

# Senior Health & Fitness Day 2021 Bingo

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## Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to [mfbc.us/e/qrw3nsm](https://mfbc.us/e/qrw3nsm)

## Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

## Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to [myfreebingocards.com/virtual-bingo](https://myfreebingocards.com/virtual-bingo).

## Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <https://myfreebingocards.com/faq> where you will find solutions to most common problems.

## Share

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: [mfbc.us/s/qrw3nsm](https://mfbc.us/s/qrw3nsm)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/qrw3nsm](https://mfbc.us/e/qrw3nsm)

Go to [myfreebingocards.com/bingo-card-generator](https://myfreebingocards.com/bingo-card-generator) to create a new set of bingo cards.

## Legal

The terms of use for these printable bingo cards can be found at [myfreebingocards.com/terms](https://myfreebingocards.com/terms).

## Have Fun!

If you have any feedback or suggestions, drop us an email on [hello@myfreebingocards.com](mailto:hello@myfreebingocards.com).

# Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

AFEP	Walking	Drums Alive	Blood Pressure	Breast Cancer Donation	Tai Chi	Coloring for Stress Relief
Stretching	Line Dancing	Lunch @ IHSC	Play pool @ IHSC	Domestic Violence Awareness Month	Mental Health Quiz	Hydration Station
Diabetes Lecture	5 mins on IHSC Equipment	Oral Care Word Search	Dental Hygiene Month	Balance Course (outside)	Fresh Conversations	Fruit
Health & Fitness Day 2021	Play Table Corn Hole	Candy Calorie Comparison				

# Senior Health & Fitness Day 2021

Oral Care Word Search	Balance Course (outside)	Fruit	Candy Calorie Comparison	Line Dancing
Drums Alive	Hydration Station	Play Table Corn Hole	Lunch @ IHSC	Breast Cancer Donation
Play pool @ IHSC	Tai Chi	FREE SPACE	Coloring for Stress Relief	AFEP
Walking	Diabetes Lecture	Fresh Conversations	5 mins on IHSC Equipment	Domestic Violence Awareness Month
Dental Hygiene Month	Blood Pressure	Health & Fitness Day 2021	Mental Health Quiz	Stretching

# Senior Health & Fitness Day 2021

Play Table Corn Hole	Lunch @ IHSC	Health & Fitness Day 2021	Oral Care Word Search	Diabetes Lecture
Drums Alive	Coloring for Stress Relief	Mental Health Quiz	Play pool @ IHSC	Candy Calorie Comparison
Walking	Domestic Violence Awareness Month	FREE SPACE	Blood Pressure	Fresh Conversations
AFEP	Breast Cancer Donation	Balance Course (outside)	Tai Chi	5 mins on IHSC Equipment
Line Dancing	Dental Hygiene Month	Fruit	Hydration Station	Stretching

# Senior Health & Fitness Day 2021

Mental Health Quiz	Hydration Station	Play Table Corn Hole	Domestic Violence Awareness Month	Fresh Conversations
Stretching	Candy Calorie Comparison	Coloring for Stress Relief	Health & Fitness Day 2021	Tai Chi
Balance Course (outside)	Oral Care Word Search	FREE SPACE	AFEP	Dental Hygiene Month
Lunch @ IHSC	Diabetes Lecture	Play pool @ IHSC	5 mins on IHSC Equipment	Walking
Line Dancing	Fruit	Drums Alive	Breast Cancer Donation	Blood Pressure

# Senior Health & Fitness Day 2021

Tai Chi	Fruit	Play pool @ IHSC	Breast Cancer Donation	Health & Fitness Day 2021
AFEP	Hydration Station	Line Dancing	Walking	Mental Health Quiz
Coloring for Stress Relief	Oral Care Word Search	FREE SPACE	Play Table Corn Hole	Blood Pressure
Domestic Violence Awareness Month	Diabetes Lecture	Candy Calorie Comparison	Stretching	Drums Alive
Lunch @ IHSC	Balance Course (outside)	Fresh Conversations	5 mins on IHSC Equipment	Dental Hygiene Month

