

EXERCISE ONLY - SESSION 1 (Leader)

**BINGO ROLLS (3)**

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

**Read aloud to the participants:**

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

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

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

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

*Being more physically active will make you feel better!!*

Source: National Institute on Aging, 2019

**BINGO ROLLS (3)**

Morning Walk	30 seconds
<ul style="list-style-type: none"> <li>• While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>• To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Tricep Extensions	30 seconds
<ul style="list-style-type: none"> <li>• Seated or standing, raise your arm as if showing your arm muscle. Your right palm should be facing your ear. Grab the resistance band with your left hand. Extend your left arm as far as possible, keep the right arm still. Do this several times and then repeat with the opposite arm. Grabbing the resistance band closer to the upper hand makes this exercise more difficult. You</li> </ul>	

can also use the arms of a chair to lift yourself up and lower yourself down slowly.

**BINGO ROLLS (3)**

Top Shelf Reach	30 seconds
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- Scoot to the edge of the chair. Feet hip-width apart on the floor. Keep your back straight. 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	30 seconds
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- 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 further three times into spinal rotation. Exhale out with each twist. Inhale in and return to center, then repeat to the left.
- You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle.

**BINGO ROLLS (3)**

Toes to the Sky	30 seconds
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- Begin with your back straight and with good posture, eyes facing forward, palms on your thighs. Feet hip-width apart. Extend and lift your right foot with toes flexed and pointed up to the sky. Point your toes straight and slowly return to starting position. Repeat with your left foot.

Sit to Stand	30 seconds
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- Begin in a seated position, good posture, eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.
- To increase difficulty- Cross arms at chest or Hold weight between your hands. If unable to stand, Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Whatever way you sit to stand make sure to keep good posture.

**BINGO ROLLS (3)**

Hip Raises	30 seconds
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- 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.

Static Balance	30 seconds
<ul style="list-style-type: none"> <li>Stand with eyes focused forward, and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the other leg. You can increase the difficulty by standing your feet closer together, lifting your leg higher, lifting your arms, crossing them at your chest, or closing your eyes.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Morning Walk	30 seconds
<ul style="list-style-type: none"> <li>While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Side Steps	30 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position keep 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. Bring your feet back together. Now repeat with the left foot out as far as you can and come back together.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Thumb to Fingers	30 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
Ankle Flex	30 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position with feet hip-width apart, raise one leg off the ground, keeping the knee at a 90-degree angle. Move only the ankle of your lifted foot to spell a word (such as your name or the alphabet). Repeat with the opposite leg.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Trunk Rotation Seated	30 seconds
<ul style="list-style-type: none"> <li>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 further three times into spinal rotation. Exhale out with each twist. Inhale in and return to center, then repeat to the left.</li> <li>You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle.</li> </ul>	
Breaststroke Seated/Freestyle Stroke Seated	30 seconds

- Sit on the edge of your chair. Straighten your back with head high. Perform a freestyle swim stroke. Lift your arms overhead, alternating arms going forward in a scooping motion. Pull shoulders down and back while squeezing shoulder blades together. Add difficulty by shifting your weight and balancing.

**BINGO ROLLS (3)**

Head Turns

30 seconds

- With straight posture, slowly and gently turn your head to the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!

Goodbye, Neighbor! Standing/Hi, Neighbor! Standing

30 seconds

- Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!

**BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)**

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



EXERCISE ONLY - SESSION 2 (Leader)

BINGO ROLLS (3)

**Read aloud to the participants:**

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

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

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

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

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

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

Source: National Council on Aging, 2017

BINGO ROLLS (3)

Morning Walk	30 seconds
<ul style="list-style-type: none"> <li>• While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>• To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Tricep Extensions	30 seconds
<ul style="list-style-type: none"> <li>• Seated or standing, raise your arm as if showing your arm muscle. Your right palm should be facing your ear. Grab the resistance band with your left hand. Extend your left arm as far as possible, keep the right arm still. Do this several times and then repeat with the opposite arm. Grabbing the resistance band closer to the upper hand makes this exercise more difficult. You can also use the arms of a chair to lift yourself up and lower yourself down slowly.</li> </ul>	
BINGO ROLLS (3)	
Top Shelf Reach	30 seconds

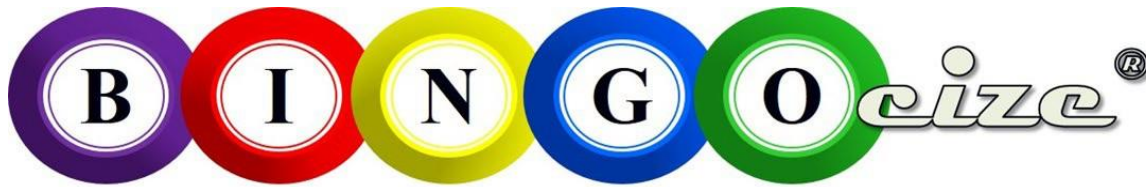
<ul style="list-style-type: none"> <li>Begin by sitting on the edge of the chair, feet hip-width apart on the floor. Keep your back straight. Place one hand on the side of the chair for support. Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, 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.</li> </ul>	
Trunk Rotation	30 seconds
<ul style="list-style-type: none"> <li>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 out with each twist. Inhale in and return to center, then repeat to the left.</li> <li>You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Toes to the Sky	30 seconds
<ul style="list-style-type: none"> <li>Begin with your back straight and with good posture, eyes facing forward, palms on your thighs if seated and hands on your hips or balanced with a chair if standing. Feet hip-width apart. Extend and lift your right foot with toes flexed and pointed up to the sky. Point your toes straight and slowly return to starting position. Repeat with your left foot.</li> </ul>	
Sit to Stand	30 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If unable to stand, Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Whatever way you sit to stand make sure to keep good posture.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Hip Raises	30 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Static Balance	30 seconds
<ul style="list-style-type: none"> <li>Stand with eyes focused forward, and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the other leg. You can increase the difficulty by standing your feet closer together, lifting your leg higher, lifting your arms, crossing them at your chest, or closing your eyes.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Morning Walk	30 seconds
<ul style="list-style-type: none"> <li>While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	

Side Steps	30 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, keep 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. Bring your feet back together. Now repeat with the left foot out as far as you can and come back together.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Thumb to Fingers	30 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
Ankle Flex	30 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position with feet hip-width apart, raise one leg off the ground, keeping the knee at a 90-degree angle. Move only the ankle of your lifted foot to spell a word (such as your name or the alphabet). Repeat with the opposite leg.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Trunk Rotation Seated	30 seconds
<ul style="list-style-type: none"> <li>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 out with each twist. Inhale in and return to center, then repeat to the left.</li> <li>You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle.</li> </ul>	
Freestyle Stroke Seated	30 seconds
<ul style="list-style-type: none"> <li>Standing with your feet apart, or if sitting scoot to the edge of your chair. Straighten your back with head high. Perform a freestyle swim stroke. Lift your arms overhead, alternating arms going forward in a scooping motion. Pull shoulders down and back while squeezing shoulder blades together. Add difficulty by shifting your weight and balancing.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Low Row	30 seconds
<ul style="list-style-type: none"> <li>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 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.</li> </ul>	
Hi, Neighbor!	30 seconds
<ul style="list-style-type: none"> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!</li> </ul>	

BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)

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





EXERCISE ONLY - SESSION 3 (Leader)

**BINGO ROLLS (3)**

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

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

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

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

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

Source: Centers for Disease Control; National Center for Injury Prevention, 2018

**BINGO ROLLS (3)**

Morning Walk	35 seconds
<ul style="list-style-type: none"> <li>• While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump your arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Lateral Raises	35 seconds
<ul style="list-style-type: none"> <li>• While seated or standing, place the resistance band beneath both feet, or use light weights. Sit tall with the top of the head high. 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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Top Shelf Reach	35 seconds
<ul style="list-style-type: none"> <li>• Begin by sitting on the edge of the chair, feet hip-width apart on the floor. Keep your back straight. 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.</li> </ul>	

Trunk Rotation	35 seconds
<ul style="list-style-type: none"> <li>● 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 out with each twist. Inhale in and return to center, then repeat to the left.</li> <li>● You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Cueing Drill	35 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Sit to Stand	35 seconds
<ul style="list-style-type: none"> <li>● Begin in a seated position, good posture, eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> <li>● To increase difficulty- Cross arms at chest or Hold weight between your hands. If unable to stand, Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Whatever way you sit to stand make sure to keep good posture.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Chest Press	35 seconds
<ul style="list-style-type: none"> <li>● 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. To increase difficulty, do a pushup on the floor.</li> </ul>	
Alternate Foot Balance	35 seconds
<ul style="list-style-type: none"> <li>● Sitting in a chair, or standing, place a foam pad or pillow in front of the feet if you need extra support. Alternate lifting your right and left foot in the air or tapping your foot on the foam pad or pillow.</li> <li>● If standing, balance on one foot at a time, increasing the difficulty by raising the height of your</li> </ul>	

lifted foot and standing independently without holding onto anything. Increasing speed.

### BINGO ROLLS (3)

Morning Walk

35 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. The faster you go and the bigger the motions, the more difficult the exercise.

Side Steps

35 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. Bring your feet back together. Now repeat with the left foot out as far as you can, and come back together.

### BINGO ROLLS (3)

Thumb to Fingers

35 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.
- To add more difficulty, jump your feet out and back in together with each finger tap.

