



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 in person at the Recreation Center,
9638 W. Irving Park Road or register by
calling Mary Maltese at (847)678-8765.**

**For more information email
seniorservices@schillerparkil.us**



Come join the

FUN!

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PLAY

Bingocize

Wednesdays and
Fridays

*July 28 – October 8
1:00 – 2:00 pm*

**Schiller Park
Community Center**
4501 N. 25th Ave
Schiller Park, IL

Win

PRIZES

~

SMILES

Galore!