with your fingertips to the ball. Then repeat the times on each hand. BINGO ROLLS (3) Trunk Rotation Seated	30 seconds
<ul> <li>you can't make your thumb touch, just stretch as far as you can. Return y position. Repeat multiple times with each hand.</li> <li>Table Roll <ul> <li>Roll the hand therapy ball with your fingertips to the ball. Then repeat the times on each hand.</li> </ul> </li> <li>BINGO ROLLS (3)</li> </ul>	30 seconds ne exercise multiple 30 seconds Squeeze your shoulder "T", while still squeezing ulse, gently pushing furthe
<ul> <li>you can't make your thumb touch, just stretch as far as you can. Return y position. Repeat multiple times with each hand.</li> <li>Table Roll         <ul> <li>Roll the hand therapy ball with your fingertips to the ball. Then repeat the times on each hand.</li> <li>BINGO ROLLS (3)</li> <li>Trunk Rotation Seated</li> <li>Sit on the edge of the chair, with feet on the floor shoulder-width apart. blades slightly together. Reach your arms out to the sides, as if making a your shoulder blades together. Twist your upper body to the right and put three times into spinal rotation. Exhale with each pulse. Inhale and returned to the side of the chair.</li> </ul> </li> </ul>	30 seconds ne exercise multiple 30 seconds Squeeze your shoulder "T", while still squeezing ulse, gently pushing furthe

BINGO ROLLS (3)	
Tie Your Shoes Seated	30 seconds
<ul> <li>Begin in a seated position with both legs straight and heels touching the floor. Slowly towards the front of your leg, keeping both legs straight. Lower both feet back to the position.</li> </ul>	
Goodbye, Neighbor! Standing	30 seconds
<ul> <li>Stand. Then turn to the person on each side of you and shake their hand or give ther hug!</li> </ul>	n a big
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

\*\*Remember to give your participants their Bingocize® Take-Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\*



#### EXERCISE ONLY - SESSION 2 (Leader) BINGO ROLLS (3)

### Read aloud to the participants:

The takeaway message from our first session was <u>exercise can improve your health</u>. Our time together will be centered on four types of exercise: endurance, strength, balance, and flexibility exercises.

- 1. <u>Endurance exercise</u> builds up your energy storage so you can have a greater capacity to do daily tasks.
- 2. <u>Strength exercises</u> help to build those muscles of yours. Strong muscles are essential to helping you get up from a chair by yourself, lift your grandchildren, or walk through the park.
- 3. <u>Balancing exercises</u> have a hand in preventing falls, helping you stand with more confidence, and helping you walk with less assistance.
- 4. <u>Flexibility and range of motion exercises</u> will aid you in moving around more freely, and with less pain or stiffness.

We will learn more about each of these four types of exercise over the next few weeks.

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't
  raise your arm over shoulder height, etc.

As we dive into these exercises, it is important to push yourself, but make sure to find a pace that makes you "feel good". Our main goal is to have fun!

Source: National Council on Aging, 2017

**BINGO ROLLS (3)** 30 seconds Morning Walk Seated • While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. • To increase difficulty, pump arms back and forth. Tie Your Shoes Seated 30 seconds Begin in a seated position with both legs straight and heels touching the floor. Slowly raise both feet towards the front of your leg, keeping both legs straight. Lower both feet back to the starting position. BINGO ROLLS (3) Top Shelf Reach Seated 30 seconds Begin by sitting on the edge of the chair, feet hip-width apart on the floor. Keep your spine erect. Place one hand on the side of the chair for support. Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side.

Trunk Rotation Seated	30 seconds
• Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze yo	ur shoulder
blades slightly together. Reach your arms out to the sides, as if making a "T", while s	• •
your shoulder blades together. Twist your upper body to the right and pulse, gently	
three times into spinal rotation. Exhale with each pulse. Inhale and return to center	r, then repeat to
the left.	
BINGO ROLLS (3)	
Toes to the Sky Seated	30 seconds
<ul> <li>Begin in a seated position with good posture, eyes facing forward, palms on your thi</li> </ul>	-
hip-width apart. Extend your right foot. Slowly return to starting position and repeat	t with your left
foot.	
Chair Stands	30 seconds
<ul> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width ap</li> </ul>	art.
To decrease difficulty:	
<ul> <li>Push up with hands on seat/arms of wheelchair</li> </ul>	
<ul> <li>Use cane or walker</li> </ul>	
To increase difficulty:	
<ul> <li>Cross arms across chest when standing</li> </ul>	
<ul> <li>Hold weight between hands</li> </ul>	
As you move upward, maintain a neutral spine by moving head, neck, and spine together. N	
knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and kee	p knees from
moving beyond toes. Stay under control as you return to the seated position.	
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BINGO ROLLS (3) Stiff Arthur's Hip Seated	30 seconds
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<ul> <li>Stiff Arthur's Hip Seated <ul> <li>Shift weight to the right hip, and lift left hip off of the chair. Shift your weight to the lift your right hip off of the chair.</li> </ul> </li> <li>Seated Balance Exercises <ul> <li>Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to si eyes closed while moving head up and down.</li> </ul> </li> <li>BINGO ROLLS (3) Morning Walk Seated <ul> <li>While in the seated position, begin walking in place. The pace will be a little quicker walking. If you can, on every step, raise the knee so that the hip and knee both reach degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul> </li> <li>Side Steps Seated <ul> <li>Begin in a seated position with feet together and hands on your thighs. Raise your ri ground and step as far to the right as you can without leaving your chair. Your feet s</li> </ul></li></ul>	left hip, and 30 seconds ide. Sit with 30 seconds than h near 90 30 seconds ght foot off the
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BINGO ROLLS (3)	
humb to Fingers	30 seconds
<ul> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs your thumb across your palm, touching the tip of your thumb to the bottom of you can't make your thumb touch, just stretch as far as you can. Return your the position. Repeat multiple times with each hand.</li> </ul>	your small finger. If
able Roll	30 seconds
• Roll the hand therapy ball with your fingertips to the ball. Then repeat the exerc times on each hand.	cise multiple
BINGO ROLLS (3)	
runk Rotation Seated	30 seconds
blades slightly together. Reach your arms out to the sides, as if making a "T", wh your shoulder blades together. Twist your upper body to the right and pulse, ge three times into spinal rotation. Exhale with each pulse. Inhale and return to ce the left.	ntly pushing furthe
reaststroke Seated	30 seconds
hands in front of the chest, reaching forward. Perform a breaststroke, turning ha down to palms up. Arms should move horizontally. Lift the chest, shoulder blade back while squeezing them together. Breathe out as you return to the start posi	es are down and
BINGO ROLLS (3)	
ïe Your Shoes Seated	30 seconds
<ul> <li>Begin in a seated position with both legs straight and heels touching the floor. Sl feet towards the front of your leg, keeping both legs straight. Lower both feet ba position.</li> </ul>	•
li, Neighbor! Seated	30 seconds
• With straight posture, slowly and gently turn your head toward the left. Hold for seconds. Repeat with the right side. Do not hyperextend your head!	r a few
EVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	



### EXERCISE ONLY - SESSION 3 (Leader)

**BINGO ROLLS (3)** 

\*\*Remember to print Exercise Only Take-Home Card (week 2) to give to each participant after the session today!!\*\*

**Read aloud to the participants:** Out walking with friends, doing chores around the house, and dancing to the beat of your favorite song are all examples of endurance exercises that can strengthen your heart and lungs so you have more energy to carry out your everyday activities.

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

You may feel a little sore from last week... But that's perfectly normal! Your body is already starting to adjust and get stronger. We will now begin to increase the amount of time we exercise. Although it is good to push yourself, you should do so at a pace that makes you "feel good". Now, let's have some fun!

BINGO ROLLS (3)	
Morning Walk Seated	40 seconds
<ul> <li>While in the seated position, begin walking in place. The pace will be a little quicker If you can, on every step, raise the knee so that the hip and knee both reach near 90 increase difficulty, pump arms back and forth.</li> </ul>	-
Spell Your Name Seated	40 seconds
<ul> <li>Begin in a seated position with feet hip-width apart. Raise one leg off the ground, ke at a 90 degree angle. With your ankle only, spell your name. Repeat with the oppos</li> </ul>	
BINGO ROLLS (3)	
Top Shelf Reach Seated	40 seconds

Trunk Rotation Seated	40 seconds
<ul> <li>Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeez blades slightly together. Reach your arms out to the sides, as if making a "T", wh your shoulder blades together. Twist your upper body to the right and pulse, ge three times into spinal rotation. Exhale with each pulse. Inhale and return to certhe left.</li> </ul>	nile still squeezing ntly pushing further
BINGO ROLLS (3)	
Cueing Drill (make sure participants spread out)	40 seconds
<ul> <li>Begin in the standing position. Take one step forward. Take one step backward. face the opposite direction. Turn around to the starting position. Crouch down we bent. Place your hands on your knees. Stand up tall and clap your hands ten time right foot up, and hold. Stand with your left foot up, and hold. Step your right for reach up with your left arm. Step with your left foot forward, and reach with you your feet back together, and your arms to your sides. Raise up on your toes. And head to the right. Return to the center. Turn your head to the left. And return to</li> </ul>	with your knees es. Stand with your oot forward, and ur right arm. Bring d lower. Turn your
hair Stands	40 seconds
<ul> <li>O Use cane or walker</li> <li>Fo increase difficulty:</li> <li>O Cross arms across chest when standing</li> <li>O Hold weight between hands</li> <li>As you move upward, maintain a neutral spine by moving head, neck, and spine togethe</li> <li>nee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and</li> <li>noving beyond toes. Stay under control as you return to the seated position.</li> </ul>	
BINGO ROLLS (3)	
Chest Press Seated	40 seconds
<ul> <li>Place the resistance band behind your upper back. Position your arms out to yo parallel to the ground, with a slight bend. Slowly bring your hands together, wh maintaining the same slight bend in the arms. Once both of your hands come in return to the starting position. For more resistance, grab the resistance band its</li> </ul>	ile also contact, slowly
Seated Balance Exercises	40 seconds
<ul> <li>Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side eyes closed while moving head up and down</li> </ul>	to side. Sit with

BINGO ROLLS (3)	
Norning Walk Seated	40 second
<ul> <li>While in the seated position, begin walking in place. The pace will be a littl walking. If you can, on every step raise the knee so that the hip and knee k degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	•
ide Steps Seated	40 second
<ul> <li>Begin in a seated position with feet together and hands on your thighs. Ra ground, and step as far to the right as you can without leaving your chair.</li> <li>back together between each side step. Now repeat with the left foot.</li> </ul>	
BINGO ROLLS (3)	
humb to Fingers	40 seconds
<ul> <li>Start with your hand in a neutral, relaxed position with your fingers and th your thumb across your palm, touching the tip of your thumb to the botto you can't make your thumb touch, just stretch as far as you can. Return yo position. Repeat multiple times with each hand.</li> </ul>	om of your small finger. If
-Grip	40 second
<ul> <li>Start by holding your hand and fingers straight and close together. Gently into a "C" shape, as if your hand is wrapped around a can. Moving slowly a your hand to the starting position. Then repeat the exercise multiple times</li> </ul>	and smoothly, return
BINGO ROLLS (3)	
runk Rotation Seated	40 seconds
• Sit on the edge of the chair, with feet on the floor shoulder-width apart. So blades slightly together. Reach your arms out to the sides, as if making a " your shoulder blades together. Twist your upper body to the right and puls three times into spinal rotation. Exhale with each pulse. Inhale and return the left.	r", while still squeezing se, gently pushing further
reaststroke Seated	40 second
• Sit on the edge of your chair. Sit tall with the crown of the head high. Lift y hands in front of the chest, reaching forward. Perform a breaststroke, turn	-

BINGO ROLLS (3)	
Tie Your Shoes Seated	40 seconds
<ul> <li>Begin in a seated position with both legs straight and heels touching the floor. Slow towards the front of your leg, keeping both legs straight. Lower both feet back to th position.</li> </ul>	
Hi, Neighbor! Seated	40 seconds
• With straight posture, slowly and gently turn your head toward the left. Hold for a f	few
seconds. Repeat with the right side. Do not hyperextend your head!	
EVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

\*\*Remember to give your participants their Bingocize® Take-Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\*



### EXERCISE ONLY - SESSION 4 (Leader)

**BINGO ROLLS (3)** 

#### Read aloud to the participants:

You may still feel a little sore and tired, but hang in there. You are already getting stronger and your fitness is getting better! Remember from our last session:

- Endurance exercise is one of the four pillars of physical fitness.
- These are activities can be done over short periods of time like walking, dancing, or household chores.
- This type of exercise can make everyday activities feel less tiring.

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't
  raise your arm over shoulder height, etc.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good".

Source: National Council on Aging, 2018

**BINGO ROLLS (3)** 

40 seconds

• While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth.

Spell Your Name Seated

Morning Walk Seated

40 seconds

40 seconds

• Begin in a seated position with feet hip-width apart. Raise one leg off the ground, keeping the knee at a 90 degree angle. With your ankle only, spell your name. Repeat with the opposite leg.

**BINGO ROLLS (3)** 

Top Shelf Reach Seated

• Begin by sitting on the edge of the chair, feet hip-width apart on the floor. Keep your spine erect. Place one hand on the side of the chair for support. Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side.

