

B	I	N	G	O
Stay Social	Ask Questions when you're Unsure	Establish Routines	Remember to take your Medication	Plan your Day/Think Ahead
Eat an Appropriate Diet	Small Bites and Small Sips	Preventing Falls in the Home	Check Your Expiration Dates	Read Food Labels
Scan Your Environment	Upright and Out of Bed for all meals	FREE	Communicate with your Caregivers	Keep Your Home Clean
Keep your Home Secure/Safe	Review your Mistakes	Maintain Good Lighting	Keep Up with Current Events	Practice Your Daily Task (Mobility/ADLs)
Establish a Budget	Daily Exercise	Proper Footwear	Wheelchair Safety	Eliminate Distractions

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Upright and Out of Bed for all meals	Check Your Expiration Dates	Remember to take your Medication	Eat an Appropriate Diet	Preventing Falls in the Home
Establish Routines	Wheelchair Safety	Plan your Day/Think Ahead	Daily Exercise	Read Food Labels
Keep your Home Secure/Safe	Communicate with your Caregivers	FREE	Keep Your Home Clean	Ask Questions when you're Unsure
Keep Up with Current Events	Proper Footwear	Stay Social	Eliminate Distractions	Review your Mistakes
Maintain Good Lighting	Practice Your Daily Task (Mobility/ADLs)	Scan Your Environment	Small Bites and Small Sips	Establish a Budget

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Daily Exercise	Proper Footwear	Check Your Expiration Dates	Practice Your Daily Task (Mobility/ADLs)	Communicate with your Caregivers
Stay Social	Keep your Home Secure/Safe	Maintain Good Lighting	Small Bites and Small Sips	Plan your Day/Think Ahead
Scan Your Environment	Eliminate Distractions	FREE	Review your Mistakes	Keep Up with Current Events
Upright and Out of Bed for all meals	Read Food Labels	Remember to take your Medication	Wheelchair Safety	Establish Routines
Keep Your Home Clean	Ask Questions when you're Unsure	Preventing Falls in the Home	Eat an Appropriate Diet	Establish a Budget