Calf Stretch

35 seconds

- If seated, raise both feet towards the sky keeping both legs straight, flexing your feet up and down if you want. Lower both feet back to the starting position. If standing with a chair, place both hands on the back of the chair, keeping back leg straight lean into the chair, heels stay on the floor. If standing, straighten one leg and flex the toes up towards your body to feel a stretch in the calf. To deepen the stretch lean down towards your flexed toes. Repeat on the other leg.

### BINGO ROLLS (3)

Trunk Rotation

35 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 out with each twist. Inhale in and return to center, then repeat to the left.
- You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle.

Freestyle Stroke

35 seconds

- Standing with your feet apart, or if sitting scoot to the edge of your chair. Straighten your back with head high. Perform a freestyle swim stroke. Lift your arms overhead, alternating arms going forward in a scooping motion. Pull shoulders down and back while squeezing shoulder blades together. Add difficulty by shifting your weight and balancing.

### BINGO ROLLS (3)

Side Flexion	35 seconds
<ul style="list-style-type: none"> <li>In a standing or seated position, bend at the waist to the left to bring your left elbow to the outside of your left hip. Come back to the center and repeat on the right. You can increase the difficulty by extending your arm straight and reaching further down for the side of your knee or holding weights</li> </ul>	
Hi, Neighbor!	35 seconds
<ul style="list-style-type: none"> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!</li> </ul>	
<b>BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)</b>	

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



EXERCISE ONLY - SESSION 4 (Leader)

BINGO ROLLS (3)

**Read aloud to the participants:**

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

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

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

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

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

Source: National Council on Aging, 2018

BINGO ROLLS (3)

Morning Walk	35 seconds
<ul style="list-style-type: none"> <li>• While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>• To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Oblique Crunch	35 seconds
<ul style="list-style-type: none"> <li>• While standing or 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 touch together. Hold for one second, then return to the starting position. Repeat with the other knee.</li> </ul>	
BINGO ROLLS (3)	
Top Shelf Reach	35 seconds
<ul style="list-style-type: none"> <li>• Begin by sitting on the edge of the chair, feet hip-width apart on the floor. Keep your back straight. 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.</li> </ul>	

Trunk Rotation	35 seconds
<ul style="list-style-type: none"> <li>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 out with each twist. Inhale in and return to center, then repeat to the left.</li> <li>You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Cueing Drill	35 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Sit to Stand	35 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If unable to stand, Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Whatever way you sit to stand make sure to keep good posture.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Chest Press	35 seconds
<ul style="list-style-type: none"> <li>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. To increase difficulty, do a pushup on the floor.</li> </ul>	
Static Balance	35 seconds
<ul style="list-style-type: none"> <li>Stand with eyes focused forward, and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the other leg. You can increase the difficulty by standing your feet closer together, lifting your leg higher, lifting your arms, crossing them at your chest, or closing your eyes.</li> </ul>	

<b>BINGO ROLLS (3)</b>	
Morning Walk	35 seconds
<ul style="list-style-type: none"> <li>• While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>• To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Side Steps	35 seconds
<ul style="list-style-type: none"> <li>• Begin in a seated position, keep 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. Bring your feet back together. Now repeat with the left foot out as far as you can, and come back together.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Thumb to Fingers	35 seconds
<ul style="list-style-type: none"> <li>• Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>• To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
Head Turns	35 seconds
<ul style="list-style-type: none"> <li>• With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Trunk Rotation	35 seconds
<ul style="list-style-type: none"> <li>• 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 out with each twist. Inhale in and return to center, then repeat to the left.</li> <li>• You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle.</li> </ul>	
Freestyle Stroke	35 seconds



- Standing with your feet apart, or if sitting scoot to the edge of your chair. Straighten your back with head high. Perform a freestyle swim stroke. Lift your arms overhead, alternating arms going forward in a scooping motion. Pull shoulders down and back while squeezing shoulder blades together. Add difficulty by shifting your weight and balancing.

**BINGO ROLLS (3)**

Toes to the Sky	35 seconds
<ul style="list-style-type: none"> <li>● Begin with your back straight and with good posture, eyes facing forward, palms on your thighs if seated and hands on your hips or balanced with a chair if standing. Feet hip-width apart. Extend and lift your right foot with toes flexed and pointed up to the sky. Point your toes straight and slowly return to starting position. Repeat with your left foot</li> </ul>	
Hi, Neighbor!	35 seconds
<ul style="list-style-type: none"> <li>● Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!</li> </ul>	

**BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)**

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



EXERCISE ONLY - SESSION 5 (Leader)

BINGO ROLLS (3)

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

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

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

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

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

Source: National Institutes on Aging, 2018

BINGO ROLLS (3)

Morning Walk	35 seconds
<ul style="list-style-type: none"> <li>• Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>• To increase difficulty, pump your arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Reverse Fly	35 seconds
<ul style="list-style-type: none"> <li>• 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.</li> <li>• If you do not have a resistance band, hold your arms in front of your chest pressing palms together. Press and hold for several seconds keeping elbows lifted, then slowly release to the starting position and repeat.</li> </ul>	
BINGO ROLLS (3)	
Good Morning!	35 seconds

- Begin in the seated position or standing, with your legs wider than shoulder-width apart. Keep your back straight and extended. Slowly bend forward at the hips until your torso is parallel to the floor and your back and neck are flat. Then slowly bend back up, again keeping your spine straight and extended, back into the seated position.

Ankle Flex	35 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position with feet hip-width apart. Raise one leg off the ground, keeping the knee at a 90-degree angle. Move only the ankle of your lifted foot to spell a word (such as your name or the alphabet). Repeat with the opposite leg.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Grapevine	35 seconds
<ul style="list-style-type: none"> <li>Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortably as you can go in one direction, then grapevine walk your hands all the way to the other side.</li> </ul>	
Sit to Stand	35 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If unable to stand, Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Whatever way you sit to stand make sure to keep good posture.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Arm Curl	35 seconds
<ul style="list-style-type: none"> <li>In a seated position, place the resistance band beneath both feet, or use light weights. Sit tall with the top of the head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	
Arm Extensions	35 seconds
<ul style="list-style-type: none"> <li>Extend and straighten your right arm straight up, palm facing forward. Bend your right elbow, letting your hand bend 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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Morning Walk	35 seconds

<ul style="list-style-type: none"> <li>● Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>● To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Side Steps	35 seconds
<ul style="list-style-type: none"> <li>● If starting in a seated position, keep 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. Bring your feet back together. Now repeat with the left foot out as far as you can, and come back together.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Thumb to Fingers	35 seconds
<ul style="list-style-type: none"> <li>● Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>● To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
Tricep Extension	35 seconds
<ul style="list-style-type: none"> <li>● Seated or standing, raise your arm as if showing your arm muscle. Your right palm should be facing your ear. Grab the resistance band with your left hand. Extend your left arm as far as possible keep the right arm still. Do this several times and then repeat with the opposite arm. Grabbing the resistance band closer to the upper hand makes this exercise more difficult. You can also use the arms of a chair to lift yourself up and lower yourself down slowly.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Trunk Rotation	35 seconds
<ul style="list-style-type: none"> <li>● 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 out with each twist. Inhale in and return to center, then repeat to the left.</li> <li>● You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle.</li> </ul>	
Freestyle Stroke Standing	35 seconds
<ul style="list-style-type: none"> <li>● Standing with your feet apart, or if sitting scoot to the edge of your chair. Straighten your back with head high. Perform a freestyle swim stroke. Lift your arms overhead, alternating arms going forward in a scooping motion. Pull shoulders down and back while squeezing shoulder blades together. Add difficulty by shifting your weight and balancing.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Calf Stretch	35 seconds
<ul style="list-style-type: none"> <li>● Stand behind a chair, and place both hands on the back of the chair, keeping back leg straight lean into the chair, heels stay on the floor. If standing, straighten one leg and flex the toes up towards your body to feel a stretch in the calf. To deepen the stretch lean down towards your flexed toes. Repeat on the other leg.</li> </ul>	

Hi, Neighbor!	35 seconds
<ul style="list-style-type: none"><li>• Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!</li></ul>	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

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



EXERCISE ONLY - SESSION 6 (Leader)

BINGO ROLLS (3)

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

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

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

Source: National Institutes on Aging, 2018

BINGO ROLLS (3)

Morning Walk	35 seconds
<ul style="list-style-type: none"> <li>• Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>• To increase difficulty pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Side Flexion	35 seconds
<ul style="list-style-type: none"> <li>• In a standing or seated position, bend at the waist to the left to bring your left elbow to the outside of your left hip. Come back to center and repeat on the right. You can increase the difficulty by extending your arm straight and reaching further down for the side of your knee or holding light weights.</li> </ul>	
BINGO ROLLS (3)	
Good Morning!	35 seconds
<ul style="list-style-type: none"> <li>• Begin in the seated position, with your legs wider than shoulder-width apart. Keep your back straight and extended. Slowly bend forward at the hips until your torso is parallel to the floor and your back and neck are flat. Then slowly bend back up, again keeping your spine straight and extended, back into the seated position.</li> </ul>	
Head Turns	35 seconds
<ul style="list-style-type: none"> <li>• With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!</li> </ul>	

