



NUTRITION - SESSION 1 (Leader)

BINGO ROLLS (3)

****Remember to print Nutrition Take Home Card (week 1) to give to each participant after the session today!!****

Topic: Maintaining a healthy lifestyle/healthy weight

Read aloud to the participants:

It should come as no surprise that staying active and healthy as long as possible will increase your lifespan, as well as your quality of life. Today, we're going to focus on some important things that can promote a healthy lifestyle for you as you age, such as:

- Maintaining a healthy weight
- Being active
- Eating well
- Drinking enough water

ChooseMyPlate.gov is a USDA website geared toward helping us learn more about healthy eating, and it will be a great resource for you to use over the next 10 weeks as we go on this journey together.

If this is your first time trying Bingocize®, welcome! We hope you all have fun today, learn a little about healthy living, and maybe even meet some new people along the way. 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.

So, keep that in mind, and let's get started.

Note: A good "curriculum reinforcement" for this session would be the Vegetable Tip Card or the I ♥ Vegetables Book.



Source: National Institute on Aging, ChooseMyPlate.gov, 2019

BINGO ROLLS (3)

QUESTION 1: Which of the following things can help you stay healthy as you age?

- Maintaining a healthy weight
- Eating healthy foods
- Making physical activity and exercise a part of your routine
- Drinking enough water
- All of the above**

Morning Walk Seated	30 seconds
<ul style="list-style-type: none"> • 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
<ul style="list-style-type: none"> • 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. 	
Top Shelf Reach Seated	30 seconds
<ul style="list-style-type: none"> • 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
<ul style="list-style-type: none"> • 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. 	
BINGO ROLLS (3)	
<p>QUESTION 2: In order to stay the same weight, you should only eat as many calories as you use each day.</p> <p>a. True, if your weight is staying about the same, then you are doing a good job of this.</p> <p>b. False</p>	
Toes to the Sky Seated	30 seconds
<ul style="list-style-type: none"> • Begin in a seated position with good posture, eyes facing forward, palms on your thighs, and feet hip-width apart. Extend your right foot. Slowly return to starting position and repeat with your left foot. 	
Chair Stands	30 seconds
<ul style="list-style-type: none"> • Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> ○ Push up with hands on seat/arms of wheelchair ○ Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> ○ Cross arms across chest when standing ○ Hold weight between hands <p>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.</p>	

QUESTION 3: As you age, your metabolism (how the body uses the calories you eat) stays the same.

- a. True
- b. False, as you age, it slows down, and you don't need as many calories.

BINGO ROLLS (3)

Stiff Arthur's Hip Seated

30 seconds

- Shift weight to the right hip, and lift left hip off the chair. Shift your weight to the left hip, and lift your right hip off the chair.

Seated Balance Exercises

30 seconds

- Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down.

QUESTION 4: If you need to lose weight, which of the following can help you?

- a. Eating more
- b. Getting more exercise (But always talk to your doctor first.)
- c. Reading more
- d. Spending more time socializing

BINGO ROLLS (3)

Morning Walk Seated

30 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.

Side Steps Seated

30 seconds

- 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.
-

BINGO ROLLS (3)

Thumb to Fingers

30 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.

Table Roll

30 seconds

- Roll the hand therapy ball with your fingertips to the ball. Then repeat the exercise multiple times on each hand.

QUESTION 5: The calories you drink do not count, only the ones you eat.

a. True

b. False, that's why it is not good to drink too many sugary and high-calorie drinks because it all adds up.

BINGO ROLLS (3)

Trunk Rotation Seated

30 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

30 seconds

- Sit on the edge of your chair. Sit tall 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.

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.

Goodbye, Neighbor! Standing

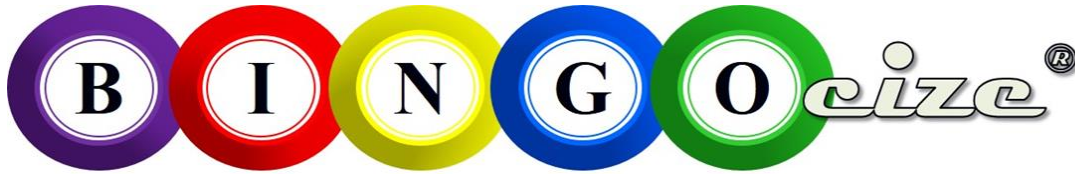
30 seconds

- Stand. Then turn to the person on each side of you and shake their hand or give them a big hug!

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****



NUTRITION - SESSION 2 (Leader)

BINGO ROLLS (3)

Topic: Liquid intake/drinking water

Read aloud to the participants:

Everyone knows that it's important to drink fluids, but it is especially important for older adults to get enough fluids to help their body function properly. Today we're going to talk about some of the reasons it is so important, tips for how to get more fluids, and what types of fluids you should be drinking.

ChooseMyPlate.gov is a USDA website geared toward helping us learn more about healthy eating and proper intake, and it will be a great resource for you to use at home this week to support what we're learning.

Before we get started, I want to remind you that there 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.

So, keep that in mind, and let's get started.

Note: A good "curriculum reinforcement" for this session would be the 8 oz. MyPlate Dairy Cup.



Source: National Institute on Aging, ChooseMyPlate.gov, 2019

BINGO ROLLS (3)

QUESTION 6: As long as you drink a little bit each day, you are healthy.

- a. True
- b. **False (Although drinking some is better than none, it is important that you get enough liquid each day. Talk to your doctor about how much is right for you.)**

Morning Walk Seated

30 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.

Tie Your Shoes Seated	30 seconds
<ul style="list-style-type: none"> 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. 	
Top Shelf Reach Seated	30 seconds
<ul style="list-style-type: none"> 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
<ul style="list-style-type: none"> 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. 	
BINGO ROLLS (3)	
<p>QUESTION 7: Drinking water helps your body do which of these things?</p> <ul style="list-style-type: none"> a. Digest food b. Absorb nutrients c. Eliminate waste from the body d. All of the above 	
Toes to the Sky Seated	30 seconds
<ul style="list-style-type: none"> Begin in a seated position with good posture, eyes facing forward, palms on your thighs, and feet hip-width apart. Extend your right foot. Slowly return to starting position and repeat with your left foot. 	
Chair Stands	30 seconds
<ul style="list-style-type: none"> Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> ○ Push up with hands on seat/arms of wheelchair ○ Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> ○ Cross arms across chest when standing ○ Hold weight between hands <p>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.</p>	

QUESTION 8: Which of the following is your best drink choice?

- a. Soda
- b. Milk
- c. Coffee
- d. **Water**

BINGO ROLLS (3)

Stiff Arthur's Hip Seated

30 seconds

- Shift weight to the right hip, and lift left hip off of the chair. Shift your weight to the left hip, and lift your right hip off of the chair.

Seated Balance Exercises

30 seconds

- Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down.

QUESTION 9: What is a good way to add fluids to your diet each day?

- a. Eat less
- b. **Make sure you take sips of your drink (juice, milk, or water) between each bite at meals**
- c. Only drink during meals
- d. Exercise more

BINGO ROLLS (3)

Morning Walk Seated

30 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.

Side Steps Seated

30 seconds

- 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.

BINGO ROLLS (3)

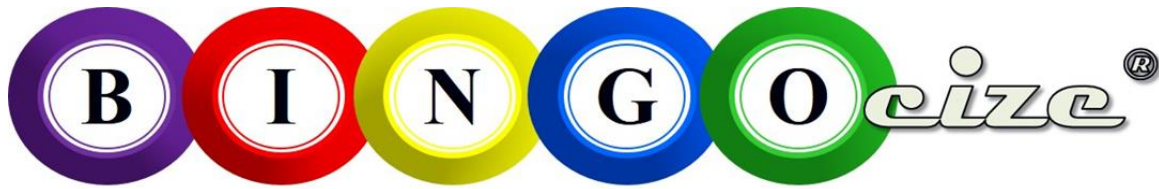
Thumb to Fingers

30 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.

Table Roll	30 seconds
<ul style="list-style-type: none"> Roll the hand therapy ball with your fingertips to the ball. Then repeat the exercise multiple times on each hand. 	
<p>QUESTION 10: If you need liquids, your body will tell you this through the feeling of being thirsty.</p> <p>a. True</p> <p>b. False, your body doesn't do a good job of telling you when it is thirsty as you get older, so it is important to pay attention to how much liquid you get each day.</p>	
BINGO ROLLS (3)	
Trunk Rotation Seated	30 seconds
<ul style="list-style-type: none"> 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	30 seconds
<ul style="list-style-type: none"> Sit on the edge of your chair. Sit tall 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. 	
Tie Your Shoes Seated	30 seconds
<ul style="list-style-type: none"> 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. 	
Hi, Neighbor! Seated	30 seconds
<ul style="list-style-type: none"> 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)	

****Remind your participants to keep working on their Bingocize®
Take Home Cards to bring back next week!**



NUTRITION - SESSION 3 (Leader)

BINGO ROLLS (3)

Remember to print Nutrition Take Home Card (week 2) to give to each participant after the session today!!

Topic: Know your food groups

Read aloud to the participants:

Last week we started talking about ways to be healthier, one of which is eating healthy foods. Today, we're going to begin looking at the food groups and will discuss what types of foods you should eat from each group. ChooseMyPlate.gov is always a good place for information, and additionally, The National Institute on Aging recognizes the following food groups that we will discuss:

- Grains
- Vegetables
- Fruits
- Protein
- Dairy
- Oils
- Solid Fats and Added Sugars

Before we get started, today, here are some important things to remember 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.

So, keep that in mind, and let's get started.

Note: A good "curriculum reinforcement" for this session would be the Food Label Magnifier or Insulated Grocery Bag.



Source: National Institute on Aging, ChooseMyPlate.gov, 2019

BINGO ROLLS (3)

QUESTION 11: Which of the following is not a food group?

