BINGOcize®

BINGO + EXERCISE = BINGOCIZE



FREE 10-week Health Promotion program for older adults age 60+ that combines Bingo with inclusive exercise.

Learn about important topics while you have fun & exercise!

Workshops focus on one of three subjects:

- Fall Prevention
- Nutrition
- General Exercise

Please call (574) 284-7132 or scan the QR code to pre-register.

October 14 - December 23, 2026
(No Class 10/21)
Wednesdays, 1pm - 2pm

Portage Commons
Senior Enrichment Center
133 N William St.| South Bend, IN 46601

REAL SERVICES

Program may be provided in part by funding through the Indiana Family and Social Services Administration through the Older Americans Act.

HEALTH EDUCATION

To register scan the QR code or call 574-284-7132!