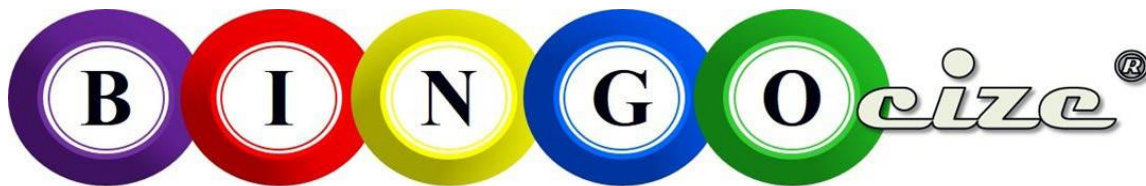




Grapevine	35 seconds
<ul style="list-style-type: none"> <li>● Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortably as you can go in one direction, then grapevine walk your hands all the way to the other side.</li> </ul>	
Sit to Stand	35 seconds
<ul style="list-style-type: none"> <li>● Begin in a seated position, good posture, eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> <li>● To increase difficulty- Cross arms at chest or Hold weight between your hands. If unable to stand, Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Whatever way you sit to stand make sure to keep good posture.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Arm Curl	35 seconds
<ul style="list-style-type: none"> <li>● In a seated position, place the resistance band beneath both feet, or use light weights. Sit tall with the top of the head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	
Arm Extensions	35 seconds
<ul style="list-style-type: none"> <li>● Extend and straighten your right arm straight up, palm facing forward. Bend your right elbow, letting your hand bend 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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Morning Walk	35 seconds
<ul style="list-style-type: none"> <li>● Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>● To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Side Steps	35 seconds
<ul style="list-style-type: none"> <li>● Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground, and step as far to the right as you can without leaving your chair Bring your feet back together. Now repeat with the left foot out as far as you can, and come back together.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Thumb to Fingers	35 seconds

<ul style="list-style-type: none"> <li>● Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>● To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
Hip Raises	35 seconds
<ul style="list-style-type: none"> <li>● Shift weight to the right hip and lift the left hip off the chair. Shift your weight to the left hip and lift your right hip off the chair.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Trunk Rotation	35 seconds
<ul style="list-style-type: none"> <li>● 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 out with each twist. Inhale in and return to center, then repeat to the left.</li> <li>● You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle.</li> </ul>	
Freestyle Stroke	35 seconds
<ul style="list-style-type: none"> <li>● Standing with your feet apart, or if sitting scoot to the edge of your chair. Straighten your back with head high. Perform a freestyle swim stroke. Lift your arms overhead, alternating arms going forward in a scooping motion. Pull shoulders down and back while squeezing shoulder blades together. Add difficulty by shifting your weight and balancing.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Calf Stretch	35 seconds
<ul style="list-style-type: none"> <li>● Stand behind a chair, and place both hands on the back of the chair, keeping back leg straight lean into the chair, heels stay on the floor. If standing, straighten one leg and flex the toes up towards your body to feel a stretch in the calf. To deepen the stretch lean down towards your flexed toes. Repeat on the other leg.</li> </ul>	
Hi, Neighbor!	35 seconds
<ul style="list-style-type: none"> <li>● Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!</li> </ul>	
<b>BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)</b>	

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



EXERCISE ONLY - SESSION 7 (Leader)

**BINGO ROLLS (3)**

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

**Read aloud to the participants:**

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

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

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

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

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

**BINGO ROLLS (3)**

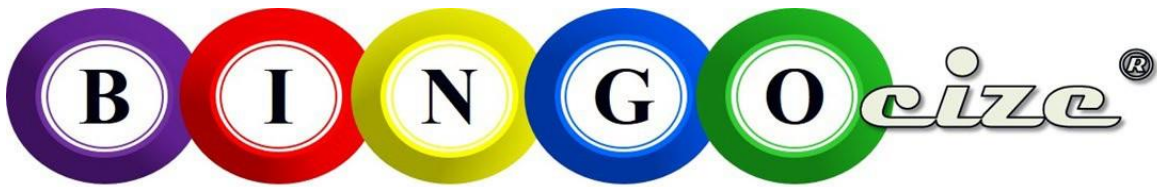
Morning Walk	35 seconds
<ul style="list-style-type: none"> <li>• While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>• To increase difficulty pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Good Morning!	35 seconds
<ul style="list-style-type: none"> <li>• Begin in the seated position or standing, with your legs wider than shoulder-width apart. Keep your back straight and extended. Slowly bend forward at the hips until your torso is parallel to the floor and your back and neck are flat. Then slowly bend back up, again keeping your spine straight and extended, back into the seated position.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Hip Raises	35 seconds
<ul style="list-style-type: none"> <li>• Shift weight to the right hip and lift the left hip off the chair. Shift your weight to the left hip and lift your right hip off the chair.</li> </ul>	

Oblique Crunch	35 seconds
<ul style="list-style-type: none"> <li>While standing or 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 touch together. Hold for one second, then return to the starting position. Repeat with the other knee.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Skier	35 seconds
<ul style="list-style-type: none"> <li>From a standing position, sidestep in one direction and tap the other foot behind the stepped leg. The farther back you tap the more difficult the skier exercise. Repeat this movement on the other side. Let the arms swing naturally side to-side in the movement of the stepped direction. If seated, you can still do the skier by tapping your foot up and out in one direction and tapping the other foot behind. Then repeat the movement on the other side. Swing your arms naturally as you move your legs. The bigger the motion, the more difficult the exercise.</li> </ul>	
Sit to Stand	35 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If unable to stand, Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Whatever way you sit to stand make sure to keep good posture.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Lateral Raises	35 seconds
<ul style="list-style-type: none"> <li>While seated or standing, place the resistance band beneath both feet, or use light weights. Sit tall with the top of the head high. 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.</li> </ul>	
Low Row	35 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Morning Walk	35 seconds
<ul style="list-style-type: none"> <li>While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	

Side Steps	35 seconds
<ul style="list-style-type: none"> <li>If standing, bring your feet together and arms at your sides. Take one step to the right. Bring your feet back together. Ensure that both feet face forward while stepping. Now repeat by stepping to the left and then coming back together. Add a side shoulder raise with the arm of the stepped direction. Relax arm down when feet are brought together.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Heel Raises	35 seconds
<ul style="list-style-type: none"> <li>From a seated position, begin with your feet hip-width apart and eyes facing forward. Raise your feet off the ground while keeping your knees straight. Slowly lower your heels back to the ground.</li> </ul>	
Single Leg Hamstring Curl	35 seconds
<ul style="list-style-type: none"> <li>Stand behind your chair and hold onto the back for support. With one leg on the ground, begin to bend at the knee with the other leg as far as you can or until the heel of your foot touches 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.</li> <li>If unable to stand you can do this exercise by scooting to the edge of your chair, sitting up tall. With one foot on the ground, bend at the knee with the other leg lifting your heel as high as you can. Repeat on the other side.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Ballerina	35 seconds
<ul style="list-style-type: none"> <li>Breathe in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.</li> </ul>	
Single Arm Crossover	35 seconds
<ul style="list-style-type: none"> <li>Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Charleston Flapper Dance	35 seconds
<ul style="list-style-type: none"> <li>Place hands on knees and cross knees back and forth. This exercise can be done seated or standing.</li> </ul>	
Hi, Neighbor!	35 seconds
<ul style="list-style-type: none"> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!</li> </ul>	
<b>BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)</b>	

**\*\*Remember to give your participants their Bingocize® Take-Home Cards today and explain**

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



EXERCISE ONLY - SESSION 8 (Leader)

BINGO ROLLS (3)

**Read aloud to the participants:**

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

Remember, balance exercises:

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

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

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

BINGO ROLLS (3)

Morning Walk	35 seconds
<ul style="list-style-type: none"> <li>• While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>• To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Good Morning!	35 seconds
<ul style="list-style-type: none"> <li>• Begin in the seated position or standing, with your legs wider than shoulder-width apart. Keep your back straight and extended. Slowly bend forward at the hips until your torso is parallel to the floor and your back and neck are flat. Then slowly bend back up, again keeping your spine straight and extended, back into the seated position.</li> </ul>	

BINGO ROLLS (3)

Heel Raises	35 seconds
<ul style="list-style-type: none"> <li>• While standing, behind a chair for support if needed, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.</li> </ul>	
Oblique Crunch	35 seconds
<ul style="list-style-type: none"> <li>• While standing or 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 touch together. Hold for one second, then return to the starting position. Repeat with the other knee.</li> </ul>	

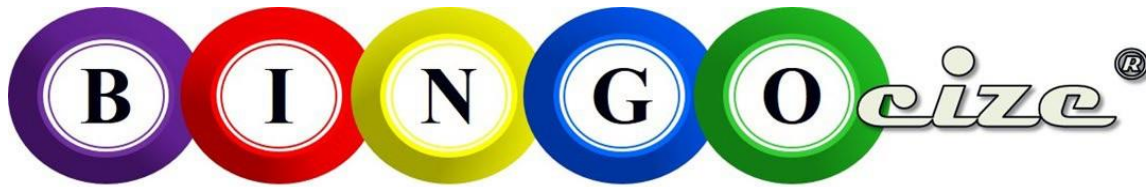
BINGO ROLLS (3)

Three Dot Step	35 seconds
<ul style="list-style-type: none"> <li>● Begin by standing with your feet together and arms down to the sides. During this exercise, the opposite foot should never leave the ground. Take a step lunge forward about two to three feet. During this step lunge reach the arms out in front, away from the body. Now return to the starting position. With the same foot, step out to the side about two to three feet. During the step, reach your arms out in the same direction as the step to the side. Return to the starting position. Now step backwards about two to three feet, while allowing the arms to open backwards into a horizontal reach. During the backwards step, the front knee will bend, and the back leg will remain straight. Return to the starting position.</li> <li>● To increase difficulty instead of sliding or stepping your feet in the three steps, you can jump your feet apart. Feet jumping front and back, together, out side-to-side, together, and then opposite foot front and back and together.</li> </ul>	
Sit to Stand	35 seconds
<ul style="list-style-type: none"> <li>● Begin in a seated position, good posture, eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> <li>● To increase difficulty- Cross arms at chest or Hold weight between your hands. If unable to stand, Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Whatever way you sit to stand make sure to keep good posture.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Lateral Raises	35 seconds
<ul style="list-style-type: none"> <li>● While seated or standing, place the resistance band beneath both feet, or use light weights. Sit tall with the top of the head high. 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.</li> </ul>	
Low Row	35 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Morning Walk	35 seconds
<ul style="list-style-type: none"> <li>● While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>● To increase difficulty: pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	