- a. Dairy
- b. Protein
- c. Candy
- d. Grains
- e. Vegetables

Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> 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	40 seconds
<ul style="list-style-type: none"> 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. 	
Top Shelf Reach Seated	40 seconds
<ul style="list-style-type: none"> 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 style="list-style-type: none"> 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. 	
BINGO ROLLS (3)	
<p>QUESTION 12: Which of the following foods are part of the grains food group?</p> <ul style="list-style-type: none"> a. Muffin b. Corn or flour tortilla c. Pasta d. Popcorn e. All of the above are considered grains 	
Cueing Drill (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> Begin in the standing position. Take one step forward. Take one step backward. Turn around and face the opposite direction. Turn around to the starting position. Crouch down with your knees bent. Place your hands on your knees. Stand up tall and clap your hands ten times. Stand with your right foot up, and hold. Stand with your left foot up, and hold. Step your right foot forward, and reach up with your left arm. Step with your left foot forward, and reach with your right arm. Bring your feet back together, and your arms to your sides. Raise up on your toes. And lower. Turn your head to the right. Return to the center. Turn your head to the left. And return to the center. 	

Chair Stands	40 seconds
<ul style="list-style-type: none"> ● Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> ○ Push up with hands on seat/arms of wheelchair ○ Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> ○ Cross arms across chest when standing ○ Hold weight between hands <p>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.</p>	
<p>QUESTION 13: It's important to eat green vegetables, but the other colored vegetables really aren't important.</p> <ul style="list-style-type: none"> a. True b. False, it is important to eat vegetable of multiple colors because they have different benefits. 	
BINGO ROLLS (3)	
Chest Press Seated	40 seconds
<ul style="list-style-type: none"> ● Place the resistance band behind your upper back. 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. For more resistance, grab the resistance band itself. 	
Seated Balance Exercises	40 seconds
<ul style="list-style-type: none"> ● Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down 	
<p>QUESTION 14: Which of the following is not a fruit?</p> <ul style="list-style-type: none"> a. Grapefruit b. Cherry c. Mango d. Raisins e. All of the above are fruits 	

BINGO ROLLS (3)	
Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> • 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. 	
Side Steps Seated	40 seconds
<ul style="list-style-type: none"> • 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. 	
BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> • 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. 	
C-Grip	40 seconds
<ul style="list-style-type: none"> • 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 smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	
<p>QUESTION 15: Which of the following foods is NOT a protein?</p> <ol style="list-style-type: none"> Fish Peanut butter Eggs Oatmeal (protein is added to some oatmeal, but it is actually part of the grain group.) Chicken 	
BINGO ROLLS (3)	
Trunk Rotation Seated	40 seconds
<ul style="list-style-type: none"> • 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 style="list-style-type: none"> • Sit on the edge of your chair. Sit tall 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. 	
Tie Your Shoes Seated	40 seconds
<ul style="list-style-type: none"> • 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. 	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"> • 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)	

****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****



NUTRITION - SESSION 4 (Leader)

BINGO ROLLS (3)

Topic: Know your food groups (contd.)

Read aloud to the participants:

Earlier this week, we started by listing each of the food groups and then went on to explore what types of foods are included in the grains, vegetables, fruits, and protein food groups. Today, we're going to look even more at the protein food group and continue on to discuss the dairy, oils, and added sugars/fats group as well. Hopefully, you'll learn some good information today that can help you make good choices when you're choosing your foods at mealtimes.

Don't forget that ChooseMyPlate.gov is a great resource for you to use to get tips on healthy eating.

Also, before we get started, here's a quick reminder about 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.

So, keep that in mind, and let's get started.

Note: A good "curriculum reinforcement" for this session would be the Food Label Magnifier or Insulated Grocery Bag.



Source: National Institute on Aging, ChooseMyPlate.gov, 2019

BINGO ROLLS (3)

QUESTION 16: Most Americans eat more than the recommended amount of protein.

- a. True
- b. False

Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> • 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	40 seconds
<ul style="list-style-type: none"> • 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. 	

Top Shelf Reach Seated	40 seconds
<ul style="list-style-type: none"> ● 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 style="list-style-type: none"> ● 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. 	
BINGO ROLLS (3)	
<p>QUESTION 17: In order to reduce the amount of calories you get from protein (leaving room for calories from other healthy sources) you should try seafood once or twice a week in place of meat.</p> <p>a. True</p> <p>b. False</p>	
Cueing Drill (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> ● Begin in the standing position. Take one step forward. Take one step backward. Turn around and face the opposite direction. Turn around to the starting position. Crouch down with your knees bent. Place your hands on your knees. Stand up tall and clap your hands ten times. Stand with your right foot up, and hold. Stand with your left foot up, and hold. Step your right foot forward, and reach up with your left arm. Step with your left foot forward, and reach with your right arm. Bring your feet back together, and your arms to your sides. Raise up on your toes. And lower. Turn your head to the right. Return to the center. Turn your head to the left. And return to the center. 	
Chair Stands	40 seconds
<ul style="list-style-type: none"> ● Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> ○ Push up with hands on seat/arms of wheelchair ○ Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> ○ Cross arms across chest when standing ○ Hold weight between hands <p>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.</p>	

QUESTION 18: Most adults do NOT get enough dairy in their diet. Which of the following is a good, healthy source of dairy?

- a. Yogurt
- b. Low-fat milk
- c. Cottage cheese
- d. All of the above a good choices of dairy

BINGO ROLLS (3)

Chest Press Seated

40 seconds

- Place the resistance band behind your upper back. 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. For more resistance, grab the resistance band itself.

Seated Balance Exercises

40 seconds

- Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down

QUESTION 19: Oils are also an essential part of diet. Which of the following is a good source of oil for your diet?

- a. Avocado
- b. Olives
- c. Peanut Butter
- d. Olive Oil
- e. All of the above are actually good sources of healthy oils

BINGO ROLLS (3)

Morning Walk Seated

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.

Side Steps Seated

40 seconds

- 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.

BINGO ROLLS (3)

Thumb to Fingers

40 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.

C-Grip	40 seconds
<ul style="list-style-type: none"> 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 smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	
<p>QUESTION 20: Added sugars are also part of most people’s diets, but it’s important to limit them because _____.</p> <ol style="list-style-type: none"> They taste good Too much sugar in the diet can increase the fat level in your blood Sugars don’t have calories Sugars are good a good source of fiber 	
BINGO ROLLS (3)	
Trunk Rotation Seated	40 seconds
<ul style="list-style-type: none"> 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 style="list-style-type: none"> Sit on the edge of your chair. Sit tall 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. 	
Tie Your Shoes Seated	40 seconds
<ul style="list-style-type: none"> 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. 	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"> 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)	

****Remind your participants to keep working on their Bingocize®
Take Home Cards to bring back next week!**



NUTRITION - SESSION 5 (Leader)

BINGO ROLLS (3)

Remember to print Nutrition Take Home Card (week 3) to give to each participant after the session today!!

Topic: Portion Control

Read aloud to the participants:

Over the last two weeks we've been talking about tips for healthy living, like maintaining a healthy weight, drinking water, etc., and we've discussed the food groups and which foods fall under each. This week, we're going to talk about the importance of paying attention to how much you're eating, or portion control. Today we will talk about what that means and explore how much you should be eating from the different food groups.

Don't forget that ChooseMyPlate.gov is a good place to find more information at home on the topic of portion control.

Also, don't forget to keep these things 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.

So, keep that in mind, and let's get started.

Note: A good "curriculum reinforcement for this session would be the MyPlate plate or MyPlate Snack Bag.



Source: National Institute on Aging, ChooseMyPlate.gov, 2019

BINGO ROLLS (3)

QUESTION 21: The word portion and serving mean the same thing.

- a. True
- b. False (A "serving" is a standard measurement of food, like cups or ounces. A "portion" refers to how much of certain food is served to you on your plate.)

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.
- To increase difficulty, pump arms back and forth.

Spell Your Name Seated	40 seconds
<ul style="list-style-type: none"> ● 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. 	
Good Morning!	40 seconds
<ul style="list-style-type: none"> ● 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. 	
Chair Scoot	40 seconds
<ul style="list-style-type: none"> ● Scoot forward in your chair. Now scoot back in your chair. 	
BINGO ROLLS (3)	
<p>QUESTION 22: Using MyPlate can help you choose the correct amounts from each food group for meals?</p> <p>a. True</p> <p>b. False</p>	
Grapevine (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> ● 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 style="list-style-type: none"> ● Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> ○ Push up with hands on seat/arms of wheelchair ○ Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> ○ Cross arms across chest when standing ○ Hold weight between hands <p>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.</p>	

QUESTION 23: What is the daily recommended amount of vegetables for people over 50?

- a. At least one scoop of vegetables each day
- b. 2 to 3 cups each day
- c. 3 pounds
- d. You don't need to eat any vegetables

BINGO ROLLS (3)

Arm Curl Seated

40 seconds

- In a seated 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.

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.

QUESTION 24: What about fruits? How much fruit should you eat each day if you are over 50?

- a. 1 apple per day
- b. 3 bowls
- c. 1.5 to 2 cups
- d. Don't worry about eating fruit

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.
- To increase difficulty, pump arms back and forth.

Side Steps Seated

40 seconds

- 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.

BINGO ROLLS (3)

Thumb to Fingers

40 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.

C-Grip	40 seconds
<ul style="list-style-type: none"> 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 smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	
<p>QUESTION 25: When it comes to dairy, how much should you get each day?</p> <p>a. 1 cup</p> <p>b. Just add a little creamer to your coffee, and that will be good</p> <p>c. Don’t drink milk b/c it’s not important</p> <p>d. 3 cups (Remember to choose fat-free and low-fat when possible, and dairy can include cheese, cottage cheese, yogurt, etc., not just milk.)</p>	
BINGO ROLLS (3)	
Trunk Rotation Standing	40 seconds
<ul style="list-style-type: none"> Stand up 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 Standing	40 seconds
<ul style="list-style-type: none"> 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. 	
Calf Stretch Standing	40 seconds
<ul style="list-style-type: none"> 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 after 20 seconds, and repeat the exercise. 	
Hi, Neighbor! Standing	40 seconds
<ul style="list-style-type: none"> 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)	

****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****



NUTRITION - SESSION 6 (Leader)

BINGO ROLLS (3)

Topic: Portion Control (contd.)

