

B	I	N	G	O
Visit your family	Arts and Crafts	Gardening	Take a walk	Play cards
Drawing	Think about loved ones	Read the newspaper	Come to Union Settlement	Social media/Smartphone
Think about happy memories	Watch TV	FREE	Cooking	Help a friend
Listen to music	Talk to a friend	Painting	Go to see a movie	Read
Go outside	Dance	Sewing	Write in a journal	Exercise

B	I	N	G	O
Watch TV	Come to Union Settlement	Take a walk	Drawing	Read the newspaper
Gardening	Write in a journal	Play cards	Dance	Social media/Smartphone
Listen to music	Cooking	FREE	Help a friend	Arts and Crafts
Go to see a movie	Sewing	Visit your family	Exercise	Talk to a friend
Painting	Read	Think about happy memories	Think about loved ones	Go outside

B	I	N	G	O
Dance	Sewing	Come to Union Settlement	Read	Cooking
Visit your family	Listen to music	Painting	Think about loved ones	Play cards
Think about happy memories	Exercise	FREE	Talk to a friend	Go to see a movie
Watch TV	Social media/Smartphone	Take a walk	Write in a journal	Gardening
Help a friend	Arts and Crafts	Read the newspaper	Drawing	Go outside