

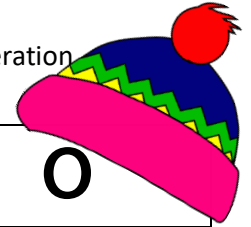


Complete this Winter Fun BINGO Card to earn points toward a monthly drawing.

Post pictures on the [MWV Age Friendly Wellness Challenge Facebook group](#)

Each square equals 1 point, you can earn 2 points by doing an activity with someone from a different generation

Each point earns drawing entry tickets, so more points = more chances to win.



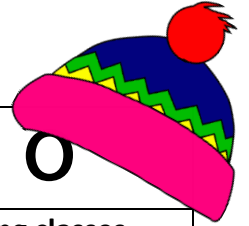
B	I	N	G	O
<p>Sledding with family</p>  <p>Tubing in NH</p>	<p>Chair exercises for 10 minutes</p>  <p>Move Easy Video</p>	<p>Explore a new trail take a walk</p>  <p>Walkable Trails</p>	<p>Jumping Jacks or jump rope</p> 	<p>UNH Extension Cooking Classes with Joy Register here</p> 
<p>Footprint Art Create designs in the snow with your feet!</p>  <p>Greater Good in Action</p>	<p>Shovel the walkway Shovel safely</p> 	<p>Snowshoeing</p> 	<p>Build a Snow Fort Quinzee Snow Shelter</p> 	<p>Climb Stairs (three times) or do squats (three reps of ten)</p> 
<p>Take an online/virtual wellness class</p>  <p>Walk with Ease Chronic Disease Self-Management</p>	<p>Make a Snow Sculpture or create art indoors</p>  <p>Jackson Snow Sculptures</p>	<p>Free Choice</p>  <p>Mindful Emotions</p>	<p>Go Bird Watching</p>  <p>Tin Mountain - Birds NH Audubon</p>	<p>Ice Skating</p>  <p>Pop Whalen Skating Ham Arena Skating</p>
<p>Find an activity in your community. Look it up on a community calendar of events</p> <p>Gibson Center OCC Calendar</p>	<p>Build a Snowman</p>  <p>NH Winter Carnivals</p>	<p>Join an indoor pickle ball game Check with the Rec Department</p>  <p>Places to play</p>	<p>Walk indoors at a community center or large store</p> <p>Walking group at North Conway Community Center</p> 	<p>Go for a moonlit walk</p> 
<p>Go Skiing, Downhill or Cross Country</p> 	<p>Exercise class or fitness video</p> <p>Arthritis Foundation</p> 	<p>Take your dog for a walk</p>  <p>Geocaching</p>	<p>Cook a recipe with extra vegetables</p>  <p>JNH Extension Recipes</p>	<p>Volunteer in your community, or Become a UNH Extension Master Wellness Volunteer</p> 

Use this side to write in what you did. If two or more people completed the activity together, both need to sign the appropriate square (remember, you get two points for doing the activity with another generation).

To submit your BINGO card into the monthly drawing you can email a picture of it to

mwwellness@gmail.com or drop off the paper version at your local library by February 2nd.

*Don't forget to write your name and contact information below.



B	I	N	G	O
Sledding with Family	Chair exercises	Explore a new trail take a walk	Jumping Jacks or Jump rope	Cooking classes
Footprint Art	Shovel the walkway	Snowshoeing	Build a Snow Fort	Climb stairs or do squats
Take an online/virtual wellness class	Make a Snow Sculpture or create art indoors	Free Choice	Go Bird Watching	Ice Skating
Find an activity in your community	Build a Snowman	Pickle Ball	Walk indoors	Go for a moonlit walk
Go Skiing, downhill or cross country	Exercise class or a fitness video	Take your dog for a walk	Cook a recipe using extra vegetables	Volunteer or Become a Master Wellness Volunteer

Name _____ Town _____

Phone Number _____

Email address _____