



EXERCISE ONLY - SESSION 1 (Leader)

BINGO ROLLS (3)

****Remember to print Exercise Only Take-Home Card (week 1) to give to each participant after the session today!!****

Read aloud to the participants:

Over our next several weeks, we will have fun playing Bingocize®. We'll play bingo and do a few simple exercises that will improve your mental and physical health. Did you know?

- For a healthy heart, exercise or be physically active for at least 30 minutes on most or all days of the week. Follow a heart-healthy diet, and keep a healthy weight.
- You can take small steps to prevent or delay the onset of type 2 diabetes such as being active and making smart food choices. If you already have type 2 diabetes, exercise and physical activity can help you manage the disease and help you stay healthy longer.
- Regular exercise can reduce arthritis-related joint pain and stiffness. It also can help with losing weight, which reduces stress on the joints.
- Your bones and muscles will be stronger if you are physically active. Weight-bearing exercises done three to four times per week can help prevent osteoporosis.

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Being more physically active will make you feel better!!

Source: National Institute on Aging, 2019

BINGO ROLLS (3)

Morning Walk Seated	30 seconds
<ul style="list-style-type: none"> • While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. • To increase difficulty, pump arms back and forth. • 	
Tie Your Shoes Seated	30 seconds
<ul style="list-style-type: none"> • Begin in a seated position with both legs straight and heels touching the floor. Slowly raise both feet towards the front of your leg, keeping both legs straight. Lower both feet back to the starting position. 	

BINGO ROLLS (3)	
Top Shelf Reach Seated	30 seconds
<ul style="list-style-type: none"> ● Begin by sitting on the edge of the chair, feet hip-width apart on the floor. Keep your spine erect. Place one hand on the side of the chair for support. Breathe in, and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side. 	
Trunk Rotation Seated	30 seconds
<ul style="list-style-type: none"> ● Sit on the edge of the chair, with feet on the floor, shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a “T”, while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale with each pulse. Inhale and return to center, then repeat to the left. 	
BINGO ROLLS (3)	
Toes to the Sky Seated	30 seconds
<ul style="list-style-type: none"> ● Begin in a seated position with good posture, eyes facing forward, palms on your thighs, and feet hip-width apart. Extend your right foot. Slowly return to starting position and repeat with your left foot. 	
Chair Stands	30 seconds
<ul style="list-style-type: none"> ● Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> ○ Push up with hands on seat/arms of wheelchair ○ Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> ○ Cross arms across chest when standing ○ Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
BINGO ROLLS (3)	
Stiff Arthur’s Hip Seated	30 seconds
<ul style="list-style-type: none"> ● Shift weight to the right hip, and lift left hip off the chair. Shift your weight to the left hip, and lift your right hip off the chair. 	
Seated Balance Exercises	30 seconds
<ul style="list-style-type: none"> ● Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down. 	

BINGO ROLLS (3)	
Morning Walk Seated	30 seconds
<ul style="list-style-type: none"> • While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. • To increase difficulty, pump arms back and forth. 	
Side Steps Seated	30 seconds
<ul style="list-style-type: none"> • Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground, and step as far to the right as you can without leaving your chair. Your feet should come back together between each side step. Now repeat with the left foot. 	
BINGO ROLLS (3)	
Thumb to Fingers	30 seconds
<ul style="list-style-type: none"> • Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
Table Roll	30 seconds
<ul style="list-style-type: none"> • Roll the hand therapy ball with your fingertips to the ball. Then repeat the exercise multiple times on each hand. 	
BINGO ROLLS (3)	
Trunk Rotation Seated	30 seconds
<ul style="list-style-type: none"> • Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale with each pulse. Inhale and return to center, then repeat to the left. 	
Breaststroke Seated	30 seconds
<ul style="list-style-type: none"> • Sit on the edge of your chair. Sit tall with the crown of the head high. Lift your arms to bring the hands in front of the chest, reaching forward. Perform a breaststroke, turning hands from palms down to palms up. Arms should move horizontally. Lift the chest, shoulder blades are down and back while squeezing them together. Breathe out as you return to the start position. 	

BINGO ROLLS (3)

Tie Your Shoes Seated

30 seconds

- Begin in a seated position with both legs straight and heels touching the floor. Slowly raise both feet towards the front of your leg, keeping both legs straight. Lower both feet back to the starting position.

Goodbye, Neighbor! Standing

30 seconds

- Stand. Then turn to the person on each side of you and shake their hand or give them a big hug!

REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS

BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)

****Remember to give your participants their Bingocize® Take-Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize****



EXERCISE ONLY - SESSION 2 (Leader)

BINGO ROLLS (3)

Read aloud to the participants:

The takeaway message from our first session was exercise can improve your health. Our time together will be centered on four types of exercise: endurance, strength, balance, and flexibility exercises.

1. Endurance exercise builds up your energy storage so you can have a greater capacity to do daily tasks.
2. Strength exercises help to build those muscles of yours. Strong muscles are essential to helping you get up from a chair by yourself, lift your grandchildren, or walk through the park.
3. Balancing exercises have a hand in preventing falls, helping you stand with more confidence, and helping you walk with less assistance.
4. Flexibility and range of motion exercises will aid you in moving around more freely, and with less pain or stiffness.

We will learn more about each of these four types of exercise over the next few weeks.

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

As we dive into these exercises, it is important to push yourself, but make sure to find a pace that makes you "feel good". Our main goal is to have fun!

Source: National Council on Aging, 2017

BINGO ROLLS (3)

Morning Walk Seated	30 seconds
<ul style="list-style-type: none"> • While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. • To increase difficulty, pump arms back and forth. 	
Tie Your Shoes Seated	30 seconds
<ul style="list-style-type: none"> • Begin in a seated position with both legs straight and heels touching the floor. Slowly raise both feet towards the front of your leg, keeping both legs straight. Lower both feet back to the starting position. 	

BINGO ROLLS (3)

Top Shelf Reach Seated	30 seconds
<ul style="list-style-type: none"> • Begin by sitting on the edge of the chair, feet hip-width apart on the floor. Keep your spine erect. Place one hand on the side of the chair for support. Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side. 	

Trunk Rotation Seated	30 seconds
<ul style="list-style-type: none"> Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a “T”, while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale with each pulse. Inhale and return to center, then repeat to the left. 	
BINGO ROLLS (3)	
Toes to the Sky Seated	30 seconds
<ul style="list-style-type: none"> Begin in a seated position with good posture, eyes facing forward, palms on your thighs, and feet hip-width apart. Extend your right foot. Slowly return to starting position and repeat with your left foot. 	
Chair Stands	30 seconds
<ul style="list-style-type: none"> Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> Push up with hands on seat/arms of wheelchair Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> Cross arms across chest when standing Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
BINGO ROLLS (3)	
Stiff Arthur’s Hip Seated	30 seconds
<ul style="list-style-type: none"> Shift weight to the right hip, and lift left hip off of the chair. Shift your weight to the left hip, and lift your right hip off of the chair. 	
Seated Balance Exercises	30 seconds
<ul style="list-style-type: none"> Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down. 	
BINGO ROLLS (3)	
Morning Walk Seated	30 seconds
<ul style="list-style-type: none"> While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Side Steps Seated	30 seconds
<ul style="list-style-type: none"> Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground and step as far to the right as you can without leaving your chair. Your feet should come back together between each side step. Now repeat with the left foot. 	

BINGO ROLLS (3)	
Thumb to Fingers	30 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
Table Roll	30 seconds
<ul style="list-style-type: none"> Roll the hand therapy ball with your fingertips to the ball. Then repeat the exercise multiple times on each hand. 	
BINGO ROLLS (3)	
Trunk Rotation Seated	30 seconds
<ul style="list-style-type: none"> Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale with each pulse. Inhale and return to center, then repeat to the left. 	
Breaststroke Seated	30 seconds
<ul style="list-style-type: none"> Sit on the edge of your chair. Sit tall with the crown of the head high. Lift your arms to bring the hands in front of the chest, reaching forward. Perform a breaststroke, turning hands from palms down to palms up. Arms should move horizontally. Lift the chest, shoulder blades are down and back while squeezing them together. Breathe out as you return to the start position. 	
BINGO ROLLS (3)	
Tie Your Shoes Seated	30 seconds
<ul style="list-style-type: none"> Begin in a seated position with both legs straight and heels touching the floor. Slowly raise both feet towards the front of your leg, keeping both legs straight. Lower both feet back to the starting position. 	
Hi, Neighbor! Seated	30 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remind your participants to keep working on their Bingocize® Take-Home Cards to bring back next week****



EXERCISE ONLY - SESSION 3 (Leader)

BINGO ROLLS (3)

****Remember to print Exercise Only Take-Home Card (week 2) to give to each participant after the session today!!****

Read aloud to the participants: Out walking with friends, doing chores around the house, and dancing to the beat of your favorite song are all examples of endurance exercises that can strengthen your heart and lungs so you have more energy to carry out your everyday activities.

