



BINGO + EXERCISE = BINGOCIZE

LOOKING FOR A FUN, NEW WAY TO BE ACTIVE?

Bingocize is a health promotion program that combines the game of bingo with inclusive exercises for everyone! Come play bingo and meet new people while learning about how to reduce your risk of experiencing a fall. BINGOCIZE IS EXERCISE FOR YOUR MIND, BODY, AND SPIRIT!



TUESDAYS AND THURSDAYS

SEPT. 9 – NOV. 13, 2025

FROM: 10:00 AM-11:00 AM

ROYAL PALM BEACH RECREATION CENTER

100 SWEET BAY LANE

ROYAL PALM BEACH, FL 33411



TO REGISTER, PLEASE CALL : 561-790-5124