Read aloud to the participants:

Last time we met, we started the discussion about portions and how much you should be eating. Today, we're going to continue that discussion and then look at some specific things that you can do to adjust the way you think about portions, such as measuring out a recommended serving size and then putting the rest of the box, bag, or container of that food away for another day.

ChooseMyPlate.gov has some great information and tools to help you determine how much you should be eating of certain foods.

Also, remember that 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.

So, keep that in mind, and let's get started.

Note: A good "curriculum reinforcement" for this session would be Portion Storage Bags or MyPlate Snack Bag.



Source: National Institute on Aging, ChooseMyPlate.gov, 2019

BINGO ROLLS (3)

QUESTION 26: Since servings are described in measurements like cups and ounces, you should ALWAYS measure your food out that way!

- a. True
- b. False (This was kind of a trick question...Yes, it may be helpful to measure your food when you are first learning, but once you get the hang of it, you won't need to always measure and weigh things.)

Morning Walk Standing	40 seconds
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- 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
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- 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.

Good Morning!	40 seconds
<ul style="list-style-type: none"> ● 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. 	
Chair Scoot	40 seconds
<ul style="list-style-type: none"> ● Scoot forward in your chair. Now scoot back in your chair. 	
BINGO ROLLS (3)	
<p>QUESTION 27: The biggest portions on your plate at mealtime should be vegetables and fruits.</p> <p>a. True</p> <p>b. False</p>	
Grapevine (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> ● 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 style="list-style-type: none"> ● Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> ○ Push up with hands on seat/arms of wheelchair ○ Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> ○ Cross arms across chest when standing ○ Hold weight between hands <p>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.</p>	
<p>QUESTION 28: A recommended portion of protein (lean meat or fish) should be about the size of _____.</p> <p>a. Your head</p> <p>b. The palm of your hand (The palm of your hand is about the same size as a 3 ounce portion. Eating two of these portions each day will give you the recommended amount of protein.)</p> <p>c. A grapefruit</p> <p>d. A golf ball</p>	

BINGO ROLLS (3)

Arm Curl Seated	40 seconds
<ul style="list-style-type: none"> In a seated 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. 	
Arm Extensions Seated	40 seconds
<ul style="list-style-type: none"> 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. 	
<p>QUESTION 29: Portion control can be particularly difficult when eating at restaurants.</p> <p>a. True, many restaurants will give you a much larger portion of food than you need. To help control your portion size when eating out, just eat half and then take the rest home for another meal.</p> <p>b. False</p>	
BINGO ROLLS (3)	
Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> 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. 	
Side Steps Seated	40 seconds
<ul style="list-style-type: none"> 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. 	
BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> 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. 	
C-Grip	40 seconds
<ul style="list-style-type: none"> 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 smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	

QUESTION 30: To control portion size, you should count a serving of food out of the bag, then put the rest away.

- a. True, you should never eat out of the bag b/c it's too tempting to overeat. Instead, take out one serving of whatever you are going to eat, and then put the rest away.
- b. False

BINGO ROLLS (3)

Trunk Rotation Standing	40 seconds
<ul style="list-style-type: none"> ● Stand up 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 Standing	40 seconds
<ul style="list-style-type: none"> ● 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. 	
Calf Stretch Standing	40 seconds
<ul style="list-style-type: none"> ● 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 after 20 seconds, and repeat the exercise. 	
Hi, Neighbor! Standing	40 seconds
<ul style="list-style-type: none"> ● 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)

****Remind your participants to keep working on their Bingocize®
Take Home Cards to bring back next week!**



NUTRITION - SESSION 7 (Leader)

BINGO ROLLS (3)

****Remember to print Nutrition Take Home Card (week 4) to give to each participant after the session today!!****

Topic: Important nutrients to know

Read aloud to the participants

Last week we focused on portion, meaning how much of a food you eat in a given “sitting”, so this week we turn our focus to looking at what is inside of those foods you eat. We’re going to be focusing on the 3 main nutrients that make up the foods you eat, which are proteins, carbohydrates, and fats. We will look at what each of these nutrients does for your body and what foods are good sources of these nutrients.

ChooseMyPlate.gov can provide even more great information for you at home, so check it out.

Also, before we get started, remember to keep the following things 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.

So, keep that in mind, and let’s get started.

Note: A good “curriculum reinforcement” for this session would be the Vegetable Tip Card or any of the Fresh Baby nutritional items.



Source: National Institute on Aging, ChooseMyPlate.gov, 2019

BINGO ROLLS (3)

QUESTION 31: Proteins are like the body’s building blocks.

- a. True (proteins help muscles heal and grow.)
- b. False

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

Good morning!	40 seconds
<ul style="list-style-type: none"> ● 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. 	
Rear Hip Extensions Standing	40 seconds
<ul style="list-style-type: none"> ● Stand behind your chair, and hold onto the back for support. Your feet should be hip width apart, eyes looking forward. Keeping your head and back aligned, lift one leg behind you, keeping it straight. Repeat with the opposite leg. To add a balance challenge, hover your hands over the back of the chair, and/or close your eyes. 	
Seated Crunches	40 seconds
<ul style="list-style-type: none"> ● 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)	
<p>QUESTION 32: Which of the following are jobs of protein?</p> <ol style="list-style-type: none"> Build muscle Help you fight infection Provide some energy Proteins do all of the above 	
Modified Skier (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> ● 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. 	
Chair Stands	40 seconds
<ul style="list-style-type: none"> ● Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> ○ Push up with hands on seat/arms of wheelchair ○ Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> ○ Cross arms across chest when standing ○ Hold weight between hands <p>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.</p>	

QUESTION 33: What foods are good sources of protein for our bodies?

- a. Lean meats
- b. Seafood
- c. Eggs
- d. Beans, peas, and soy products
- e. All of the above are great sources for getting protein into your diet.

BINGO ROLLS (3)

Lateral Raises

40 seconds

- While seated, place the resistance band beneath both feet. With hands gripping tightly, slowly raise both arms to the side until parallel with the floor. Hold for two seconds, then slowly 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 your sides, near the armpits. While drawing your arms back, your elbows will bend. Make sure they stay in tight near your sides. During the exercise, squeeze the muscles together in the mid-back to help draw in the resistance band. Imagine there is a tennis ball between your shoulder blades, and you are trying to hold it there using only your back muscles. Once the resistance band handles reach the side of the body, begin slowly lowering the resistance band back to the starting position.

QUESTION 34: Another important nutrient is carbohydrates. What is the *main* job of carbohydrates?

- a. Make us happy
- b. Give us energy
- c. Keep us healthy
- d. Prevent diseases

BINGO ROLLS (3)

Morning Walk Standing

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.

Side Steps Standing

40 seconds

- 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.

BINGO ROLLS (3)

Power Grip

40 seconds

- Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand.

C-Grip	40 seconds
<ul style="list-style-type: none"> 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 smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	
<p>QUESTION 35: There are 2 types of carbohydrates: simple and complex. Simple carbs are found in foods such as sugar, milk, and fruit; whereas complex carbs are found in bread, pasta, beans, peas, etc. Which types of carbs should you choose most often?</p> <p>a. Simple</p> <p>b. <u>Complex carbs take longer for the body to use and many also contain fiber.</u></p>	
BINGO ROLLS (3)	
Ballerina	40 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
Single Arm Crossover	40 seconds
<ul style="list-style-type: none"> Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm. 	
Charleston/Flapper Dance	40 seconds
<ul style="list-style-type: none"> Place hands on knees and cross knees back and forth 	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"> 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)	

****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****



NUTRITION - SESSION 8 (Leader)

BINGO ROLLS (3)

Topic: Important nutrients to know (contd.)

Read aloud to the participants

Last session we focused on the first two of the main nutrients in foods, which are proteins and carbohydrates. We learned that proteins are like the body's building blocks and that carbohydrates are the main source of energy for the body. Today, we'll look at the last of the three nutrients, FAT, and talk about some of the myths regarding fat and discuss good sources of fats for your diet.

If you want to look at this even more on your own at home, try using ChooseMyPlate.gov to find great videos and articles on eating the proper foods and why you should eat a variety of healthy foods.

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.

So, keep that in mind, and let's get started.

Note: A good "curriculum reinforcement" for this session would be the Vegetable Tip Card or any of the Fresh Baby nutritional items.



Source: National Institute on Aging, ChooseMyPlate.gov, 2019

BINGO ROLLS (3)

QUESTION 36: There are 3 important nutrients for the body: Proteins, Carbohydrates, and _____.

- a. Glucose
- b. Fats**
- c. Oxygen
- d. Sugar

Morning Walk Standing

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.

Good morning!	40 seconds
<ul style="list-style-type: none"> ● 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. 	
Heel Raises Standing	40 seconds
<ul style="list-style-type: none"> ● From a seated position, begin with your feet hip-width apart and eyes facing forward. Raise your heels off the ground, while keeping your knees straight. Slowly lower your heels back to the ground. 	
Seated Crunches	40 seconds
<ul style="list-style-type: none"> ● 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)	
<p>QUESTION 37: All fats are bad for you, and you should not eat them.</p> <p>a. True</p> <p>b. False (Not all fats are bad for you. Fats that are liquids at room temperature may help prevent heart disease...but that still doesn't mean you should eat more than the recommended amount.)</p>	
Three Dot Step (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> ● 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. 	
Chair Stands	40 seconds
<ul style="list-style-type: none"> ● Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> ○ Push up with hands on seat/arms of wheelchair ○ Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> ○ Cross arms across chest when standing ○ Hold weight between hands <p>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.</p>	

QUESTION 38: Actually, it is important to have good fats in your diet because they _____.