Side Steps	35 seconds
<ul style="list-style-type: none"> <li>If starting in a seated position, keep 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. Bring your feet back together. Now repeat with the left foot out as far as you can and come back together.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Thumb to Fingers	35 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
Toes to the Sky	35 seconds
<ul style="list-style-type: none"> <li>Begin with your back straight and with good posture, eyes facing forward, palms on your thighs if seated and hands on your hips or balanced with a chair if standing. Feet hip-width apart. Extend and lift your right foot with toes flexed and pointed up to the sky. Point your toes straight and slowly return to starting position. Repeat with your left foot</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Side Flexion	35 seconds
<ul style="list-style-type: none"> <li>In a standing or seated position, bend at the waist to the left to bring your left elbow to the outside of your left hip. Come back to center and repeat on the right. You can increase the difficulty by extending your arm straight and reaching further down for the side of your knee or holding light weights.</li> </ul>	
Single Arm Crossover	35 seconds
<ul style="list-style-type: none"> <li>Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Rolling-Disco/John Travolta	35 seconds
<ul style="list-style-type: none"> <li>Rotate arms around one another; you can bring your arms high or low; if standing you can bounce or sway. Do the disco arms, pointing side to side like the "Staying Alive" dance move. Have fun with it!"</li> </ul>	
Hi, Neighbor!	35 seconds
<ul style="list-style-type: none"> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!</li> </ul>	
<b>BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)</b>	

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



EXERCISE ONLY - SESSION 9 (Leader)

**BINGO ROLLS (3)**

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

**Read aloud to the participants:**

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

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

Before we get started today, remember to:

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

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

**BINGO ROLLS (3)**

<b>Morning Walk</b>	<b>35 seconds</b>
<ul style="list-style-type: none"> <li>• While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>• To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
<b>Single Leg Hamstring Curl</b>	<b>35 seconds</b>
<ul style="list-style-type: none"> <li>• Stand behind your chair and hold onto the back for support. With one leg on the ground, begin to bend at the knee with the other leg as far as you can or until the heel of your foot touches 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.</li> <li>• If unable to stand you can do this exercise by scooting to the edge of your chair, sitting up tall. With one foot on the ground, bend at the</li> </ul>	

BINGO ROLLS (3)	
Staggered Stance	35 seconds
<ul style="list-style-type: none"> <li>● Begin with feet together and hands at sides. Step forward with your right foot. Hold this position for 10 seconds. Step back to feet together and then alternate stepping the other foot in front. To increase the difficulty, jump your feet out instead of stepping.</li> </ul>	
Oblique Crunch	35 seconds
<ul style="list-style-type: none"> <li>● While standing or 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 touch together. Hold for one second, then return to the starting position. Repeat with the other knee.</li> </ul>	
BINGO ROLLS (3)	
Grapevine	35 seconds
<ul style="list-style-type: none"> <li>● Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortably as you can go in one direction, then grapevine walk your hands all the way to the other side.</li> </ul>	
Sit to Stand	35 seconds
<ul style="list-style-type: none"> <li>● Begin in a seated position, good posture, eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> <li>● To increase difficulty- Cross arms at chest or Hold weight between your hands. If unable to stand, Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Whatever way you sit to stand make sure to keep good posture.</li> </ul>	
BINGO ROLLS (3)	
Chest Press	35 seconds
<ul style="list-style-type: none"> <li>● If seated or standing, 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. To increase difficulty, do a pushup on the floor.</li> </ul>	

Arm Curl	35 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position place the resistance band beneath both feet, or use light weights. Sit tall with the top of the head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Morning Walk	35 seconds
<ul style="list-style-type: none"> <li>While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth. . The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Heel Raises	35 seconds
<ul style="list-style-type: none"> <li>While standing, behind a chair for support if needed, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Thumb to Fingers	35 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
Reverse Fly	35 seconds
<ul style="list-style-type: none"> <li>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.</li> <li>If you do not have a resistance band, hold your arms in front of your chest pressing palms together. Press and hold for several seconds keeping elbows lifted, then slowly release to the starting position and repeat.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Alternate Foot Balance	35 seconds
<ul style="list-style-type: none"> <li>Sitting in a chair, or standing, place a foam pad or pillow in front of the feet if you need extra support. Alternate lifting your right and left foot in the air or tapping your foot on the foam pad or pillow.</li> <li>If standing, Balance on one foot at a time, increasing the difficulty by raising the height of your lifted foot and standing independently without holding onto anything, increasing speed.</li> </ul>	
Ballerina	35 seconds

- Breathe in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.

**BINGO ROLLS (3)**

Rolling-Disco/John Travolta

35 seconds

- Rotate arms around one another; you can bring your arms high or low; if standing you can bounce or sway. Do the disco arms, pointing side to side like the “Staying Alive” dance move. Have fun with it!”

Hi, Neighbor!

35 seconds

- Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!

**BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)**

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



EXERCISE ONLY - SESSION 10 (Leader)

BINGO ROLLS (3)

**Read aloud to the participants:**

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

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

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

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

BINGO ROLLS (3)

Morning Walk	35 seconds
<ul style="list-style-type: none"> <li>• While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>• To increase difficulty pump, arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Single Leg Hamstring Curl	35 seconds
<ul style="list-style-type: none"> <li>• Stand behind your chair and hold onto the back for support. With one leg on the ground, begin to bend at the knee with the other leg as far as you can or until the heel of your foot touches 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.</li> <li>• If unable to stand you can do this exercise by scooting to the edge of your chair, sitting up tall. With one foot on the ground, bend at the knee with the other leg lifting your heel as high as you can. Repeat on the other side.</li> </ul>	

BINGO ROLLS (3)

Staggered Stance	35 seconds
<ul style="list-style-type: none"> <li>• Begin with feet together and hands at sides. Step forward with your right foot. Hold this position for 10 seconds. Step back to feet together and then alternate stepping the other foot in front. To increase the difficulty, jump your feet out instead of stepping.</li> </ul>	

Oblique Crunch	35 seconds
<ul style="list-style-type: none"> <li>While standing or 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 touch together. Hold for one second, then return to the starting position. Repeat with the other knee.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Grapevine	35 seconds
<ul style="list-style-type: none"> <li>Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortably as you can go in one direction, then grapevine walk your hands all the way to the other side.</li> </ul>	
Sit to Stand	35 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If unable to stand, Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Whatever way you sit to stand make sure to keep good posture.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Chest Press	35 seconds
<ul style="list-style-type: none"> <li>If seated or standing, 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. To increase difficulty, do a pushup on the floor.</li> </ul>	
Arm Curl	35 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position place the resistance band beneath both feet, or use light weights. Sit tall with the top of the head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	
<b>BINGO ROLLS (3)</b>	

Morning Walk	35 seconds
<ul style="list-style-type: none"> <li>• While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>• To increase difficulty, pump your arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Heel Raises	35 seconds
<ul style="list-style-type: none"> <li>• While standing, behind a chair for support if needed, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Thumb to Fingers	35 seconds
<ul style="list-style-type: none"> <li>• Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>• To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
Arm Extensions	35 seconds
<ul style="list-style-type: none"> <li>• Extend and straighten your right arm straight up, palm facing forward. Bend your right elbow, letting your hand bend 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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Static Balance	35 seconds
<ul style="list-style-type: none"> <li>• Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the other leg. You can increase difficulty by standing your feet closer together, lifting your leg higher, lifting your arms, or crossing them at your chest, or closing your eyes.</li> </ul>	
Ballerina	35 seconds
<ul style="list-style-type: none"> <li>• Breathe in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Rolling-Disco/John Travolta	35 seconds



- Rotate arms around one another; you can bring your arms high or low; if standing you can bounce or sway. Do the disco arms, pointing side to side like the “Staying Alive” dance move. Have fun with it!”

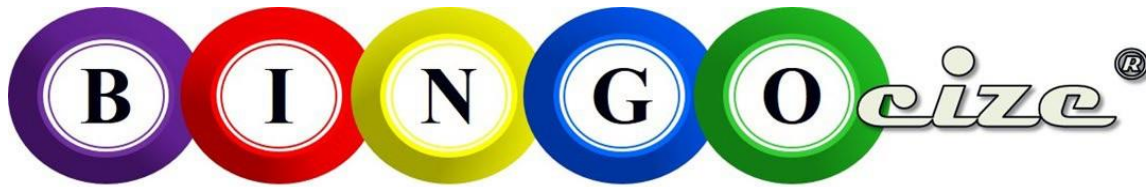
Hi, Neighbor!

35 seconds

- Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!

**BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)**

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



EXERCISE ONLY - SESSION 11 (Leader)

BINGO ROLLS (3)

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

**Read aloud to the participants:**

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

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

As we get going today, always remember to:

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

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

BINGO ROLLS (3)

Morning Walk	45 seconds
<ul style="list-style-type: none"> <li>• While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>• To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Single Leg Hamstring Curl	45 seconds
<ul style="list-style-type: none"> <li>• Stand behind your chair and hold onto the back for support. With one leg on the ground, begin to bend at the knee with the other leg as far as you can or until the heel of your foot touches 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.</li> <li>• If unable to stand you can do this exercise by scooting to the edge of your chair, sitting up tall. With one foot on the ground, bend at the knee with the other leg lifting your heel as high as you can. Repeat on the other side.</li> </ul>	

BINGO ROLLS (3)	
Staggered Stance	45 seconds
<ul style="list-style-type: none"> <li>Begin with feet together and hands at sides. Step forward with your right foot. Hold this position for 10 seconds. Step back to feet together and then alternate stepping the other foot in front. To increase the difficulty, jump your feet out instead of stepping.</li> </ul>	
Oblique Crunch	45 seconds
<ul style="list-style-type: none"> <li>While standing or 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 touch together. Hold for one second, then return to the starting position. Repeat with the other knee.</li> </ul>	
BINGO ROLLS (3)	
Grapevine	45 seconds
<ul style="list-style-type: none"> <li>Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortably as you can go in one direction, then grapevine walk your hands all the way to the other side.</li> </ul>	
Sit to Stand	45 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If unable to stand, Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Whatever way you sit to stand make sure to keep good posture.</li> </ul>	
BINGO ROLLS (3)	
Chest Press Standing	45 seconds
<ul style="list-style-type: none"> <li>If seated or standing, 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. To increase difficulty, do a pushup on the floor.</li> </ul>	

Arm Curl Standing	45 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position place the resistance band beneath both feet, or use light weights. Sit tall with the top of the head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Morning Walk	45 seconds
<ul style="list-style-type: none"> <li>While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Heel Raises	45 seconds
<ul style="list-style-type: none"> <li>While standing, behind a chair for support if needed, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Thumb to Fingers	45 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
Toes to the Sky	45 seconds
<ul style="list-style-type: none"> <li>Begin with your back straight and with good posture, eyes facing forward, palms on your thighs if seated and hands on your hips or balanced with a chair if standing. Feet hip-width apart. Extend and lift your right foot with toes flexed and pointed up to the sky. Point your toes straight and slowly return to starting position. Repeat with your left foot</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Alternate Foot Balance	45 seconds
<ul style="list-style-type: none"> <li>Sitting in a chair, or standing, place a foam pad or pillow in front of the feet if you need extra support. Alternate lifting your right and left foot in the air or tapping your foot on the foam pad or pillow.</li> <li>If standing, Balance on one foot at a time, increasing the difficulty by raising the height of your lifted foot and standing independently without holding onto anything, increasing speed.</li> </ul>	
Ballerina	45 seconds

- Breathe in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.

**BINGO ROLLS (3)**

Rolling-Disco/John Travolta	45 seconds
<ul style="list-style-type: none"> <li>● Rotate arms around one another; you can bring your arms high or low; if standing you can bounce or sway. Do the disco arms, pointing side to side like the “Staying Alive” dance move. Have fun with it!”</li> </ul>	
Hi, Neighbor!	45 seconds
<ul style="list-style-type: none"> <li>● Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!</li> </ul>	

**BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)**

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



EXERCISE ONLY - SESSION 12 (Leader)

BINGO ROLLS (3)

**Read aloud to the participants:**

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

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

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

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

BINGO ROLLS (3)

Morning Walk	45 seconds
<ul style="list-style-type: none"> <li>• While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>• To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Single Leg Hamstring Curl	45 seconds
<ul style="list-style-type: none"> <li>• Stand behind your chair and hold onto the back for support. With one leg on the ground, begin to bend at the knee with the other leg as far as you can or until the heel of your foot touches 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.</li> <li>• If unable to stand you can do this exercise by scooting to the edge of your chair, sitting up tall. With one foot on the ground, bend at the knee with the other leg lifting your heel as high as you can. Repeat on the other side.</li> </ul>	
BINGO ROLLS (3)	
Staggered Stance	45 seconds
<ul style="list-style-type: none"> <li>• Begin with feet together and hands at sides. Step forward with your right foot. Hold this position for 10 seconds. Step back to feet together and then alternate stepping the other foot in front. To increase the difficulty, jump your feet out instead of stepping.</li> </ul>	

Oblique Crunch	45 seconds
<ul style="list-style-type: none"> <li>While standing or 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 touch together. Hold for one second, then return to the starting position. Repeat with the other knee.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Grapevine	45 seconds
<ul style="list-style-type: none"> <li>Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortably as you can go in one direction, then grapevine walk your hands all the way to the other side.</li> </ul>	
Sit to Stand	45 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If unable to stand, Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Whatever way you sit to stand make sure to keep good posture.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Chest Press	45 seconds
<ul style="list-style-type: none"> <li>If seated or standing, 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. To increase difficulty, do a pushup on the floor.</li> </ul>	
Arm Curl	45 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position place the resistance band beneath both feet, or use light weights. Sit tall with the top of the head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	

BINGO ROLLS (3)	
Morning Walk	45 seconds
<ul style="list-style-type: none"> <li>• While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>• To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Heel Raises	45 seconds
<ul style="list-style-type: none"> <li>• While standing, behind a chair for support if needed, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.</li> </ul>	
BINGO ROLLS (3)	
Thumb to Fingers	45 seconds
<ul style="list-style-type: none"> <li>• Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>• To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
Hip Raises	45 seconds
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	
BINGO ROLLS (3)	
Static Balance	45 seconds
<ul style="list-style-type: none"> <li>• Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the other leg. You can increase difficulty by standing your feet closer together, lifting your leg higher, lifting your arms, or crossing them at your chest, or closing your eyes.</li> </ul>	
Ballerina	45 seconds
<ul style="list-style-type: none"> <li>• Breathe in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.</li> </ul>	
BINGO ROLLS (3)	
Rolling-Disco/John Travolta	45 seconds



<ul style="list-style-type: none"> <li>• Rotate arms around one another; you can bring your arms high or low; if standing you can bounce or sway. Do the disco arms, pointing side to side like the “Staying Alive” dance move. Have fun with it!”</li> </ul>	
Hi, Neighbor!	45 seconds
<ul style="list-style-type: none"> <li>• Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!</li> </ul>	
<b>BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)</b>	

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



EXERCISE ONLY - SESSION 13 (Leader)

**BINGO ROLLS (3)**

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

**Read aloud to the participants:**

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

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

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

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

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

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

**BINGO ROLLS (3)**

Morning Walk	45 seconds
<ul style="list-style-type: none"> <li>• While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty pump arms back and forth. The faster you go and the bigger the movements, the more difficult the exercise.</li> </ul>	
Static Balance	45 seconds
<ul style="list-style-type: none"> <li>• Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the other leg. You can increase difficulty by standing your feet closer together, lifting your leg higher, lifting your arms, or crossing them at your chest, or closing your eyes.</li> </ul>	

**BINGO ROLLS (3)**

Staggered Stance	45 seconds
<ul style="list-style-type: none"> <li>• Begin with feet together and hands at sides. Step forward with your right foot. Hold this position for 10 seconds. Step back to feet together and then alternate stepping the other foot in front. To increase the difficulty, jump your feet out instead of stepping.</li> </ul>	

Oblique Crunch	45seconds
<ul style="list-style-type: none"> <li>While standing or 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 touch together. Hold for one second, then return to the starting position. Repeat with the other knee.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Grapevine	45 seconds
<ul style="list-style-type: none"> <li>Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortably as you can go in one direction, then grapevine walk your hands all the way to the other side.</li> </ul>	
Swimming Dance	45 seconds
<ul style="list-style-type: none"> <li>While standing, move arms in a swimming motion, then plug nose, and shimmy with one arm raised above the head.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Chest Press	45 seconds
<ul style="list-style-type: none"> <li>If seated or standing, 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. To increase difficulty, do a pushup on the floor.</li> </ul>	
Arm Curl	45 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position place the resistance band beneath both feet, or use light weights. Sit tall with the top of the head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Morning Walk	45 seconds
<ul style="list-style-type: none"> <li>While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth. The faster you go and the bigger the movements, the more difficult the exercise.</li> </ul>	
Heel Raises	45 seconds
<ul style="list-style-type: none"> <li>While standing, behind a chair for support if needed, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.</li> </ul>	
<b>BINGO ROLLS (3)</b>	

Thumb to Fingers	45 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
Top Shelf Reach	45 seconds
<ul style="list-style-type: none"> <li>If seated, scoot to the edge of the chair. Feet hip-width apart on the floor. Keep your back straight. 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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Alternate Foot Balance	45 seconds
<ul style="list-style-type: none"> <li>Sitting in a chair, or standing, place a foam pad or pillow in front of the feet if you need extra support. Alternate lifting your right and left foot in the air or tapping your foot on the foam pad or pillow.</li> <li>If standing, Balance on one foot at a time, increasing the difficulty by raising the height of your lifted foot and standing independently without holding onto anything, increasing speed.</li> </ul>	
Ballerina	45 seconds
<ul style="list-style-type: none"> <li>Breathe in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Rolling-Disco/John Travolta	45 seconds
<ul style="list-style-type: none"> <li>Rotate arms around one another; you can bring your arms high or low; if standing you can bounce or sway. Do the disco arms, pointing side to side like the "Staying Alive" dance move. Have fun with it!"</li> </ul>	
Hi, Neighbor!	45 seconds
<ul style="list-style-type: none"> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!</li> </ul>	
<b>BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)</b>	

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



EXERCISE ONLY - SESSION 14 (Leader)

BINGO ROLLS (3)

**Read aloud to the participants:**

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

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

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

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

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

BINGO ROLLS (3)

Morning Walk	50 seconds
<ul style="list-style-type: none"> <li>• While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>• To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Static Balance	50 seconds
<ul style="list-style-type: none"> <li>• Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the other leg. You can increase difficulty by standing your feet closer together, lifting your leg higher, lifting your arms, or crossing them at your chest, or closing your eyes.</li> </ul>	