# Senior Health & Fitness Day 2021

Fruit	Breast Cancer Donation	Tai Chi	Coloring for Stress Relief	5 mins on IHSC Equipment
Play Table Corn Hole	Diabetes Lecture	Lunch @ IHSC	Stretching	AFEP
Balance Course (outside)	Walking	FREE SPACE	Drums Alive	Fresh Conversations
Candy Calorie Comparison	Blood Pressure	Domestic Violence Awareness Month	Hydration Station	Oral Care Word Search
Dental Hygiene Month	Play pool @ IHSC	Line Dancing	Mental Health Quiz	Health & Fitness Day 2021

# Senior Health & Fitness Day 2021

Fruit	Balance Course (outside)	Oral Care Word Search	Blood Pressure	Candy Calorie Comparison
Coloring for Stress Relief	Lunch @ IHSC	Health & Fitness Day 2021	Play Table Corn Hole	Hydration Station
5 mins on IHSC Equipment	Fresh Conversations	FREE SPACE	Line Dancing	Mental Health Quiz
Diabetes Lecture	Play pool @ IHSC	Tai Chi	Walking	Drums Alive
Domestic Violence Awareness Month	Breast Cancer Donation	Stretching	AFEP	Dental Hygiene Month



# Senior Health & Fitness Day 2021

Walking	Blood Pressure	Play pool @ IHSC	Line Dancing	Play Table Corn Hole
Dental Hygiene Month	Lunch @ IHSC	Candy Calorie Comparison	Fresh Conversations	Hydration Station
Coloring for Stress Relief	Mental Health Quiz	FREE SPACE	Drums Alive	AFEP
Fruit	Health & Fitness Day 2021	Domestic Violence Awareness Month	5 mins on IHSC Equipment	Tai Chi
Diabetes Lecture	Oral Care Word Search	Breast Cancer Donation	Balance Course (outside)	Stretching

# Senior Health & Fitness Day 2021

Walking	Oral Care Word Search	Diabetes Lecture	Drums Alive	5 mins on IHSC Equipment
Blood Pressure	AFEP	Tai Chi	Fruit	Breast Cancer Donation
Play Table Corn Hole	Mental Health Quiz	FREE SPACE	Hydration Station	Coloring for Stress Relief
Balance Course (outside)	Stretching	Candy Calorie Comparison	Line Dancing	Fresh Conversations
Lunch @ IHSC	Domestic Violence Awareness Month	Dental Hygiene Month	Health & Fitness Day 2021	Play pool @ IHSC

# Senior Health & Fitness Day 2021

Diabetes Lecture	Domestic Violence Awareness Month	Health & Fitness Day 2021	AFEP	Play pool @ IHSC
Fruit	Breast Cancer Donation	Candy Calorie Comparison	Fresh Conversations	Oral Care Word Search
Mental Health Quiz	Hydration Station	FREE SPACE	Walking	Coloring for Stress Relief
Lunch @ IHSC	Dental Hygiene Month	Stretching	Line Dancing	Blood Pressure
Drums Alive	Play Table Corn Hole	Balance Course (outside)	5 mins on IHSC Equipment	Tai Chi

# Senior Health & Fitness Day 2021

Line Dancing	Tai Chi	Play pool @ IHSC	Balance Course (outside)	Blood Pressure
Lunch @ IHSC	Dental Hygiene Month	Coloring for Stress Relief	AFEP	5 mins on IHSC Equipment
Health & Fitness Day 2021	Play Table Corn Hole	FREE SPACE	Domestic Violence Awareness Month	Oral Care Word Search
Fruit	Walking	Fresh Conversations	Stretching	Breast Cancer Donation
Mental Health Quiz	Drums Alive	Diabetes Lecture	Candy Calorie Comparison	Hydration Station

# Senior Health & Fitness Day 2021

Balance Course (outside)	Stretching	AFEP	Oral Care Word Search	Candy Calorie Comparison
Hydration Station	Diabetes Lecture	Fruit	Play Table Corn Hole	Dental Hygiene Month
Health & Fitness Day 2021	Line Dancing	FREE SPACE	Walking	Fresh Conversations
Lunch @ IHSC	Mental Health Quiz	Play pool @ IHSC	Blood Pressure	Tai Chi
5 mins on IHSC Equipment	Coloring for Stress Relief	Breast Cancer Donation	Drums Alive	Domestic Violence Awareness Month