- a. Help you stay cool in the summer
- b. Help you stay lean
- c. Give you energy and help the body to use certain vitamins
- d. Make your teeth white

BINGO ROLLS (3)

Lateral Raises

40 seconds

- While seated, place the resistance band beneath both feet. With hands gripping tightly, slowly raise both arms to the side until parallel with the floor. Hold for two seconds, then slowly 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 your sides, near the armpits. While drawing your arms back, your elbows will bend. Make sure they stay in tight near your sides. During the exercise, squeeze the muscles together in the mid-back to help draw in the resistance band. Imagine there is a tennis ball between your shoulder blades and you are trying to hold it there using only your back muscles. Once the resistance band handles reach the side of the body, begin slowly lowering the resistance band back to the starting position.

QUESTION 39: Which of the following foods contain healthy fats?

- a. Peanut butter
- b. Avocados
- c. Fatty fish
- d. Nuts
- e. All of the above are foods that contain the fats that are good for your body (rather than processed/sugary foods that have unhealthy fats).

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

Side Steps Seated

40 seconds

- 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.

BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> 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. 	
C-Grip	40 seconds
<ul style="list-style-type: none"> 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 smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	
<p>QUESTION 40: To lower the saturated (unhealthy) fat in your diet, you can _____.</p> <ol style="list-style-type: none"> Choose oils like olive or canola for cooking Choose low-fat or fat-free dairy products Choose lean meats and remove the skin from chicken Do all of the above. 	
BINGO ROLLS (3)	
Side Flexion Seated	40 seconds
<ul style="list-style-type: none"> 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. 	
Single Arm Crossover	40 seconds
<ul style="list-style-type: none"> Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm. 	
Rolling-Disco/John Travolta	40 seconds
<ul style="list-style-type: none"> Rotating arms around one another; pointing side to side-"Staying Alive" move 	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"> 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)	

****Remind your participants to keep working on their Bingocize®
Take Home Cards to bring back next week!**



NUTRITION - SESSION 9 (Leader)

BINGO ROLLS (3)

****Remember to print Nutrition Take Home Card (week 5) to give to each participant after the session today!!****

Topic: Vitamins and minerals

Read aloud to the participants

Vitamins and minerals are two of the most important types of nutrients that the body needs. Although vitamins and minerals are always important, they become even more important as the body ages. Today we are going to talk about some of the important jobs of vitamins and minerals, and we're going to talk about how you can get vitamins and minerals in your diet.

Visit ChooseMyPlate.gov for tips and information that you can use at home every day.

And as always, remember to keep these things 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.

So, keep that in mind, and let's get started.

Note: A good "curriculum reinforcement" for this session would be the Food Label Magnifier.



Source: National Council on Aging, National Institute on Aging, ChooseMyPlate.gov, 2019

BINGO ROLLS (3)

QUESTION 41: Vitamins and minerals are essential to what your body needs to survive and stay healthy.

- a. True, Vitamins help you grow and keep your body working the way it should.
- b. False

Morning Walk Seated

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.

Single Leg Hamstring Curl Standing	40 seconds
<ul style="list-style-type: none"> 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.) 	
Staggered Stance	40 seconds
<ul style="list-style-type: none"> 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
<ul style="list-style-type: none"> 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)	
<p>QUESTION 42: Which of the following is a job that vitamins do for your body?</p> <ol style="list-style-type: none"> Help you avoid infections Help your nerves stay healthy Help your body turn food into energy All of the above are important jobs of vitamins 	
Grapevine (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> 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 style="list-style-type: none"> Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> Push up with hands on seat/arms of wheelchair Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> Cross arms across chest when standing Hold weight between hands <p>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.</p>	

QUESTION 43: In addition to vitamins being important, minerals also play an important role in the body.

- a. True
- b. False

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.

QUESTION 44: Minerals are found in various foods, so it is important to eat a variety of healthy foods to get your required minerals.

- a. True, if you are eating a diet filled with different foods, it should provide the minerals your body needs.
- b. False

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

- 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.

BINGO ROLLS (3)

Thumb to Fingers

40 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.

C-Grip	40 seconds
<ul style="list-style-type: none"> 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 smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	
<p>QUESTION 45: It is usually better to get the nutrients you need from a pill, rather than from foods.</p> <p>a. True</p> <p>b. False, it is better to get as many of your nutrients as possible from foods b/c healthy foods usually have added benefits like fiber.</p>	
BINGO ROLLS (3)	
Seated Balance Exercise	40 seconds
<ul style="list-style-type: none"> Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down. 	
Ballerina	40 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
Rolling-Disco/John Travolta	40 seconds
<ul style="list-style-type: none"> Rotating arms around one another; pointing side to side-"Staying Alive" move 	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"> 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)	

****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****



NUTRITION - SESSION 10 (Leader)

BINGO ROLLS (3)

Topic: Vitamins and minerals (contd.)

Read aloud to the participants

Last time we talked about how important it is to get vitamins and nutrients in your diet, and today we're going to look more specifically at three of the important nutrients and vitamins you need. We're going to look at sodium, Vitamin D, and calcium and ways to get the appropriate amounts of those nutrients and vitamins in your diet. Specifically, we're going to look at ways to regulate your sodium intake, because although we need sodium, many Americans get TOO much, and we will look at how to increase Vitamin D and calcium!

Want more information that you can use at home, try visiting ChooseMyPlate.gov.

Before we get started today, don't forget to keep these things 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.

So, keep that in mind, and let's get started.

Note: A good "curriculum reinforcement" for this session would be the Food Label Magnifier.



Source: National Institute on Aging, ChooseMyPlate.gov, 2019

BINGO ROLLS (3)

QUESTION 46: If your doctor says you aren't getting enough vitamins and minerals from the foods you eat, what should you consider when choosing a vitamin/mineral supplement?

- a. Look for a supplement that only contains the vitamin or mineral you need.
- b. Read the label to make sure doses aren't larger than what your doctor prescribed.
- c. Look for brands that your doctor or pharmacist recommend.
- d. All of the above are important things to consider when choosing a supplement.

Morning Walk Seated

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.

Single Leg Hamstring Curl Standing	40 seconds
<ul style="list-style-type: none"> 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.) 	
Staggered Stance	40 seconds
<ul style="list-style-type: none"> 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
<ul style="list-style-type: none"> 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)	
<p>QUESTION 47: One mineral to watch is sodium because too much sodium can lead to high blood pressure. What should we keep in mind when we think about how much sodium we actually need?</p> <ol style="list-style-type: none"> People over 51 should limit their salt (sodium) intake to 1 teaspoon a day (which counts both the salt already in foods from processing, as well as what you add at the table). Preparing your own meals at home can help avoid added sodium found in processed foods When cooking, don't add any salt until you've finished preparing the food and have tasted it first. All of the above are good ways to help limit sodium intake. 	
Grapevine (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> 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 style="list-style-type: none"> Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> Push up with hands on seat/arms of wheelchair Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> Cross arms across chest when standing Hold weight between hands <p>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.</p>	

QUESTION 48: Eating fresh fruits and vegetables is another great way to reduce sodium intake.

- a. True, fruits and vegetables are naturally low in sodium and are flavorful.
- b. False

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.

QUESTION 49: Vitamin D is another important part of a healthy diet. When looking for foods high in vitamin D, you should choose which of the following?

- a. Fruit
- b. Vegetables
- c. Fatty fish, as well as fish liver oils, fortified cereals and fortified dairy products are all good sources of vitamin D.
- d. Chocolate

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

- 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.

BINGO ROLLS (3)

Thumb to Fingers

40 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.

C-Grip	40 seconds
<ul style="list-style-type: none"> 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 smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	
<p>QUESTION 50: Another mineral essential for strong, healthy teeth and bones is calcium. What foods are good sources of calcium for older adults?</p> <ul style="list-style-type: none"> a. Milk/dairy b. Tofu c. Dark-green leafy vegetables d. Soybeans e. All of the above are actually good sources of calcium. 	
BINGO ROLLS (3)	
Seated Balance Exercise	40 seconds
<ul style="list-style-type: none"> Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down. 	
Ballerina	40 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
Rolling-Disco/John Travolta	40 seconds
<ul style="list-style-type: none"> Rotating arms around one another; pointing side to side-“Staying Alive” move 	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"> 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)	

****Remind your participants to keep working on their Bingocize® Take Home Cards to bring back next week!**



NUTRITION - SESSION 11 (Leader)

BINGO ROLLS (3)

Remember to print Nutrition Take Home Card (week 6) to give to each participant after the session today!!

Topic: Session 11 (Reading food labels)

Read aloud to the participants

Last week we talked about how important vitamins and nutrients are, and what foods can be good sources for those. Remember, soy beans and green leafy vegetables are good ways to get calcium other than just milk and dairy. This week we're going to look at how to read the labels on foods and talk about what the different labels mean on your food.

As always, check out ChooseMyPlate.gov for handy at home tips and information

And remember to keep the following things 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.

So, keep that in mind, and let's get started.

Note: A good "curriculum reinforcement" for this session would be the Food Label Magnifier or the MyPlate Grocery List.



Source: National Institute on Aging, ChooseMyPlate.gov, 2019

BINGO ROLLS (3)

QUESTION 51: Reading food labels on cans, boxes, bags, and jars can help you make better food choices at the store

- a. True
- b. False

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 style="list-style-type: none"> 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.) 	
Staggered Stance	45 seconds
<ul style="list-style-type: none"> 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	45 seconds
<ul style="list-style-type: none"> 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)	
<p>QUESTION 52: You may also see which of the following types of product dates on food labels?</p> <ol style="list-style-type: none"> Sell by Use by Best if used by All of the above 	
Grapevine (make sure participants spread out)	45 seconds
<ul style="list-style-type: none"> 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	45 seconds
<ul style="list-style-type: none"> Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> Push up with hands on seat/arms of wheelchair Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> Cross arms across chest when standing Hold weight between hands <p>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.</p>	

QUESTION 53: The “sell by” date means what?