BINGO ROLLS (3)

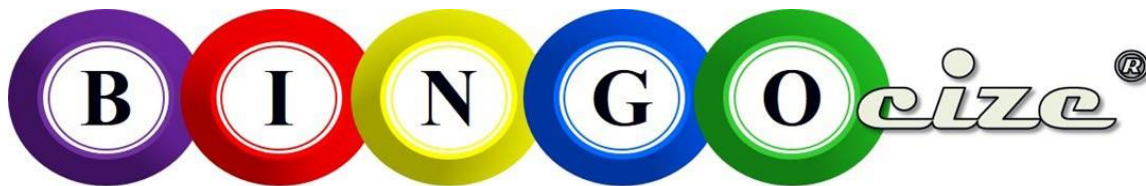
Staggered Stance	50 seconds
<ul style="list-style-type: none"> <li>• Begin with feet together and hands at sides. Step forward with your right foot. Hold this position for 10 seconds. Step back to feet together and then alternate stepping the other foot in front. To increase the difficulty, jump your feet out instead of stepping.</li> </ul>	

Oblique Crunch	50 seconds
<ul style="list-style-type: none"> <li>While standing or 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 touch together. Hold for one second, then return to the starting position. Repeat with the other knee.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Grapevine	50 seconds
<ul style="list-style-type: none"> <li>Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortably as you can go in one direction, then grapevine walk your hands all the way to the other side.</li> </ul>	
Swimming Dance	50 seconds
<ul style="list-style-type: none"> <li>While standing, move arms in a swimming motion, then plug nose, and shimmy with one arm raised above the head</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Chest Press	50 seconds
<ul style="list-style-type: none"> <li>If seated or standing, 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. To increase difficulty, do a pushup on the floor.</li> </ul>	
Arm Curl	50 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position place the resistance band beneath both feet or use light weights. Sit tall with the top of the head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
The Twist	50 seconds
<ul style="list-style-type: none"> <li>Begin with feet shoulder-width apart and equal weight on both feet. With knees flexible, keep your torso squared evenly with your hips. Move one foot forward. 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 outward away from the body bent slightly at the elbow following the movement of your hips. To keep balance, the other arm should move upward and forward as you Twist and swing your hips from side to side, your waist and legs should also twist or rotate from side to side.</li> <li>As you rock from side to side, shift your weight so that it is supported by the ball of your foot. 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. To increase difficulty, lift your feet as you twist back and forth.</li> </ul>	

Heel Raises	30 seconds
<ul style="list-style-type: none"> <li>While standing, behind a chair for support if needed, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Thumb to Fingers	50 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
Low Row	50 seconds
<ul style="list-style-type: none"> <li>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 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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Alternate Foot Balance	50 seconds
<ul style="list-style-type: none"> <li>Sitting in a chair, or standing, place a foam pad or pillow in front of the feet if you need extra support. Alternate lifting your right and left foot in the air or tapping your foot on the foam pad or pillow.</li> <li>If standing, Balance on one foot at a time, increasing the difficulty by raising the height of your lifted foot and standing independently without holding onto anything, increasing speed.</li> </ul>	
Ballerina	50 seconds
<ul style="list-style-type: none"> <li>Breathe in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Rolling-Disco/John Travolta	50 seconds
<ul style="list-style-type: none"> <li>Rotate arms around one another; you can bring your arms high or low; if standing you can bounce or sway. Do the disco arms, pointing side to side like the "Staying Alive" dance move. Have fun with it!"</li> </ul>	
Hi, Neighbor!	50 seconds
<ul style="list-style-type: none"> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!</li> </ul>	

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





EXERCISE ONLY - SESSION 15 (Leader)

**BINGO ROLLS (3)**

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

**Read aloud to the participants:**

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

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

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

Source: National Council on Aging, 2017

**BINGO ROLLS (3)**

Grapevine	50 seconds
<ul style="list-style-type: none"> <li>• Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortably as you can go in one direction, then grapevine walk your hands all the way to the other side.</li> </ul>	
Heel Raises	50 seconds
<ul style="list-style-type: none"> <li>• While standing, behind a chair for support if needed, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.</li> </ul>	

**BINGO ROLLS (3)**

Calf Stretch	50 seconds
<ul style="list-style-type: none"> <li>• If seated, raise both feet towards the sky keeping both legs straight, flexing your feet up and down if you want. Lower both feet back to the starting position. If standing with a chair, place both hands on the back of the chair, keeping back leg straight lean into the chair, heels stay on the floor. If standing, straighten one leg and flex the toes up towards your body to feel a stretch in the calf. To deepen the stretch lean down towards your flexed toes. Repeat on the other leg.</li> </ul>	

Top Shelf Reach	50 seconds
<ul style="list-style-type: none"> <li>If seated, scoot to the edge of the chair. Feet hip-width apart on the floor. Keep your back straight. 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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Skier	50 seconds
<ul style="list-style-type: none"> <li>From a standing position, sidestep in one direction and tap the other foot behind the stepped leg. The farther back you tap the more difficult the skier exercise. Repeat this movement on the other side. Let the arms swing naturally side to-side in the movement of the stepped direction. If seated, you can still do the skier by tapping your foot up and out in one direction and tapping the other foot behind. Then repeat the movement on the other side. Swing your arms naturally as you move your legs. The bigger the motion, the more difficult the exercise.</li> </ul>	
Sit to Stand	50 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If unable to stand, Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Whatever way you sit to stand make sure to keep good posture.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Cueing Drill	50 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
Arm Curl	50 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position place the resistance band beneath both feet or use light weights. Sit tall with the top of the head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	

BINGO ROLLS (3)	
Morning Walk	50 seconds
<ul style="list-style-type: none"> <li>• While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>• To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Side Steps	50 seconds
<ul style="list-style-type: none"> <li>• If standing, bring your feet together and arms at your sides. Take one step to the right. Bring your feet back together. Ensure that both feet face forward while stepping. Now repeat by stepping to the left and then coming back together. Add a side shoulder raise with the arm of the stepped direction. Relax arm down when feet are brought together.</li> </ul>	
BINGO ROLLS (3)	
Thumb to Fingers	50 seconds
<ul style="list-style-type: none"> <li>• Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>• To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
Triceps Extension	50 seconds
<ul style="list-style-type: none"> <li>• Seated or standing, raise your arm as if showing your arm muscle. Your right palm should be facing your ear. Grab the resistance band with your left hand. Extend your left arm as far as possible, keep the right arm still. Do this several times and then repeat with the opposite arm. Grabbing the resistance band closer to the upper hand makes this exercise more difficult. You can also use the arms of a chair to lift yourself up and lower yourself down slowly.</li> </ul>	
BINGO ROLLS (3)	
Trunk Rotation	50 seconds
<ul style="list-style-type: none"> <li>• 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 out with each twist. Inhale in and return to center, then repeat to the left.</li> <li>• You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle.</li> </ul>	
Ballerina	50 seconds

- Breathe in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.

**BINGO ROLLS (3)**

Oblique Crunch	50 seconds
<ul style="list-style-type: none"> <li>• While standing or 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 touch together. Hold for one second, then return to the starting position. Repeat with the other knee.</li> </ul>	
Hi, Neighbor!	50 seconds
<ul style="list-style-type: none"> <li>• Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!</li> </ul>	

**BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)**

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



EXERCISE ONLY - SESSION 16 (Leader)

BINGO ROLLS (3)

**Read aloud to the participants:**

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

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

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

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

Source: National Council on Aging, 2017

BINGO ROLLS (3)

Grapevine	50 seconds
<ul style="list-style-type: none"> <li>• Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortably as you can go in one direction, then grapevine walk your hands all the way to the other side.</li> <li>•</li> </ul>	
Heel Raises	50 seconds
<ul style="list-style-type: none"> <li>• While standing, behind a chair for support if needed, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.</li> <li>•</li> </ul>	
BINGO ROLLS (3)	
Calf Stretch	50 seconds
<ul style="list-style-type: none"> <li>• If standing with a chair, place both hands on the back of the chair, keeping back leg straight lean into the chair, heels stay on the floor. If standing, straighten one leg and flex the toes up towards your body to feel a stretch in the calf. To deepen the stretch lean down towards your flexed toes. Repeat on the other leg.</li> </ul>	

Top Shelf Reach	50 seconds
<ul style="list-style-type: none"> <li>If seated, scoot to the edge of the chair. Feet hip-width apart on the floor. Keep your back straight. 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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Skier	50 seconds
<ul style="list-style-type: none"> <li>From a standing position, sidestep in one direction and tap the other foot behind the stepped leg. The farther back you tap the more difficult the skier exercise. Repeat this movement on the other side. Let the arms swing naturally side to-side in the movement of the stepped direction. If seated, you can still do the skier by tapping your foot up and out in one direction and tapping the other foot behind. Then repeat the movement on the other side. Swing your arms naturally as you move your legs. The bigger the motion, the more difficult the exercise.</li> </ul>	
Sit to Stand	50 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If unable to stand, Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Whatever way you sit to stand make sure to keep good posture.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Arm Extensions	50 seconds
<ul style="list-style-type: none"> <li>Extend and straighten your right arm straight up, palm facing forward. Bend your right elbow, letting your hand bend 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.</li> </ul>	
Arm Curl	50 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position place the resistance band beneath both feet or use light weights. Sit tall with the top of the head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	
<b>BINGO ROLLS (3)</b>	

Morning Walk	50 seconds
<ul style="list-style-type: none"> <li>• While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>• To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Side Steps	50 seconds
<ul style="list-style-type: none"> <li>• Begin with feet together and arms at your side. Take one step to the right. Bring your feet back together. Ensure that both feet face forward while stepping. Now repeat by stepping to the left and then coming back together. Add a side shoulder raise with the arm of the stepped direction. Relax arm down when feet are brought together.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Thumb to Fingers	50 seconds
<ul style="list-style-type: none"> <li>• Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>• To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
Alternate Foot Balance	50 seconds
<ul style="list-style-type: none"> <li>• Sitting in a chair, or standing, place a foam pad or pillow in front of the feet if you need extra support. Alternate lifting your right and left foot in the air or tapping your foot on the foam pad or pillow.</li> <li>• If standing, Balance on one foot at a time, increasing the difficulty by raising the height of your lifted foot and standing independently without holding onto anything, increasing speed.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Trunk Rotation	50 seconds
<ul style="list-style-type: none"> <li>• 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 out with each twist. Inhale in and return to center, then repeat to the left.</li> <li>• You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle.</li> </ul>	
Ballerina	50 seconds

- Breathe in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.