# Senior Health & Fitness Day 2021

Hydration Station	Dental Hygiene Month	Lunch @ IHSC	Balance Course (outside)	Coloring for Stress Relief
Domestic Violence Awareness Month	Health & Fitness Day 2021	Drums Alive	Stretching	Candy Calorie Comparison
Fresh Conversations	Play Table Corn Hole	FREE SPACE	AFEP	Walking
Fruit	Oral Care Word Search	Tai Chi	Diabetes Lecture	Blood Pressure
5 mins on IHSC Equipment	Mental Health Quiz	Line Dancing	Breast Cancer Donation	Play pool @ IHSC

# Senior Health & Fitness Day 2021

Play Table Corn Hole	Diabetes Lecture	Breast Cancer Donation	Domestic Violence Awareness Month	Health & Fitness Day 2021
Blood Pressure	Candy Calorie Comparison	Walking	Hydration Station	Play pool @ IHSC
Oral Care Word Search	Lunch @ IHSC	FREE SPACE	Coloring for Stress Relief	Dental Hygiene Month
5 mins on IHSC Equipment	Line Dancing	AFEP	Drums Alive	Balance Course (outside)
Tai Chi	Fresh Conversations	Fruit	Stretching	Mental Health Quiz

# Senior Health & Fitness Day 2021

Domestic Violence Awareness Month	Breast Cancer Donation	Fresh Conversations	Health & Fitness Day 2021	Blood Pressure
Play Table Corn Hole	Mental Health Quiz	Drums Alive	Hydration Station	Coloring for Stress Relief
Stretching	5 mins on IHSC Equipment	FREE SPACE	Lunch @ IHSC	Fruit
Line Dancing	AFEP	Tai Chi	Candy Calorie Comparison	Play pool @ IHSC
Oral Care Word Search	Walking	Diabetes Lecture	Dental Hygiene Month	Balance Course (outside)



# Senior Health & Fitness Day 2021

Dental Hygiene Month	Diabetes Lecture	Fruit	Lunch @ IHSC	Balance Course (outside)
Mental Health Quiz	Tai Chi	Health & Fitness Day 2021	Candy Calorie Comparison	AFEP
Hydration Station	Breast Cancer Donation	FREE SPACE	Play pool @ IHSC	Play Table Corn Hole
Drums Alive	Oral Care Word Search	Walking	Coloring for Stress Relief	5 mins on IHSC Equipment
Stretching	Blood Pressure	Line Dancing	Fresh Conversations	Domestic Violence Awareness Month

# Senior Health & Fitness Day 2021

Hydration Station	Fresh Conversations	AFEP	Walking	Coloring for Stress Relief
Tai Chi	Stretching	Play Table Corn Hole	Health & Fitness Day 2021	Mental Health Quiz
Line Dancing	5 mins on IHSC Equipment	FREE SPACE	Fruit	Domestic Violence Awareness Month
Lunch @ IHSC	Oral Care Word Search	Drums Alive	Diabetes Lecture	Play pool @ IHSC
Breast Cancer Donation	Dental Hygiene Month	Balance Course (outside)	Candy Calorie Comparison	Blood Pressure

# Senior Health & Fitness Day 2021

Fruit	Hydration Station	Candy Calorie Comparison	Walking	Breast Cancer Donation
Play pool @ IHSC	Balance Course (outside)	Dental Hygiene Month	Domestic Violence Awareness Month	Diabetes Lecture
Health & Fitness Day 2021	5 mins on IHSC Equipment	FREE SPACE	Drums Alive	Fresh Conversations
Lunch @ IHSC	Blood Pressure	Stretching	Line Dancing	Mental Health Quiz
Oral Care Word Search	Tai Chi	AFEP	Play Table Corn Hole	Coloring for Stress Relief

