B	I	N	G	O
Walking	Arts/Crafts	Deep Breathing	Sing	Listen to Music
Dance	Try Something New	Play cards	Clean Something	Read a Book
Talk to someone	Watch TV	**FREE**	Cook	Enjoy a beverage
Enjoy a snack	Take a Bath/Shower	Exercise	Draw	Play a Game
Do a Puzzle	Count to 10	Pray/Meditate	Write in a Journal	Dance

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B	I	N	G	O
Watch TV	Clean Something	Sing	Dance	Play cards
Deep Breathing	Write in a Journal	Listen to Music	Count to 10	Read a Book
Enjoy a snack	Cook	**FREE**	Enjoy a beverage	Arts/Crafts
Draw	Pray/Meditate	Walking	Dance	Take a Bath/Shower
Exercise	Play a Game	Talk to someone	Try Something New	Do a Puzzle

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B	I	N	G	O
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