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

You may feel a little sore from last week... But that's perfectly normal! Your body is already starting to adjust and get stronger. We will now begin to increase the amount of time we exercise. Although it is good to push yourself, you should do so at a pace that makes you "feel good". Now, let's have some fun!

Source: Centers for Disease Control; National Center for Injury Prevention, 2018

BINGO ROLLS (3)

Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> • While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Spell Your Name Seated	40 seconds
<ul style="list-style-type: none"> • Begin in a seated position with feet hip-width apart. Raise one leg off the ground, keeping the knee at a 90 degree angle. With your ankle only, spell your name. Repeat with the opposite leg. 	

BINGO ROLLS (3)

Top Shelf Reach Seated	40 seconds
<ul style="list-style-type: none"> • Begin by sitting on the edge of the chair, feet hip-width apart on the floor. Keep your spine erect. Place one hand on the side of the chair for support. Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side. 	

Trunk Rotation Seated	40 seconds
<ul style="list-style-type: none"> Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a “T”, while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale with each pulse. Inhale and return to center, then repeat to the left. 	
BINGO ROLLS (3)	
Cueing Drill (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> Begin in the standing position. Take one step forward. Take one step backward. Turn around and face the opposite direction. Turn around to the starting position. Crouch down with your knees bent. Place your hands on your knees. Stand up tall and clap your hands ten times. Stand with your right foot up, and hold. Stand with your left foot up, and hold. Step your right foot forward, and reach up with your left arm. Step with your left foot forward, and reach with your right arm. Bring your feet back together, and your arms to your sides. Raise up on your toes. And lower. Turn your head to the right. Return to the center. Turn your head to the left. And return to the center. 	
Chair Stands	40 seconds
<ul style="list-style-type: none"> Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> ○ Push up with hands on seat/arms of wheelchair ○ Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> ○ Cross arms across chest when standing ○ Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
BINGO ROLLS (3)	
Chest Press Seated	40 seconds
<ul style="list-style-type: none"> Place the resistance band behind your upper back. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. For more resistance, grab the resistance band itself. 	
Seated Balance Exercises	40 seconds
<ul style="list-style-type: none"> Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down 	

BINGO ROLLS (3)	
Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> • While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. • To increase difficulty, pump arms back and forth. 	
Side Steps Seated	40 seconds
<ul style="list-style-type: none"> • Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground, and step as far to the right as you can without leaving your chair. Your feet should come back together between each side step. Now repeat with the left foot. 	
BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> • Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
C-Grip	40 seconds
<ul style="list-style-type: none"> • Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	
BINGO ROLLS (3)	
Trunk Rotation Seated	40 seconds
<ul style="list-style-type: none"> • Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale with each pulse. Inhale and return to center, then repeat to the left. 	
Breaststroke Seated	40 seconds
<ul style="list-style-type: none"> • Sit on the edge of your chair. Sit tall with the crown of the head high. Lift your arms to bring the hands in front of the chest, reaching forward. Perform a breaststroke, turning hands from palms down to palms up. Arms should move horizontally. Lift the chest, shoulder blades are down and back while squeezing them together. Breathe out as you return to the start position. 	

BINGO ROLLS (3)	
Tie Your Shoes Seated	40 seconds
<ul style="list-style-type: none"> • Begin in a seated position with both legs straight and heels touching the floor. Slowly raise both feet towards the front of your leg, keeping both legs straight. Lower both feet back to the starting position. 	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"> • With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remember to give your participants their Bingocize® Take-Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize****



EXERCISE ONLY - SESSION 4 (Leader)

BINGO ROLLS (3)

Read aloud to the participants:

You may still feel a little sore and tired, but hang in there. You are already getting stronger and your fitness is getting better! Remember from our last session:

- Endurance exercise is one of the four pillars of physical fitness.
- These are activities can be done over short periods of time like walking, dancing, or household chores.
- This type of exercise can make everyday activities feel less tiring.

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good".

Source: National Council on Aging, 2018

BINGO ROLLS (3)

Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> • While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Spell Your Name Seated	40 seconds
<ul style="list-style-type: none"> • Begin in a seated position with feet hip-width apart. Raise one leg off the ground, keeping the knee at a 90 degree angle. With your ankle only, spell your name. Repeat with the opposite leg. 	

BINGO ROLLS (3)

Top Shelf Reach Seated	40 seconds
<ul style="list-style-type: none"> • Begin by sitting on the edge of the chair, feet hip-width apart on the floor. Keep your spine erect. Place one hand on the side of the chair for support. Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side. 	

Trunk Rotation Seated	40 seconds
<ul style="list-style-type: none"> Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a “T”, while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale with each pulse. Inhale and return to center, then repeat to the left. 	
BINGO ROLLS (3)	
Cueing Drill (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> Begin in the standing position. Take one step forward. Take one step backward. Turn around and face the opposite direction. Turn around to the starting position. Crouch down with your knees bent. Place your hands on your knees. Stand up tall and clap your hands ten times. Stand with your right foot up, and hold. Stand with your left foot up, and hold. Step your right foot forward, and reach up with your left arm. Step with your left foot forward, and reach with your right arm. Bring your feet back together, and your arms to your sides. Raise up on your toes. And lower. Turn your head to the right. Return to the center. Turn your head to the left. And return to the center. 	
Chair Stands	40 seconds
<ul style="list-style-type: none"> Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> Push up with hands on seat/arms of wheelchair Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> Cross arms across chest when standing Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
BINGO ROLLS (3)	
Chest Press Seated	40 seconds
<ul style="list-style-type: none"> Place the resistance band behind your upper back. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. For more resistance, grab the resistance band itself. 	
Seated Balance Exercises	40 seconds
<ul style="list-style-type: none"> Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down 	

BINGO ROLLS (3)	
Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> • While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. • To increase difficulty, pump arms back and forth. 	
Side Steps Seated	40 seconds
<ul style="list-style-type: none"> • Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground and step as far to the right as you can without leaving your chair. Your feet should come back together between each side step. Now repeat with the left foot. 	
BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> • Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
C-Grip	40 seconds
<ul style="list-style-type: none"> • Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	
BINGO ROLLS (3)	
Trunk Rotation Seated	40 seconds
<ul style="list-style-type: none"> • Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale with each pulse. Inhale and return to center, then repeat to the left. 	
Breaststroke Seated	40 seconds
<ul style="list-style-type: none"> • Sit on the edge of your chair. Sit tall with the crown of the head high. Lift your arms to bring the hands in front of the chest, reaching forward. Perform a breaststroke, turning hands from palms down to palms up. Arms should move horizontally. Lift the chest, shoulder blades are down and back while squeezing them together. Breathe out as you return to the start position. 	

BINGO ROLLS (3)	
Tie Your Shoes Seated	40 seconds
<ul style="list-style-type: none"> ● Begin in a seated position with both legs straight and heels touching the floor. Slowly raise both feet towards the front of your leg, keeping both legs straight. Lower both feet back to the starting position. 	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"> ● With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remind your participants to keep working on their Bingocize® Take-Home Cards to bring back next week****



EXERCISE ONLY - SESSION 5 (Leader)

BINGO ROLLS (3)

****Remember to print Exercise Only Take-Home Card (week 3) to give to each participant after the session today!!****

Read aloud to the participants: So we've learned that endurance helps your heart and lungs—now let's talk about your muscles. Strength exercises help you perform activities like carrying groceries and grandchildren, climbing up the stairs, or gardening. As we continue with Bingocize®, you'll find that your muscles will be able to perform tasks like these with more ease.

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good".

Source: National Institutes on Aging, 2018

BINGO ROLLS (3)

Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> • Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. • To increase difficulty, pump arms back and forth. 	
Spell Your Name Seated	40 seconds
<ul style="list-style-type: none"> • Begin in a seated position with feet hip-width apart. Raise one leg off the ground, keeping the knee at a 90 degree angle. With your ankle only, spell your name. Repeat with the opposite leg. 	

BINGO ROLLS (3)

Good Morning!	40 seconds
<ul style="list-style-type: none"> • Begin in the seated position, with your legs wider than shoulder-width apart. Keep your spine erect and extended. Slowly bend forward at the hips. Then slowly bend back up, again keeping your spine erect and extended, into the seated position. 	
Chair Scoot	40 seconds
<ul style="list-style-type: none"> • Scoot forward in your chair. Now scoot back in your chair. 	

BINGO ROLLS (3)	
Grapevine (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> ● Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. 	
Chair Stands	40 seconds
<ul style="list-style-type: none"> ● Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> ○ Push up with hands on seat/arms of wheelchair ○ Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> ○ Cross arms across chest when standing ○ Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
BINGO ROLLS (3)	
Arm Curl Seated	40 seconds
<ul style="list-style-type: none"> ● In a seated position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position. 	
Arm Extensions Seated	40 seconds
<ul style="list-style-type: none"> ● Extend your right arm straight up, palm facing forward. Bend your right elbow, letting your hand hinge down behind your head, as if you were patting yourself on the back. Place your left hand on your right elbow. Gently pull until you feel a stretch down the back of your upper arm. Repeat with your left arm. 	
BINGO ROLLS (3)	
Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> ● Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. ● To increase difficulty, pump arms back and forth. 	
Side Steps Seated	40 seconds
<ul style="list-style-type: none"> ● Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground and step as far to the right as you can without leaving your chair. Your feet should come back together between each side step. Now repeat with the left foot. 	

BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
C-Grip	40 seconds
<ul style="list-style-type: none"> Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	
BINGO ROLLS (3)	
Trunk Rotation Standing	40 seconds
<ul style="list-style-type: none"> Stand up with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale with each pulse. Inhale and return to center, then repeat to the left. 	
Breaststroke Standing	40 seconds
<ul style="list-style-type: none"> Stand up straight with the crown of the head high. Lift your arms to bring the hands in front of the chest, reaching forward. Perform a breaststroke, turning hands from palms down to palms up. Arms should move horizontally. Lift the chest, shoulder blades are down and back while squeezing them together. Breathe out as you return to the start position. 	
BINGO ROLLS (3)	
Calf Raise Standing	40 seconds
<ul style="list-style-type: none"> Stand behind a chair, and place both hands on the back of the chair. With one leg bent at a 90 degree angle and the opposing leg straight, lean into the chair. Heels should not rise off the floor. Switch legs after 20 seconds, and repeat the exercise. 	
Hi, Neighbor! Standing	40 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remember to give your participants their Bingocize® Take-Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize****



EXERCISE ONLY - SESSION 6 (Leader)

BINGO ROLLS (3)

Read aloud to the participants: Remember strength exercises make your muscles stronger and more powerful. There are lots of ways you can make your muscles stronger. You can use resistance bands like the ones we use when we play Bingocize®. You can also use your own body weight as resistance like when you stand up and down during our chair stands. You can also use common household items as resistance. For example, soup cans and old milk jugs filled with water are perfect for adding some resistance to your exercises.

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Source: National Institutes on Aging, 2018

BINGO ROLLS (3)

Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> • Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty pump arms back and forth 	
Spell Your Name Seated	40 seconds
<ul style="list-style-type: none"> • Begin in a seated position with feet hip-width apart. Raise one leg off the ground, keeping the knee at a 90 degree angle. With your ankle only, spell your name. Repeat with the opposite leg. 	

BINGO ROLLS (3)

Good Morning!	40 seconds
<ul style="list-style-type: none"> • Begin in the seated position, with your legs wider than shoulder-width apart. Keep your spine erect and extended. Slowly bend forward at the hips. Then slowly bend back up, again keeping your spine erect and extended, into the seated position. 	
Chair Scoot	40 seconds
<ul style="list-style-type: none"> • Scoot forward in your chair. Now scoot back in your chair. 	

BINGO ROLLS (3)	
Grapevine (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> ● Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. 	
Chair Stands	40 seconds
<ul style="list-style-type: none"> ● Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> ○ Push up with hands on seat/arms of wheelchair ○ Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> ○ Cross arms across chest when standing ○ Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
BINGO ROLLS (3)	
Arm Curl Seated	40 seconds
<ul style="list-style-type: none"> ● In a seated position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position. 	
Arm Extensions Seated	40 seconds
<ul style="list-style-type: none"> ● Extend your right arm straight up, palm facing forward. Bend your right elbow, letting your hand hinge down behind your head as if you were patting yourself on the back. Place your left hand on your right elbow. Gently pull until you feel a stretch down the back of your upper arm. Repeat with your left arm. 	
BINGO ROLLS (3)	
Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> ● Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. ● To increase difficulty, pump arms back and forth. 	
Side Steps Seated	40 seconds
<ul style="list-style-type: none"> ● Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground, and step as far to the right as you can without leaving your chair. Your feet should come back together between each side step. Now repeat with the left foot. 	

BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
C-Grip	40 seconds
<ul style="list-style-type: none"> Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	
BINGO ROLLS (3)	
Trunk Rotation Standing	40 seconds
<ul style="list-style-type: none"> Stand up with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale with each pulse. Inhale and return to center, then repeat to the left. 	
Breaststroke Standing	40 seconds
<ul style="list-style-type: none"> Stand up straight with the crown of the head high. Lift your arms to bring the hands in front of the chest, reaching forward. Perform a breaststroke, turning hands from palms down to palms up. Arms should move horizontally. Lift the chest, shoulder blades are down and back while squeezing them together. Breathe out as you return to the start position. 	
BINGO ROLLS (3)	
Calf Raise Standing	40 seconds
<ul style="list-style-type: none"> Stand behind a chair, and place both hands on the back of the chair. With one leg bent at a 90 degree angle and the opposing leg straight, lean into the chair. Heels should not rise off the floor. Switch legs after 20 seconds, and repeat the exercise. 	
Hi, Neighbor! Standing	40 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remind your participants to keep working on their Bingocize® Take-Home Cards to bring back next week****



EXERCISE ONLY - SESSION 7 (Leader)

BINGO ROLLS (3)

****Remember to print Exercise Only Take-Home Card (week 4) to give to each participant after the session today!!****

Read aloud to the participants:

It's week four and you are doing great; both your mind and body are getting stronger! Feeling more energized? Sleeping better? Feeling more confident? Pay attention to how you feel as we progress through the program. Balance exercise is another one of the four types of exercise. Balance is very important to help prevent falls and keep you mobile and independent.

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good".

Source: National Council on Aging, National Institute on Aging, 2018

BINGO ROLLS (3)

Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> • While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty pump arms back and forth 	
Good morning!	40 seconds
<ul style="list-style-type: none"> • Begin in the seated position, with your legs wider than shoulder-width apart. Keep your spine erect and extended. Slowly bend forward at the hips. Then slowly bend back up, again keeping your spine erect and extended, into the seated position. 	

BINGO ROLLS (3)

Rear Hip Extensions Standing	40 seconds
<ul style="list-style-type: none"> • Stand behind your chair, and hold onto the back for support. Your feet should be hip width apart, eyes looking forward. Keeping your head and back aligned, lift one leg behind you, keeping it straight. Repeat with the opposite leg. To add a balance challenge, hover your hands over the back of the chair, and/or close your eyes. 	

Seated Crunches	40 seconds
<ul style="list-style-type: none"> While seated, slowly raise one knee towards your chest, while simultaneously curling your upper body to meet your knee. Hold for one second, then return to the seated position. Repeat with the opposite leg. 	
BINGO ROLLS (3)	
Modified Skier (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> From a standing position, side step in one direction, and bring the opposite foot behind the stepped leg. Repeat this movement in the opposite direction. Let the arms swing naturally side-to-side in the movement of the stepped direction. 	
Chair Stands	40 seconds
<ul style="list-style-type: none"> Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> Push up with hands on seat/arms of wheelchair Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> Cross arms across chest when standing Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
BINGO ROLLS (3)	
Lateral Raises	40 seconds
<ul style="list-style-type: none"> While seated, place the resistance band beneath both feet. With hands gripping tightly, slowly raise both arms to the side until parallel with the floor. Hold for two seconds, then <u>slowly</u> release to starting position. To make this exercise easier, alternate raising each arm. 	
Low Row Seated	40 seconds
<ul style="list-style-type: none"> From the starting position, begin by drawing your hands straight back towards your sides, near the armpits. While drawing your arms back, your elbows will bend. Make sure they stay in tight near your sides. During the exercise, squeeze the muscles together in the mid-back to help draw in the resistance band. Imagine there is a tennis ball between your shoulder blades, and you are trying to hold it there using only your back muscles. Once the resistance band handles reach the side of the body, begin slowly lowering the resistance band back to the starting position. 	
BINGO ROLLS (3)	
Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	

Side Steps Standing	40 seconds
<ul style="list-style-type: none"> Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground, and step as far to the right as you can without leaving your chair. Your feet should come back together between each side step. Now repeat with the left foot. 	
BINGO ROLLS (3)	
Power Grip	40 seconds
<ul style="list-style-type: none"> Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand. 	
C-Grip	40 seconds
<ul style="list-style-type: none"> Start by holding your hand and fingers straight and close together. Gently curve your fingers into a “C” shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	
BINGO ROLLS (3)	
Ballerina	40 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
Single Arm Crossover	40 seconds
<ul style="list-style-type: none"> Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm. 	
BINGO ROLLS (3)	
Charleston/Flapper Dance	40 seconds
<ul style="list-style-type: none"> Place hands on knees and cross knees back and forth 	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remember to give your participants their Bingocize® Take-Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize****



EXERCISE ONLY - SESSION 8 (Leader)

BINGO ROLLS (3)

Read aloud to the participants:

Last week we learned about how balance exercises can help you to stand and move more confidently.

Remember, balance exercises:

- Can be done at almost any time, any place, and as often as you like
- Improve your performance in everyday activities such as walking up and down the stairs
- Reduce your chances of tripping and falling

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good".