- a. Don't use before that date
- b. Don't use it at all
- c. Buy it before that date
- d. None of the above

BINGO ROLLS (3)

Chest Press Standing

45 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

45 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.

QUESTION 54: The “use by” date means what?

- a. Food should be used by that date
- b. Food should be taken off the shelf by the store on that date
- c. food should be thrown away a week before that date
- d. all of the above

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.

Heel Raises Standing

45 seconds

- 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.

BINGO ROLLS (3)

Thumb to Fingers

45 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	45 seconds
<ul style="list-style-type: none"> Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand. 	
<p>QUESTION 55: The “best if used by” date means what?</p> <p>a. Stores should not sell after that date</p> <p>b. Food will be freshest if used by the date</p> <p>c. Food is dangerous to eat</p> <p>d. None of the above</p>	
BINGO ROLLS (3)	
Seated Balance Exercise	45 seconds
<ul style="list-style-type: none"> Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down. 	
Ballerina	45 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
Rolling-Disco/John Travolta	45 seconds
<ul style="list-style-type: none"> Rotating arms around one another; pointing side to side-”Staying Alive” move 	
Hi, Neighbor! Seated	45 seconds
<ul style="list-style-type: none"> 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)	

****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****



NUTRITION - SESSION 12 (Leader)

BINGO ROLLS (3)

Topic: Session 12 (Reading food labels contd.)

Read aloud to the participants

Earlier this week we started looking at how to understand the labels like *sell by*, *use by*, and *best if used by*, which are commonly found on the products that you buy. Today, we're going to look at another type of label on products, which is the Nutrition Facts Label. The Nutrition Facts Label is very important to understand because it tells you how much is considered one serving of that food, how many calories are in a serving, how much fat and other nutrients are in the food, and it also contains an ingredients list. Today we'll talk about what the numbers on the label mean and how to better understand what is in the products you are buying.

Don't forget to look at ChooseMyPlate.gov for more information about the foods you buy and how to shop.

And 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.

So, keep that in mind, and let's get started.

Note: A good "curriculum reinforcement" for this session would be the Food Label Magnifier or the MyPlate Grocery List.



Source: National Institute on Aging, ChooseMyPlate.gov, 2019

BINGO ROLLS (3)

QUESTION 56: It's good to get in the habit of reading ingredient lists on products. The ingredients are listed in order of how much of that ingredient is in the product, starting with the ingredient that there is the most of.

- a. True, look out for foods that start with sugar as one of the first two ingredients in the list because that means the item is mostly sugar.
- b. False

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 style="list-style-type: none"> 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) 	
Staggered Stance	45 seconds
<ul style="list-style-type: none"> 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	45 seconds
<ul style="list-style-type: none"> 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)	
<p>QUESTION 57: It's also important to read the nutritional facts label because it provides you with information about</p> <ol style="list-style-type: none"> How many servings are the package How big each serving is How many calories are in one serving All of the above. 	
Grapevine (make sure participants spread out)	45 seconds
<ul style="list-style-type: none"> 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	45 seconds
<ul style="list-style-type: none"> Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> Push up with hands on seat/arms of wheelchair Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> Cross arms across chest when standing Hold weight between hands <p>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.</p>	

QUESTION 58: It is important to pay close attention to how many servings are in a container because many packages or snacks or bottles of soda/juice actually contain more than one serving.

- a. True, that is why it is important to read the label and either only eat or drink one serving and save the rest, or you have to add up the calories for all the servings if you consume that whole package/bottle.
- b. False

BINGO ROLLS (3)

Chest Press Standing	45 seconds
<ul style="list-style-type: none"> ● 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	45 seconds
<ul style="list-style-type: none"> ● 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. 	

QUESTION 59: Although fruits and vegetables don't come with nutritional facts labels, you can find nutritional information on the USDA's website.

- a. True
- b. False

BINGO ROLLS (3)

Morning Walk Standing	45 seconds
<ul style="list-style-type: none"> ● 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	45 seconds
<ul style="list-style-type: none"> ● 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. 	

BINGO ROLLS (3)

Thumb to Fingers	45 seconds
<ul style="list-style-type: none"> ● 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	45 seconds
<ul style="list-style-type: none"> Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand. 	
<p>QUESTION 60: If a nutritional facts labels indicates that the item contains 27% of your total daily recommended value of saturated fat, that product is low in saturated fat.</p> <p>a. True</p> <p>b. False, the food is considered high in nutrients if it has a 20% or higher DV rating, which can be bad or good, depending on whether you're looking at fiber (high is good) or fat (high is bad).</p>	
BINGO ROLLS (3)	
Seated Balance Exercise	45 seconds
<ul style="list-style-type: none"> Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down. 	
Ballerina	45 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
Rolling-Disco/John Travolta	45 seconds
<ul style="list-style-type: none"> Rotating arms around one another; pointing side to side-"Staying Alive" move 	
Hi, Neighbor! Seated	45 seconds
<ul style="list-style-type: none"> 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)	

****Remind your participants to keep working on their Bingocize®
Take Home Cards to bring back next week!**



NUTRITION - SESSION 13 (Leader)

BINGO ROLLS (3)

****Remember to print Nutrition Take Home Card (week 7) to give to each participant after the session today!!****

Topic: Session 13 (Food safety)

Read aloud to the participants

Last week we talked about how to read the Nutrition Facts Label and how to interpret the labels like, “best if used by” and “sell by” that you often find on products. Those topics from last week lead us to talking more specifically about food safety this week. Food safety is important for people of all ages, but it is even more important as you age because your body is not as good at fighting germs. So, in discussing food safety, and what you can do to keep yourself healthy, we are going to cover these three food safety areas:

- How to avoid getting sick from your food
- How to practice good food safety when cooking
- How to practice good food safety when eating out

Today, we are going to focus in on the first of these, How to avoid getting sick from your food, so let’s get things started. Remember to have fun and learn some new information along the way, and check out ChooseMyPlate.gov at home for more great tips!

Today, also make a point to remember that it’s important 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.

So, keep that in mind, and let’s get started.

Note: A good “curriculum reinforcement” for this session would be the Fridge Thermometer or the Food Safety Cutting Boards.



Source: National Institute on Aging, ChooseMyPlate.gov, 2019

BINGO ROLLS (3)

QUESTION 61: Food safety is important because food can be considered “contaminated” if it has been exposed to germs such as bacteria, viruses, or molds. This happens when_____.

- It is handled or prepared improperly
- It is exposed to contaminants when it is being harvested or collected
- It has “gone bad”
- All of the above**

Morning Walk Standing	30 seconds
<ul style="list-style-type: none"> 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	30 seconds
<ul style="list-style-type: none"> 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. 	
Staggered Stance	30 seconds
<ul style="list-style-type: none"> 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 style="list-style-type: none"> 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)	
<p>QUESTION 62: Food safety is especially important for older adults to think about because as you age, your body is not as good at fighting germs.</p> <p>a. True</p> <p>b. False</p>	
Grapevine (make sure participants spread out)	30 seconds
<ul style="list-style-type: none"> 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. 	
Swimming Dance	30 seconds
<ul style="list-style-type: none"> While standing, move arms in a swimming motion, then plug nose, and shimmy with one arm raised above the head. 	
<p>QUESTION 63: Diseases like kidney disease and diabetes make your body even more likely to become sick from eating unsafe foods.</p> <p>a. True</p> <p>b. False</p>	

BINGO ROLLS (3)

Chest Press Standing	30 seconds
<ul style="list-style-type: none"> ● 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	30 seconds
<ul style="list-style-type: none"> ● 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. 	

QUESTION 64: Which of the following ways can help you lower your chance of getting sick from eating bad food?

- Make sure that meat is fully cooked to a minimum internal temperature
- Make sure your milk and juice are pasteurized
- Heat up hot dogs and deli/lunch meats to 165 degrees
- All of the above**

BINGO ROLLS (3)

Morning Walk Standing	30 seconds
<ul style="list-style-type: none"> ● 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	30 seconds
<ul style="list-style-type: none"> ● 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. 	

BINGO ROLLS (3)

Thumb to Fingers	30 seconds
<ul style="list-style-type: none"> ● 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	30 seconds
<ul style="list-style-type: none"> ● Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand. 	

QUESTION 65: Certain types of cheeses are made from unpasteurized milk and should be avoided.

- a. True, soft cheeses like Brie, Camembert, and others should be avoided
- b. False

BINGO ROLLS (3)

Seated Balance Exercise

30 seconds

- Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down.

Ballerina

30 seconds

- Bring both arms up over head, put hands together, release hands, then put both arms back down.

Rolling-Disco/John Travolta

30 seconds

- Rotating arms around one another; pointing side to side-“Staying Alive” move

Hi, Neighbor! Seated

30 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!

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****



NUTRITION - SESSION 14 (Leader)

BINGO ROLLS (3)

Topic: Session 14 (Food safety contd.)

Read aloud to the participants

Earlier this week, we started talking about why food safety is increasingly important as we age, and we looked at some ways to avoid getting sick from foods. Today, we're going to continue looking at food safety by talking about how to properly store foods at home to avoid contamination. We will talk about proper food storage and how some foods can even interact with medications, which is important to think about when talking about food safety.

So, let's get moving and see what kind of fun new information and exercises we have for today, and don't forget to check out ChooseMyPlate.gov!

As always, keep the following things 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.

So, keep that in mind, and let's get started.

Note: A good "curriculum reinforcement" for this session would be the Fridge Thermometer or the Food Safety Cutting Boards.