# Senior Health & Fitness Day 2021

Fresh Conversations	Balance Course (outside)	5 mins on IHSC Equipment	Breast Cancer Donation	Play Table Corn Hole
Health & Fitness Day 2021	Oral Care Word Search	Hydration Station	Line Dancing	Mental Health Quiz
Tai Chi	Fruit	FREE SPACE	Drums Alive	Domestic Violence Awareness Month
Diabetes Lecture	Play pool @ IHSC	Coloring for Stress Relief	Dental Hygiene Month	Candy Calorie Comparison
Blood Pressure	AFEP	Lunch @ IHSC	Stretching	Walking

# Senior Health & Fitness Day 2021

Coloring for Stress Relief	Drums Alive	Domestic Violence Awareness Month	Blood Pressure	Fresh Conversations
Diabetes Lecture	Breast Cancer Donation	Line Dancing	Health & Fitness Day 2021	Mental Health Quiz
Oral Care Word Search	Walking	FREE SPACE	Candy Calorie Comparison	Play pool @ IHSC
Lunch @ IHSC	Dental Hygiene Month	AFEP	Play Table Corn Hole	5 mins on IHSC Equipment
Fruit	Stretching	Hydration Station	Tai Chi	Balance Course (outside)

# Senior Health & Fitness Day 2021

Health & Fitness Day 2021	Play pool @ IHSC	Coloring for Stress Relief	Hydration Station	5 mins on IHSC Equipment
Lunch @ IHSC	Line Dancing	Dental Hygiene Month	Fruit	Balance Course (outside)
Stretching	Drums Alive	FREE SPACE	Fresh Conversations	Diabetes Lecture
Play Table Corn Hole	Blood Pressure	Tai Chi	Walking	Mental Health Quiz
AFEP	Candy Calorie Comparison	Breast Cancer Donation	Domestic Violence Awareness Month	Oral Care Word Search

# Senior Health & Fitness Day 2021

Play pool @ IHSC	Line Dancing	Dental Hygiene Month	Hydration Station	Oral Care Word Search
Mental Health Quiz	Fruit	Tai Chi	AFEP	Breast Cancer Donation
Blood Pressure	Candy Calorie Comparison	FREE SPACE	Walking	Domestic Violence Awareness Month
Lunch @ IHSC	Play Table Corn Hole	5 mins on IHSC Equipment	Health & Fitness Day 2021	Fresh Conversations
Coloring for Stress Relief	Balance Course (outside)	Drums Alive	Stretching	Diabetes Lecture

# Senior Health & Fitness Day 2021

Fresh Conversations	5 mins on IHSC Equipment	Breast Cancer Donation	Domestic Violence Awareness Month	Line Dancing
Fruit	Lunch @ IHSC	Balance Course (outside)	AFEP	Play Table Corn Hole
Walking	Diabetes Lecture	FREE SPACE	Drums Alive	Oral Care Word Search
Stretching	Blood Pressure	Health & Fitness Day 2021	Play pool @ IHSC	Dental Hygiene Month
Candy Calorie Comparison	Tai Chi	Mental Health Quiz	Hydration Station	Coloring for Stress Relief



# Senior Health & Fitness Day 2021

Drums Alive	Domestic Violence Awareness Month	5 mins on IHSC Equipment	Blood Pressure	Lunch @ IHSC
Play pool @ IHSC	Mental Health Quiz	Walking	Diabetes Lecture	Play Table Corn Hole
Tai Chi	Fresh Conversations	FREE SPACE	Dental Hygiene Month	Coloring for Stress Relief
Health & Fitness Day 2021	Stretching	Line Dancing	Hydration Station	Breast Cancer Donation
Candy Calorie Comparison	AFEP	Oral Care Word Search	Balance Course (outside)	Fruit

# Senior Health & Fitness Day 2021

Coloring for Stress Relief	Stretching	Mental Health Quiz	Balance Course (outside)	Line Dancing
Drums Alive	Hydration Station	Fruit	Tai Chi	Breast Cancer Donation
Dental Hygiene Month	Health & Fitness Day 2021	FREE SPACE	Diabetes Lecture	Fresh Conversations
Lunch @ IHSC	5 mins on IHSC Equipment	Blood Pressure	Domestic Violence Awareness Month	Candy Calorie Comparison
Oral Care Word Search	Play pool @ IHSC	AFEP	Play Table Corn Hole	Walking