Trunk Rotation Seated	40 seconds
<ul> <li>Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze you blades slightly together. Reach your arms out to the sides, as if making a "T", while st your shoulder blades together. Twist your upper body to the right and pulse, gently p three times into spinal rotation. Exhale with each pulse. Inhale and return to center, t the left.</li> </ul>	ill squeezing ushing further
BINGO ROLLS (3)	
Cueing Drill (make sure participants spread out)	40 seconds
<ul> <li>Begin in the standing position. Take one step forward. Take one step backward. Turn face the opposite direction. Turn around to the starting position. Crouch down with y bent. Place your hands on your knees. Stand up tall and clap your hands ten times. St right foot up, and hold. Stand with your left foot up, and hold. Step your right foot for reach up with your left arm. Step with your left foot forward, and reach with your righ your feet back together, and your arms to your sides. Raise up on your toes. And lowe head to the right. Return to the center. Turn your head to the left. And return to the opposite the stand to the right. Return to the center. Turn your head to the left.</li> </ul>	our knees and with your rward, and nt arm. Bring er. Turn your
Chair Stands	40 seconds
<ul> <li>To decrease difficulty:</li> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> <li>To increase difficulty:</li> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> <li>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Mo hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep moving beyond toes. Stay under control as you return to the seated position.</li> </ul>	•
BINGO ROLLS (3)	
Chest Press Seated	40 seconds
<ul> <li>Place the resistance band behind your upper back. Position your arms out to your sid parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in conta return to the starting position. For more resistance, grab the resistance band itself.</li> </ul>	0
Seated Balance Exercises	40 seconds
<ul> <li>Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to sid eyes closed while moving head up and down</li> </ul>	le. Sit with

BINGO ROLLS (3)	
Morning Walk Seated	40 seconds
<ul> <li>While in the seated position, begin walking in place. The pace will be a little quicker t walking. If you can, on every step, raise the knee so that the hip and knee both reach degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	
Side Steps Seated	40 seconds
<ul> <li>Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground and step as far to the right as you can without leaving your chair. Your feet should come back together between each side step. Now repeat with the left foot.</li> </ul>	
BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straig your thumb across your palm, touching the tip of your thumb to the bottom of your so you can't make your thumb touch, just stretch as far as you can. Return your thumb to position. Repeat multiple times with each hand.</li> </ul>	small finger. If
C-Grip	40 seconds
<ul> <li>Start by holding your hand and fingers straight and close together. Gently curve your into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smooth your hand to the starting position. Then repeat the exercise multiple times on each h</li> </ul>	nly, return
BINGO ROLLS (3)	
Trunk Rotation Seated	40 seconds
• Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale with each pulse. Inhale and return to center, then repeat to the left.	
Breaststroke Seated	40 seconds
<ul> <li>Sit on the edge of your chair. Sit tall with the crown of the head high. Lift your arms to hands in front of the chest, reaching forward. Perform a breaststroke, turning hands down to palms up. Arms should move horizontally. Lift the chest, shoulder blades are back while squeezing them together. Breathe out as you return to the start position.</li> </ul>	from palms

BINGO ROLLS (3)	
Tie Your Shoes Seated	40 seconds
<ul> <li>Begin in a seated position with both legs straight and heels touching the floor. Slowly feet towards the front of your leg, keeping both legs straight. Lower both feet back to position.</li> </ul>	
Hi, Neighbor! Seated	40 seconds
• With straight posture, slowly and gently turn your head toward the left. Hold for a few	N
seconds. Repeat with the right side. Do not hyperextend your head!	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	



### EXERCISE ONLY - SESSION 5 (Leader)

**BINGO ROLLS (3)** 

\*\*Remember to print Exercise Only Take-Home Card (week 3) to give to each participant after the session today!!\*\*

**Read aloud to the participants:** So we've learned that endurance helps your heart and lungs—now let's talk about your muscles. Strength exercises help you perform activities like carrying groceries and grandchildren, climbing up the stairs, or gardening. As we continue with Bingocize<sup>®</sup>, you'll find that your muscles will be able to perform tasks like these with more ease.

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good".

Source: National Institutes on Aging, 2018

**BINGO ROLLS (3)** 

40 seconds

40 seconds

Morning Walk Standing

Chair Scoot

- Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.
- To increase difficulty, pump arms back and forth.

Spell Your Name Seated 40 seconds

- Begin in a seated position with feet hip-width apart. Raise one leg off the ground, keeping the knee at a 90 degree angle. With your ankle only, spell your name. Repeat with the opposite leg.
- BINGO ROLLS (3)

   Good Morning!
   40 seconds

   Begin in the seated position, with your legs wider than shoulder-width apart. Keep your spine erect and extended. Slowly bend forward at the hips. Then slowly bend back up, again keeping your spine erect and extended, into the seated position.

• Scoot forward in your chair. Now scoot back in your chair.

BINGO ROLLS (3)		
Grapevine (make sure participants spread out)	40 seconds	
• Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg.		
Chair Stands	40 seconds	
<ul> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apar To decrease difficulty:         <ul> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> </ul> </li> <li>To increase difficulty:         <ul> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> </ul> </li> <li>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Mo knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep moving beyond toes. Stay under control as you return to the seated position.</li> </ul> <li>BINGO ROLLS (3)</li>	ove only the hip,	
<ul> <li>In a seated position, place the resistance band beneath both feet. Hands should be g</li> </ul>		
band handles with palms facing outward. While holding the upper arm stationary, cu forward. Only the forearm should move. Curl the band as far as possible, and slowly hands back to the starting position.		
Arm Extensions Seated	40 seconds	
• Extend your right arm straight up, palm facing forward. Bend your right elbow, letting your hand hinge down behind your head, as if you were patting yourself on the back. Place your left hand on your right elbow. Gently pull until you feel a stretch down the back of your upper arm. Repeat with your left arm.		
BINGO ROLLS (3)		
Morning Walk Standing	40 seconds	
<ul> <li>Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>		
Side Steps Seated	40 seconds	
<ul> <li>Begin in a seated position with feet together and hands on your thighs. Raise your rig ground and step as far to the right as you can without leaving your chair. Your feet so back together between each side step. Now repeat with the left foot.</li> </ul>	-	

BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs your thumb across your palm, touching the tip of your thumb to the bottom of y you can't make your thumb touch, just stretch as far as you can. Return your thu position. Repeat multiple times with each hand.</li> </ul>	our small finger. If
C-Grip	40 seconds
• Start by holding your hand and fingers straight and close together. Gently curve into a "C" shape, as if your hand is wrapped around a can. Moving slowly and sm your hand to the starting position. Then repeat the exercise multiple times on each starting position.	noothly, return
BINGO ROLLS (3)	
Trunk Rotation Standing	40 seconds
<ul> <li>Stand up with feet on the floor shoulder-width apart. Squeeze your shoulder bla together. Reach your arms out to the sides, as if making a "T", while still squeezi blades together. Twist your upper body to the right and pulse, gently pushing fur</li> </ul>	ng your shoulder ther three times
into spinal rotation. Exhale with each pulse. Inhale and return to center, then rep	
into spinal rotation. Exhale with each pulse. Inhale and return to center, then rep Breaststroke Standing	40 seconds
into spinal rotation. Exhale with each pulse. Inhale and return to center, then rep	40 seconds nds in front of the n to palms up.
<ul> <li>into spinal rotation. Exhale with each pulse. Inhale and return to center, then repareststroke Standing</li> <li>Stand up straight with the crown of the head high. Lift your arms to bring the had chest, reaching forward. Perform a breaststroke, turning hands from palms down Arms should move horizontally. Lift the chest, shoulder blades are down and bac</li> </ul>	40 seconds nds in front of the n to palms up.
<ul> <li>into spinal rotation. Exhale with each pulse. Inhale and return to center, then rep</li> <li>Breaststroke Standing</li> <li>Stand up straight with the crown of the head high. Lift your arms to bring the had chest, reaching forward. Perform a breaststroke, turning hands from palms down Arms should move horizontally. Lift the chest, shoulder blades are down and bac them together. Breathe out as you return to the start position.</li> <li>BINGO ROLLS (3)</li> </ul>	40 seconds nds in front of the n to palms up. k while squeezing
<ul> <li>into spinal rotation. Exhale with each pulse. Inhale and return to center, then rep</li> <li>Breaststroke Standing</li> <li>Stand up straight with the crown of the head high. Lift your arms to bring the had chest, reaching forward. Perform a breaststroke, turning hands from palms down Arms should move horizontally. Lift the chest, shoulder blades are down and bac them together. Breathe out as you return to the start position.</li> <li>BINGO ROLLS (3)</li> </ul>	40 seconds nds in front of the n to palms up. k while squeezing 40 seconds g bent at a 90 degre
<ul> <li>into spinal rotation. Exhale with each pulse. Inhale and return to center, then repare aststroke Standing</li> <li>Stand up straight with the crown of the head high. Lift your arms to bring the hall chest, reaching forward. Perform a breaststroke, turning hands from palms down Arms should move horizontally. Lift the chest, shoulder blades are down and back them together. Breathe out as you return to the start position.</li> <li>BINGO ROLLS (3)</li> <li>Calf Raise Standing</li> <li>Stand behind a chair, and place both hands on the back of the chair. With one legangle and the opposing leg straight, lean into the chair. Heels should not rise off after 20 seconds, and repeat the exercise.</li> </ul>	40 seconds nds in front of the n to palms up. ck while squeezing 40 seconds g bent at a 90 degre the floor. Switch leg
<ul> <li>into spinal rotation. Exhale with each pulse. Inhale and return to center, then rep</li> <li>Breaststroke Standing</li> <li>Stand up straight with the crown of the head high. Lift your arms to bring the hal chest, reaching forward. Perform a breaststroke, turning hands from palms down Arms should move horizontally. Lift the chest, shoulder blades are down and bac them together. Breathe out as you return to the start position.</li> <li>BINGO ROLLS (3)</li> <li>Calf Raise Standing</li> <li>Stand behind a chair, and place both hands on the back of the chair. With one legangle and the opposing leg straight, lean into the chair. Heels should not rise off after 20 seconds, and repeat the exercise.</li> </ul>	40 seconds nds in front of the n to palms up. k while squeezing 40 seconds g bent at a 90 degre the floor. Switch leg 40 seconds
<ul> <li>into spinal rotation. Exhale with each pulse. Inhale and return to center, then rep</li> <li>Breaststroke Standing         <ul> <li>Stand up straight with the crown of the head high. Lift your arms to bring the hale chest, reaching forward. Perform a breaststroke, turning hands from palms down Arms should move horizontally. Lift the chest, shoulder blades are down and bace them together. Breathe out as you return to the start position.</li> </ul> </li> <li>BINGO ROLLS (3)</li> <li>Calf Raise Standing         <ul> <li>Stand behind a chair, and place both hands on the back of the chair. With one legangle and the opposing leg straight, lean into the chair. Heels should not rise off after 20 seconds, and repeat the exercise.</li> <li>Hi, Neighbor! Standing</li> </ul> </li> </ul>	40 seconds nds in front of the n to palms up. k while squeezing 40 seconds g bent at a 90 degre the floor. Switch leg 40 seconds
<ul> <li>into spinal rotation. Exhale with each pulse. Inhale and return to center, then rep</li> <li>Breaststroke Standing         <ul> <li>Stand up straight with the crown of the head high. Lift your arms to bring the hale chest, reaching forward. Perform a breaststroke, turning hands from palms down Arms should move horizontally. Lift the chest, shoulder blades are down and bace them together. Breathe out as you return to the start position.</li> </ul> </li> <li>BINGO ROLLS (3)</li> <li>Calf Raise Standing         <ul> <li>Stand behind a chair, and place both hands on the back of the chair. With one legangle and the opposing leg straight, lean into the chair. Heels should not rise off after 20 seconds, and repeat the exercise.</li> <li>Hi, Neighbor! Standing             <ul> <li>With straight posture, slowly and gently turn your head toward the left. Hold for</li> </ul> </li> </ul></li></ul>	40 seconds nds in front of the n to palms up. k while squeezing 40 seconds g bent at a 90 degre the floor. Switch leg 40 seconds

Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\*



### EXERCISE ONLY - SESSION 6 (Leader)

**BINGO ROLLS (3)** 

**Read aloud to the participants:** Remember strength exercises make your muscles stronger and more powerful. There are lots of ways you can make your muscles stronger. You can use resistance bands like the ones we use when we play Bingocize<sup>®</sup>. You can also use your own body weight as resistance like when you stand up and down during our chair stands. You can also use common household items as resistance. For example, soup cans and old milk jugs filled with water are perfect for adding some resistance to your exercises.

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't
  raise your arm over shoulder height, etc.

Source: National Institutes on Aging, 2018

BINGO ROLLS (3)

Morning Walk Standing	40 seconds
<ul> <li>Stand up and begin walking in place. The pace will be a little quicker than walking. I</li> </ul>	-
every step, raise the knee so that the hip and knee both reach near 90 degrees. To	increase
difficulty pump arms back and forth	
Spell Your Name Seated	40 seconds
<ul> <li>Begin in a seated position with feet hip-width apart. Raise one leg off the ground, k</li> </ul>	
at a 90 degree angle. With your ankle only, spell your name. Repeat with the oppos	ite leg.
BINGO ROLLS (3)	
Good Morning!	40 seconds
• Begin in the seated position, with your legs wider than shoulder-width apart. Keep	your spine erect
and extended. Slowly bend forward at the hips. Then slowly bend back up, again ke	eping your spine
erect and extended, into the seated position.	
Chair Scoot	40 seconds
	+0 3000103
<ul> <li>Scoot forward in your chair. Now scoot back in your chair.</li> </ul>	

BINGO ROLLS (3)		
Grapevine (make sure participants spread out)	40 seconds	
<ul> <li>Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg.</li> </ul>		
Chair Stands	40 seconds	
<ul> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width aparto decrease difficulty:         <ul> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> </ul> </li> <li>To increase difficulty:         <ul> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> </ul> </li> <li>As you move upward, maintain a neutral spine by moving head, neck, and spine together. M knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep moving beyond toes. Stay under control as you return to the seated position.</li> </ul> <li>BINGO ROLLS (3)</li> <li>Arm Curl Seated</li> <li>In a seated position, place the resistance band beneath both feet. Hands should be a band handles with palms facing outward. While holding the upper arm stationary, comparison of the seated position and the seated position as you contained.</li>	ove only the hip, o knees from 40 seconds gripping url the band	
forward. Only the forearm should move. Curl the band as far as possible, and slowly hands back to the starting position. Arm Extensions Seated	bring your 40 seconds	
<ul> <li>Extend your right arm straight up, palm facing forward. Bend your right elbow, lettir</li> </ul>	ng your hand	
• Extend your right and straight up, pain facing forward. Bend your right endow, letting your hand hinge down behind your head as if you were patting yourself on the back. Place your left hand on your right elbow. Gently pull until you feel a stretch down the back of your upper arm. Repeat with your left arm.		
BINGO ROLLS (3)	- ·	
Morning Walk Standing       40 seconds         • Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.       If you can, on compare the knee so that the hip and knee both reach near 90 degrees.         • To increase difficulty, pump arms back and forth.       If you can, on compare the knee so that the hip and knee both reach near 90 degrees.		
Side Steps Seated	40 seconds	
<ul> <li>Begin in a seated position with feet together and hands on your thighs. Raise your riground, and step as far to the right as you can without leaving your chair. Your feet back together between each side step. Now repeat with the left foot.</li> </ul>	ight foot off the	

	BINGO ROLLS (3)	
Thumb to Fingers	40 seconds	
your thumb across your palm, touchir	xed position with your fingers and thumbs straightened. Bend og the tip of your thumb to the bottom of your small finger. If t stretch as far as you can. Return your thumb to the starting each hand.	
C-Grip	40 seconds	
• Start by holding your hand and finger	<ul> <li>Start by holding your hand and fingers straight and close together. Gently curve your fingers</li> </ul>	
into a "C" shape, as if your hand is wr	apped around a can. Moving slowly and smoothly, return	
your hand to the starting position. The	en repeat the exercise multiple times on each hand.	
	BINGO ROLLS (3)	
Trunk Rotation Standing	40 seconds	
together. Reach your arms out to the blades together. Twist your upper boo	er-width apart. Squeeze your shoulder blades slightly sides, as if making a "T", while still squeezing your shoulder ly to the right and pulse, gently pushing further three times oulse. Inhale and return to center, then repeat to the left.	
Breaststroke Standing	40 seconds	
<ul> <li>Stand up straight with the crown of the head high. Lift your arms to bring the hands in front of the chest, reaching forward. Perform a breaststroke, turning hands from palms down to palms up. Arms should move horizontally. Lift the chest, shoulder blades are down and back while squeezing them together. Breathe out as you return to the start position.</li> </ul>		
	BINGO ROLLS (3)	
Calf Raise Standing	40 seconds	
	ands on the back of the chair. With one leg bent at a 90 degre an into the chair. Heels should not rise off the floor. Switch leg cise.	
Hi, Neighbor! Standing	40 seconds	
With straight posture, slowly and gent	ly turn your head toward the left. Hold for a few	
seconds. Repeat with the right side. D	o not hyperextend your head!	
REVIEW QUESTIONS AND CORRECT RESPONSE	S WITH PARTICIPANTS	
BINGO ROLLS (0	ONTINUE UNTIL FINAL WINNER)	



## EXERCISE ONLY - SESSION 7 (Leader)

**BINGO ROLLS (3)** 

\*\*Remember to print Exercise Only Take-Home Card (week 4) to give to each participant after the session today!!\*\*

### Read aloud to the participants:

It's week four and you are doing great; both your mind and body are getting stronger! Feeling more energized? Sleeping better? Feeling more confident? Pay attention to how you feel as we progress through the program. Balance exercise is another one of the four types of exercise. Balance is very important to help prevent falls and keep you mobile and independent.