Source: National Council on Aging, National Institute on Aging, 2018

BINGO ROLLS (3)

Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> • While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Good morning!	40 seconds
<ul style="list-style-type: none"> • Begin in the seated position, with your legs wider than shoulder-width apart. Keep your spine erect and extended. Slowly bend forward at the hips. Then slowly bend back up, again keeping your spine erect and extended, into the seated position. 	
BINGO ROLLS (3)	
Heel Raises Standing	40 seconds
<ul style="list-style-type: none"> • From a seated position, begin with your feet hip-width apart and eyes facing forward. Raise your heels off the ground, while keeping your knees straight. Slowly lower your heels back to the ground. 	
Seated Crunches	40 seconds
<ul style="list-style-type: none"> • While seated, slowly raise one knee towards your chest, while simultaneously curling your upper body to meet your knee. Hold for one second, then return to the seated position. Repeat with the opposite leg. 	

BINGO ROLLS (3)	
Three Dot Step (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> ● Begin by standing with your feet together and arms down to the sides. During this exercise, the opposite foot should never leave the ground. Take a step lunge forward, about two to three feet. During this step lunge, reach the arms out in front, away from the body. Now, return to the starting position. With the same foot, step out to the side about two to three feet. During the step, reach your arms out in the same direction as the step to the side. Return to the starting position. Now step backwards about two to three feet, while allowing the arms to open backwards into a horizontal reach. During the backwards step, the front knee will bend and the back leg will remain straight. Return to the starting position. 	
Chair Stands	40 seconds
<ul style="list-style-type: none"> ● Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> ○ Push up with hands on seat/arms of wheelchair ○ Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> ○ Cross arms across chest when standing ○ Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
BINGO ROLLS (3)	
Lateral Raises	40 seconds
<ul style="list-style-type: none"> ● While seated, place the resistance band beneath both feet. With hands gripping tightly, slowly raise both arms to the side until parallel with the floor. Hold for two seconds, then <u>slowly</u> release to starting position. To make this exercise easier, alternate raising each arm. 	
Low Row Seated	40 seconds
<ul style="list-style-type: none"> ● From the starting position, begin by drawing your hands straight back towards your sides, near the armpits. While drawing your arms back, your elbows will bend. Make sure they stay in tight near your sides. During the exercise, squeeze the muscles together in the mid-back to help draw in the resistance band. Imagine there is a tennis ball between your shoulder blades and you are trying to hold it there using only your back muscles. Once the resistance band handles reach the side of the body, begin slowly lowering the resistance band back to the starting position. 	
BINGO ROLLS (3)	
Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> ● While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. ● To increase difficulty: pump arms back and forth 	

Side Steps Seated	40 seconds
<ul style="list-style-type: none"> Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground and step as far to the right as you can without leaving your chair. Your feet should come back together between each side step. Now repeat with the left foot. 	
BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
C-Grip	40 seconds
<ul style="list-style-type: none"> Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	
BINGO ROLLS (3)	
Side Flexion Seated	40 seconds
<ul style="list-style-type: none"> In a seated position, bend your trunk to the right to bring your right elbow to the outside of your right hip. Now repeat on the left. 	
Single Arm Crossover	40 seconds
<ul style="list-style-type: none"> Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm. 	
BINGO ROLLS (3)	
Rolling-Disco/John Travolta	40 seconds
<ul style="list-style-type: none"> Rotating arms around one another; pointing side to side-"Staying Alive" move 	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remind your participants to keep working on their Bingocize® Take-Home Cards to bring back next week****



EXERCISE ONLY - SESSION 9 (Leader)

BINGO ROLLS (3)

****Remember to print Exercise Only Take-Home Card (week 5) to give to each participant after the session today!!****

Read aloud to the participants:

So far, we've talked about endurance, strength, and balance exercises. The fourth and final type of exercise is flexibility and range of motion. Flexibility and range of motion exercises improve your overall health by:

- Stretching and loosening your muscles
- Helping you move more freely throughout the day
- Helping your joints reach their full potential with less pain

Before we get started today, remember to:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Source: National Council on Aging, National Institute on Aging, 2018

BINGO ROLLS (3)

Morning Walk Seated	40 seconds
<ul style="list-style-type: none"> • While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Single Leg Hamstring Curl Standing	40 seconds
<ul style="list-style-type: none"> • Stand behind your chair, and hold onto the back for support. Your feet should be hip width apart, eyes looking forward. With one leg on the ground for support, begin to flex at the knee with the other leg, until the heel of your foot comes into contact with your bottom. Slowly extend the leg back to the standing position. Repeat on the opposite side. Add a balance challenge by hovering your hands over the back of the chair and/or closing your eyes. (Move closer to any participants choosing to add balance changes.) 	

BINGO ROLLS (3)

Staggered Stance	40 seconds
<ul style="list-style-type: none"> • Begin with feet together and hands at sides. Step forward with your right foot. Maintain this position for 10 seconds. Alternate putting the other foot in front. 	

Oblique Crunches Seated	40 seconds
<ul style="list-style-type: none"> While seated, slowly raise one knee up, while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising and the elbow of the opposite side come in contact. Hold for one second, then return to the seated position. Repeat with the opposite knee. 	
BINGO ROLLS (3)	
Grapevine (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. 	
Chair Stands	40 seconds
<ul style="list-style-type: none"> Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> Push up with hands on seat/arms of wheelchair Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> Cross arms across chest when standing Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
BINGO ROLLS (3)	
Chest Press Standing	40 seconds
<ul style="list-style-type: none"> Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. 	
Arm Curl Standing	40 seconds
<ul style="list-style-type: none"> From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position. 	
BINGO ROLLS (3)	
Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	

Heel Raises Standing	40 seconds
<ul style="list-style-type: none"> While standing behind a chair for support, raise your heels off the floor, while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow. 	
BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
C-Grip	40 seconds
<ul style="list-style-type: none"> Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	
BINGO ROLLS (3)	
Seated Balance Exercise	40 seconds
<ul style="list-style-type: none"> Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down. 	
Ballerina	40 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
BINGO ROLLS (3)	
Rolling-Disco/John Travolta	40 seconds
<ul style="list-style-type: none"> Rotating arms around one another; pointing side to side-"Staying Alive" move 	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remember to give your participants their Bingocize® Take-Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize****



EXERCISE ONLY - SESSION 10 (Leader)

BINGO ROLLS (3)

Read aloud to the participants:

Last time, we talked about how flexibility and range of motion exercises improve your health by helping your body with stretching, moving, and joint pain. Feel free to try the Bingocize® flexibility and range of motion exercises at home. Remember, you can do these every day!

Before we get started, though, don't forget to:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Source: National Council on Aging, National Institute on Aging, 2018

BINGO ROLLS (3)

Morning Walk Seated

40 seconds

- While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.
- To increase difficulty pump, arms back and forth.

Single Leg Hamstring Curl Standing

40 seconds

- Stand behind your chair, and hold onto the back for support. Your feet should be hip-width apart, eyes looking forward. With one leg on the ground for support, begin to flex at the knee with the other leg, until the heel of your foot comes into contact with your bottom. Slowly extend the leg back to the standing position. Repeat on the opposite side. Add a balance challenge by hovering your hands over the back of the chair and/or closing your eyes. (Move closer to any participants choosing to add balance changes.)

BINGO ROLLS (3)

Staggered Stance

40 seconds

- Begin with feet together and hands at sides. Step forward with your right foot. Maintain this position for 10 seconds. Alternate putting the other foot in front.

Oblique Crunches Seated	40 seconds
<ul style="list-style-type: none"> While seated, slowly raise one knee up, while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising and the elbow of the opposite side come in contact. Hold for one second, then return to the seated position. Repeat with the opposite knee. 	
BINGO ROLLS (3)	
Grapevine (make sure participants spread out)	40 seconds
<ul style="list-style-type: none"> Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. 	
Chair Stands	40 seconds
<ul style="list-style-type: none"> Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> Push up with hands on seat/arms of wheelchair Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> Cross arms across chest when standing Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
BINGO ROLLS (3)	
Chest Press Standing	40 seconds
<ul style="list-style-type: none"> Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. 	
Arm Curl Standing	40 seconds
<ul style="list-style-type: none"> From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position. 	
BINGO ROLLS (3)	
Morning Walk Standing	40 seconds
<ul style="list-style-type: none"> While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Heel Raises Standing	40 seconds
<ul style="list-style-type: none"> While standing behind a chair for support, raise your heels off the floor, while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow. 	

BINGO ROLLS (3)	
Thumb to Fingers	40 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
C-Grip	40 seconds
<ul style="list-style-type: none"> Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	
BINGO ROLLS (3)	
Seated Balance Exercise	40 seconds
<ul style="list-style-type: none"> Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down. 	
Ballerina	40 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
BINGO ROLLS (3)	
Rolling-Disco/John Travolta	40 seconds
<ul style="list-style-type: none"> Rotating arms around one another; pointing side to side-"Staying Alive" move 	
Hi, Neighbor! Seated	40 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remind your participants to keep working on their Bingocize® Take-Home Cards to bring back next week****



EXERCISE ONLY - SESSION 11 (Leader)

BINGO ROLLS (3)

****Remember to print Exercise Only Take-Home Card (week 6) to give to each participant after the session today!!****

Read aloud to the participants:

Welcome to week six! Time flies when you are having fun playing Bingocize®! You're doing great! How are you feeling? (*Allow time for participants to discuss their improvements so far*). We've talked about all the ways exercise can make your body feel better, but what about your brain? Scientists continue to find evidence that exercise is one of the best ways to help improve your brain. For example:

- When you exercise, your brain starts to create stronger and smarter brain cells.
- Exercise helps your brain cells connect with one another, which improves your memory and thinking skills.
- Exercise creates new blood vessels, which are the main energy source for your hardworking brain cells.