# Senior Health & Fitness Day 2021

Health & Fitness Day 2021	Mental Health Quiz	Tai Chi	Breast Cancer Donation	Blood Pressure
Fresh Conversations	Diabetes Lecture	5 mins on IHSC Equipment	Domestic Violence Awareness Month	Walking
Drums Alive	Hydration Station	FREE SPACE	Balance Course (outside)	Play pool @ IHSC
Play Table Corn Hole	Stretching	Candy Calorie Comparison	Oral Care Word Search	Dental Hygiene Month
Line Dancing	Fruit	AFEP	Coloring for Stress Relief	Lunch @ IHSC

# Senior Health & Fitness Day 2021

5 mins on IHSC Equipment	Dental Hygiene Month	Domestic Violence Awareness Month	Play Table Corn Hole	Coloring for Stress Relief
AFEP	Fresh Conversations	Walking	Play pool @ IHSC	Drums Alive
Breast Cancer Donation	Lunch @ IHSC	FREE SPACE	Blood Pressure	Fruit
Line Dancing	Mental Health Quiz	Stretching	Health & Fitness Day 2021	Hydration Station
Oral Care Word Search	Diabetes Lecture	Balance Course (outside)	Candy Calorie Comparison	Tai Chi

# Senior Health & Fitness Day 2021

Walking	Dental Hygiene Month	Fruit	Health & Fitness Day 2021	Tai Chi
AFEP	Play pool @ IHSC	5 mins on IHSC Equipment	Breast Cancer Donation	Stretching
Fresh Conversations	Mental Health Quiz	FREE SPACE	Blood Pressure	Diabetes Lecture
Oral Care Word Search	Hydration Station	Line Dancing	Domestic Violence Awareness Month	Drums Alive
Balance Course (outside)	Lunch @ IHSC	Play Table Corn Hole	Coloring for Stress Relief	Candy Calorie Comparison

# Senior Health & Fitness Day 2021

Walking	Drums Alive	Oral Care Word Search	Coloring for Stress Relief	Lunch @ IHSC
Tai Chi	Stretching	Play pool @ IHSC	5 mins on IHSC Equipment	Mental Health Quiz
Hydration Station	Play Table Corn Hole	FREE SPACE	Blood Pressure	Domestic Violence Awareness Month
Diabetes Lecture	Breast Cancer Donation	Balance Course (outside)	Health & Fitness Day 2021	Dental Hygiene Month
Candy Calorie Comparison	Fresh Conversations	AFEP	Line Dancing	Fruit

# Senior Health & Fitness Day 2021

Drums Alive	Balance Course (outside)	Stretching	5 mins on IHSC Equipment	Breast Cancer Donation
Dental Hygiene Month	AFEP	Blood Pressure	Fresh Conversations	Health & Fitness Day 2021
Diabetes Lecture	Hydration Station	FREE SPACE	Tai Chi	Mental Health Quiz
Coloring for Stress Relief	Play Table Corn Hole	Play pool @ IHSC	Walking	Candy Calorie Comparison
Lunch @ IHSC	Line Dancing	Oral Care Word Search	Domestic Violence Awareness Month	Fruit

# Senior Health & Fitness Day 2021

Line Dancing	Dental Hygiene Month	AFEP	Coloring for Stress Relief	Tai Chi
Play pool @ IHSC	Candy Calorie Comparison	Hydration Station	Walking	Drums Alive
Oral Care Word Search	Health & Fitness Day 2021	FREE SPACE	Fruit	Breast Cancer Donation
Balance Course (outside)	Fresh Conversations	Play Table Corn Hole	Mental Health Quiz	Domestic Violence Awareness Month
Blood Pressure	Stretching	5 mins on IHSC Equipment	Lunch @ IHSC	Diabetes Lecture