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good".

Source: National Council on Aging, National Institute on Aging, 2018

BINGO ROLLS (3)	
Morning Walk Standing	40 seconds
<ul> <li>While standing, begin walking in place. The pace will be a little quicker than walking. on every step, raise the knee so that the hip and knee both reach near 90 degrees. To difficulty pump arms back and forth</li> </ul>	•
Good morning!	40 seconds
<ul> <li>Begin in the seated position, with your legs wider than shoulder-width apart. Keep you and extended. Slowly bend forward at the hips. Then slowly bend back up, again keep erect and extended, into the seated position.</li> </ul> BINGO ROLLS (3)	•
Rear Hip Extensions Standing	40 seconds
<ul> <li>Stand behind your chair, and hold onto the back for support. Your feet should be hip eyes looking forward. Keeping your head and back aligned, lift one leg behind you, ke straight. Repeat with the opposite leg. To add a balance challenge, hover your hands of the chair, and/or close your eyes.</li> </ul>	eeping it

Seated Crunches	40 seconds
<ul> <li>While seated, slowly raise one knee towards your chest, while simultaneously c body to meet your knee. Hold for one second, then return to the seated positio opposite leg.</li> </ul>	<b>0</b> /
BINGO ROLLS (3)	
Modified Skier (make sure participants spread out)	40 seconds
<ul> <li>From a standing position, side step in one direction, and bring the opposite foot stepped leg. Repeat this movement in the opposite direction. Let the arms swin side in the movement of the stepped direction.</li> </ul>	
Chair Stands	40 seconds
<ul> <li>To decrease difficulty:</li> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> <li>To increase difficulty:</li> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> <li>As you move upward, maintain a neutral spine by moving head, neck, and spine togethe</li> <li>Innee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and</li> <li>noving beyond toes. Stay under control as you return to the seated position.</li> </ul>	
BINGO ROLLS (3)	
Lateral Raises	40 seconds
<ul> <li>While seated, place the resistance band beneath both feet. With hands gripping</li> </ul>	g tightly, slowly
raise both arms to the side until parallel with the floor. Hold for two seconds, th	ien <u>slowly</u>
release to starting position. To make this exercise easier, alternate raising each	arm.
Low Row Seated	40 seconds
• From the starting position, begin by drawing your hands straight back towards y	our sides, near the
armpits. While drawing your arms back, your elbows will bend. Make sure they	
your sides. During the exercise, squeeze the muscles together in the mid-back to	, 0
resistance band. Imagine there is a tennis ball between your shoulder blades, ar	•
hold it there using only your back muscles. Once the resistance band handles re	
body, begin slowly lowering the resistance band back to the starting position.	
BINGO ROLLS (3)	
Morning Walk Standing	40 seconds
<ul> <li>While in the seated position, begin walking in place. The pace will be a little quie walking. If you can, on every step raise the knee so that the hip and knee both r degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	

Side Steps Standing	40 seconds
<ul> <li>Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground, and step as far to the right as you can without leaving your chair. Your feet should come back together between each side step. Now repeat with the left foot.</li> </ul>	
BINGO ROLLS (3)	
Power Grip	40 seconds
<ul> <li>Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the multiple times on each hand.</li> </ul>	exercise
C-Grip	40 seconds
Start by holding your hand and fingers straight and close together. Gently curve your	fingers
into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smooth	nly, return
your hand to the starting position. Then repeat the exercise multiple times on each h	and.
BINGO ROLLS (3)	
Ballerina	40 seconds
• Bring both arms up over head, put hands together, release hands, then put both arms back down.	
Single Arm Crossover	40 seconds
<ul> <li>Gently pull one arm across your chest, below the chin. Hold, and repeat with the opp</li> </ul>	osite arm.
BINGO ROLLS (3)	
Charleston/Flapper Dance	40 seconds
<ul> <li>Place hands on knees and cross knees back and forth</li> </ul>	
Hi, Neighbor! Seated	40 seconds
• With straight posture, slowly and gently turn your head toward the left. Hold for a fe	w
seconds. Repeat with the right side. Do not hyperextend your head!	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

# \*\*Remember to give your participants their Bingocize® Take-Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\*

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## EXERCISE ONLY - SESSION 8 (Leader)

**BINGO ROLLS (3)** 

#### Read aloud to the participants:

Last week we learned about how balance exercises can help you to stand and move more confidently. Remember, balance exercises:

- Can be done at almost any time, any place, and as often as you like
- Improve your performance in everyday activities such as walking up and down the stairs
- Reduce your chances of tripping and falling

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good".

Source: National Council on Aging, National Institute on Aging, 2018

BINGO ROLLS (3)

Morning Walk Standing

• While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth.

Good morning!

• Begin in the seated position, with your legs wider than shoulder-width apart. Keep your spine erect and extended. Slowly bend forward at the hips. Then slowly bend back up, again keeping your spine erect and extended, into the seated position.

BINGO ROLLS (3)

**Heel Raises Standing** 

• From a seated position, begin with your feet hip-width apart and eyes facing forward. Raise your feels off the ground, while keeping your knees straight. Slowly lower your heels back to the ground.

Seated Crunches

40 seconds

40 seconds

40 seconds

40 seconds

• While seated, slowly raise one knee towards your chest, while simultaneously curling your upper body to meet your knee. Hold for one second, then return to the seated position. Repeat with the opposite leg.

BINGO ROLLS (3)	
Three Dot Step (make sure participants spread out)	40 seconds
<ul> <li>Begin by standing with your feet together and arms down to the sides. During this e opposite foot should never leave the ground. Take a step lunge forward, about two During this step lunge, reach the arms out in front, away from the body. Now, retur starting position. With the same foot, step out to the side about two to three feet. I reach your arms out in the same direction as the step to the side. Return to the star Now step backwards about two to three feet, while allowing the arms to open back horizontal reach. During the backwards step, the front knee will bend and the back straight. Return to the starting position.</li> </ul>	to three feet. n to the During the step, ting position. wards into a
hair Stands	40 seconds
<ul> <li>To decrease difficulty:</li> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> <li>To increase difficulty:</li> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> <li>s you move upward, maintain a neutral spine by moving head, neck, and spine together. Name, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep hoving beyond toes. Stay under control as you return to the seated position.</li> </ul>	
BINGO ROLLS (3)	1
Lateral Raises	40 seconds
<ul> <li>While seated, place the resistance band beneath both feet. With hands gripping tig raise both arms to the side until parallel with the floor. Hold for two seconds, then release to starting position. To make this exercise easier, alternate raising each arm</li> </ul>	slowly
Low Row Seated	40 seconds
• From the starting position, begin by drawing your hands straight back towards your armpits. While drawing your arms back, your elbows will bend. Make sure they stay your sides. During the exercise, squeeze the muscles together in the mid-back to he resistance band. Imagine there is a tennis ball between your shoulder blades and you hold it there using only your back muscles. Once the resistance band handles reach body, begin slowly lowering the resistance band back to the starting position.	y in tight near alp draw in the ou are trying to
BINGO ROLLS (3)	
Morning Walk Standing	40 seconds
<ul> <li>While standing, begin walking in place. The pace will be a little quicker than walking on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty: pump arms back and forth</li> </ul>	g. If you can,

Side Steps Seated	40 seconds	
<ul> <li>Begin in a seated position with feet together and hands on your thighs. Rais ground and step as far to the right as you can without leaving your chair. Yo back together between each side step. Now repeat with the left foot.</li> </ul>		
BINGO ROLLS (3)		
Thumb to Fingers	40 seconds	
<ul> <li>Start with your hand in a neutral, relaxed position with your fingers and thur your thumb across your palm, touching the tip of your thumb to the bottom you can't make your thumb touch, just stretch as far as you can. Return you position. Repeat multiple times with each hand.</li> </ul>	n of your small finger. If	
C-Grip	40 seconds	
<ul> <li>Start by holding your hand and fingers straight and close together. Gently cu</li> </ul>	urve your fingers	
into a "C" shape, as if your hand is wrapped around a can. Moving slowly an	d smoothly, return	
your hand to the starting position. Then repeat the exercise multiple times o	on each hand.	
BINGO ROLLS (3)		
Side Flexion Seated	40 seconds	
<ul> <li>In a seated position, bend your trunk to the right to bring your right elbow to the outside of your right hip. Now repeat on the left.</li> </ul>		
Single Arm Crossover	40 seconds	
• Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm.		
BINGO ROLLS (3)		
Rolling-Disco/John Travolta	40 seconds	
<ul> <li>Rotating arms around one another; pointing side to side-"Staying Alive" more</li> </ul>	ve	
Hi, Neighbor! Seated	40 seconds	
• With straight posture, slowly and gently turn your head toward the left. Hole	d for a few	
seconds. Repeat with the right side. Do not hyperextend your head!		
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS		
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)		



### EXERCISE ONLY - SESSION 9 (Leader)

**BINGO ROLLS (3)** 

\*\*Remember to print Exercise Only Take-Home Card (week 5) to give to each participant after the session today!!\*\*

### Read aloud to the participants:

So far, we've talked about endurance, strength, and balance exercises. The fourth and final type of exercise is flexibility and range of motion. Flexibility and range of motion exercises improve your overall health by:

- Stretching and loosening your muscles
- Helping you move more freely throughout the day
- Helping your joints reach their full potential with less pain

Before we get started today, remember to:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Source: National Council on Aging, National Institute on Aging, 2018

**BINGO ROLLS (3)** 

 Morning Walk Seated
 While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth.

Single Leg Hamstring Curl Standing

40 seconds

• Stand behind your chair, and hold onto the back for support. Your feet should be hip width apart, eyes looking forward. With one leg on the ground for support, begin to flex at the knee with the other leg, until the heel of your foot comes into contact with your bottom. Slowly extend the leg back to the standing position. Repeat on the opposite side. Add a balance challenge by hovering your hands over the back of the chair and/or closing your eyes. (Move closer to any participants choosing to add balance changes.)

BINGO ROLLS (3)

 Staggered Stance
 40 seconds

 • Begin with feet together and hands at sides. Step forward with your right foot. Maintain this position

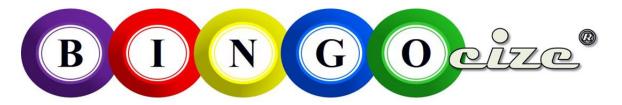
for 10 seconds. Alternate putting the other foot in front.

**Oblique Crunches Seated** 40 seconds • While seated, slowly raise one knee up, while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising and the elbow of the opposite side come in contact. Hold for one second, then return to the seated position. Repeat with the opposite knee. **BINGO ROLLS (3)** Grapevine (make sure participants spread out) 40 seconds • Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. Chair Stands 40 seconds Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. To decrease difficulty: 0 Push up with hands on seat/arms of wheelchair 0 Use cane or walker To increase difficulty: Cross arms across chest when standing 0 Hold weight between hands 0 As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position. **BINGO ROLLS (3) Chest Press Standing** 40 seconds Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. Arm Curl Standing 40 seconds • From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position. **BINGO ROLLS (3)** Morning Walk Standing 40 seconds • While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. • To increase difficulty, pump arms back and forth.

Heel Raises Standing	40 seconds	
<ul> <li>While standing behind a chair for support, raise your heels off the floor, while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow.</li> </ul>		
BINGO ROLLS (3)		
Thumb to Fingers	40 seconds	
<ul> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs stra your thumb across your palm, touching the tip of your thumb to the bottom of your you can't make your thumb touch, just stretch as far as you can. Return your thumb position. Repeat multiple times with each hand.</li> </ul>	small finger. If	
C-Grip	40 seconds	
<ul> <li>Start by holding your hand and fingers straight and close together. Gently curve you</li> </ul>	r fingers	
into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoot	hly, return	
your hand to the starting position. Then repeat the exercise multiple times on each	hand.	
BINGO ROLLS (3)		
Seated Balance Exercise	40 seconds	
<ul> <li>Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to si eyes closed while moving head up and down.</li> </ul>	de. Sit with	
Ballerina	40 seconds	
• Bring both arms up over head, put hands together, release hands, then put both arms back down.		
BINGO ROLLS (3)		
Rolling-Disco/John Travolta	40 seconds	
<ul> <li>Rotating arms around one another; pointing side to side-"Staying Alive" move</li> </ul>		
Hi, Neighbor! Seated	40 seconds	
• With straight posture, slowly and gently turn your head toward the left. Hold for a fe	2W	
seconds. Repeat with the right side. Do not hyperextend your head!		
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS		
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)		

## \*\*Remember to give your participants their Bingocize® Take-Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\*

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EXERCISE ONLY - SESSION 10 (Leader)
BINGO ROLLS (3)

#### Read aloud to the participants:

Last time, we talked about how flexibility and range of motion exercises improve your health by helping your body with stretching, moving, and joint pain. Feel free to try the Bingocize<sup>®</sup> flexibility and range of motion exercises at home. Remember, you can do these every day!