As we get going today, always remember to:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Source: National Council on Aging, National Institute on Aging, 2017

BINGO ROLLS (3)

Morning Walk Standing	45 seconds
<ul style="list-style-type: none"> • While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Single Leg Hamstring Curl Standing	45 seconds
<ul style="list-style-type: none"> • Stand behind your chair, and hold onto the back for support. Your feet should be hip-width apart, eyes looking forward. With one leg on the ground for support, begin to flex at the knee with the other leg, until the heel of your foot comes into contact with your bottom. Slowly extend the leg back to the standing position. Repeat on the opposite side. Add a balance challenge by hovering your hands over the back of the chair and/or closing your eyes. (Move closer to any participants choosing to add balance changes.) 	

BINGO ROLLS (3)

Staggered Stance	45 seconds
<ul style="list-style-type: none"> • Begin with feet together and hands at sides. Step forward with your right foot. Maintain this position for 10 seconds. Alternate putting the other foot in front. 	

Oblique Crunches Seated	45 seconds
<ul style="list-style-type: none"> While seated, slowly raise one knee up while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising and the elbow of the opposite side come in contact. Hold for one second, then return to the seated position. Repeat with the opposite knee. 	
BINGO ROLLS (3)	
Grapevine (make sure participants spread out)	45 seconds
<ul style="list-style-type: none"> Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. 	
Chair Stands	45 seconds
<ul style="list-style-type: none"> Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> Push up with hands on seat/arms of wheelchair Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> Cross arms across chest when standing Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
BINGO ROLLS (3)	
Chest Press Standing	45 seconds
<ul style="list-style-type: none"> Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. 	
Arm Curl Standing	45 seconds
<ul style="list-style-type: none"> From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position. 	
BINGO ROLLS (3)	
Morning Walk Standing	45 seconds
<ul style="list-style-type: none"> While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	

Heel Raises Standing	45 seconds
<ul style="list-style-type: none"> While standing behind a chair for support, raise your heels off the floor, while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow. 	
BINGO ROLLS (3)	
Thumb to Fingers	45 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
Power Grip	45 seconds
<ul style="list-style-type: none"> Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand. 	
BINGO ROLLS (3)	
Seated Balance Exercise	45 seconds
<ul style="list-style-type: none"> Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down. 	
Ballerina	45 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
BINGO ROLLS (3)	
Rolling-Disco/John Travolta	45 seconds
<ul style="list-style-type: none"> Rotating arms around one another; pointing side to side—"Staying Alive" move. 	
Hi, Neighbor! Seated	45 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remember to give your participants their Bingocize® Take-Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize****



EXERCISE ONLY - SESSION 12 (Leader)

BINGO ROLLS (3)

Read aloud to the participants:

We are over halfway through the Bingocize® program and you are all doing so well! Last time, we talked about all the ways exercise improves your brain. Remember, when we bulk up our brain cells with exercise, they are better able to win the fight against age-related declines in brain function.

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Source: National Council on Aging, National Institute on Aging, 2018

BINGO ROLLS (3)

Morning Walk Standing	45 seconds
<ul style="list-style-type: none"> • While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Single Leg Hamstring Curl Standing	45 seconds
<ul style="list-style-type: none"> • Stand behind your chair and hold onto the back for support. Your feet should be hip width apart, eyes looking forward. With one leg on the ground for support, begin to flex at the knee with the other leg until the heel of your foot comes into contact with your bottom. Slowly extend the leg back to the standing position. Repeat on the opposite side. Add a balance challenge by hovering your hands over the back of the chair and/or closing your eyes. (Move closer to any participants choosing to add balance changes) 	
BINGO ROLLS (3)	
Staggered Stance	45 seconds
<ul style="list-style-type: none"> • Begin with feet together and hands at sides. Step forward with your right foot. Maintain this position for 10 seconds. Alternate putting the other foot in front. 	
Oblique Crunches Seated	45 seconds
<ul style="list-style-type: none"> • While seated, slowly raise one knee up, while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising and the elbow of the opposite side come in contact. Hold for one second, then return to the seated position. Repeat with the opposite knee. 	

BINGO ROLLS (3)	
Grapevine (make sure participants spread out)	45 seconds
<ul style="list-style-type: none"> ● Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. 	
Chair Stands	45 seconds
<ul style="list-style-type: none"> ● Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> ○ Push up with hands on seat/arms of wheelchair ○ Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> ○ Cross arms across chest when standing ○ Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
BINGO ROLLS (3)	
Chest Press Standing	45 seconds
<ul style="list-style-type: none"> ● Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. 	
Arm Curl Standing	45 seconds
<ul style="list-style-type: none"> ● From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position. 	
BINGO ROLLS (3)	
Morning Walk Standing	45 seconds
<ul style="list-style-type: none"> ● While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. ● To increase difficulty, pump arms back and forth. 	
Heel Raises Standing	45 seconds
<ul style="list-style-type: none"> ● While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow. 	

BINGO ROLLS (3)	
Thumb to Fingers	45 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
Power Grip	45 seconds
<ul style="list-style-type: none"> Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand. 	
BINGO ROLLS (3)	
Seated Balance Exercise	45 seconds
<ul style="list-style-type: none"> Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down. 	
Ballerina	45 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
BINGO ROLLS (3)	
Rolling-Disco/John Travolta	45 seconds
<ul style="list-style-type: none"> Rotating arms around one another; pointing side to side-"Staying Alive" move 	
Hi, Neighbor! Seated	45 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remind your participants to keep working on their Bingocize® Take-Home Cards to bring back next week****



EXERCISE ONLY - SESSION 13 (Leader)

BINGO ROLLS (3)

****Remember to print Exercise Only Take-Home Card (week 7) to give to each participant after the session today!!****

Read aloud to the participants:

Welcome to week seven! I hope you are having fun and feeling the positive effects of being a *Bingocizer*! In addition to improving memory and thinking skills, physical activity can also boost your mood. Researchers have found exercise:

- Reduces feelings of depression and stress
- Boosts your energy levels
- Can improve sleep
- Makes you feel more in control

So, the next time you're feeling stressed out, or anxious, or have trouble sleeping, try to find a way to get up and get moving!

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Source: National Council on Aging, National Institute on Aging, 2018

BINGO ROLLS (3)

Morning Walk Standing	30 seconds
<ul style="list-style-type: none"> • While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty pump arms back and forth 	
Static Balance	30 seconds
<ul style="list-style-type: none"> • Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the opposing leg. 	

BINGO ROLLS (3)

Staggered Stance	30 seconds
<ul style="list-style-type: none"> • Begin with feet together and hands at sides. Step forward with your right foot. Maintain this position for 10 seconds. Alternate putting the other foot in front. 	

Oblique Crunches Seated	30 seconds
<ul style="list-style-type: none"> While seated, slowly raise one knee up, while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising and the elbow of the opposite side come in contact. Hold for one second, then return to the seated position. Repeat with the opposite knee. 	
BINGO ROLLS (3)	
Grapevine (make sure participants spread out)	30 seconds
<ul style="list-style-type: none"> Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. 	
Swimming Dance	30 seconds
<ul style="list-style-type: none"> While standing, move arms in a swimming motion, then plug nose, and shimmy with one arm raised above the head. 	
BINGO ROLLS (3)	
Chest Press Standing	30 seconds
<ul style="list-style-type: none"> Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. 	
Arm Curl Standing	30 seconds
<ul style="list-style-type: none"> From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position. 	
BINGO ROLLS (3)	
Morning Walk Standing	30 seconds
<ul style="list-style-type: none"> While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Heel Raises Standing	30 seconds
<ul style="list-style-type: none"> While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow. 	

BINGO ROLLS (3)	
Thumb to Fingers	30 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
Power Grip	30 seconds
<ul style="list-style-type: none"> Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand. 	
BINGO ROLLS (3)	
Seated Balance Exercise	30 seconds
<ul style="list-style-type: none"> Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down. 	
Ballerina	30 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
BINGO ROLLS (3)	
Rolling-Disco/John Travolta	30 seconds
<ul style="list-style-type: none"> Rotating arms around one another; pointing side to side-"Staying Alive" move 	
Hi, Neighbor! Seated	30 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
I hope you had fun today! See you next week!	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remember to give your participants their Bingocize® Take-Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize****



EXERCISE ONLY - SESSION 14 (Leader)

BINGO ROLLS (3)

Read aloud to the participants:

You may have trouble finding the time and motivation to exercise. That's understandable. We all have those days. However, there are some simple things you can try to help you stay on track. Here are just a few.

