



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!



WEDNESDAYS AND FRIDAYS
MARCH 25 – MAY 27, 2026
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

