



# Bingo combined with Chair Exercise!

**Bingocize combines the game of Bingo with fun (but optional!) exercises that are suitable for everyone!**



**Play Bingo, win prizes, and get active!**

**The Fourth Monday of Every  
Month , 12 p.m. - 1 p.m.  
CHEER Milton Activity Center**

**FREE to attend! FREE prizes!**

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