Before we get started, though, don't forget to:

- Maintain correct posture during the exercise ٠
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT) ٠
- Modifications are available for most of the exercises if you have special circumstances, such as you can't ٠ raise your arm over shoulder height, etc.

Source: National Council on Aging, National Institute on Aging, 2018

BINGO ROLLS (3)		
Morning Walk Seated	40 seconds	
<ul> <li>While in the seated position, begin walking in place. The pace will be a little quicker t If you can, on every step raise the knee so that the hip and knee both reach near 90</li> <li>To increase difficulty pump, arms back and forth.</li> </ul>	-	
Single Leg Hamstring Curl Standing	40 seconds	
<ul> <li>Stand behind your chair, and hold onto the back for support. Your feet should be hip eyes looking forward. With one leg on the ground for support, begin to flex at the kn leg, until the heel of your foot comes into contact with your bottom. Slowly extend the the standing position. Repeat on the opposite side. Add a balance challenge by hove over the back of the chair and/or closing your eyes. (Move closer to any participants balance changes.)</li> </ul>	ee with the other he leg back to ring your hands	
BINGO ROLLS (3)		
<ul> <li>Staggered Stance</li> <li>Begin with feet together and hands at sides. Step forward with your right foot. Maint</li> </ul>	40 seconds	
for 10 seconds. Alternate putting the other foot in front.		
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Obliqu	ue Crunches Seated	40 seconds
•	While seated, slowly raise one knee up, while simultaneously curling the upper bo your torso, so that the knee of the leg you are raising and the elbow of the opposi- contact. Hold for one second, then return to the seated position. Repeat with the	te side come in
	BINGO ROLLS (3)	
Grape	evine (make sure participants spread out)	40 seconds
•	Begin by standing with your arms at your sides with feet together. Step across, in f foot with your right leg. Continue to step sideways, un-crossing the right leg. Now cross your right leg behind your left leg. Continue to step sideways, un-crossing th	reverse, and
Chair	Stands	40 seconds
•	Begin in a seated position, good posture, and eyes facing forward, feet hip-width a	part.
To de	crease difficulty:	
0	Push up with hands on seat/arms of wheelchair	
0	Use cane or walker	
To inc	rease difficulty:	
0	Cross arms across chest when standing	
0	Hold weight between hands	
s vou	move upward, maintain a neutral spine by moving head, neck, and spine together.	Move only the hip
-	and ankle joints as you stand. Keep shoulders down throughout the exercise, and ke	
	g beyond toes. Stay under control as you return to the seated position.	
-		
-	BINGO ROLLS (3)	
Chest		40 seconds
Chest •	BINGO ROLLS (3)	
Chest •	BINGO ROLLS (3) Press Standing	k. For more
Chest •	BINGO ROLLS (3) Press Standing Hold the resistance band handles, with the resistance band behind your upper bacl	k. For more parallel to the
Chest •	BINGO ROLLS (3) Press Standing Hold the resistance band handles, with the resistance band behind your upper back resistance, grab the resistance band itself. Position your arms out to your side and	k. For more parallel to the g the same slight
•	BINGO ROLLS (3) Press Standing Hold the resistance band handles, with the resistance band behind your upper back resistance, grab the resistance band itself. Position your arms out to your side and ground, with a slight bend. Slowly bring your hands together, while also maintainin	k. For more parallel to the g the same slight
•	BINGO ROLLS (3) Press Standing Hold the resistance band handles, with the resistance band behind your upper back resistance, grab the resistance band itself. Position your arms out to your side and ground, with a slight bend. Slowly bring your hands together, while also maintainin bend in the arms. Once both of your hands come in contact, slowly return to the st Curl Standing	<ul> <li>k. For more</li> <li>parallel to the</li> <li>g the same slight</li> <li>arting position.</li> <li>40 seconds</li> </ul>
•	BINGO ROLLS (3) Press Standing Hold the resistance band handles, with the resistance band behind your upper back resistance, grab the resistance band itself. Position your arms out to your side and ground, with a slight bend. Slowly bring your hands together, while also maintainin bend in the arms. Once both of your hands come in contact, slowly return to the st Curl Standing From a standing position, place the resistance band beneath both feet. Hands sho	<ul> <li>k. For more parallel to the g the same slight arting position.</li> <li>40 seconds uld be gripping</li> </ul>
•	BINGO ROLLS (3) Press Standing Hold the resistance band handles, with the resistance band behind your upper back resistance, grab the resistance band itself. Position your arms out to your side and ground, with a slight bend. Slowly bring your hands together, while also maintainin bend in the arms. Once both of your hands come in contact, slowly return to the st Curl Standing From a standing position, place the resistance band beneath both feet. Hands sho band handles with palms facing outward. While holding the upper arm stationary,	<ul> <li>k. For more parallel to the g the same slight arting position.</li> <li>40 seconds uld be gripping curl the band</li> </ul>
•	BINGO ROLLS (3) Press Standing Hold the resistance band handles, with the resistance band behind your upper back resistance, grab the resistance band itself. Position your arms out to your side and ground, with a slight bend. Slowly bring your hands together, while also maintainin bend in the arms. Once both of your hands come in contact, slowly return to the st Curl Standing From a standing position, place the resistance band beneath both feet. Hands sho band handles with palms facing outward. While holding the upper arm stationary, forward. Only the forearm should move. Curl the band as far as possible, and slow	<ul> <li>k. For more parallel to the g the same slight arting position.</li> <li>40 seconds uld be gripping curl the band</li> </ul>
•	BINGO ROLLS (3) Press Standing Hold the resistance band handles, with the resistance band behind your upper back resistance, grab the resistance band itself. Position your arms out to your side and ground, with a slight bend. Slowly bring your hands together, while also maintainin bend in the arms. Once both of your hands come in contact, slowly return to the st Curl Standing From a standing position, place the resistance band beneath both feet. Hands sho band handles with palms facing outward. While holding the upper arm stationary,	<ul> <li>k. For more parallel to the g the same slight arting position.</li> <li>40 seconds uld be gripping curl the band</li> </ul>
•	BINGO ROLLS (3) Press Standing Hold the resistance band handles, with the resistance band behind your upper back resistance, grab the resistance band itself. Position your arms out to your side and ground, with a slight bend. Slowly bring your hands together, while also maintainin bend in the arms. Once both of your hands come in contact, slowly return to the st Curl Standing From a standing position, place the resistance band beneath both feet. Hands sho band handles with palms facing outward. While holding the upper arm stationary, forward. Only the forearm should move. Curl the band as far as possible, and slow	<ul> <li>k. For more parallel to the g the same slight arting position.</li> <li>40 seconds uld be gripping curl the band</li> </ul>
Arm C	BINGO ROLLS (3) Press Standing Hold the resistance band handles, with the resistance band behind your upper back resistance, grab the resistance band itself. Position your arms out to your side and ground, with a slight bend. Slowly bring your hands together, while also maintainin bend in the arms. Once both of your hands come in contact, slowly return to the st Curl Standing From a standing position, place the resistance band beneath both feet. Hands sho band handles with palms facing outward. While holding the upper arm stationary, forward. Only the forearm should move. Curl the band as far as possible, and slow hands back to the starting position.	<ul> <li>k. For more parallel to the g the same slight arting position.</li> <li>40 seconds uld be gripping curl the band</li> </ul>
Arm C	BINGO ROLLS (3) Press Standing Hold the resistance band handles, with the resistance band behind your upper back resistance, grab the resistance band itself. Position your arms out to your side and ground, with a slight bend. Slowly bring your hands together, while also maintainin bend in the arms. Once both of your hands come in contact, slowly return to the st Curl Standing From a standing position, place the resistance band beneath both feet. Hands sho band handles with palms facing outward. While holding the upper arm stationary, forward. Only the forearm should move. Curl the band as far as possible, and slow hands back to the starting position. BINGO ROLLS (3)	<ul> <li>k. For more parallel to the gripping curl the band ly bring your</li> <li>40 seconds</li> </ul>
Arm C • Morn	BINGO ROLLS (3)         Press Standing         Hold the resistance band handles, with the resistance band behind your upper back resistance, grab the resistance band itself. Position your arms out to your side and ground, with a slight bend. Slowly bring your hands together, while also maintainin bend in the arms. Once both of your hands come in contact, slowly return to the st         Curl Standing         From a standing position, place the resistance band beneath both feet. Hands sho band handles with palms facing outward. While holding the upper arm stationary, forward. Only the forearm should move. Curl the band as far as possible, and slow hands back to the starting position.         BINGO ROLLS (3)         ing Walk Standing	<ul> <li>k. For more parallel to the gripping curl the band ly bring your</li> <li>40 seconds</li> </ul>
Arm C • Morn	BINGO ROLLS (3)         Press Standing         Hold the resistance band handles, with the resistance band behind your upper back resistance, grab the resistance band itself. Position your arms out to your side and ground, with a slight bend. Slowly bring your hands together, while also maintainin bend in the arms. Once both of your hands come in contact, slowly return to the st         Curl Standing         From a standing position, place the resistance band beneath both feet. Hands sho band handles with palms facing outward. While holding the upper arm stationary, forward. Only the forearm should move. Curl the band as far as possible, and slow hands back to the starting position.         BINGO ROLLS (3)         ing Walk Standing         While standing begin walking in place. The pace will be a little quicker than walking	<ul> <li>k. For more parallel to the gripping curl the band ly bring your</li> <li>40 seconds</li> </ul>
Arm C • Morni	BINGO ROLLS (3)         Press Standing         Hold the resistance band handles, with the resistance band behind your upper back resistance, grab the resistance band itself. Position your arms out to your side and ground, with a slight bend. Slowly bring your hands together, while also maintainin bend in the arms. Once both of your hands come in contact, slowly return to the st         Curl Standing         From a standing position, place the resistance band beneath both feet. Hands sho band handles with palms facing outward. While holding the upper arm stationary, forward. Only the forearm should move. Curl the band as far as possible, and slow hands back to the starting position.         BINGO ROLLS (3)         ing Walk Standing         While standing begin walking in place. The pace will be a little quicker than walking every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth.	<ul> <li>k. For more parallel to the garallel to the g the same slight arting position.</li> <li>40 seconds</li> <li>uld be gripping curl the band ly bring your</li> <li>40 seconds</li> <li>g. If you can, on</li> </ul>
Arm C • Morn • Heel F	BINGO ROLLS (3)         Press Standing         Hold the resistance band handles, with the resistance band behind your upper back resistance, grab the resistance band itself. Position your arms out to your side and ground, with a slight bend. Slowly bring your hands together, while also maintainin bend in the arms. Once both of your hands come in contact, slowly return to the st         Curl Standing         From a standing position, place the resistance band beneath both feet. Hands sho band handles with palms facing outward. While holding the upper arm stationary, forward. Only the forearm should move. Curl the band as far as possible, and slow hands back to the starting position.         BINGO ROLLS (3)         ing Walk Standing         While standing begin walking in place. The pace will be a little quicker than walking every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth.         Raises Standing	<ul> <li>k. For more parallel to the g the same slight arting position.</li> <li>40 seconds uld be gripping curl the band ly bring your</li> <li>40 seconds g. If you can, on</li> <li>40 seconds</li> </ul>
Arm C • Morni	BINGO ROLLS (3)         Press Standing         Hold the resistance band handles, with the resistance band behind your upper back resistance, grab the resistance band itself. Position your arms out to your side and ground, with a slight bend. Slowly bring your hands together, while also maintainin bend in the arms. Once both of your hands come in contact, slowly return to the st         Curl Standing         From a standing position, place the resistance band beneath both feet. Hands sho band handles with palms facing outward. While holding the upper arm stationary, forward. Only the forearm should move. Curl the band as far as possible, and slow hands back to the starting position.         BINGO ROLLS (3)         ing Walk Standing         While standing begin walking in place. The pace will be a little quicker than walking every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth.         Raises Standing         While standing behind a chair for support, raise your heels off the floor, while keep	k. For more parallel to the g the same slight arting position. 40 seconds uld be gripping curl the band ly bring your 40 seconds g. If you can, on 40 seconds ing your knees
Arm C • Morni •	BINGO ROLLS (3)         Press Standing         Hold the resistance band handles, with the resistance band behind your upper back resistance, grab the resistance band itself. Position your arms out to your side and ground, with a slight bend. Slowly bring your hands together, while also maintainin bend in the arms. Once both of your hands come in contact, slowly return to the st         Curl Standing         From a standing position, place the resistance band beneath both feet. Hands sho band handles with palms facing outward. While holding the upper arm stationary, forward. Only the forearm should move. Curl the band as far as possible, and slow hands back to the starting position.         BINGO ROLLS (3)         ing Walk Standing         While standing begin walking in place. The pace will be a little quicker than walking every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth.         Raises Standing	k. For more parallel to the g the same slight arting position. 40 seconds uld be gripping curl the band ly bring your 40 seconds g. If you can, on 40 seconds ing your knees

BINGO ROLLS (3)		
Thumb to Fingers	40 seconds	
<ul> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straig your thumb across your palm, touching the tip of your thumb to the bottom of your sr you can't make your thumb touch, just stretch as far as you can. Return your thumb to position. Repeat multiple times with each hand.</li> </ul>	mall finger. If	
C-Grip	40 seconds	
<ul> <li>Start by holding your hand and fingers straight and close together. Gently curve your f a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, re hand to the starting positon. Then repeat the exercise multiple times on each hand.</li> </ul>	-	
BINGO ROLLS (3)		
Seated Balance Exercise	40 seconds	
<ul> <li>Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side closed while moving head up and down.</li> </ul>	e. Sit with eyes	
Ballerina	40 seconds	
• Bring both arms up over head, put hands together, release hands, then put both arms	back down.	
BINGO ROLLS (3)		
Rolling-Disco/John Travolta	40 seconds	
Rotating arms around one another; pointing side to side-"Staying Alive" move		
Hi, Neighbor! Seated	40 seconds	
With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!		
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS		
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)		



### EXERCISE ONLY - SESSION 11 (Leader)

**BINGO ROLLS (3)** 

\*\*Remember to print Exercise Only Take-Home Card (week 6) to give to each participant after the session today!!\*\*

### Read aloud to the participants:

Welcome to week six! Time flies when you are having fun playing Bingocize<sup>®</sup>! You're doing great! How are you feeling? (*Allow time for participants to discuss their improvements so far*). We've talked about all the ways exercise can make your body feel better, but what about your brain? Scientists continue to find evidence that exercise is one of the best ways to help improve your brain. For example:

- When you exercise, your brain starts to create stronger and smarter brain cells.
- Exercise helps your brain cells connect with one another, which improves your memory and thinking skills.
- Exercise creates new blood vessels, which are the main energy source for your hardworking brain cells.