- Don't let your busy schedule keep you from exercising. Work it into your regular day. For example, walk every aisle of the grocery store or the entire mall.
- Join a fitness facility close to home that caters to your needs.
- Take the stairs instead of the elevator.
- Take a walk with friends or coworkers.
- Make exercise fun.

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Source: National Council on Aging, National Institute on Aging, 2018

BINGO ROLLS (3)

Morning Walk Standing	30 seconds
<ul style="list-style-type: none"> • While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Static Balance	30 seconds
<ul style="list-style-type: none"> • Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the opposing leg. 	
BINGO ROLLS (3)	
Staggered Stance	30 seconds
<ul style="list-style-type: none"> • Begin with feet together and hands at sides. Step forward with your right foot. Maintain this position for 10 seconds. Alternate putting the other foot in front. 	
Oblique Crunches Seated	30 seconds
<ul style="list-style-type: none"> • While seated, slowly raise one knee up, while simultaneously curling the upper body down. Twist your torso, so that the knee of the leg you are raising and the elbow of the opposite side come in contact. Hold for one second, then return to the seated position. Repeat with the opposite knee. 	

BINGO ROLLS (3)	
Grapevine (make sure participants spread out)	30 seconds
<ul style="list-style-type: none"> ● Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. 	
Swimming Dance	30 seconds
<ul style="list-style-type: none"> ● While standing, move arms in a swimming motion, then plug nose, and shimmy with one arm raised above the head 	
BINGO ROLLS (3)	
Chest Press Standing	30 seconds
<ul style="list-style-type: none"> ● Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. 	
Arm Curl Standing	30 seconds
<ul style="list-style-type: none"> ● From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position. 	
BINGO ROLLS (3)	
The Twist	30 seconds
<ul style="list-style-type: none"> ● Stand with your feet shoulder-width apart. Put equal weight on both feet. Keep your knees flexible, and keep your torso squared evenly with your hips. ● Move one foot forward. Gently budge one foot ahead of the other. The front foot should not be a full length ahead of the back foot, and there should be some overlap between them. ● Hold your arms away from the body. Extend both arms outward and away from the body. Don't extend them straight out. You should keep them bent slightly at the elbow. ● As you twist, your arms will follow the movement of your hips. As your weight shifts to one side and your waist twists back, the arm of that same side will naturally move downward and back. To keep balance, the other arm should move upward and forward. ● Twist your hips. Swing your hips dramatically from side to side. As you twist your hips, your waist and legs should also twist or rotate from side to side in a similar manner. ● Shift your body weight. As you rock from side to side, shift your center of gravity or body weight so that it is supported by the ball of your foot. You should alternate from foot to foot, placing your weight over one foot as you twist to that side and over to the other foot as you twist back. 	

Heel Raises Standing	30 seconds
<ul style="list-style-type: none"> While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow. 	
BINGO ROLLS (3)	
Thumb to Fingers	30 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
Baking Biscuits	30 seconds
<ul style="list-style-type: none"> Roll the hand therapy ball with your fingertips to the ball. Then repeat the exercise multiple times on each hand. 	
BINGO ROLLS (3)	
Seated Balance Exercise	30 seconds
<ul style="list-style-type: none"> Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down. 	
Ballerina	30 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
BINGO ROLLS (3)	
Rolling-Disco/John Travolta	30 seconds
<ul style="list-style-type: none"> Rotating arms around one another; pointing side to side-"Staying Alive" move 	
Hi, Neighbor! Seated	30 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
I hope you had fun today! See you next week!	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remind your participants to keep working on their Bingocize® Take-Home Cards to bring back next week****



EXERCISE ONLY - SESSION 15 (Leader)

BINGO ROLLS (3)

****Remember to print Exercise Only Take-Home Card (week 8) to give to each participant after the session today!!****

Read aloud to the participants:

You and your doctor are part of a team—along with nurses, physician assistants, pharmacists, and other healthcare providers—working together to manage your medical problems and keep you healthy. Exercise can positively impact many chronic health conditions, so make sure exercise is a part of your healthcare plan by discussing with your doctor.

Before we get started, though, don't forget to:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Source: National Council on Aging, 2017

BINGO ROLLS (3)

Grapevine	50 seconds
<ul style="list-style-type: none"> • Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. 	
Heel Raises Standing	50 seconds
<ul style="list-style-type: none"> • While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow. 	

BINGO ROLLS (3)

Calf Stretch Standing	50 seconds
<ul style="list-style-type: none"> • Stand behind a chair and place both hands on the back of the chair. With one leg bent at a 90 degree angle and the opposing leg straight, lean into the chair. Heels should not rise off the floor. Switch legs and repeat the exercise. 	

Top Shelf Reach Standing	50 seconds
<ul style="list-style-type: none"> Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side. 	
BINGO ROLLS (3)	
Modified Skier	50 seconds
<ul style="list-style-type: none"> From a standing position, side step in one direction, and bring the opposite foot behind the stepped leg. Repeat this movement in the opposite direction. Let the arms swing naturally side-to-side in the movement of the stepped direction. 	
Chair Stands	50 seconds
<ul style="list-style-type: none"> Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> Push up with hands on seat/arms of wheelchair Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> Cross arms across chest when standing Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
BINGO ROLLS (3)	
Open the Cupboard	50 seconds
<ul style="list-style-type: none"> In a standing position, hold the resistance band directly in front of your chest. Arms should be extended away from your body and straight. While holding the rubber portion of the band, slowly pull your arms away from your center. Allowing the band to stretch across your chest. Once the band has been fully extended, slowly release to the starting position. 	
Arm Curl Standing	50 seconds
<ul style="list-style-type: none"> From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position. 	
BINGO ROLLS (3)	
Morning Walk Standing	50 seconds
<ul style="list-style-type: none"> While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	

Side Steps Standing	50 seconds
<ul style="list-style-type: none"> Begin with feet together and arms at your side. Take one step to the right. Your feet should come back together between each side step. Ensure that both feet remain facing forward while stepping. Add a side shoulder raise with the arm of the stepped direction. Relax arm down when feet are brought together. Now repeat to the left. 	
BINGO ROLLS (3)	
Thumb to Fingers	50 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
Power Grip	50 seconds
<ul style="list-style-type: none"> Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand. 	
BINGO ROLLS (3)	
Trunk Rotation Standing	50 seconds
<ul style="list-style-type: none"> From a standing position, begin by squeezing your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right. Hold, and exhale. Breathe in and return to the center, then repeat to the left. 	
Ballerina	50 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
BINGO ROLLS (3)	
Seated Crunches	50 seconds
<ul style="list-style-type: none"> While seated, slowly raise one knee towards your chest. While simultaneously curling your upper body to meet your knee. Hold for one second, then return to the seated position. Repeat with the opposite leg. 	
Hi, Neighbor! Seated	50 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remember to give your participants their Bingocize® Take-Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize****



EXERCISE ONLY - SESSION 16 (Leader)

BINGO ROLLS (3)

Read aloud to the participants:

As we wrap up the 8th week of Bingocize[®], I hope you are feeling the benefits of regular exercise including:

- More energy to do your daily activities
- Sleeping through the night and feeling better when you get up
- Moving around better with less or no pain.
- Feeling happier and less anxious

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Source: National Council on Aging, 2017

BINGO ROLLS (3)

Grapevine	50 seconds
<ul style="list-style-type: none"> • Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. 	
Heel Raises Standing	50 seconds
<ul style="list-style-type: none"> • While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow. 	
BINGO ROLLS (3)	
Calf Stretch Standing	50 seconds
<ul style="list-style-type: none"> • Stand behind a chair and place both hands on the back of the chair. With one leg bent at a 90 degree angle and the opposing leg straight, lean into the chair. Heels should not rise off the floor. Switch legs and repeat the exercise. 	
Top Shelf Reach Standing	50 seconds
<ul style="list-style-type: none"> • Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side. 	

BINGO ROLLS (3)	
Modified Skier	50 seconds
<ul style="list-style-type: none"> From a standing position, side step in one direction and bring the opposite foot behind the stepped leg. Repeat this movement in the opposite direction. Let the arms swing naturally side-to-side in the movement of the stepped direction. 	
Chair Stands	50 seconds
<ul style="list-style-type: none"> Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> Push up with hands on seat/arms of wheelchair Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> Cross arms across chest when standing Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
BINGO ROLLS (3)	
Open the Cupboard	50 seconds
<ul style="list-style-type: none"> In a standing position, hold the resistance band directly in front of your chest. Arms should be extended away from your body and straight. While holding the rubber portion of the band, slowly pull your arms away from your center. Allowing the band to stretch across your chest. Once the band has been fully extended, slowly release to the starting position. 	
Arm Curl Standing	50 seconds
<ul style="list-style-type: none"> From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position. 	
BINGO ROLLS (3)	
Morning Walk Standing	50 seconds
<ul style="list-style-type: none"> While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Side Steps Standing	50 seconds
<ul style="list-style-type: none"> Begin with feet together and arms at your side. Take one step to the right. Your feet should come back together between each side step. Ensure that both feet remain facing forward while stepping. Add a side shoulder raise with the arm of the stepped direction. Relax arm down when feet are brought together. Now repeat to the left. 	

