



## LOOKING FOR A FUN WAY TO BE MORE ACTIVE?

**Bingo + Gentle Exercises = BINGOCIZE®**

Bingocize® is a 10-week program that combines the game of bingo with fall prevention exercises. Come play bingo and meet new people all while learning about techniques to reduce falls. **Bingocize® is exercise for your body, mind and spirit.**

**Register at the Schiller Park Recreation Center, 9638 Irving Park Rd., or by calling Mary Maltese at (847)678-8765. For more information please email [seniorservices@schillerparkil.us](mailto:seniorservices@schillerparkil.us)**



Come join the

# FUN!

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# PLAY

Bingocize

Wednesdays and Fridays

August 31 – November 11

10:00 – 11:00 am

*Please see FULL CALENDAR on the sheet attached!*

**Schiller Park  
Community Center  
4501 N. 25<sup>th</sup> Ave  
Schiller Park, IL**

Win

# PRIZES

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# SMILES

Galore!