As we get going today, always remember to:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Source: National Council on Aging, National Institute on Aging, 2017

BINGO ROLLS (3)	
Morning Walk Standing	45 seconds
<ul> <li>While standing, begin walking in place. The pace will be a little quicker than walking on every step, raise the knee so that the hip and knee both reach near 90 degrees. The difficulty, pump arms back and forth.</li> </ul>	
Single Leg Hamstring Curl Standing	45 seconds
<ul> <li>Stand behind your chair, and hold onto the back for support. Your feet should be hip-width apart, eyes looking forward. With one leg on the ground for support, begin to flex at the knee with the other leg, until the heel of your foot comes into contact with your bottom. Slowly extend the leg back to the standing position. Repeat on the opposite side. Add a balance challenge by hovering your hands over the back of the chair and/or closing your eyes. (Move closer to any participants choosing to add balance changes.)</li> </ul>	
BINGO ROLLS (3)	
Staggered Stance	45 seconds
<ul> <li>Begin with feet together and hands at sides. Step forward with your right foot. Mair for 10 seconds. Alternate putting the other foot in front.</li> </ul>	itain this position

Oblique Crunches Seated	45 seconds		
<ul> <li>While seated, slowly raise one knee up while simultaneously curling the upper body your torso, so that the knee of the leg you are raising and the elbow of the opposite contact. Hold for one second, then return to the seated position. Repeat with the op</li> </ul>	side come in		
BINGO ROLLS (3)			
Grapevine (make sure participants spread out)	45 seconds		
<ul> <li>Begin by standing with your arms at your sides with feet together. Step across, in from foot with your right leg. Continue to step sideways, un-crossing the right leg. Now re- cross your right leg behind your left leg. Continue to step sideways, un-crossing the</li> </ul>	everse, and		
Chair Stands	45 seconds		
<ul> <li>To decrease difficulty:</li> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> <li>To increase difficulty:</li> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> <li>As you move upward, maintain a neutral spine by moving head, neck, and spine together. M knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep moving beyond toes. Stay under control as you return to the seated position.</li> </ul>			
Chest Press Standing	45 seconds		
<ul> <li>Hold the resistance band handles, with the resistance band behind your upper back. resistance, grab the resistance band itself. Position your arms out to your side and p ground, with a slight bend. Slowly bring your hands together, while also maintaining bend in the arms. Once both of your hands come in contact, slowly return to the sta</li> </ul>	For more arallel to the the same slight		
Arm Curl Standing	45 seconds		
<ul> <li>From a standing position, place the resistance band beneath both feet. Hands should band handles with palms facing outward. While holding the upper arm stationary, cu forward. Only the forearm should move. Curl the band as far as possible, and slowly hands back to the starting position.</li> </ul>	url the band		
BINGO ROLLS (3)			
Morning Walk Standing	45 seconds		
<ul> <li>While standing begin walking in place. The pace will be a little quicker than walking. on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	lf you can,		

Heel Raises Standing	45 seconds	
<ul> <li>While standing behind a chair for support, raise your heels off the floor, while keepi straight. Slowly lower heels to the ground. To make this exercise more difficult, stan pad or soft pillow.</li> </ul>	• ·	
BINGO ROLLS (3)		
Thumb to Fingers	45 seconds	
<ul> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs stra your thumb across your palm, touching the tip of your thumb to the bottom of your you can't make your thumb touch, just stretch as far as you can. Return your thumb position. Repeat multiple times with each hand.</li> </ul>	small finger. If	
Power Grip	45 seconds	
<ul> <li>Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the multiple times on each hand.</li> </ul>	e exercise	
BINGO ROLLS (3)		
Seated Balance Exercise	45 seconds	
<ul> <li>Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to si eyes closed while moving head up and down.</li> </ul>	ide. Sit with	
Ballerina	45 seconds	
• Bring both arms up over head, put hands together, release hands, then put both arm	ns back down.	
BINGO ROLLS (3)		
Rolling-Disco/John Travolta	45 seconds	
<ul> <li>Rotating arms around one another; pointing side to side-"Staying Alive" move.</li> </ul>		
Hi, Neighbor! Seated	45 seconds	
<ul> <li>With straight posture, slowly and gently turn your head toward the left. Hold for a ferror</li> </ul>	ew.	
seconds. Repeat with the right side. Do not hyperextend your head!		
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS		
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)		

## \*\*Remember to give your participants their Bingocize® Take-Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\*

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## EXERCISE ONLY - SESSION 12 (Leader)

**BINGO ROLLS (3)** 

#### Read aloud to the participants:

We are over halfway through the Bingocize<sup>®</sup> program and you are all doing so well! Last time, we talked about all the ways exercise improves your brain. Remember, when we bulk up our brain cells with exercise, they are better able to win the fight against age-related declines in brain function.

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't
  raise your arm over shoulder height, etc.

Source: National Council on Aging, National Institute on Aging, 2018

**BINGO ROLLS (3)** 

Morning Walk Standing	45 seconds
• While standing, begin walking in place. The pace will be a little quicker than walking	. If you can,
on every step, raise the knee so that the hip and knee both reach near 90 degrees.	To increase
difficulty, pump arms back and forth.	
Single Leg Hamstring Curl Standing	45 seconds
<ul> <li>Stand behind your chair and hold onto the back for support. Your feet should be hip eyes looking forward. With one leg on the ground for support, begin to flex at the k other leg until the heel of your foot comes into contact with your bottom. Slowly ex to the standing position. Repeat on the opposite side. Add a balance challenge by h hands over the back of the chair and/or closing your eyes. (Move closer to any parti to add balance changes)</li> </ul>	nee with the stend the leg back overing your
BINGO ROLLS (3)	
Staggered Stance	45 seconds
<ul> <li>Begin with feet together and hands at sides. Step forward with your right foot. Main for 10 seconds. Alternate putting the other foot in front.</li> </ul>	ntain this position
Oblique Crunches Seated	45 seconds
• While seated, slowly raise one knee up, while simultaneously curling the upper bod your torso, so that the knee of the leg you are raising and the elbow of the opposite contact. Hold for one second, then return to the seated position. Repeat with the o	side come in

BINGO ROLLS (3)	
Grapevine (make sure participants spread out)	45 seconds
• Begin by standing with your arms at your sides with feet together. Step acros foot with your right leg. Continue to step sideways, un-crossing the right leg. cross your right leg behind your left leg. Continue to step sideways, un-crossi	Now reverse, and
hair Stands	45 seconds
<ul> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-wid To decrease difficulty:         <ul> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> </ul> </li> <li>To increase difficulty:         <ul> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> <li>syou move upward, maintain a neutral spine by moving head, neck, and spine toget nee, and ankle joints as you stand. Keep shoulders down throughout the exercise, ar noving beyond toes. Stay under control as you return to the seated position.</li> </ul> </li> <li>BINGO ROLLS (3)</li> </ul>	her. Move only the hind keep knees from
<ul> <li>Hold the resistance band handles, with the resistance band behind your upper resistance, grab the resistance band itself. Position your arms out to your side</li> </ul>	
ground, with a slight bend. Slowly bring your hands together, while also main bend in the arms. Once both of your hands come in contact, slowly return to	
bend in the arms. Once both of your hands come in contact, slowly return to	
bend in the arms. Once both of your hands come in contact, slowly return to	the starting position. 45 seconds s should be gripping nary, curl the band
<ul> <li>bend in the arms. Once both of your hands come in contact, slowly return to</li> <li>Arm Curl Standing         <ul> <li>From a standing position, place the resistance band beneath both feet. Hands band handles with palms facing outward. While holding the upper arm statio forward. Only the forearm should move. Curl the band as far as possible, and</li> </ul> </li> </ul>	the starting position. 45 seconds s should be gripping nary, curl the band
<ul> <li>bend in the arms. Once both of your hands come in contact, slowly return to</li> <li>Arm Curl Standing         <ul> <li>From a standing position, place the resistance band beneath both feet. Hands band handles with palms facing outward. While holding the upper arm statio forward. Only the forearm should move. Curl the band as far as possible, and hands back to the starting position.</li> </ul> </li> <li>BINGO ROLLS (3)</li> </ul>	the starting position. 45 seconds s should be gripping nary, curl the band slowly bring your 45 seconds
<ul> <li>bend in the arms. Once both of your hands come in contact, slowly return to</li> <li>Arm Curl Standing         <ul> <li>From a standing position, place the resistance band beneath both feet. Hands band handles with palms facing outward. While holding the upper arm statio forward. Only the forearm should move. Curl the band as far as possible, and hands back to the starting position.</li> </ul> </li> <li>BINGO ROLLS (3)</li> </ul>	the starting position. 45 seconds s should be gripping nary, curl the band slowly bring your 45 seconds valking. If you can,
<ul> <li>bend in the arms. Once both of your hands come in contact, slowly return to</li> <li>Arm Curl Standing         <ul> <li>From a standing position, place the resistance band beneath both feet. Hands band handles with palms facing outward. While holding the upper arm statio forward. Only the forearm should move. Curl the band as far as possible, and hands back to the starting position.</li> </ul> </li> <li>BINGO ROLLS (3)</li> <li>Morning Walk Standing         <ul> <li>While standing, begin walking in place. The pace will be a little quicker than v on every step raise the knee so that the hip and knee both reach near 90 deg</li> </ul> </li> </ul>	the starting position. 45 seconds s should be gripping nary, curl the band slowly bring your 45 seconds valking. If you can,
<ul> <li>bend in the arms. Once both of your hands come in contact, slowly return to</li> <li>Arm Curl Standing</li> <li>From a standing position, place the resistance band beneath both feet. Hands band handles with palms facing outward. While holding the upper arm statio forward. Only the forearm should move. Curl the band as far as possible, and hands back to the starting position.</li> <li>BINGO ROLLS (3)</li> <li>Morning Walk Standing</li> <li>While standing, begin walking in place. The pace will be a little quicker than v on every step raise the knee so that the hip and knee both reach near 90 deg</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	the starting position. 45 second s should be gripping nary, curl the band slowly bring your 45 seconds valking. If you can, rees. 45 seconds keeping your knees

BINGO ROLLS (3)	
Thumb to Fingers	45 seconds
<ul> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs stra your thumb across your palm, touching the tip of your thumb to the bottom of your you can't make your thumb touch, just stretch as far as you can. Return your thumb position. Repeat multiple times with each hand.</li> </ul>	small finger. If
Power Grip	45 seconds
<ul> <li>Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the multiple times on each hand.</li> </ul>	e exercise
BINGO ROLLS (3)	
Seated Balance Exercise	45 seconds
<ul> <li>Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to si eyes closed while moving head up and down.</li> </ul>	ide. Sit with
Ballerina	45 seconds
Bring both arms up over head, put hands together, release hands, then put both arm	ns back down.
BINGO ROLLS (3)	
Rolling-Disco/John Travolta	45 seconds
<ul> <li>Rotating arms around one another; pointing side to side-"Staying Alive" move</li> </ul>	
Hi, Neighbor! Seated	45 seconds
<ul> <li>With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!</li> </ul>	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

## \*\*Remind your participants to keep working on their Bingocize<sup>®</sup> Take-Home Cards to bring back next week<sup>\*\*</sup>



## EXERCISE ONLY - SESSION 13 (Leader)

**BINGO ROLLS (3)** 

\*\*Remember to print Exercise Only Take-Home Card (week 7) to give to each participant after the session today!!\*\*

#### Read aloud to the participants:

Welcome to week seven! I hope you are having fun and feeling the positive effects of being a *Bingocizer*! In addition to improving memory and thinking skills, physical activity can also boost your mood. Researchers have found exercise:

- Reduces feelings of depression and stress
- Boosts your energy levels
- Can improve sleep
- Makes you feel more in control

So, the next time you're feeling stressed out, or anxious, or have trouble sleeping, try to find a way to get up and get moving!

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Source: National Council on Aging, National Institute on Aging, 2018

BINGO ROLLS (3)

Morning Walk Standing

While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty pump arms back and forth

Static Balance

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Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the opposing leg.

30 seconds

30 seconds

30 seconds

**BINGO ROLLS (3)** 

Staggered Stance

Begin with feet together and hands at sides. Step forward with your right foot. Maintain this position for 10 seconds. Alternate putting the other foot in front.

