



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.

	Each point earns drawing entry tickets, so more points – more chances to win.							
	В		N	G	0			
	Sledding with family	Chair exercises for	Explore a new trail	Jumping Jacks or	UNH Extension			
		10 minutes	take a walk	jump rope	Cooking Classes			
1			Walkable		with Joy			
-			Trails		Register here			
,			Trails I I I I I I I I I I I I I I I I I I I		12.74			
	Tubing in NH	4 1 1						
	Tubing in Nii	Move Easy Video						
	Footprint Art	Shovel	Snowshoeing	Build a Snow Fort	Climb Stairs (three			
	Create designs in	the walkway		Quinzee Snow Shelter	times) or <u>do squats</u>			
	the snow with your	Shovel safely			(three reps of ten)			
	feet!							
	Greater		20					
	Good in Action				77 -			
	7.8.2				A* =			
	Take an	Make a Snow	Free Choice	Go Bird Watching	Ice Skating			
	online/virtual wellness class	Sculpture or create art indoors			HIV.			
		art muoors						
	Walk with Ease		AAA					
T	Chronic Disease	Jackson 🗸 💮	1 9 9 9 8	Tin Mountain - Birds	Pop Whalen Skating			
	Self-Management	Snow Sculptures	Mindful Emotions	NH Audubon	Ham Arena Skating			
	Find an activity in	Build a Snowman	Join an indoor	Walk indoors at a	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1			
	your community.	9	pickle ball game	community cente <u>r</u>				
	Look it up on a		Check with the Rec	or large store	Go for a moonlit			
	community	No.	Department		<u>walk</u>			
	calendar of events			Walking group				
	Gibson Center	· mm		at North Conway				
	OCC Calendar	NH Winter Carnivals	Places to play	Community Center	* *			
	Go Skiing, Downhill	Exercise class or	Take your dog for a	Cook a recipe with	Volunteer in your			
	or Cross Country	fitness video	walk	extra vegetables	community, or			
L		Arthritis Foundation			Become a UNH			
			Se de la constant de		Extension Master			
			Ed Sie		Wellness Volunteer			
			Geocaching	UNH Extension Recipe				
		ire Extension is an equal opport	•					

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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 mwvwellness@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.

В		N	G	0
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			