BINGO ROLLS (3)	
Thumb to Fingers	50 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
Power Grip	50 seconds
<ul style="list-style-type: none"> Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand. 	
BINGO ROLLS (3)	
Trunk Rotation Standing	50 seconds
<ul style="list-style-type: none"> From a standing position, begin by squeezing your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right. Hold, and exhale. Breathe in and return to the center, then repeat to the left. 	
Ballerina	50 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
BINGO ROLLS (3)	
Seated Crunches	50 seconds
<ul style="list-style-type: none"> While seated, slowly raise one knee towards your chest, while simultaneously curling your upper body to meet your knee. Hold for one second, then return to the seated position. Repeat with the opposite leg. 	
Hi, Neighbor! Seated	50 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remind your participants to keep working on their Bingocize® Take-Home Cards to bring back next week****



EXERCISE ONLY - SESSION 17 (Leader)

BINGO ROLLS (3)

Remember to print Exercise Only Take-Home Card (week 9) to give to each participant after the session today!!

Read aloud to the participants: We're so close to the finish line! I know there will be times that you don't feel like exercising, so as a reminder here are some of the great things you are doing for your body by staying active!

- Improving your balance and range of motion
- Boosting your immune system to lessen your chance of getting sick
- Increasing your muscle strength
- Feeling more limber
- Improving your brain health

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Source: <https://go4life.nia.nih.gov/how-exercise-can-help-you/>

BINGO ROLLS (3)

Grapevine	55 seconds
<ul style="list-style-type: none"> • Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. 	

Heel Raises Standing	55 seconds
<ul style="list-style-type: none"> • While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow. 	

BINGO ROLLS (3)

Calf Stretch Standing	55 seconds
<ul style="list-style-type: none"> • Stand behind a chair and place both hands on the back of the chair. With one leg bent at a 90 degree angle and the opposing leg straight, lean into the chair. Heels should not rise off the floor. Switch legs and repeat the exercise. 	

Top Shelf Reach Standing	55 seconds
<ul style="list-style-type: none"> Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side. 	
BINGO ROLLS (3)	
Modified Skier	55 seconds
<ul style="list-style-type: none"> From a standing position, side step in one direction, and bring the opposite foot behind the stepped leg. Repeat this movement in the opposite direction. Let the arms swing naturally side-to-side in the movement of the stepped direction. 	
Chair Stands	55 seconds
<ul style="list-style-type: none"> Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> Push up with hands on seat/arms of wheelchair Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> Cross arms across chest when standing Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	
BINGO ROLLS (3)	
Open the Cupboard	55 seconds
<ul style="list-style-type: none"> In a standing position, hold the resistance band directly in front of your chest. Arms should be extended away from your body and straight. While holding the rubber portion of the band, slowly pull your arms away from your center. Allowing the band to stretch across your chest. Once the band has been fully extended, slowly release to the starting position. 	
Arm Curl Standing	55 seconds
<ul style="list-style-type: none"> From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position. 	
BINGO ROLLS (3)	
Morning Walk Standing	55 seconds
<ul style="list-style-type: none"> While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	

Side Steps Standing	55 seconds
<ul style="list-style-type: none"> ● Begin with feet together and arms at your side. Take one step to the right. Your feet should come back together between each side step. Ensure that both feet remain facing forward while stepping. Add a side shoulder raise with the arm of the stepped direction. Relax arm down when feet are brought together. Now repeat to the left. 	
BINGO ROLLS (3)	
Thumb to Fingers	55 seconds
<ul style="list-style-type: none"> ● Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
Power Grip	55 seconds
<ul style="list-style-type: none"> ● Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand. 	
BINGO ROLLS (3)	
Trunk Rotation Standing	55 seconds
<ul style="list-style-type: none"> ● From a standing position, begin by squeezing your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right. Hold, and exhale. Breathe in and return to the center, then repeat to the left. 	
Ballerina	55 seconds
<ul style="list-style-type: none"> ● Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
BINGO ROLLS (3)	
Seated Crunches	55 seconds
<ul style="list-style-type: none"> ● While seated, slowly raise one knee towards your chest. While simultaneously curling your upper body to meet your knee. Hold for one second, then return to the seated position. Repeat with the opposite leg. 	
Hi, Neighbor! Seated	55 seconds
<ul style="list-style-type: none"> ● With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remember to give your participants their Bingocize® Take-Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize****



EXERCISE ONLY - SESSION 18 (Leader)

BINGO ROLLS (3)

Read aloud to the participants:

In a previous session, we discussed some of the benefits of exercise for brain health. Remember, exercise goes beyond just physical well-being. It can help support emotional and mental health as well. Physical activity can:

- Improve sleep quality and quantity
- Increase your energy level
- Reduce feelings of depression and stress
- Improve your mood and overall emotional well-being

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

National Institutes of Health, 2019

BINGO ROLLS (3)

Alternate Foot Touch	60 seconds
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- From a standing position, alternate placing your right and left foot in front of you

Chair Stand	60 seconds
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- Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart.

To decrease difficulty:

- Push up with hands on seat/arms of wheelchair
- Use cane or walker

To increase difficulty:

- Cross arms across chest when standing
- Hold weight between hands

As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.

BINGO ROLLS (3)

Heel Raises Standing	60 seconds
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- While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow.

Top Shelf Reach Standing	60 seconds
<ul style="list-style-type: none"> Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side. 	
BINGO ROLLS (3)	
Modified Skier	60 seconds
<ul style="list-style-type: none"> From a standing position, side step in one direction and bring the opposite foot behind the stepped leg. Repeat this movement in the opposite direction. Let the arms swing naturally side-to-side in the movement of the stepped direction. 	
Cueing Drill	60 seconds
<ul style="list-style-type: none"> Begin in the standing position. Take one step forward. Take one step backward. Turn around and face the opposite direction. Turn around to the starting position. Crouch down with your knees bent. Place your hands on your knees. Stand up tall and clap your hands ten times. Stand with your right foot up, and hold. Stand with your left foot up, and hold. Step your right foot forward, and reach up with your left arm. Step with your left foot forward, and reach with your right arm. Bring your feet back together, and your arms to your sides. Raise up on your toes. And lower. Turn your head to the right. Return to the center. Turn your head to the left. And return to the center. 	
BINGO ROLLS (3)	
Chest Press Standing	60 seconds
<ul style="list-style-type: none"> Hold the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. 	
Lateral Raises Standing	60 seconds
<ul style="list-style-type: none"> While standing, place the resistance band beneath both feet. With hands gripping handles, slowly raise both arms to the side until parallel with the floor. Hold for a few seconds, then slowly release to starting position. To make this exercise easier, alternate raising each arm. 	
BINGO ROLLS (3)	
Morning Walk Standing	60 seconds
<ul style="list-style-type: none"> While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	
Toes to the Sky Seated	60 seconds
<ul style="list-style-type: none"> Begin in a seated position with good posture, eyes facing forward, palms on your thighs, and feet hip-width apart. Extend your right foot. Slowly return to starting position and repeat with your left foot. 	

BINGO ROLLS (3)	
Thumb to Fingers	60 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
C Grip	60 seconds
<ul style="list-style-type: none"> Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	
BINGO ROLLS (3)	
Single arm crossover standing	60 seconds
<ul style="list-style-type: none"> Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm. 	
Ballerina	60 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
BINGO ROLLS (3)	
Good morning	60 seconds
<ul style="list-style-type: none"> Begin in the seated position, with your legs wider than shoulder-width apart. Keep your spine erect and extended. Slowly bend forward at the hips. Then slowly bend back up, again keeping your spine erect and extended, into the seated position. 	
Hi, Neighbor! Seated	60 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remind your participants to keep working on their Bingocize® Take-Home Cards to bring back next week****



EXERCISE ONLY - SESSION 19 (Leader)

BINGO ROLLS (3)

****Remember to print Exercise Only Take-Home Card (week 10) to give to each participant after the session today!!****

Read aloud to the participants: It's the final week of Bingocize®! Over the past 9 weeks, we've had fun playing bingo, completed lots of exercise, and learned about some of the great things exercise can do for us! Remember you can always find a time and place to stay physically active. Working physical activity into our daily activities is key. Try.....

- Mixing exercising with something you already do; for example, try doing some heel raises during commercial breaks.
- Exercise with a friend so you can keep each other on track!
- Take the stairs instead of the elevator

And as always, as you exercise, remember to:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Source: National Institutes of Health, 2019

BINGO ROLLS (3)

Alternate Foot Touch	60 seconds
<ul style="list-style-type: none"> • From a standing position, alternate placing your right and left foot in front of you. 	
Chair Stand	60 seconds
<ul style="list-style-type: none"> • Begin in a seated position, good posture, and eyes facing forward, feet hip-width apart. <p>To decrease difficulty:</p> <ul style="list-style-type: none"> ○ Push up with hands on seat/arms of wheelchair ○ Use cane or walker <p>To increase difficulty:</p> <ul style="list-style-type: none"> ○ Cross arms across chest when standing ○ Hold weight between hands <p>As you move upward, maintain a neutral spine by moving head, neck, and spine together. Move only the hip, knee, and ankle joints as you stand. Keep shoulders down throughout the exercise, and keep knees from moving beyond toes. Stay under control as you return to the seated position.</p>	

BINGO ROLLS (3)

Heel Raises Standing	60 seconds
<ul style="list-style-type: none"> • While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow. 	