Oblique Crunches Seated	30 seconds
<ul> <li>While seated, slowly raise one knee up, while simultaneously curling the upper your torso, so that the knee of the leg you are raising and the elbow of the op contact. Hold for one second, then return to the seated position. Repeat with</li> </ul>	posite side come in
BINGO ROLLS (3)	
Grapevine (make sure participants spread out)	30 seconds
<ul> <li>Begin by standing with your arms at your sides with feet together. Step across foot with your right leg. Continue to step sideways, un-crossing the right leg. cross your right leg behind your left leg. Continue to step sideways, un-crossing</li> </ul>	Now reverse, and
vimming Dance	30 seconds
<ul> <li>While standing, move arms in a swimming motion, then plug nose, and shimr above the head.</li> </ul>	ny with one arm raised
BINGO ROLLS (3)	
	20
<ul> <li>Hold the resistance band handles, with the resistance band behind your upper resistance, grab the resistance band itself. Position your arms out to your side ground, with a slight bend. Slowly bring your hands together, while also main</li> </ul>	er back. For more e and parallel to the taining the same sligh
<ul> <li>Hold the resistance band handles, with the resistance band behind your upper resistance, grab the resistance band itself. Position your arms out to your side ground, with a slight bend. Slowly bring your hands together, while also main bend in the arms. Once both of your hands come in contact, slowly return to a slowly be also be also</li></ul>	er back. For more e and parallel to the taining the same sligh the starting position.
<ul> <li>Hold the resistance band handles, with the resistance band behind your upper resistance, grab the resistance band itself. Position your arms out to your side ground, with a slight bend. Slowly bring your hands together, while also main bend in the arms. Once both of your hands come in contact, slowly return to a slowly the arms. Once both of your hands come in contact, slowly return to a slowly be a slowly be a slowly be a slowly be a slowly return to a slowly be a slowly be a slowly be a slowly return to be a slowly be a slowly be a slowly be a slowly return to be a slowly return to be a slowly be</li></ul>	er back. For more e and parallel to the taining the same sligh the starting position. 30 seconds
<ul> <li>Hold the resistance band handles, with the resistance band behind your upper resistance, grab the resistance band itself. Position your arms out to your side ground, with a slight bend. Slowly bring your hands together, while also main bend in the arms. Once both of your hands come in contact, slowly return to</li> </ul>	er back. For more e and parallel to the taining the same sligh the starting position. 30 seconds s should be gripping nary, curl the band
<ul> <li>Hold the resistance band handles, with the resistance band behind your upper resistance, grab the resistance band itself. Position your arms out to your side ground, with a slight bend. Slowly bring your hands together, while also main bend in the arms. Once both of your hands come in contact, slowly return to arm Curl Standing</li> <li>From a standing position, place the resistance band beneath both feet. Hands band handles with palms facing outward. While holding the upper arm station forward. Only the forearm should move. Curl the band as far as possible, and</li> </ul>	er back. For more e and parallel to the taining the same sligh the starting position. 30 seconds s should be gripping nary, curl the band
<ul> <li>Hold the resistance band handles, with the resistance band behind your upper resistance, grab the resistance band itself. Position your arms out to your side ground, with a slight bend. Slowly bring your hands together, while also main bend in the arms. Once both of your hands come in contact, slowly return to arm Curl Standing</li> <li>From a standing position, place the resistance band beneath both feet. Hands band handles with palms facing outward. While holding the upper arm station forward. Only the forearm should move. Curl the band as far as possible, and hands back to the starting position.</li> </ul>	er back. For more e and parallel to the taining the same sligh the starting position. 30 seconds s should be gripping nary, curl the band
<ul> <li>Hold the resistance band handles, with the resistance band behind your upper resistance, grab the resistance band itself. Position your arms out to your side ground, with a slight bend. Slowly bring your hands together, while also main bend in the arms. Once both of your hands come in contact, slowly return to arm Curl Standing</li> <li>From a standing position, place the resistance band beneath both feet. Hands band handles with palms facing outward. While holding the upper arm station forward. Only the forearm should move. Curl the band as far as possible, and hands back to the starting position.</li> </ul>	er back. For more e and parallel to the taining the same slight the starting position. 30 seconds s should be gripping nary, curl the band slowly bring your 30 seconds alking. If you can,
<ul> <li>resistance, grab the resistance band itself. Position your arms out to your side ground, with a slight bend. Slowly bring your hands together, while also main bend in the arms. Once both of your hands come in contact, slowly return to a Arm Curl Standing</li> <li>From a standing position, place the resistance band beneath both feet. Hands band handles with palms facing outward. While holding the upper arm station forward. Only the forearm should move. Curl the band as far as possible, and hands back to the starting position.</li> <li>BINGO ROLLS (3)</li> <li>Morning Walk Standing</li> <li>While standing begin walking in place. The pace will be a little quicker than w on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> </ul>	e and parallel to the taining the same slight the starting position. 30 seconds s should be gripping nary, curl the band slowly bring your 30 seconds alking. If you can,

BINGO ROLLS (3)	
Thumb to Fingers	30 seconds
<ul> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs stra your thumb across your palm, touching the tip of your thumb to the bottom of your you can't make your thumb touch, just stretch as far as you can. Return your thumb position. Repeat multiple times with each hand.</li> </ul>	small finger. If
Power Grip	30 seconds
<ul> <li>Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the multiple times on each hand.</li> </ul>	exercise
BINGO ROLLS (3)	
Seated Balance Exercise	30 seconds
<ul> <li>Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side eyes closed while moving head up and down.</li> </ul>	de. Sit with
Ballerina	30 seconds
• Bring both arms up over head, put hands together, release hands, then put both arm	ıs back down.
BINGO ROLLS (3)	
Rolling-Disco/John Travolta	30 seconds
<ul> <li>Rotating arms around one another; pointing side to side-"Staying Alive" move</li> </ul>	
Hi, Neighbor! Seated	30 seconds
<ul> <li>With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!</li> </ul>	
I hope you had fun today! See you next week!	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

## \*\*Remember to give your participants their Bingocize® Take-Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\*



## EXERCISE ONLY - SESSION 14 (Leader)

**BINGO ROLLS (3)** 

#### Read aloud to the participants:

You may have trouble finding the time and motivation to exercise. That's understandable. We all have those days. However, there are some simple things you can try to help you stay on track. Here are just a few.

- Don't let your busy schedule keep you from exercising. Work it into your regular day. For example, walk every aisle of the grocery store or the entire mall.
- Join a fitness facility close to home that caters to your needs.
- Take the stairs instead of the elevator.
- Take a walk with friends or coworkers.
- Make exercise fun.

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't
  raise your arm over shoulder height, etc.

Source: National Council on Aging, National Institute on Aging, 2018

BINGO ROLLS (3)		
Morning Walk Standing	30 seconds	
<ul> <li>While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth.</li> </ul>		
Static Balance	30 seconds	
<ul> <li>Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the opposing leg.</li> </ul>		
BINGO ROLLS (3)		
Staggered Stance	30 seconds	
<ul> <li>Begin with feet together and hands at sides. Step forward with your right foot. Maintain this position for 10 seconds. Alternate putting the other foot in front.</li> </ul>		
Oblique Crunches Seated	30 seconds	
<ul> <li>While seated, slowly raise one knee up, while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising and the elbow of the opposite side come in contact. Hold for one second, then return to the seated position. Repeat with the opposite knee.</li> </ul>		

apevine (make sure participants spread out)	30 seconds
• Begin by standing with your arms at your sides with feet together foot with your right leg. Continue to step sideways, un-crossing th cross your right leg behind your left leg. Continue to step sideway	ne right leg. Now reverse, and
mming Dance	30 seconds
• While standing, move arms in a swimming motion, then plug nose above the head	e, and shimmy with one arm raise
BINGO ROLLS (3)	
est Press Standing	30 second
resistance, grab the resistance band itself. Position your arms out ground, with a slight bend. Slowly bring your hands together, whi	, ,
bend in the arms. Once both of your hands come in contact, slow	ly return to the starting position.
<ul> <li>bend in the arms. Once both of your hands come in contact, slow</li> <li>m Curl Standing</li> <li>From a standing position, place the resistance band beneath both band handles with palms facing outward. While holding the uppe forward. Only the forearm should move. Curl the band as far as p</li> </ul>	30 second a feet. Hands should be gripping r arm stationary, curl the band
<ul> <li>bend in the arms. Once both of your hands come in contact, slow</li> <li>m Curl Standing</li> <li>From a standing position, place the resistance band beneath both band handles with palms facing outward. While holding the upper</li> </ul>	30 second a feet. Hands should be gripping r arm stationary, curl the band
<ul> <li>bend in the arms. Once both of your hands come in contact, slow</li> <li>m Curl Standing</li> <li>From a standing position, place the resistance band beneath both band handles with palms facing outward. While holding the uppe forward. Only the forearm should move. Curl the band as far as p hands back to the starting position.</li> </ul>	30 second a feet. Hands should be gripping r arm stationary, curl the band ossible, and slowly bring your 30 seconds

Heel Raises Standing	30 seconds
<ul> <li>While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow.</li> </ul>	
BINGO ROLLS (3)	
Thumb to Fingers	30 seconds
<ul> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> </ul>	
Baking Biscuits	30 seconds
<ul> <li>Roll the hand therapy ball with your fingertips to the ball. Then repeat the exercise m times on each hand.</li> </ul>	nultiple
BINGO ROLLS (3)	
Seated Balance Exercise	30 seconds
<ul> <li>Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to sic eyes closed while moving head up and down.</li> </ul>	de. Sit with
Ballerina	30 seconds
• Bring both arms up over head, put hands together, release hands, then put both arm	s back down.
BINGO ROLLS (3)	
Rolling-Disco/John Travolta	30 seconds
<ul> <li>Rotating arms around one another; pointing side to side-"Staying Alive" move</li> </ul>	
Hi, Neighbor! Seated	30 seconds
• With straight posture, slowly and gently turn your head toward the left. Hold for a fer	w
seconds. Repeat with the right side. Do not hyperextend your head!	
I hope you had fun today! See you next week!	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

# \*\*Remind your participants to keep working on their Bingocize<sup>®</sup> Take-Home Cards to bring back next week<sup>\*\*</sup>



## EXERCISE ONLY - SESSION 15 (Leader)

**BINGO ROLLS (3)** 

\*\*Remember to print Exercise Only Take-Home Card (week 8) to give to each participant after the session today!!\*\*

#### Read aloud to the participants:

You and your doctor are part of a team—along with nurses, physician assistants, pharmacists, and other healthcare providers—working together to manage your medical problems and keep you healthy. Exercise can positively impact many chronic health conditions, so make sure exercise is a part of your healthcare plan by discussing with your doctor.

Before we get started, though, don't forget to:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Source: National Council on Aging, 2017

**BINGO ROLLS (3)** 

Grapevine	50 seconds
<ul> <li>Begin by standing with your arms at your sides with feet together. Step across, in from left foot with your right leg. Continue to step sideways, un-crossing the right leg. Not and cross your right leg behind your left leg. Continue to step sideways, un-crossing</li> </ul>	w reverse,
Heel Raises Standing	50 seconds
<ul> <li>While standing behind a chair for support, raise your heels off the floor while keepin straight. Slowly lower heels to the ground. To make this exercise more difficult, stan- pad or soft pillow.</li> </ul>	• ·
BINGO ROLLS (3)	
Calf Stretch Standing	50 seconds
<ul> <li>Stand behind a chair and place both hands on the back of the chair. With one leg bei angle and the opposing leg straight, lean into the chair. Heels should not rise off the legs and repeat the exercise.</li> </ul>	-

Top Shelf Reach Standing	50 seconds
<ul> <li>Breathe in and sweep the opposite arm out to the side and up overhead. Breathe of the motion, moving through full range and finally into a side bend. Pause, breathe in to the starting position. Repeat on the opposite side.</li> </ul>	•
BINGO ROLLS (3)	
Modified Skier	50 seconds
• From a standing position, side step in one direction, and bring the opposite foot behave stepped leg. Repeat this movement in the opposite direction. Let the arms swing na side in the movement of the stepped direction.	
Chair Stands	50 seconds
<ul> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apa To decrease difficulty:         <ul> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> </ul> </li> <li>To increase difficulty:         <ul> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> </ul> </li> <li>As you move upward, maintain a neutral spine by moving head, neck, and spine together. M knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep moving beyond toes. Stay under control as you return to the seated position.</li> </ul>	love only the hip,
BINGO ROLLS (3)	
Open the Cupboard	50 seconds
<ul> <li>In a standing position, hold the resistance band directly in front of your chest. Arms extended away from your body and straight. While holding the rubber portion of th pull your arms away from your center. Allowing the band to stretch across your che has been fully extended, slowly release to the starting position.</li> </ul>	e band, slowly
Arm Curl Standing	50 seconds
<ul> <li>From a standing position, place the resistance band beneath both feet. Hands shoul band handles with palms facing outward. While holding the upper arm stationary, c forward. Only the forearm should move. Curl the band as far as possible, and slowly hands back to the starting position.</li> </ul>	url the band
BINGO ROLLS (3)	
Morning Walk Standing	50 seconds
<ul> <li>While standing begin walking in place. The pace will be a little quicker than walking. on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	If you can,

	Steps Standing	50 seconds
•	Begin with feet together and arms at your side. Take one step to the right. Your feet back together between each side step. Ensure that both feet remain facing forward v Add a side shoulder raise with the arm of the stepped direction. Relax arm down who brought together. Now repeat to the left.	while stepping.
	BINGO ROLLS (3)	
Thum	nb to Fingers	50 seconds
•	Start with your hand in a neutral, relaxed position with your fingers and thumbs strai your thumb across your palm, touching the tip of your thumb to the bottom of your you can't make your thumb touch, just stretch as far as you can. Return your thumb position. Repeat multiple times with each hand.	small finger. If
Powe	er Grip	50 seconds
•	Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the multiple times on each hand.	exercise
	BINGO ROLLS (3)	
Trunk	Rotation Standing	50 seconds
•	From a standing position, begin by squeezing your shoulder blades slightly together. I out to the sides, as if making a "T", while still squeezing your shoulder blades togethe upper body to the right. Hold, and exhale. Breathe in and return to the center, then r	er. Twist your
• Baller	out to the sides, as if making a "T", while still squeezing your shoulder blades togethe upper body to the right. Hold, and exhale. Breathe in and return to the center, then r	er. Twist your
	out to the sides, as if making a "T", while still squeezing your shoulder blades togethe upper body to the right. Hold, and exhale. Breathe in and return to the center, then r	er. Twist your repeat to the left 50 seconds
	out to the sides, as if making a "T", while still squeezing your shoulder blades togethe upper body to the right. Hold, and exhale. Breathe in and return to the center, then r rina	er. Twist your repeat to the left 50 seconds
Baller	out to the sides, as if making a "T", while still squeezing your shoulder blades togethe upper body to the right. Hold, and exhale. Breathe in and return to the center, then r rina Bring both arms up over head, put hands together, release hands, then put both arm	er. Twist your repeat to the left 50 seconds
Baller • Seate	out to the sides, as if making a "T", while still squeezing your shoulder blades togethe upper body to the right. Hold, and exhale. Breathe in and return to the center, then r rina Bring both arms up over head, put hands together, release hands, then put both arm BINGO ROLLS (3)	er. Twist your epeat to the left. 50 seconds s back down. 50 seconds g your upper
Baller • Seate	out to the sides, as if making a "T", while still squeezing your shoulder blades together upper body to the right. Hold, and exhale. Breather in and return to the center, then retina Bring both arms up over head, put hands together, release hands, then put both arm BINGO ROLLS (3) ed Crunches While seated, slowly raise one knee towards your chest. While simultaneously curling body to meet your knee. Hold for one second, then return to the seated position. Rep	er. Twist your epeat to the left 50 seconds s back down. 50 seconds g your upper
Baller • Seate	out to the sides, as if making a "T", while still squeezing your shoulder blades together upper body to the right. Hold, and exhale. Breather in and return to the center, then retrina Bring both arms up over head, put hands together, release hands, then put both arm BINGO ROLLS (3) and Crunches While seated, slowly raise one knee towards your chest. While simultaneously curling body to meet your knee. Hold for one second, then return to the seated position. Rep opposite leg.	er. Twist your epeat to the left 50 seconds s back down. 50 seconds g your upper peat with the 50 seconds
Baller • Seate	out to the sides, as if making a "T", while still squeezing your shoulder blades together upper body to the right. Hold, and exhale. Breathe in and return to the center, then r rina Bring both arms up over head, put hands together, release hands, then put both arm BINGO ROLLS (3) rd Crunches While seated, slowly raise one knee towards your chest. While simultaneously curling body to meet your knee. Hold for one second, then return to the seated position. Rep opposite leg.	er. Twist your epeat to the left 50 seconds s back down. 50 seconds g your upper peat with the 50 seconds
Baller • Seate • Hi, Ne	out to the sides, as if making a "T", while still squeezing your shoulder blades together upper body to the right. Hold, and exhale. Breathe in and return to the center, then r rina Bring both arms up over head, put hands together, release hands, then put both arm BINGO ROLLS (3) ad Crunches While seated, slowly raise one knee towards your chest. While simultaneously curling body to meet your knee. Hold for one second, then return to the seated position. Rep opposite leg. eighbor! Seated With straight posture, slowly and gently turn your head toward the left. Hold for a fer	er. Twist your epeat to the left 50 seconds s back down. 50 seconds g your upper peat with the 50 seconds

\*\*Remember to give your participants their Bingocize® Take-Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\*

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### EXERCISE ONLY - SESSION 16 (Leader)

**BINGO ROLLS (3)** 

#### Read aloud to the participants:

As we wrap up the 8<sup>th</sup> week of Bingocize<sup>®</sup>, I hope you are feeling the benefits of regular exercise including:

- More energy to do your daily activities
- Sleeping through the night and feeling better when you get up
- Moving around better with less or no pain.
- Feeling happier and less anxious

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't
  raise your arm over shoulder height, etc.

