



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



Come join the

FUN!

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PLAY

Bingocize

Tuesdays and Fridays
October 19 – January 11
10:00 – 11:00 am

Please see FULL CALENDAR on the sheet attached!

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

Win

PRIZES

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SMILES

Galore!