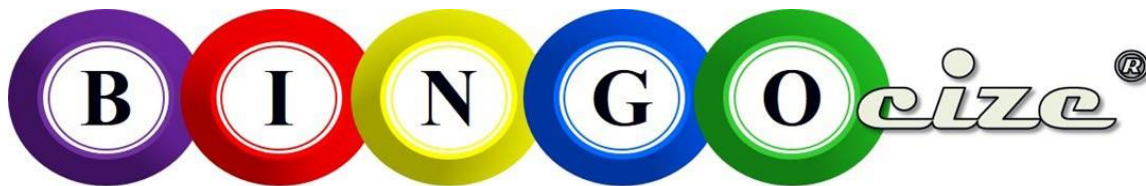
**BINGO ROLLS (3)**

Oblique Crunch	50 seconds
<ul style="list-style-type: none"> <li>• While standing or 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 touch together. Hold for one second, then return to the starting position. Repeat with the other knee.</li> </ul>	
Hi, Neighbor!	50 seconds
<ul style="list-style-type: none"> <li>• Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!</li> </ul>	

**BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)**

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





EXERCISE ONLY - SESSION 17 (Leader)

BINGO ROLLS (3)

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

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

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

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

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

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

BINGO ROLLS (3)

Grapevine	60 seconds
<ul style="list-style-type: none"> <li>• Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortably as you can go in one direction, then grapevine walk your hands all the way to the other side.</li> </ul>	
Heel Raises	60 seconds
<ul style="list-style-type: none"> <li>• While standing, behind a chair for support if needed, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.</li> </ul>	

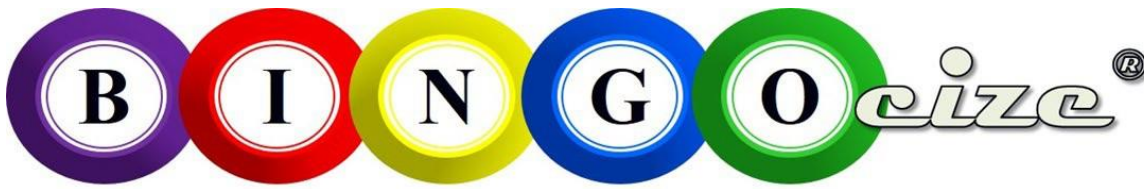
BINGO ROLLS (3)

Calf Stretch	60 seconds
<ul style="list-style-type: none"> <li>If standing with a chair, place both hands on the back of the chair, keeping back leg straight lean into the chair, heels stay on the floor. If standing, straighten one leg and flex the toes up towards your body to feel a stretch in the calf. To deepen the stretch lean down towards your flexed toes. Repeat on the other leg.</li> </ul>	
Top Shelf Reach	60 seconds
<ul style="list-style-type: none"> <li>If seated, scoot to the edge of the chair. Feet hip-width apart on the floor. Keep your back straight. 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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Skier	60 seconds
<ul style="list-style-type: none"> <li>From a standing position, sidestep in one direction and tap the other foot behind the stepped leg. The farther back you tap the more difficult the skier exercise. Repeat this movement on the other side. Let the arms swing naturally side to-side in the movement of the stepped direction. If seated, you can still do the skier by tapping your foot up and out in one direction and tapping the other foot behind. Then repeat the movement on the other side. Swing your arms naturally as you move your legs. The bigger the motion, the more difficult the exercise.</li> </ul>	
Sit to Stand	60 seconds
<ul style="list-style-type: none"> <li>Begin in a seated position, good posture, eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If unable to stand, Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Whatever way you sit to stand make sure to keep good posture.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Charleston Flapper Dance	60 seconds
<ul style="list-style-type: none"> <li>Place hands on knees and cross knees back and forth. This exercise can be done seated or standing.</li> </ul>	

Arm Curl Standing	60 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position place the resistance band beneath both feet, or use light weights. Sit tall with the top of the head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Morning Walk	60 seconds
<ul style="list-style-type: none"> <li>While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Side Steps	60 seconds
<ul style="list-style-type: none"> <li>If standing, bring your feet together and arms at your sides. Take one step to the right. Bring your feet back together. Ensure that both feet face forward while stepping. Now repeat by stepping to the left and then coming back together. Add a side shoulder raise with the arm of the stepped direction. Relax arm down when feet are brought together.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Thumb to Fingers	60 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
The Twist	60 seconds
<ul style="list-style-type: none"> <li>Begin with feet shoulder-width apart and equal weight on both feet. With knees flexible, keep your torso squared evenly with your hips. Move one foot forward. 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 outward away from the body bent slightly at the elbow following the movement of your hips. To keep balance, the other arm should move upward and forward as you Twist and swing your hips from side to side, your waist and legs should also twist or rotate from side to side.</li> <li>As you rock from side to side, shift your weight so that it is supported by the ball of your foot. 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. To increase difficulty, lift your feet as you twist back and forth</li> </ul>	
<b>BINGO ROLLS (3)</b>	

Trunk Rotation	60 seconds
<ul style="list-style-type: none"> <li>● 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 out with each twist. Inhale in and return to center, then repeat to the left.</li> <li>● You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle</li> </ul>	
Ballerina	60 seconds
<ul style="list-style-type: none"> <li>● Breathe in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Oblique Crunch	60 seconds
<ul style="list-style-type: none"> <li>● 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.</li> </ul>	
Hi, Neighbor!	60 seconds
<ul style="list-style-type: none"> <li>● Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!</li> </ul>	
<b>BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)</b>	

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



EXERCISE ONLY - SESSION 18 (Leader)

BINGO ROLLS (3)

**Read aloud to the participants:**

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

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

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

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

National Institutes of Health, 2019

BINGO ROLLS (3)

Alternate Foot Balance	60 seconds
<ul style="list-style-type: none"> <li>• Sitting in a chair, or standing, place a foam pad or pillow in front of the feet if you need extra support. Alternate lifting your right and left foot in the air or tapping your foot on the foam pad or pillow.</li> </ul>	
Sit to Stand	60 seconds
<ul style="list-style-type: none"> <li>• Begin in a seated position, good posture, eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> <li>• To increase difficulty- Cross arms at chest or Hold weight between your hands. If unable to stand, Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Whatever way you sit to stand make sure to keep good posture.</li> </ul>	

BINGO ROLLS (3)

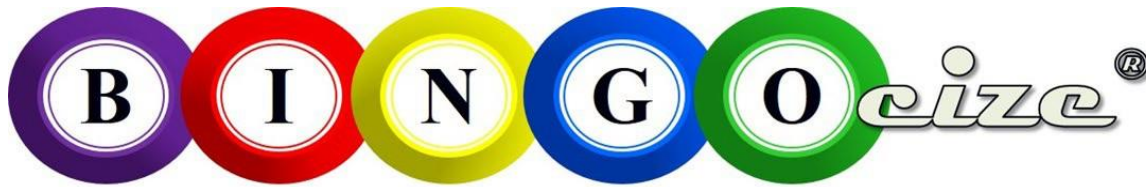
Heel Raises	60 seconds
<ul style="list-style-type: none"> <li>• While standing, behind a chair for support if needed, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.</li> </ul>	

Top Shelf Reach	60 seconds
<ul style="list-style-type: none"> <li>• Feet hip-width apart on the floor. Keep your back straight. 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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Skier	60 seconds
<ul style="list-style-type: none"> <li>• From a standing position, sidestep in one direction and tap the other foot behind the stepped leg. The farther back you tap the more difficult the skier exercise. Repeat this movement on the other side. Let the arms swing naturally side to-side in the movement of the stepped direction. If seated, you can still do the skier by tapping your foot up and out in one direction and tapping the other foot behind. Then repeat the movement on the other side. Swing your arms naturally as you move your legs. The bigger the motion, the more difficult the exercise.</li> </ul>	
Cueing Drill	60 seconds
<ul style="list-style-type: none"> <li>• 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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Chest Press	60 seconds
<ul style="list-style-type: none"> <li>• 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. To increase difficulty, do a pushup on the floor.</li> </ul>	
Lateral Raises	60 seconds
<ul style="list-style-type: none"> <li>• While standing, place the resistance band beneath both feet, or use light weights. Sit tall with the top of the head high. 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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Morning Walk	60 seconds
<ul style="list-style-type: none"> <li>• While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>• To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	