Source: National Institute on Aging, ChooseMyPlate.gov, 2019

BINGO ROLLS (3)

QUESTION 66: A good way for older adults to avoid eating foods that have gone bad is by smelling/tasting a tiny bit first.

- a. True
- b. False, as you age, your sense of taste and smell are not as strong, so this is not a reliable way to test foods.

Morning Walk Standing

30 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.

Static Balance	30 seconds
<ul style="list-style-type: none"> 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. 	
Staggered Stance	30 seconds
<ul style="list-style-type: none"> 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 style="list-style-type: none"> 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)	
<p>QUESTION 67: Food safety at home begins with storing foods properly. Which is an example of proper food storage?</p> <ol style="list-style-type: none"> Making sure to refrigerate things that say “refrigerate after opening” Keeping canned/packaged goods in a cool, dry place Try to eat refrigerated leftover foods within 3 to 4 days All of the above 	
Grapevine (make sure participants spread out)	30 seconds
<ul style="list-style-type: none"> 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. 	
Swimming Dance	30 seconds
<ul style="list-style-type: none"> While standing, move arms in a swimming motion, then plug nose, and shimmy with one arm raised above the head 	
<p>QUESTION 68: Some foods, including caffeine and alcohol, should not be eaten with certain medications.</p> <ol style="list-style-type: none"> True, some cholesterol medications affect the body differently if the person has consumed large amounts of grapefruit juice. False 	
BINGO ROLLS (3)	
Chest Press Standing	30 seconds
<ul style="list-style-type: none"> 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	30 seconds
<ul style="list-style-type: none"> 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. 	
<p>QUESTION 69: Food safety is only important to think about at home, so don't worry about this when you eat at restaurants.</p> <p>a. True</p> <p>b. False</p>	
BINGO ROLLS (3)	
The Twist	30 seconds
<ul style="list-style-type: none"> Stand with your feet shoulder-width apart. Put equal weight on both feet. Keep your knees flexible, and keep your torso squared evenly with your hips. Move one foot forward. Gently budge one foot ahead of the other. The front foot should not be a full length ahead of the back foot, and there should be some overlap between them. Hold your arms away from the body. Extend both arms outward and away from the body. Don't extend them straight out. You should keep them bent slightly at the elbow. As you twist, your arms will follow the movement of your hips. As your weight shifts to one side and your waist twists back, the arm of that same side will naturally move downward and back. To keep balance, the other arm should move upward and forward. Twist your hips. Swing your hips dramatically from side to side. As you twist your hips, your waist and legs should also twist or rotate from side to side in a similar manner. Shift your body weight. As you rock from side to side, shift your center of gravity or body weight so that it is supported by the ball of your foot. You should alternate from foot to foot, placing your weight over one foot as you twist to that side and over to the other foot as you twist back. 	
Heel Raises Standing	30 seconds
<ul style="list-style-type: none"> 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. 	
BINGO ROLLS (3)	
Thumb to Fingers	30 seconds
<ul style="list-style-type: none"> 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. 	
Baking Biscuits	30 seconds
<ul style="list-style-type: none"> Roll the hand therapy ball with your fingertips to the ball. Then repeat the exercise multiple times on each hand. 	

QUESTION 70: Which of the following is a good way to avoid eating unsafe foods when eating out?

- a. Pick restaurants that have tables and floors that are neat and clean
- b. Try to stay away from buffets
- c. Don't be afraid to ask your server how a certain food is cooked
- d. If you take leftovers home, get them in the refrigerator within 2 hours.
- e. All of the above

BINGO ROLLS (3)

Seated Balance Exercise	30 seconds
<ul style="list-style-type: none"> ● Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down. 	
Ballerina	30 seconds
<ul style="list-style-type: none"> ● Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
Rolling-Disco/John Travolta	30 seconds
<ul style="list-style-type: none"> ● Rotating arms around one another; pointing side to side-"Staying Alive" move 	
Hi, Neighbor! Seated	30 seconds
<ul style="list-style-type: none"> ● 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! 	

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®
Take Home Cards to bring back next week!**



NUTRITION - SESSION 15 (Leader)

BINGO ROLLS (3)

Remember to print Nutrition Take Home Card (week 8) to give to each participant after the session today!!

Topic: Session 15 (Food safety contd.)

Read aloud to the participants:

Last week we started talking about why food safety is increasingly important as we age, and we looked at some ways to avoid getting sick from foods, including proper food storage. Today, we're going to continue looking at food safety by talking about how to safely prepare your food to avoid contamination. Here are just a few of the ways you can promote safe food preparation:

- Always wash your hands before preparing foods
- Always prewash your knives and cutting boards
- Keep raw meats away from other foods

These are just a few of the things you can do, and today we'll look at even more ways to prepare food safely, and remember that you can always use ChooseMyPlate.gov at home to find more information.

Today as you exercise, keep the following things in mind:

- 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.

So, keep that in mind, and let's get started.

Note: A good "curriculum reinforcement" for this session would be the Fridge Thermometer or the Food Safety Cutting Boards.

Source: National Institute on Aging, ChooseMyPlate.gov, 2019



BINGO ROLLS (3)

QUESTION 71: When preparing meals at home, for safety purposes, you should follow four basic steps: clean, separate, cook, and chill.

- a. True
- b. False

Grapevine	50 seconds
<ul style="list-style-type: none"> ● 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. 	
Heel Raises Standing	50 seconds
<ul style="list-style-type: none"> ● 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. 	
Calf Stretch Standing	50 seconds
<ul style="list-style-type: none"> ● 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. 	
Top Shelf Reach Standing	50 seconds
<ul style="list-style-type: none"> ● 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. 	
BINGO ROLLS (3)	
<p>QUESTION 72: When getting ready to prepare foods, it's important to do which of the following?</p> <ol style="list-style-type: none"> Wash your hands Wash the cutting board Wash your countertop All of the above 	
Modified Skier	50 seconds
<ul style="list-style-type: none"> ● 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. 	
Chair Stands	50 seconds
<ul style="list-style-type: none"> ● Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> ○ Push up with hands on seat/arms of wheelchair ○ Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> ○ Cross arms across chest when standing ○ Hold weight between hands <p>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.</p>	

QUESTION 73: It is important to prewash all foods, including fruits, vegetables, and meats, before cooking them.

- a. True
- b. False, you should rinse fruits and vegetables (don't use soap), but you should not rinse raw meats as you may splash germs around, which can contaminate other things.

BINGO ROLLS (3)

Open the Cupboard

50 seconds

- 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 has been fully extended, slowly release to the starting position.

Arm Curl Standing

50 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.

QUESTION 74: Raw chicken should be left in the refrigerator no more than 2 days before cooking.

- a. True, although raw chicken can stay in the freezer for 9-12 months, it should be cooked within days of going in the refrigerator
- b. False

BINGO ROLLS (3)

Morning Walk Standing

50 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.

Side Steps Standing

50 seconds

- Begin with feet together and arms at your side. Take one step to the right. Your feet should come back together between each side step. Ensure that both feet remain facing forward while stepping. Add a side shoulder raise with the arm of the stepped direction. Relax arm down when feet are brought together. Now repeat to the left.

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 style="list-style-type: none"> Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand. 	
<p>QUESTION 75: If you need to freeze uncooked eggs, you should beat the eggs and whites together, pour into a container, and then freeze.</p> <p>a. True</p> <p>b. False</p>	
BINGO ROLLS (3)	
Trunk Rotation Standing	50 seconds
<ul style="list-style-type: none"> 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. 	
Ballerina	50 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
Seated Crunches	50 seconds
<ul style="list-style-type: none"> 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. 	
Hi, Neighbor! Seated	50 seconds
<ul style="list-style-type: none"> 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)	

****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****



NUTRITION - SESSION 16 (Leader)

BINGO ROLLS (3)

Topic: Session 16 (Food safety contd.)

Read bolded section aloud to the participants:

Today we wrap up our topic of food safety. Over the last three sessions we've learned a lot of information regarding food safety. Food safety should be important to you because older adults' immune systems aren't as good at fighting germs/contaminates. With that in mind, let's review a few of the things we've learned so far that can help keep you healthy:

- Cook meats to minimum internal temperature appropriate for the type of meat (use meat thermometer)
- Heat up lunch meat/hotdogs to 165 degrees (steaming hot)
- Make sure to get foods that need refrigerated into the fridge as quickly as possible
- Always rinse fruits and vegetables
- Always keep raw meats away from other foods that will not be cooked before eating

As we wrap up about food safety today, don't forget to visit ChooseMyPlate.gov at home. For now, though, let's listen for some final helpful information and have fun exercising and laughing along the way!

And as always, keep the following things in mind as you exercise today:

- 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.

So, keep that in mind, and let's get started.

Note: A good "curriculum reinforcement" for this session would be the Fridge Thermometer or the Food Safety Cutting Boards.

Source: National Institute on Aging, ChooseMyPlate.gov, 2019



BINGO ROLLS (3)

QUESTION 76: You should always keep uncooked meat, seafood, and eggs split up and away from foods that won't be cooked before eating.

- a. True, you should even keep them in different areas of the shopping cart and in separate grocery bags to prevent their juices from contaminating other foods
- b. False

Grapevine	50 seconds
<ul style="list-style-type: none"> ● 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. 	
Heel Raises Standing	50 seconds
<ul style="list-style-type: none"> ● 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. 	
Calf Stretch Standing	50 seconds
<ul style="list-style-type: none"> ● 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. 	
Top Shelf Reach Standing	50 seconds
<ul style="list-style-type: none"> ● 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. 	
BINGO ROLLS (3)	
<p>QUESTION 77: Which of the following should you do when cooking?</p> <ol style="list-style-type: none"> Keep foods that are ready to eat away from the cooking area Use a different cutting board and knife for fruits, vegetables and raw meats Wash your cutting board and knife with hot, soapy water after using Thoroughly clean countertops after prepping raw meat It is important to do all of the above when preparing food 	
Modified Skier	50 seconds
<ul style="list-style-type: none"> ● 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. 	
Chair Stands	50 seconds
<ul style="list-style-type: none"> ● Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> ○ Push up with hands on seat/arms of wheelchair ○ Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> ○ Cross arms across chest when standing ○ Hold weight between hands <p>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.</p>	

QUESTION 78: When cooking meat, cook it until no juices flow out of the piece of meat when you press on it with a spatula.

