

B	I	N	G	O
watch a movie	arts & crafts	happy memories	take a walk	painting
exercise	volunteer	sewing	cooking	take a time out
visit family	watch tv	FREE	dance	loved ones
new hobby	take a walk	paint your nails	leisure activities	play a game
help a friend	drawing	take a shower/bath	write in a journal	go to the thrift store

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watch tv	cooking	take a walk	exercise	sewing
happy memories	write in a journal	painting	drawing	take a time out
new hobby	dance	FREE	loved ones	arts & crafts
leisure activities	take a shower/bath	watch a movie	go to the thrift store	take a walk
paint your nails	play a game	visit family	volunteer	help a friend

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drawing	take a shower/bath	cooking	play a game	dance
watch a movie	new hobby	paint your nails	volunteer	painting
visit family	go to the thrift store	FREE	take a walk	leisure activities
watch tv	take a time out	take a walk	write in a journal	happy memories
loved ones	arts & crafts	sewing	exercise	help a friend