

# Wellness Bingo

Go for a walk at your local park	Call a friend	Cook a healthy meal	*Attend a virtual Tai Chi class	Read a new book
*Attend a virtual Zumba class	Learn a new recipe to cook	Practice walking backwards	Stretch for 15 minutes	Write a letter to a friend
Spend some time outside	Start a new crafting project	<b>FREE SPACE</b>	Drink at least 64 oz of water	Attend a virtual bingo game
Reach out to an old friend	Attend a virtual support group	Watch a new movie or TV show	Listen to some new music	Try to solve a crossword puzzle
Try a new food	Practice meditation for 20 minutes	Attend a virtual Yoga class	Start writing a journal	Practice standing from seated position

\*A medical waiver is required to participate in exercise programs. The medical waiver can be found on Eldercare's Website: [www.eldercare.uflhealth.org](http://www.eldercare.uflhealth.org). A physician's signature may be required on this waiver prior to participation.

Name:

Email:

Phone:

**ElderCare**  
OF ALACHUA COUNTY