Top Shelf Reach Standing	60 seconds
<ul style="list-style-type: none"> Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side. 	
BINGO ROLLS (3)	
Modified Skier	60 seconds
<ul style="list-style-type: none"> From a standing position, side step in one direction and bring the opposite foot behind the stepped leg. Repeat this movement in the opposite direction. Let the arms swing naturally side-to-side in the movement of the stepped direction. 	
Cueing Drill	60 seconds
<ul style="list-style-type: none"> Begin in the standing position. Take one step forward. Take one step backward. Turn around and face the opposite direction. Turn around to the starting position. Crouch down with your knees bent. Place your hands on your knees. Stand up tall and clap your hands ten times. Stand with your right foot up, and hold. Stand with your left foot up, and hold. Step your right foot forward, and reach up with your left arm. Step with your left foot forward, and reach with your right arm. Bring your feet back together, and your arms to your sides. Raise up on your toes. And lower. Turn your head to the right. Return to the center. Turn your head to the left. And return to the center. 	
BINGO ROLLS (3)	
Chest Press Standing	60 seconds
<ul style="list-style-type: none"> Hold the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. 	
Lateral Raises Standing	60 seconds
<ul style="list-style-type: none"> While standing, place the resistance band beneath both feet. With hands gripping handles, slowly raise both arms to the side until parallel with the floor. Hold for a few seconds, then slowly release to starting position. To make this exercise easier, alternate raising each arm. 	
BINGO ROLLS (3)	
Morning Walk Standing	60 seconds
<ul style="list-style-type: none"> While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. 	

Toes to the Sky	60 seconds
<ul style="list-style-type: none"> Begin in a seated position with good posture, eyes facing forward, palms on your thighs, and feet hip-width apart. Extend your right foot. Slowly return to starting position and repeat with your left foot. 	
BINGO ROLLS (3)	
Thumb to Fingers	60 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
C Grip	60 seconds
<ul style="list-style-type: none"> Start by holding your hand and fingers straight and close together. Gently curve your fingers into a "C" shape, as if your hand is wrapped around a can. Moving slowly and smoothly, return your hand to the starting position. Then repeat the exercise multiple times on each hand. 	
BINGO ROLLS (3)	
Single arm crossover standing	60 seconds
<ul style="list-style-type: none"> Gently pull one arm across your chest, below the chin. Hold, and repeat with the opposite arm. 	
Ballerina	60 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
BINGO ROLLS (3)	
Good morning	60 seconds
<ul style="list-style-type: none"> Begin in the seated position, with your legs wider than shoulder-width apart. Keep your spine erect and extended. Slowly bend forward at the hips. Then slowly bend back up, again keeping your spine erect and extended, into the seated position. 	
Hi, Neighbor! Seated	60 seconds
<ul style="list-style-type: none"> With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! 	
REVIEW QUESTIONS AND CORRECT RESPONSES WITH PARTICIPANTS	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remember to give your participants their Bingocize® Take-Home Cards today and explain that they will only have a few days to complete them this time, as this is the final week, and they will need to return them when they come for their final session. ****



EXERCISE ONLY - SESSION 20 (Leader)

BINGO ROLLS (5)

Read aloud to the participants:

I hope you had lots of fun and are feeling all of the benefits of Bingocizing! This is our last session, but I hope all of you stay physically active and use the information we've talked about over the past 10 weeks. Please keep up the good work...I know you can do it! I hope to see you again soon for another round of Bingocize®!

And as you continue to be active on your own, always remember to:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modify when you need to

Source: National Council on Aging, National Institute on Aging, 2018

BINGO ROLLS (5)

Three Dot Step	60 seconds
<ul style="list-style-type: none"> • Begin by standing with your feet together and arms down to the sides. During this exercise, the opposite foot should never leave the ground. Take a step lunge forward about two to three feet. During this step lunge reach the arms out in front, away from the body. Now return to the starting position. With the same foot, step out to the side about two to three feet. During the step, reach your arms out in the same direction as the step to the side. Return to the starting position. Now step backwards about two to three feet, while allowing the arms to open backwards into a horizontal reach. During the backwards step, the front knee will bend and the back leg will remain straight. Return to the starting position. 	
Static Balance	60 seconds
<ul style="list-style-type: none"> • Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the opposing leg. 	
BINGO ROLLS (5)	
Staggered Stance	60 seconds
<ul style="list-style-type: none"> • Begin with feet together and hands at sides. Step forward with your right foot. Maintain this position for 10 seconds. Alternate putting the other foot in front. 	
Side Flexion Seated	60 seconds
<ul style="list-style-type: none"> • In a seated position, bend your trunk to the right to bring your right elbow to the outside of your right hip. Now repeat on the left. 	

BINGO ROLLS (5)	
Grapevine (make sure participants spread out)	60 seconds
<ul style="list-style-type: none"> ● Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. 	
Swimming Dance	60 seconds
<ul style="list-style-type: none"> ● While standing, move arms in a swimming motion, then plug nose, and shimmy with one arm raised above the head. 	
BINGO ROLLS (5)	
Chest Press Standing	60 seconds
<ul style="list-style-type: none"> ● Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. 	
Arm Curl Standing	60 seconds
<ul style="list-style-type: none"> ● From a standing position, place the resistance band beneath both feet. Hands should be gripping band handles with palms facing outward. While holding the upper arm stationary, curl the band forward. Only the forearm should move. Curl the band as far as possible, and slowly bring your hands back to the starting position. 	
BINGO ROLLS (5)	
The Twist standing (play “The Twist” song)	60 seconds
<ul style="list-style-type: none"> ● Stand with your feet shoulder-width apart. Put equal weight on both feet. Keep your knees flexible and your torso squared evenly with your hips. ● Move one foot forward. Gently budge one foot ahead of the other. The front foot should not be a full length ahead of the back foot, and there should be some overlap between them. ● Hold your arms away from the body. Extend both arms outward and away from the body. Don’t extend them straight out. You should keep them bent slightly at the elbow. ● As you twist, your arms will follow the movement of your hips. As your weight shifts to one side and your waist twists back, the arm of that same side will naturally move downward and back. To keep balance, the other arm should move upward and forward. ● Twist your hips. Swing your hips dramatically from side to side. As you twist your hips, your waist and legs should also twist or rotate from side to side in a similar manner ● Shift your body weight. As you rock from side to side, shift your center of gravity or body weight so that it is supported by the ball of your foot. You should alternate from foot to foot, placing your weight over one foot as you twist to that side and over to the other foot as you twist back. 	
Heel Raises Standing	60 seconds
<ul style="list-style-type: none"> ● While standing behind a chair for support, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, stand on a balance pad or soft pillow. 	

BINGO ROLLS (5)	
Thumb to Fingers	60 seconds
<ul style="list-style-type: none"> Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can. Return your thumb to the starting position. Repeat multiple times with each hand. 	
Power Grip	60 seconds
<ul style="list-style-type: none"> Using a hand therapy ball, squeeze the ball with fingers and thumb. Then repeat the exercise multiple times on each hand. 	
BINGO ROLLS (5)	
Seated Balance Exercise	60 seconds
<ul style="list-style-type: none"> Sit with eyes closed for 30 seconds. Sit with eyes closed while turning head side to side. Sit with eyes closed while moving head up and down. 	
Ballerina	60 seconds
<ul style="list-style-type: none"> Bring both arms up over head, put hands together, release hands, then put both arms back down. 	
BINGO ROLLS (5)	
YMCA (play the song "YMCA")	60 seconds
<ul style="list-style-type: none"> Create a Y by standing straight and extending your arms over your head. Your arms should be outstretched at angles away from each other so that your hands are about three to four feet apart. Make an M by bringing your hands together on top of your head so that the backs of your fingers are touching. Your fingertips should be in contact with your scalp. Bend your wrists as much as you can to make the corners of the top of the M as sharp as possible. Produce a C by bringing your left arm down by your side. Extend your left arm out and bend it slightly, keeping your palm open. Your left hand should be parallel with your waist. Curl your right arm over your head and bend your waist to the left. Form an A by bringing your arms back up over your head. Bend your elbows at the level of your ears and bring your hands together so that your fingertips touch. Your hand should create a triangle. 	
Goodbye, neighbor! Standing	60 seconds
<ul style="list-style-type: none"> Turn to the person on either side of you, and shake their hand or give them a big hug. 	
I hope you had fun today! Please continue your healthy lifestyle changes, and look for another round of Bingocize® soon!	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

****Remember to collect the Take Home Cards today, since this is the last session****