Source: National Council on Aging, 2017

**BINGO ROLLS (3)** 

Grapevine	50 seconds
<ul> <li>Begin by standing with your arms at your sides with feet together. Step across, in from left foot with your right leg. Continue to step sideways, un-crossing the right leg. No and cross your right leg behind your left leg. Continue to step sideways, un-crossing</li> </ul>	w reverse,
Heel Raises Standing	50 seconds
<ul> <li>While standing behind a chair for support, raise your heels off the floor while keepir straight. Slowly lower heels to the ground. To make this exercise more difficult, stan pad or soft pillow.</li> </ul>	
BINGO ROLLS (3)	
Calf Stretch Standing	50 seconds
<ul> <li>Stand behind a chair and place both hands on the back of the chair. With one leg be angle and the opposing leg straight, lean into the chair. Heels should not rise off the legs and repeat the exercise.</li> </ul>	-
Top Shelf Reach Standing	50 seconds
<ul> <li>Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out the motion, moving through full range and finally into a side bend. Pause, breathe in to the starting position. Repeat on the opposite side.</li> </ul>	•

BINGO ROLLS (3)	
Modified Skier	50 seconds
• From a standing position, side step in one direction and bring the opposite foot beh stepped leg. Repeat this movement in the opposite direction. Let the arms swing na side in the movement of the stepped direction.	
Chair Stands	50 seconds
• Begin in a seated position, good posture, and eyes facing forward, feet hip-width apa	art.
To decrease difficulty:	
<ul> <li>Push up with hands on seat/arms of wheelchair</li> </ul>	
<ul> <li>Use cane or walker</li> <li>To increase difficulty:</li> </ul>	
<ul> <li>Cross arms across chest when standing</li> </ul>	
<ul> <li>Hold weight between hands</li> </ul>	
s you move upward, maintain a neutral spine by moving head, neck, and spine together. N nee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep noving beyond toes. Stay under control as you return to the seated position.	
BINGO ROLLS (3)	1
Open the Cupboard	50 seconds
has been fully extended, slowly release to the starting position.	50 seconds
<ul> <li>From a standing position, place the resistance band beneath both feet. Hands should be the resistance band beneath both feet.</li> </ul>	ld be gripping
band handles with palms facing outward. While holding the upper arm stationary, c	
forward. Only the forearm should move. Curl the band as far as possible, and slowly hands back to the starting position.	
BINGO ROLLS (3)	
Morning Walk Standing	50 seconds
<ul> <li>While standing begin walking in place. The pace will be a little quicker than walking. on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	. If you can,
Side Steps Standing	50 seconds

BINGO ROLLS (3)		
Thumb to Fingers	50 seconds	
• Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.		
Power Grip	50 seconds	
<ul> <li>Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the multiple times on each hand.</li> </ul>	e exercise	
BINGO ROLLS (3)		
Trunk Rotation Standing	50 seconds	
<ul> <li>From a standing position, begin by squeezing your shoulder blades slightly together. out to the sides, as if making a "T", while still squeezing your shoulder blades togeth upper body to the right. Hold, and exhale. Breathe in and return to the center, then</li> </ul>	er. Twist your	
Ballerina	50 seconds	
<ul> <li>Bring both arms up over head, put hands together, release hands, then put both arms back down.</li> </ul>		
BINGO ROLLS (3)		
Seated Crunches	50 seconds	
<ul> <li>While seated, slowly raise one knee towards your chest, while simultaneously curlin to meet your knee. Hold for one second, then return to the seated position. Repeat leg.</li> </ul>	• • • •	
Hi, Neighbor! Seated	50 seconds	
• With straight posture, slowly and gently turn your head toward the left. Hold for a fe	ew	
seconds. Repeat with the right side. Do not hyperextend your head!		
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS		
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)		

# \*\*Remind your participants to keep working on their Bingocize<sup>®</sup> Take-Home Cards to bring back next week<sup>\*\*</sup>



#### EXERCISE ONLY - SESSION 17 (Leader)

**BINGO ROLLS (3)** 

\*\*Remember to print Exercise Only Take-Home Card (week 9) to give to each participant after the session today!!\*\*

**Read aloud to the participants:** We're so close to the finish line! I know there will be times that you don't feel like exercising, so as a reminder here are some of the great things you are doing for your body by staying active!

- Improving your balance and range of motion ٠
- Boosting your immune system to lessen your chance of getting sick
- Increasing your muscle strength
- Feeling more limber ٠

Improving your brain health

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise •
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Source: <u>https://go4life.nia.nih.gov/how-exercise-can-help-you/</u>

BINGO ROLLS (3)		
Grapevine	55 seconds	
<ul> <li>Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg.</li> </ul>		
Heel Raises Standing	55 seconds	
<ul> <li>While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow.</li> </ul>		
BINGO ROLLS (3)		
Calf Stretch Standing	55 seconds	
<ul> <li>Stand behind a chair and place both hands on the back of the chair. With one leg bent at a 90 degree angle and the opposing leg straight, lean into the chair. Heels should not rise off the floor. Switch legs and repeat the exercise.</li> </ul>		

Top Shelf Reach Standing	55 seconds	
<ul> <li>Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out the motion, moving through full range and finally into a side bend. Pause, breathe in to the starting position. Repeat on the opposite side.</li> </ul>		
BINGO ROLLS (3)		
Modified Skier	55 seconds	
<ul> <li>From a standing position, side step in one direction, and bring the opposite foot behind the stepped leg. Repeat this movement in the opposite direction. Let the arms swing naturally side-to- side in the movement of the stepped direction.</li> </ul>		
Chair Stands	55 seconds	
<ul> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> <li>To decrease difficulty:         <ul> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> </ul> </li> <li>To increase difficulty:         <ul> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> </ul> </li> <li>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</li> <li>BINGO ROLLS (3)</li> <li>Open the Cupboard</li> <li>55 seconds</li> <li>In a standing position, hold the resistance band directly in front of your chest. Arms should be extended away from your body and straight. While holding the rubber portion of the band, slowly pull your arms away from your center. Allowing the band to stretch across your chest. Once the band</li> </ul>		
has been fully extended, slowly release to the starting position.		
Arm Curl Standing	55 seconds	
<ul> <li>From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position.</li> </ul>		
BINGO ROLLS (3)		
Morning Walk Standing	55 seconds	
<ul> <li>While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>		

Side Steps Standing	55 seconds
<ul> <li>Begin with feet together and arms at your side. Take one step to the right. Your feet back together between each side step. Ensure that both feet remain facing forward Add a side shoulder raise with the arm of the stepped direction. Relax arm down where brought together. Now repeat to the left.</li> </ul>	while stepping.
BINGO ROLLS (3)	
Thumb to Fingers	55 seconds
<ul> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> </ul>	
Power Grip	55 seconds
<ul> <li>Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand.</li> </ul>	
BINGO ROLLS (3)	
Trunk Rotation Standing	55 seconds
<ul> <li>From a standing position, begin by squeezing your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right. Hold, and exhale. Breathe in and return to the center, then repeat to the left</li> </ul>	
Ballerina	55 seconds
• Bring both arms up over head, put hands together, release hands, then put both arms back down.	
BINGO ROLLS (3)	
Seated Crunches	55 seconds
<ul> <li>While seated, slowly raise one knee towards your chest. While simultaneously curlin body to meet your knee. Hold for one second, then return to the seated position. Re opposite leg.</li> </ul>	• · · ·
Hi, Neighbor! Seated	55 seconds
• With straight posture, slowly and gently turn your head toward the left. Hold for a fe	ew
seconds. Repeat with the right side. Do not hyperextend your head!	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

\*\*Remember to give your participants their Bingocize® Take-Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\*



### EXERCISE ONLY - SESSION 18 (Leader)

**BINGO ROLLS (3)** 

#### Read aloud to the participants:

In a previous session, we discussed some of the benefits of exercise for brain health. Remember, exercise goes beyond just physical well-being. It can help support emotional and mental health as well. Physical activity can:

- Improve sleep quality and quantity
- Increase your energy level
- Reduce feelings of depression and stress
- Improve your mood and overall emotional well-being

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't
  raise your arm over shoulder height, etc.

National Institutes of Health, 2019		
BINGO ROLLS (3)		
Alternate Foot Touch	60 seconds	
• From a standing position, alternate placing your right and left foot in front of you		
Chair Stand	60 seconds	
<ul> <li>Chair Stand</li> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> <li>To decrease difficulty: <ul> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> </ul> </li> <li>To increase difficulty: <ul> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> </ul> </li> <li>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</li> </ul>		
BINGO ROLLS (3)		
Heel Raises Standing	60 seconds	
<ul> <li>While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow.</li> </ul>		

Top S	helf Reach Standing	60 seconds
•	Breathe in and sweep the opposite arm out to the side and up overhead. Breath the motion, moving through full range and finally into a side bend. Pause, breat to the starting position. Repeat on the opposite side.	•
	BINGO ROLLS (3)	
Modi	fied Skier	60 seconds
٠	From a standing position, side step in one direction and bring the opposite foot stepped leg. Repeat this movement in the opposite direction. Let the arms swin side in the movement of the stepped direction.	
Cueing	; Drill	60 seconds
	face the opposite direction. Turn around to the starting position. Crouch down we bent. Place your hands on your knees. Stand up tall and clap your hands ten time right foot up, and hold. Stand with your left foot up, and hold. Step your right for reach up with your left arm. Step with your left foot forward, and reach with yo your feet back together, and your arms to your sides. Raise up on your toes. And head to the right. Return to the center. Turn your head to the left. And return to	nes. Stand with your pot forward, and ur right arm. Bring d lower. Turn your
	BINGO ROLLS (3)	
Chest	Press Standing	60 seconds
Chest •		e resistance band ht bend. Slowly bring
•	Press Standing Hold the resistance band behind your upper back. For more resistance, grab the itself. Position your arms out to your side and parallel to the ground, with a slig your hands together, while also maintaining the same slight bend in the arms. C	e resistance band ht bend. Slowly bring
• Latera	Press Standing Hold the resistance band behind your upper back. For more resistance, grab the itself. Position your arms out to your side and parallel to the ground, with a slig your hands together, while also maintaining the same slight bend in the arms. C hands come in contact, slowly return to the starting position.	e resistance band ht bend. Slowly bring Once both of your 60 seconds
• Latera	Press Standing Hold the resistance band behind your upper back. For more resistance, grab the itself. Position your arms out to your side and parallel to the ground, with a slig your hands together, while also maintaining the same slight bend in the arms. C hands come in contact, slowly return to the starting position.	e resistance band ht bend. Slowly bring Once both of your 60 seconds ng handles, slowly
• Latera	Press Standing Hold the resistance band behind your upper back. For more resistance, grab the itself. Position your arms out to your side and parallel to the ground, with a sligh your hands together, while also maintaining the same slight bend in the arms. O hands come in contact, slowly return to the starting position. al Raises Standing While standing, place the resistance band beneath both feet. With hands grippi	e resistance band ht bend. Slowly bring Once both of your 60 seconds ng handles, slowly
• Latera	Press Standing Hold the resistance band behind your upper back. For more resistance, grab the itself. Position your arms out to your side and parallel to the ground, with a sligh your hands together, while also maintaining the same slight bend in the arms. O hands come in contact, slowly return to the starting position. al Raises Standing While standing, place the resistance band beneath both feet. With hands grippi raise both arms to the side until parallel with the floor. Hold for a few seconds,	e resistance band ht bend. Slowly bring Once both of your 60 seconds ng handles, slowly
• Latera	Press Standing Hold the resistance band behind your upper back. For more resistance, grab the itself. Position your arms out to your side and parallel to the ground, with a sligh your hands together, while also maintaining the same slight bend in the arms. O hands come in contact, slowly return to the starting position. al Raises Standing While standing, place the resistance band beneath both feet. With hands grippi raise both arms to the side until parallel with the floor. Hold for a few seconds, to starting position. To make this exercise easier, alternate raising each arm.	e resistance band ht bend. Slowly bring Once both of your 60 seconds ng handles, slowly
• Latera	Press Standing Hold the resistance band behind your upper back. For more resistance, grab the itself. Position your arms out to your side and parallel to the ground, with a sligh your hands together, while also maintaining the same slight bend in the arms. O hands come in contact, slowly return to the starting position. al Raises Standing While standing, place the resistance band beneath both feet. With hands grippi raise both arms to the side until parallel with the floor. Hold for a few seconds, to starting position. To make this exercise easier, alternate raising each arm. BINGO ROLLS (3)	e resistance band ht bend. Slowly bring Once both of your 60 seconds ng handles, slowly then slowly release 60 seconds king. If you can,
• Latera • Morn •	Press Standing Hold the resistance band behind your upper back. For more resistance, grab the itself. Position your arms out to your side and parallel to the ground, with a sligl your hands together, while also maintaining the same slight bend in the arms. O hands come in contact, slowly return to the starting position. Al Raises Standing While standing, place the resistance band beneath both feet. With hands grippi raise both arms to the side until parallel with the floor. Hold for a few seconds, to starting position. To make this exercise easier, alternate raising each arm. BINGO ROLLS (3) ing Walk Standing While standing begin walking in place. The pace will be a little quicker than walk on every step raise the knee so that the hip and knee both reach near 90 degree	e resistance band ht bend. Slowly bring Once both of your 60 seconds ng handles, slowly then slowly release 60 seconds king. If you can,

