



HEALTHY BINGO!

Complete your board and get \$5 in Y Swag Bucks + a Free Week Guest Pass!

B I N G O

<u>Breathe. . .</u> <u>Do a YMCA</u> <u>yoga video</u> <u>on Facebook</u>	Support local restaurants by ordering take-out or delivery	Call a friend or fellow Y member to say hello!	<u>Plant a flower</u> <u>in your</u> <u>garden or a</u> <u>pot</u>	<u>Go for a 30-</u> <u>minute walk</u> <u>outside</u>
<u>Try a YMCA</u> <u>exercise</u> <u>video for a</u> <u>class you've</u> <u>never been to</u>	<u>Bake</u> <u>something</u> <u>delicious</u>	Send a 'thank you' to a healthcare worker	<u>Register for</u> <u>the Personal</u> <u>Space Race</u>	<u>Memorize a</u> <u>bible verse</u> <u>and share it</u> <u>with friends</u>
Leave a note or a treat on a friend or neighbor's doorstep	Clean out a closet & donate the items you don't need		Play a board game with family	<u>Send us a</u> <u>brief video</u> <u>telling us why</u> <u>you love the</u> <u>Y!</u>
Finish a puzzle	Send a 'thank you' to a first responder	Read a new book	<u>Do something</u> <u>artistic-</u> <u>color, paint,</u> <u>draw or write</u>	<u>Set three</u> <u>small health</u> <u>& wellness</u> <u>goals for</u> <u>2020</u>
Have a movie night with your family or virtually with friends	Go for a drive and stop somewhere to take a pretty photo	<u>Cook a new</u> <u>recipe &</u> <u>share it on</u> <u>Facebook</u>	Send a 'thank you' to an essential worker	Watch an online church service

Welcome to YMCA Bingo from the Mattoon Area YMCA and Neal Center YMCA!
We hope this game will help you stay connected and engaged while you have some FUN!

Some squares can be clicked for helpful links and websites.

1) Check off the squares as you complete them. A BINGO can be vertical, horizontal, diagonal or a cover-all.

2) When we reopen, turn your card into the Welcome Desk.

3) Collect your \$5 Y Swag Bucks & a free one-week guest pass for a friend!