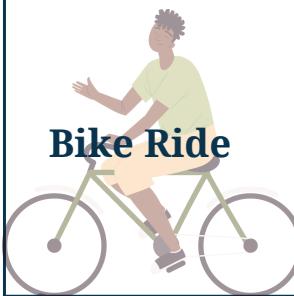
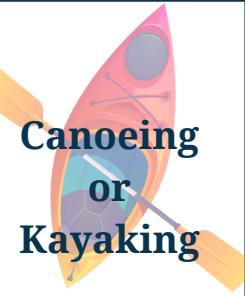


Central Moves

Bingo

 <p>Complete a workout routine</p>	 <p>Pickleball</p>	 <p>Enjoy a yoga Class!</p>	 <p>Tennis</p>	 <p>Prayer Walk</p>
 <p>Stretch!!</p>	 <p>Go for a Hike</p>	 <p>Log 1,000 Steps</p>	 <p>Enjoy a Line Dance Class</p>	 <p>Go Swimming</p>
 <p>Log 10,000 Steps</p>	 <p>Garden Planting</p>	 <p>✓ ✓ Free Space</p>	 <p>Park Further From Entrance</p>	 <p>Enjoy a round of golf</p>
 <p>Bike Ride</p>	 <p>Take the Stairs instead of the elevator</p>	 <p>5K Complete a 5K Run</p>	 <p>Play Outdoor Sports</p>	 <p>Nature Walk</p>
 <p>Take a Zumba Class</p>	 <p>Gym Time!</p>	 <p>Learn a new line dance</p>	 <p>Canoeing or Kayaking</p>	 <p>Spin Class</p>

BINGO INSTRUCTIONS

- 1. **Choose Activities**:** Select a variety of fun activities listed on the Bingo card.
- 2. ** Aim for Bingo**:** Try to fill a row, column, or diagonally to achieve Bingo. The game will run from June 1st to June 30th. Each activity will only count as one square.
- 3. **Mark Your Card**:** Your square will be marked by a member of the Health and Welfare Ministry, for one of the events listed below. For all other activities, send photo proof of the activity. Please scan the QR code below or send an email with your name, the activity and a photo to health.welfare@centralumcatl.org.
- 4. **Stay Motivated**:** Remember, the goal is to enjoy moving and to improve your health and well-being.
- 6. **Celebrate Your Success**:** Each Bingo is a step towards a healthier lifestyle! There will be a prize for the first four to achieve Bingo.

Scan Here to Share your Photos



EVENTS

- Saturday, June 7th, Prayer Walk
 - 8 AM Starting at the Prayer Garden
- Thursday, June 12th, Yoga
 - 6:30-8 PM MEC
- Saturday, June 21st, Zumba
 - 9:30-10:15 AM MEC
- JB Line Dance Class June 6th & 20th
 - 6:30-8:30 PM Premier Academy
 - 399 Macedonia Rd SE, Atlanta, GA 30354
- Bingo!! All month long