

Note: Beginning July Bingo will be MONTHLY rather than weekly. See back.

Stay at Home

Month of July



Do the Hokey Pokey Dance.	Recycle Day—Find something to repurpose.	Eat 5 servings of fruit in 2 days.	Reach for your toes 15 times.	Do a crossword, word search or Sudoku
Take a photo of a Rose.	Drink 64 ounces of water in one day.	Complete a project from your To Do list.	Work in a vegetable garden or flower bed.	Send someone a Get Well card.
Work on your balance today.	Eat 5 servings of vegetables.	 FREE SPACE 	How many words can you come up using the letters from United States ?	Write a poem or Haiku about your first crush.
Pick a commonly used recipe and figure out the calories in a serving.	Make a list of 10 vegetables and 10 fruits.	How did you celebrate July 4th this year? *Share with Charlene	Lay back and close your eyes for 5 minutes. Now look at the clock and see how close you were to the 5 minutes.	Write a paragraph on how you feel about the mask mandate. *Share with Charlene
Call someone and have a 15 minute conversation.	Hula Dance for 5 minutes.	Make suggestions of things to be on the Bingo card *Share with Charlene and let me know if I can share where who came up with the idea.	Stretch for 15 minutes.	List as many things you can think of that you do better now than when you were 40. *Share with Charlene

*Share—attach to this card or take a picture and email to ccrook@daviecountync.gov or call us.



278 Meroney Street
 Mocksville, NC 27028
 Phone: 336-753-6230
 Fax: 336-753-1087

"NC Certified Senior Center of Excellence"

 First Name

 Last Name



Bingo Rules

- 1) First and last name must appear legibly on the card.
- 2) Score BINGO by completing a row vertically, horizontally or diagonally.
- 3) One completed card per person.
- 4) Up to 5 Bingos per person. Each Bingo equals 1 chance for the drawing.
- 5) Completed cards must be turned in by 4 p.m. **the last Monday of the month to be included in that month's drawing.** Cards can be turned in at weekly meal pick up or a picture of the completed card can be emailed to Ccrook@daviemountync.gov .
- 6) Three winners per **month**.
- 7) Drawings will be held on Tuesday afternoon.
- 8) Winner will be contacted by phone and posted on our Facebook page.
- 9) Prize pick up will be arranged with the winner.