- a. True
- b. False, you should actually insert a meat thermometer into the thickest part and cook to the minimum recommended temp for that type of meat

BINGO ROLLS (3)

Open the Cupboard

50 seconds

- 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 has been fully extended, slowly release to the starting position.

Arm Curl Standing

50 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.

QUESTION 79: You should always let hot foods cool down before putting the leftovers in the refrigerator.

- a. True
- b. False, you should actually get food into the refrigerator as quickly as possible to minimize bacteria growth

BINGO ROLLS (3)

Morning Walk Standing

50 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.

Side Steps Standing

50 seconds

- Begin with feet together and arms at your side. Take one step to the right. Your feet should come back together between each side step. Ensure that both feet remain facing forward while stepping. Add a side shoulder raise with the arm of the stepped direction. Relax arm down when feet are brought together. Now repeat to the left.

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 style="list-style-type: none"> Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand. 	
<p>QUESTION 80: Which of the following is an example of proper food safety as for how cold foods should be kept?</p> <p>a. As long as they are kept in the refrigerator, that's all you need to worry about</p> <p>b. Your refrigerator should be set at or below 40°, and the freezer should be below 0°</p> <p>c. Most things don't really need to be cold anyway</p> <p>d. All of the above</p>	
BINGO ROLLS (3)	
Trunk Rotation Standing	50 seconds
<ul style="list-style-type: none"> 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. 	
Ballerina	50 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
Seated Crunches	50 seconds
<ul style="list-style-type: none"> 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. 	
Hi, Neighbor! Seated	50 seconds
<ul style="list-style-type: none"> 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)	

****Remind your participants to keep working on their Bingocize® Take Home Cards to bring back next week!**



NUTRITION - SESSION 17 (Leader)

BINGO ROLLS (3)

Remember to print Nutrition Take Home Card (week 9) to give to each participant after the session today!!

Topic: Session 17 (Shopping for food that’s good for you)

Read aloud to the participants

For the last two weeks we’ve talked about food safety, but this week we turn our attention to shopping for healthy foods! ChooseMyPlate.gov has tons of helpful information about smart shopping. We are going to talk about tips for productive shopping trips, items you should keep in your pantry, and how to minimize the stress of going shopping.

As always, keep the following things 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.

I hope you’re ready to learn and have some fun today, so let’s get started!

Note: A good “curriculum reinforcement” for this session would be the MyPlate Grocery List or Grocery Bag.



Source: National Institute on Aging, ChooseMyPlate.gov, 2019

BINGO ROLLS (3)

QUESTION 81: One of the best tips for making a successful trip to the grocery store is to start with a good list.

- True, this will help you avoid buying foods on impulse and keep your budget on track
- False

Grapevine	55 seconds
<ul style="list-style-type: none"> • 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. 	
Heel Raises Standing	55 seconds
<ul style="list-style-type: none"> • 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. 	

Calf Stretch Standing	55 seconds
<ul style="list-style-type: none"> 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. 	
Top Shelf Reach Standing	55 seconds
<ul style="list-style-type: none"> 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. 	
BINGO ROLLS (3)	
<p>QUESTION 82: When you make your grocery list at home, check your supply of basic items, which include _____</p> <ol style="list-style-type: none"> Bottled water or juice Bags of frozen fruit and vegetables Pasta or rice Cans of low-sodium soup All of the above are good things to keep in the pantry 	
Modified Skier	55 seconds
<ul style="list-style-type: none"> 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. 	
Chair Stands	55 seconds
<ul style="list-style-type: none"> Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> Push up with hands on seat/arms of wheelchair Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> Cross arms across chest when standing Hold weight between hands <p>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.</p>	
<p>QUESTION 83: What is a good way to help lower the stress of going to the grocery store?</p> <ol style="list-style-type: none"> Just don't go Go when you are well rested and the store is not likely to be crowded or have long lines Only go on Sundays after church All of the above 	

BINGO ROLLS (3)

Open the Cupboard	55 seconds
<ul style="list-style-type: none"> 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 has been fully extended, slowly release to the starting position. 	

Arm Curl Standing	55 seconds
<ul style="list-style-type: none"> 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. 	

QUESTION 84: Trying out grocery delivery services can also be a way to lower the stress from grocery shopping

- a. True, but make sure that you check on fees that may be added with these services
- b. False

BINGO ROLLS (3)

Morning Walk Standing	55 seconds
<ul style="list-style-type: none"> 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. 	

Side Steps Standing	55 seconds
<ul style="list-style-type: none"> Begin with feet together and arms at your side. Take one step to the right. Your feet should come back together between each side step. Ensure that both feet remain facing forward while stepping. Add a side shoulder raise with the arm of the stepped direction. Relax arm down when feet are brought together. Now repeat to the left. 	

BINGO ROLLS (3)

Thumb to Fingers	55 seconds
<ul style="list-style-type: none"> 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	55 seconds
<ul style="list-style-type: none"> Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand. 	

QUESTION 85: Sometimes, depending on where you live, it may be hard to find fresh fruits and vegetables when shopping

- a. True, some rural areas and city neighborhoods don't have large supermarkets and it may be tough to find a good selection of fresh items at convenience stores
- b. False

BINGO ROLLS (3)

Trunk Rotation Standing	55 seconds
<ul style="list-style-type: none">● 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.	
Ballerina	55 seconds
<ul style="list-style-type: none">● Bring both arms up over head, put hands together, release hands, then put both arms back down.	
Seated Crunches	55 seconds
<ul style="list-style-type: none">● 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.	
Hi, Neighbor! Seated	55 seconds
<ul style="list-style-type: none">● 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)

****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****



NUTRITION - SESSION 18 (Leader)

BINGO ROLLS (3)

Topic: Session 18 (Shopping for food that’s good for you contd.)

Read aloud to the participants

Earlier this week we started learning about shopping for healthy foods! We talked about using a list, shopping when stores aren’t busy, and even trying a grocery delivery service to help lower the stress of shopping. ChooseMyPlate.gov has lots of tips on shopping. Today we are going to talk about how to find healthy foods at your store and how shopping at a farmer’s market can actually be a fun, adventurous way to shop and meet new people at the same time!

As we get ready to start today, keep the following things 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.

So, keep that in mind, and let’s get started.

Note: A good “curriculum reinforcement” for this session would be the MyPlate Grocery List or Grocery Bag.

Source: National Institute on Aging, ChooseMyPlate.gov, 2019



BINGO ROLLS (3)

QUESTION 86: Some grocery stores have separate sections for healthier food choices.

- a. True, but it is always still a good idea to read the Nutrition Facts label for yourself to compare items.
- b. False

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 style="list-style-type: none"> ● Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> ○ Push up with hands on seat/arms of wheelchair ○ Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> ○ Cross arms across chest when standing ○ Hold weight between hands <p>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.</p>	
Heel Raises Standing	60 seconds
<ul style="list-style-type: none"> ● 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. 	
Top Shelf Reach Standing	60 seconds
<ul style="list-style-type: none"> ● 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. 	
BINGO ROLLS (3)	
<p>QUESTION 87: Shopping at local farmer's markets is a great way to find fresh produce.</p> <p>a. True</p> <p>b. False</p>	
Modified Skier	60 seconds
<ul style="list-style-type: none"> ● 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. 	
Cueing Drill	60 seconds
<ul style="list-style-type: none"> ● Begin in the standing position. Take one step forward. Take one step backward. Turn around and face the opposite direction. Turn around to the starting position. Crouch down with your knees bent. Place your hands on your knees. Stand up tall and clap your hands ten times. Stand with your right foot up, and hold. Stand with your left foot up, and hold. Step your right foot forward, and reach up with your left arm. Step with your left foot forward, and reach with your right arm. Bring your feet back together, and your arms to your sides. Raise up on your toes. And lower. Turn your head to the right. Return to the center. Turn your head to the left. And return to the center. 	

QUESTION 88: Farmer’s markets can actually be less expensive than stores, and you may be able to find government coupons that you can use there.

- a. True, the government has a Seniors Farmer’s Market Nutrition Program that can provide assistance/coupons for purchases at farmer’s markets
- b. False

BINGO ROLLS (3)

Chest Press Standing

60 seconds

- Hold 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.

Lateral Raises Standing

60 seconds

- While standing, place the resistance band beneath both feet. With hands gripping handles, slowly raise both arms to the side until parallel with the floor. Hold for a few seconds, then slowly release to starting position. To make this exercise easier, alternate raising each arm.

QUESTION 89: Which of the following is a benefit of buying from a local farmer’s market?

- a. You can often speak directly to the farmer about how the food is grown
- b. It can be a fun way to spend time and meet people
- c. You can get produce that is seasonal and pick it when it is the freshest
- d. All of the above

BINGO ROLLS (3)

Morning Walk Standing

60 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

Toes to the Sky Seated

60 seconds

- Begin in a seated position with good posture, eyes facing forward, palms on your thighs, and feet hip-width apart. Extend your right foot. Slowly return to starting position and repeat with your left foot.

BINGO ROLLS (3)

Thumb to Fingers

60 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.

