

Stay at Home Bingo

Name: _____

While you are stuck at home, no where to go, the Centre has a game for you, let's play bingo! Complete these activities and turn in a complete bingo card when we reopen. Completed bingo cards will get a fun Centre prize.



Tag us @NRACentre on Facebook or Twitter #Centre247 for extra credit.

| | B | I | N | G | O |
|--|---|--|--|---|---|
| | Take a 20 minute walk | Do 15 jumping jacks | Drink 8 glasses of water in 1 day | Do 15 push ups | Jump rope for 1 minute |
| | Stretch or do Yoga for 30 minutes | Do one of the Centre's fitness videos | Dig out the yard games or create one of your own | Finish a craft project | Work on a puzzle (crosswords included!) |
| | Take outdoor photos or go on a scavenger hunt | Make a homemade smoothie | FREE SPACE | Eat 3 different colors of veggies | Climb stairs 10 times (5+ stairs) |
| | Do 15 sit ups | Read a book outside | 10 lunges (5 each side) | Make sidewalk art | Have family game night or self-pamper night |
| | Give your pet a bath | Have a dance party in your living room | Make something new for dinner | Pick a room and rearrange the furniture | Get 8 hours of sleep |



For more information please contact
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