	BINGO ROLLS (3)	
Thum	b to Fingers	60 seconds
•	Start with your hand in a neutral, relaxed position with your fingers and thumbs stra your thumb across your palm, touching the tip of your thumb to the bottom of your you can't make your thumb touch, just stretch as far as you can. Return your thumb position. Repeat multiple times with each hand.	small finger. If
C Grip		60 seconds
•	Start by holding your hand and fingers straight and close together. Gently curve you "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, re the starting position. Then repeat the exercise multiple times on each hand.	-
	BINGO ROLLS (3)	
Single	arm crossover standing	60 seconds
•	Gently pull one arm across your chest, below the chin. Hold, and repeat with the op	posite arm.
Balleri	na	60 seconds
•	Bring both arms up over head, put hands together, release hands, then put both arn BINGO ROLLS (3)	ns back down.
Good r	morning	60 seconds
•	Begin in the seated position, with your legs wider than shoulder-width apart. Keep y and extended. Slowly bend forward at the hips. Then slowly bend back up, again kee erect and extended, into the seated position.	our spine erect
Hi, Nei	ighbor! Seated	60 seconds
•	With straight posture, slowly and gently turn your head toward the left. Hold for a fe seconds. Repeat with the right side. Do not hyperextend your head!	ew
REVIEW	QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
	BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	
**Da	mind your participants to keep working on their Binges	:-a® Taka

## \*\*Remind your participants to keep working on their Bingocize<sup>®</sup> Take-Home Cards to bring back next week<sup>\*\*</sup>



### EXERCISE ONLY - SESSION 19 (Leader)

**BINGO ROLLS (3)** 

\*\*Remember to print Exercise Only Take-Home Card (week 10) to give to each participant after the session today!!\*\*

**Read aloud to the participants:** It's the final week of Bingocize<sup>®</sup>! Over the past 9 weeks, we've had fun playing bingo, completed lots of exercise, and learned about some of the great things exercise can do for us! Remember you can always find a time and place to stay physically active. Working physical activity into our daily activities is key. Try.....

- Mixing exercising with something you already do; for example, try doing some heel raises during commercial breaks.
- Exercise with a friend so you can keep each other on track!
- Take the stairs instead of the elevator

And as always, as you exercise, remember to:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Source: National Institutes of Health, 2019	
BINGO ROLLS (3)	
Alternate Foot Touch	60 seconds
• From a standing position, alternate placing your right and left foot in front of you	u.
Chair Stand	60 seconds
<ul> <li>Chair Stand</li> <li>Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.</li> <li>To decrease difficulty: <ul> <li>Push up with hands on seat/arms of wheelchair</li> <li>Use cane or walker</li> </ul> </li> <li>To increase difficulty: <ul> <li>Cross arms across chest when standing</li> <li>Hold weight between hands</li> </ul> </li> <li>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</li> </ul>	
BINGO ROLLS (3)	
Heel Raises Standing	60 seconds
<ul> <li>While standing behind a chair for support, raise your heels off the floor while ke straight. Slowly lower heels to the ground. To make this exercise more difficult, pad or soft pillow.</li> </ul>	

Top Shelf Reach Standing	60 seconds
<ul> <li>Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out the motion, moving through full range and finally into a side bend. Pause, breathe in to the starting position. Repeat on the opposite side.</li> </ul>	
BINGO ROLLS (3)	
Modified Skier	60 seconds
<ul> <li>From a standing position, side step in one direction and bring the opposite foot behi stepped leg. Repeat this movement in the opposite direction. Let the arms swing nat side in the movement of the stepped direction.</li> </ul>	
Cueing Drill	60 seconds
face the opposite direction. Turn around to the starting position. Crouch down with bent. Place your hands on your knees. Stand up tall and clap your hands ten times. S right foot up, and hold. Stand with your left foot up, and hold. Step your right foot for reach up with your left arm. Step with your left foot forward, and reach with your rig your feet back together, and your arms to your sides. Raise up on your toes. And low head to the right. Return to the center. Turn your head to the left. And return to the	tand with your orward, and ght arm. Bring ver. Turn your
BINGO ROLLS (3)	
Chest Press Standing	60 seconds
<ul> <li>Hold the resistance band behind your upper back. For more resistance, grab the resi itself. Position your arms out to your side and parallel to the ground, with a slight be your hands together, while also maintaining the same slight bend in the arms. Once hands come in contact, slowly return to the starting position.</li> </ul>	nd. Slowly bring
Lateral Raises Standing	60 seconds
<ul> <li>While standing, place the resistance band beneath both feet. With hands gripping har raise both arms to the side until parallel with the floor. Hold for a few seconds, then to starting position. To make this exercise easier, alternate raising each arm.</li> </ul>	
BINGO ROLLS (3)	
Morning Walk Standing	60 seconds
<ul> <li>While standing begin walking in place. The pace will be a little quicker than walking. on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth.</li> </ul>	lf you can,

Toes to the Sky	60 seconds
<ul> <li>Begin in a seated position with good posture, eyes facing forward width apart. Extend your right foot. Slowly return to starting posit</li> </ul>	
BINGO ROLLS (3)	
Thumb to Fingers	60 seconds
<ul> <li>Start with your hand in a neutral, relaxed position with your finge your thumb across your palm, touching the tip of your thumb to t you can't make your thumb touch, just stretch as far as you can. F position. Repeat multiple times with each hand.</li> </ul>	he bottom of your small finger. If
C Grip	60 seconds
<ul> <li>Start by holding your hand and fingers straight and close together "C" shape, as if your hand is wrapped around a can. Moving slowl the starting position. Then repeat the exercise multiple times on e</li> </ul>	y and smoothly, return your hand to
BINGO ROLLS (3)	
Single arm crossover standing	60 seconds
<ul> <li>Gently pull one arm across your chest, below the chin. Hold, and r</li> </ul>	repeat with the opposite arm.
Ballerina	60 seconds
<ul> <li>Bring both arms up over head, put hands together, release hands,</li> </ul>	, then put both arms back down.
BINGO ROLLS (3)	
Good morning	60 seconds
<ul> <li>Begin in the seated position, with your legs wider than shoulder-v and extended. Slowly bend forward at the hips. Then slowly bend erect and extended, into the seated position.</li> </ul>	
Hi, Neighbor! Seated	60 seconds
With straight posture, slowly and gently turn your head toward th	e left. Hold for a few
seconds. Repeat with the right side. Do not hyperextend your hea	d!
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINN	ER)
**Remember to give your participants their Bing	ocize <sup>®</sup> Take-Home

Cards today and explain that they will only have a few days to complete them this time, as this is the final week, and they will need to return them when they come for their final session. \*\*



### EXERCISE ONLY - SESSION 20 (Leader)

**BINGO ROLLS (5)** 

#### Read aloud to the participants:

I hope you had lots of fun and are feeling all of the benefits of Bingocizing! This is our last session, but I hope all of you stay physically active and use the information we've talked about over the past 10 weeks. Please keep up the good work...I know you can do it! I hope to see you again soon for another round of Bingocize<sup>®</sup>!

And as you continue to be active on your own, always remember to:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modify when you need to

Source: National Council on Aging, National Institute on Aging, 2018

**BINGO ROLLS (5)** 

Three Dot Step	60 seconds		
<ul> <li>Begin by standing with your feet together and arms down to the sides. During this exercise, the opposite foot should never leave the ground. Take a step lunge forward about two to three feet. During this step lunge reach the arms out in front, away from the body. Now return to the starting position. With the same foot, step out to the side about two to three feet. During the step, reach your arms out in the same direction as the step to the side. Return to the starting position. Now step backwards about two to three feet, while allowing the arms to open backwards into a horizontal reach. During the backwards step, the front knee will bend and the back leg will remain straight. Return to the starting position.</li> </ul>			
Static Balance	60 seconds		
<ul> <li>Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the opposing leg.</li> </ul>			
BINGO ROLLS (5)			
Staggered Stance	60 seconds		
• Begin with feet together and hands at sides. Step forward with your right foot. Maintain this position for 10 seconds. Alternate putting the other foot in front.			
Side Flexion Seated	60 seconds		
<ul> <li>In a seated position, bend your trunk to the right to bring your right elbow to the outside of your right hip. Now repeat on the left.</li> </ul>			

	BINGO ROLLS (5)	
Grapevine	(make sure participants spread out)	60 seconds
foot	in by standing with your arms at your sides with feet together. Step across, in fro t with your right leg. Continue to step sideways, un-crossing the right leg. Now re ss your right leg behind your left leg. Continue to step sideways, un-crossing the	everse, and
vimming [	Dance	60 seconds
	ile standing, move arms in a swimming motion, then plug nose, and shimmy with we the head.	n one arm raise
	BINGO ROLLS (5)	
Chest Press	s Standing	60 seconds
gro	stance, grab the resistance band itself. Position your arms out to your side and p und, with a slight bend. Slowly bring your hands together, while also maintaining id in the arms. Once both of your hands come in contact, slowly return to the sta	the same sligh rting position.
rm Curl St	tanding	60 seconds
• From	m a standing position, place the resistance band beneath both feet. Hands shoul	d be gripping
han	d handles with nalms fasing outward. While holding the upper arm stationary of	
Udli	id handles with palms facing outward. While holding the upper arm stationary, c	url the band
	ward. Only the forearm should move. Curl the band as far as possible, and slowly	
forv		
forv	ward. Only the forearm should move. Curl the band as far as possible, and slowly	
forv han he Twist s	ward. Only the forearm should move. Curl the band as far as possible, and slowly ids back to the starting position. BINGO ROLLS (5) standing (play "The Twist" song)	bring your 60 seconds
forv han The Twist s Star flex Mor a fu Hole exte As y and To k Twi and Shif that	ward. Only the forearm should move. Curl the band as far as possible, and slowly ids back to the starting position. BINGO ROLLS (5)	bring your 60 seconds r knees nould not be m. body. Don't to one side and back. os, your waist body weight sc placing your
forv han he Twist s Star flex Mor a fu Hole exte As y and To k Twi and Shif that wei	ward. Only the forearm should move. Curl the band as far as possible, and slowly ads back to the starting position. BINGO ROLLS (5) standing (play "The Twist" song) nd with your feet shoulder-width apart. Put equal weight on both feet. Keep you ible and your torso squared evenly with your hips. ve one foot forward. Gently budge one foot ahead of the other. The front foot sh ill length ahead of the back foot, and there should be some overlap between the d your arms away from the body. Extend both arms outward and away from the end them straight out. You should keep them bent slightly at the elbow. you twist, your arms will follow the movement of your hips. As your weight shifts I your waist twists back, the arm of that same side will naturally move downward keep balance, the other arm should move upward and forward. st your hips. Swing your hips dramatically from side to side. As you twist your hip I legs should also twist or rotate from side to side in a similar manner ft your body weight. As you rock from side to side, shift your center of gravity or t it is supported by the ball of your foot. You should alternate from foot to foot, p ght over one foot as you twist to that side and over to the other foot as you twist	bring your 60 seconds r knees nould not be m. body. Don't to one side and back. os, your waist body weight sc placing your
forv han The Twist s Star flex Mor a fu Hole exte As y and To k Twi and Shif that wei	ward. Only the forearm should move. Curl the band as far as possible, and slowly ads back to the starting position. BINGO ROLLS (5) standing (play "The Twist" song) nd with your feet shoulder-width apart. Put equal weight on both feet. Keep you ible and your torso squared evenly with your hips. ve one foot forward. Gently budge one foot ahead of the other. The front foot sh ill length ahead of the back foot, and there should be some overlap between the d your arms away from the body. Extend both arms outward and away from the end them straight out. You should keep them bent slightly at the elbow. you twist, your arms will follow the movement of your hips. As your weight shifts I your waist twists back, the arm of that same side will naturally move downward keep balance, the other arm should move upward and forward. st your hips. Swing your hips dramatically from side to side. As you twist your hip I legs should also twist or rotate from side to side in a similar manner ft your body weight. As you rock from side to side, shift your center of gravity or t it is supported by the ball of your foot. You should alternate from foot to foot, p ght over one foot as you twist to that side and over to the other foot as you twist	bring your 60 seconds r knees nould not be m. body. Don't to one side and back. os, your waist body weight so placing your t back. 60 seconds

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BINGO ROLLS (5)			
Thumb to Fingers	60 seconds		
<ul> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs stra your thumb across your palm, touching the tip of your thumb to the bottom of your you can't make your thumb touch, just stretch as far as you can. Return your thumb position. Repeat multiple times with each hand.</li> </ul>	small finger. If		
Power Grip	60 seconds		
<ul> <li>Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the multiple times on each hand.</li> </ul>	e exercise		
BINGO ROLLS (5)			
Seated Balance Exercise	60 seconds		
<ul> <li>Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to s eyes closed while moving head up and down.</li> </ul>	ide. Sit with		
Ballerina	60 seconds		
• Bring both arms up over head, put hands together, release hands, then put both arms back down.			
BINGO ROLLS (5)			
YMCA (play the song "YMCA")	60 seconds		
<ul> <li>Create a Y by standing straight and extending your arms over your head. Your arms should be outstretched at angles away from each other so that your hands are about three to four feet apart.</li> <li>Make an M by bringing your hands together on top of your head so that the backs of your fingers are touching. Your fingertips should be in contact with your scalp. Bend your wrists as much as you can to make the corners of the top of the M as sharp as possible.</li> <li>Produce a C by bringing your left arm down by your side. Extend your left arm out and bend it slightly keeping your palm open. Your left hand should be parallel with your waist. Curl your right arm over your head and bend your waist to the left.</li> <li>Form an A by bringing your arms back up over your head. Bend your elbows at the level of your ears and bring your hands together so that your fingertips touch. Your hand should create a triangle.</li> </ul>			
Goodbye, neighbor! Standing	60 seconds		
• Turn to the person on either side of you, and shake their hand or give them a big hu			
I hope you had fun today! Please continue your healthy lifestyle changes, and look for another round of Bingocize <sup>®</sup> soon!			
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)			

# \*\*Remember to collect the Take Home Cards today, since this is the last session\*\*