C Grip	60 seconds
<ul style="list-style-type: none"> 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 smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	
<p>QUESTION 90: You are likely to find items at the farmer’s market that you’ve never seen before at the grocery store.</p> <p>a. True, try viewing a trip to the farmer’s market as an adventure, and explore new foods</p> <p>b. False</p>	
BINGO ROLLS (3)	
Single arm crossover standing	60 seconds
<ul style="list-style-type: none"> Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm. 	
Ballerina	60 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
Good morning	60 seconds
<ul style="list-style-type: none"> 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. 	
Hi, Neighbor! Seated	60 seconds
<ul style="list-style-type: none"> 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)	

****Remind your participants to keep working on their Bingocize®
Take Home Cards to bring back next week!**



NUTRITION - SESSION 19 (Leader)

BINGO ROLLS (3)

****Remember to print Nutrition Take Home Card (week 10) to give to each participant after the session today!! Since this is the final week, you should take these up at the final session this week, so don't forget to tell them they will only have a few days to complete their cards this week!!****

Topic: Session 19 (Tips for eating healthy on a budget)

Read aloud to the participants

Can you believe it's our final week of our 10-week Bingocize® session? I hope you have learned a lot about nutrition and have enjoyed exercising and laughing along the way, and I hope you've taken the time to check out ChooseMyPlate.gov at home to see all the great information they have to offer. Today, we turn our attention to our last nutrition topic, which is tips for eating healthy on a budget. Older adults are usually on a fixed income, so shopping smart is especially important. Today, we'll talk about ways to avoid going over budget, which include:

- Planning your menu based on what is on sale for the week
- Using coupons
- Utilizing discounts for senior citizens or loyalty/rewards members
- Considering buying store brands, rather than name brands

These are just a few great ways to shop on a budget. Let's get going with our session today and see what else we can learn while we exercise and play.

And even though you've heard this a million times, be sure to keep some things 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.

So, let's keep those things in mind and get started.

Note: A good "curriculum reinforcement" for this session would be the MyPlate Grocery List or Grocery Bag.



Source: National Institute on Aging, ChooseMyPlate.gov, 2019

BINGO ROLLS (3)

QUESTION 91: Eating healthy is impossible for older adults on a fixed income.

- a. True
- b. False, you can absolutely still eat healthy on a fixed income, but it will require you to budget carefully and plan ahead

Alternate Foot Touch

60 seconds

- From a standing position, alternate placing your right and left foot in front of you.

Chair Stand

60 seconds

- Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.

To decrease difficulty:

- Push up with hands on seat/arms of wheelchair
- Use cane or walker

To increase difficulty:

- Cross arms across chest when standing
- Hold weight between hands

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.

Heel Raises Standing

60 seconds

- 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.

Top Shelf Reach Standing

60 seconds

- 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.

BINGO ROLLS (3)

QUESTION 92: Before going to the store, it can be helpful to find the sale ads and plan your meals around what is on sale that week

- a. True
- b. False

Modified Skier

60 seconds

- 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.

Cueing Drill	60 seconds
<ul style="list-style-type: none"> ● Begin in the standing position. Take one step forward. Take one step backward. Turn around and face the opposite direction. Turn around to the starting position. Crouch down with your knees bent. Place your hands on your knees. Stand up tall and clap your hands ten times. Stand with your right foot up, and hold. Stand with your left foot up, and hold. Step your right foot forward, and reach up with your left arm. Step with your left foot forward, and reach with your right arm. Bring your feet back together, and your arms to your sides. Raise up on your toes. And lower. Turn your head to the right. Return to the center. Turn your head to the left. And return to the center. 	
<p>QUESTION 93: Which of the following is a good way to find discounts?</p> <ul style="list-style-type: none"> a. Ask about a senior citizen's discount at stores b. Utilize sales ads c. Ask about a rewards card that gets you better prices and coupons d. All of the above 	
BINGO ROLLS (3)	
Chest Press Standing	60 seconds
<ul style="list-style-type: none"> ● Hold 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. 	
Lateral Raises Standing	60 seconds
<ul style="list-style-type: none"> ● While standing, place the resistance band beneath both feet. With hands gripping handles, slowly raise both arms to the side until parallel with the floor. Hold for a few seconds, then slowly release to starting position. To make this exercise easier, alternate raising each arm. 	
<p>QUESTION 94: You should use coupons carefully because sometimes the brand you have a coupon for still costs more, even after you apply the coupon</p> <ul style="list-style-type: none"> a. True b. False 	
BINGO ROLLS (3)	
Morning Walk Standing	60 seconds
<ul style="list-style-type: none"> ● 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. 	
Toes to the Sky	60 seconds
<ul style="list-style-type: none"> ● Begin in a seated position with good posture, eyes facing forward, palms on your thighs, and feet hip-width apart. Extend your right foot. Slowly return to starting position and repeat with your left foot. 	

BINGO ROLLS (3)	
Thumb to Fingers	60 seconds
<ul style="list-style-type: none"> 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. 	
C Grip	60 seconds
<ul style="list-style-type: none"> 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 smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	
<p>QUESTION 95: You should always buy name brands because you get good value and quality.</p> <p>a. True</p> <p>b. False, store brands are almost always less expensive and usually provide similar taste and quality.</p>	
BINGO ROLLS (3)	
Single arm crossover standing	60 seconds
<ul style="list-style-type: none"> Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm. 	
Ballerina	60 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
Good morning	60 seconds
<ul style="list-style-type: none"> 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. 	
Hi, Neighbor! Seated	60 seconds
<ul style="list-style-type: none"> 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)	

****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****



NUTRITION - SESSION 20 (Leader)

BINGO ROLLS (5)

Don't forget to collect the Take Home Cards from earlier this week and reward individuals who return it with a prize...you will take these up early since it is the final session of this "series".

Topic: Session 20 (Tips for eating healthy on a budget contd.)

Read aloud to the participants:

Welcome to our final session of the 10-week nutrition round of Bingocize®! I hope you had lots of fun and are feeling the positive effects of Bingocizing! This is our final time together, but I encourage you to stay physically active and use the nutrition information we've discussed over the past 10 weeks. ChooseMyPlate.gov regularly adds new articles, videos, and information to their site, so I encourage you to make a habit of checking it regularly for new tips! Today we will wrap up with a few final questions about how to shop healthy on a budget, and we hope you will continue your healthy lifestyle changes and will look for another round of Bingocize® soon!

As always, keep the following things 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.

So, make sure you're keeping these things in mind, but most importantly, make sure you're having FUN!

Source: National Institute on Aging, ChooseMyPlate.gov, 2019



BINGO ROLLS (5)

QUESTION 96: Less effort will cost you, but if you are willing to do a little extra work, you can save money.

- a. True, for example, you can save money by buying a whole chicken and cutting it up and removing the skin at home
- b. False

Three Dot Step

60 seconds

- 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.

Static Balance	60 seconds
<ul style="list-style-type: none"> 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. 	
Staggered Stance	60 seconds
<ul style="list-style-type: none"> 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 style="list-style-type: none"> 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. 	
BINGO ROLLS (5)	
<p>QUESTION 97: Buying in bulk is of no value to older adults who only cook for themselves.</p> <ol style="list-style-type: none"> True False, buying meat in larger packages can save money, and then you can actually break it down into individual portions for freezing and later cooking 	
Grapevine (make sure participants spread out)	60 seconds
<ul style="list-style-type: none"> 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. 	
Swimming Dance	60 seconds
<ul style="list-style-type: none"> While standing, move arms in a swimming motion, then plug nose, and shimmy with one arm raised above the head. 	
<p>QUESTION 98: You can save money by buying which of the following fruits and vegetables, which are more low-cost than some of the others.</p> <ol style="list-style-type: none"> Bananas Oranges Sweet potatoes Carrots All of the above 	
BINGO ROLLS (5)	
Chest Press Standing	60 seconds
<ul style="list-style-type: none"> 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	60 seconds
<ul style="list-style-type: none"> 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. 	

QUESTION 99: When thinking of your food budget, you should pay attention to how much food you are throwing away.

- a. True
- b. False

BINGO ROLLS (5)

The Twist standing (play “The Twist” song)

60 seconds

- Stand with your feet shoulder-width apart. Put equal weight on both feet. Keep your knees flexible and your torso squared evenly with your hips.
- Move one foot forward. Gently budge one foot ahead of the other. The front foot should not be a full length ahead of the back foot, and there should be some overlap between them.
- Hold your arms away from the body. Extend both arms outward and away from the body. Don’t extend them straight out. You should keep them bent slightly at the elbow.
- As you twist, your arms will follow the movement of your hips. As your weight shifts to one side and your waist twists back, the arm of that same side will naturally move downward and back. To keep balance, the other arm should move upward and forward.
- Twist your hips. Swing your hips dramatically from side to side. As you twist your hips, your waist and legs should also twist or rotate from side to side in a similar manner
- Shift your body weight. As you rock from side to side, shift your center of gravity or body weight so that it is supported by the ball of your foot. You should alternate from foot to foot, placing your weight over one foot as you twist to that side and over to the other foot as you twist back.

Heel Raises Standing

60 seconds

- 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.

BINGO ROLLS (5)

Thumb to Fingers

60 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

60 seconds

- Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand.

QUESTION 100: Going against the need to purchase snack foods and candy in the checkout lane is a good way to save money.

- a. True, it can help you save money and avoid empty calories for unhealthy processed foods
- b. False

BINGO ROLLS (5)

Seated Balance Exercise	60 seconds
<ul style="list-style-type: none"> ● Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down. 	
Ballerina	60 seconds
<ul style="list-style-type: none"> ● Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
YMCA (play the song "YMCA")	60 seconds
<ul style="list-style-type: none"> ● 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. ● 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. ● 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. ● 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. 	
Goodbye, neighbor! Standing	60 seconds
<ul style="list-style-type: none"> ● Turn to the person on either side of you, and shake their hand or give them a big hug. 	
<p>I hope you had fun today! Please continue your healthy lifestyle changes, and look for another round of Bingocize® soon!</p>	
<p>BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)</p>	