Toes to the Sky Seated	60 seconds
<ul style="list-style-type: none"> <li>Begin with your back straight and with good posture, eyes facing forward, palms on your thighs if seated and hands on your hips or balanced with a chair if standing. Feet hip-width apart. Extend and lift your right foot with toes flexed and pointed up to the sky. Point your toes straight and slowly return to starting position. Repeat with your left foot.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Thumb to Fingers	60 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
Side Flexion	60 seconds
<ul style="list-style-type: none"> <li>In a standing or seated position, bend at the waist to the left to bring your left elbow to the outside of your left hip. Come back to center and repeat on the right. You can increase the</li> <li>difficulty by extending your arm straight and reaching further down for the side of your knee or holding light weights.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Single Arm Crossover	60 seconds
<ul style="list-style-type: none"> <li>Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm.</li> </ul>	
Ballerina	60 seconds
<ul style="list-style-type: none"> <li>Breathe in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Good Morning!	60 seconds
<ul style="list-style-type: none"> <li>Begin in the seated position or standing, with your legs wider than shoulder-width apart. Keep your back straight and extended. Slowly bend forward at the hips until your torso is parallel to the floor and your back and neck are flat. Then slowly bend back up, again keeping your spine straight and extended, back into the seated position.</li> </ul>	
Hi, Neighbor!	60 seconds
<ul style="list-style-type: none"> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!</li> </ul>	
<b>BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)</b>	

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





EXERCISE ONLY - SESSION 19 (Leader)

BINGO ROLLS (3)

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

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

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

And as always, as you exercise, remember to:

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

Source: National Institutes of Health, 2019

BINGO ROLLS (3)

Alternate Foot Balance	60 seconds
<ul style="list-style-type: none"> <li>• Sitting in a chair, or standing, place a foam pad or pillow in front of the feet if you need extra support. Alternate lifting your right and left foot in the air or tapping your foot on the foam pad or pillow.</li> <li>• If standing, Balance on one foot at a time, increasing the difficulty by raising the height of your lifted foot and standing independently without holding onto anything, increasing speed.</li> </ul>	
Sit to Stand	60 seconds
<ul style="list-style-type: none"> <li>• Begin in a seated position, good posture, eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> <li>• To increase difficulty- Cross arms at chest or Hold weight between your hands. If unable to stand, Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Whatever way you sit to stand make sure to keep good posture.</li> </ul>	



BINGO ROLLS (3)	
Heel Raises	60 seconds
<ul style="list-style-type: none"> <li>While standing, behind a chair for support if needed, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.</li> </ul>	
Top Shelf Reach	60 seconds
<ul style="list-style-type: none"> <li>If seated, scoot to the edge of the chair. Feet hip-width apart on the floor. Keep your back straight. 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.</li> </ul>	
BINGO ROLLS (3)	
Skier	60 seconds
<ul style="list-style-type: none"> <li>From a standing position, sidestep in one direction and tap the other foot behind the stepped leg. The farther back you tap the more difficult the skier exercise. Repeat this movement on the other side. Let the arms swing naturally side to-side in the movement of the stepped direction. If seated, you can still do the skier by tapping your foot up and out in one direction and tapping the other foot behind. Then repeat the movement on the other side. Swing your arms naturally as you move your legs. The bigger the motion, the more difficult the exercise.</li> </ul>	
Cueing Drill	60 seconds
<ul style="list-style-type: none"> <li>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.</li> </ul>	
BINGO ROLLS (3)	
Chest Press	60 seconds
<ul style="list-style-type: none"> <li>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. To increase difficulty, do a pushup on the floor.</li> </ul>	

Lateral Raises	60 seconds
<ul style="list-style-type: none"> <li>While seated or standing, place the resistance band beneath both feet, or use light weights. Sit tall with the top of the head high. 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.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Morning Walk	60 seconds
<ul style="list-style-type: none"> <li>While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Toes to the Sky	60 seconds
<ul style="list-style-type: none"> <li>Begin with your back straight and with good posture, eyes facing forward, palms on your thighs if seated and hands on your hips or balanced with a chair if standing. Feet hip-width apart. Extend and lift your right foot with toes flexed and pointed up to the sky. Point your toes straight and slowly return to starting position. Repeat with your left foot</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Thumb to Fingers	60 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
Trunk Rotation	60 seconds
<ul style="list-style-type: none"> <li>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 out with each twist. Inhale in and return to the center, then repeat to the left.</li> <li>You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle.</li> </ul>	
<b>BINGO ROLLS (3)</b>	
Single Arm Crossover	60 seconds
<ul style="list-style-type: none"> <li>Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm.</li> </ul>	
Ballerina	60 seconds

- Breathe in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.

**BINGO ROLLS (3)**

Good Morning!

60 seconds

- Begin in the seated position or standing, with your legs wider than shoulder-width apart. Keep your back straight and extended. Slowly bend forward at the hips until your torso is parallel to the floor and your back and neck are flat. Then slowly bend back up, again keeping your spine straight and extended, back into the seated position.

Hi, Neighbor!

60 seconds

- Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!

**BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)**

**\*\*Remember to give your participants their Bingocize® Take-Home Cards today and explain that they will only have a few days to complete them this time, as this is the final week, and they will need to return them when they come for their final session. \*\***



EXERCISE ONLY - SESSION 20 (Leader)

BINGO ROLLS (5)

**Read aloud to the participants:**

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

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

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

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

BINGO ROLLS (5)

Three Dot Step

60 seconds

- 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.
- To increase difficulty instead of sliding or stepping your feet in the three steps, you can jump your feet apart. Feet jumping front and back, together, out side-to-side, together, and then opposite foot front and back and together.

Static Balance

60 seconds

- Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the other leg. You can increase difficulty by standing your feet closer together, lifting your leg higher, lifting your arms, or crossing them at your chest, or closing your eyes.

BINGO ROLLS (5)

Staggered Stance

60 seconds

- Begin with feet together and hands at sides. Step forward with your right foot. Hold this position for 10 seconds. Step back to feet together and then alternate stepping the other foot in front. To increase the difficulty, jump your feet out instead of stepping.

Side Flexion	60 seconds
<ul style="list-style-type: none"> <li>In a standing or seated position, bend at the waist to the left to bring your left elbow to the outside of your left hip. Come back to center and repeat on the right. You can increase the difficulty by extending your arm straight and reaching further down for the side of your knee or holding light weights.</li> </ul>	
<b>BINGO ROLLS (5)</b>	
Grapevine	60 seconds
<ul style="list-style-type: none"> <li>Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortably as you can go in one direction, then grapevine walk your hands all the way to the other side.</li> </ul>	
Swimming Dance	60 seconds
<ul style="list-style-type: none"> <li>While standing, move arms in a swimming motion, then plug nose, and shimmy with one arm raised above the head.</li> </ul>	
<b>BINGO ROLLS (5)</b>	
Chest Press	60 seconds
<ul style="list-style-type: none"> <li>If seated or standing, 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. To increase difficulty, do a pushup on the floor.</li> </ul>	
Arm Curl	60 seconds
<ul style="list-style-type: none"> <li>In a seated or standing position place the resistance band beneath both feet, or use light weights. Sit tall with the top of the head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position.</li> </ul>	
<b>BINGO ROLLS (5)</b>	
The Twist	60 seconds
<ul style="list-style-type: none"> <li>Begin with feet shoulder-width apart and equal weight on both feet. With knees flexible, keep your torso squared evenly with your hips. Move one foot forward. 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 outward away from the body bent slightly at the elbow following the movement of your hips. To keep balance, the other arm should move upward and forward as you Twist and swing your hips from side to side, your waist and legs should also twist or rotate from side to side.</li> <li>As you rock from side to side, shift your weight so that it is supported by the ball of your foot. 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. To increase difficulty, lift your feet as you twist back and forth.</li> </ul>	
Heel Raises	60 seconds
<ul style="list-style-type: none"> <li>While standing, behind a chair for support if needed, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.</li> </ul>	

BINGO ROLLS (5)	
Thumb to Fingers	60 seconds
<ul style="list-style-type: none"> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	
Step Ups	60 seconds
<ul style="list-style-type: none"> <li>Begin with your feet together and arms at your side. A balance pad or pillow should be on the floor directly in front of you. Begin stepping up and down on the balance pad or pillow. Try to raise each leg at least 90 degrees with each step.</li> </ul>	
BINGO ROLLS (5)	
Alternate Foot Balance	60 seconds
<ul style="list-style-type: none"> <li>Sitting in a chair, or standing, place a foam pad or pillow in front of the feet if you need extra support. Alternate lifting your right and left foot in the air or tapping your foot on the foam pad or pillow.</li> <li>If standing, Balance on one foot at a time, increasing the difficulty by raising the height of your lifted foot and standing independently without holding onto anything, increasing speed.</li> </ul>	
Ballerina	60 seconds
<ul style="list-style-type: none"> <li>Breathe in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.</li> </ul>	
BINGO ROLLS (5)	
YMCA (play the song "YMCA")	60 seconds
<ul style="list-style-type: none"> <li>Create a Y by extending your arms over your head outstretched at angles away from each other. Make an M by bringing your hands together on top of your head so that the backs of your fingers are touching. Bend your wrists as much as you can to make the corners of the top of the M as sharp as possible. Make a C by bringing your arm down by your side and bend it slightly, keeping your palm open. Curl your other arm over your head and bend to the side at the waist. Make the letter A by bringing your arms back up over your head. Bend your elbows at your ears and bring your hands together so that your fingertips touch. Your hands should create a triangle. Have fun and dance!</li> </ul>	
Hi, Neighbor!	60 seconds
<ul style="list-style-type: none"> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!</li> </ul>	
I hope you had fun today! Please continue your healthy lifestyle changes, and look for another round of Bingocize® soon!	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

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

**the last session\*\***