

It's a Good Day to Have a Good Day

NRH Senior Center Bingo

Begins Tuesday, March 24 through March 31, 2020

Wake up and get up before 8 a.m.	Breathe deeply or meditate for 10 minutes at one time	Eat 1 cup of fresh fruit	Talk to a friend over facetime/skype	Dance to music for 15 minutes
Write a letter to a friend and mail it	Listen (without talking) for 15 minutes to the birds outside	Set a daily goal in the morning and do it by the evening	Read an article in a magazine or online	Watch a classic movie & share the name on NRH Senior Center Facebook page
Take a slow walk outside	Listen to classical music while picking up the house	FREE SPACE	Write down 3 things you are grateful for- 3 days in a row	Take a 2 hour break from technology
Read a book and give a mini review on NRH Senior Center Facebook page	Eat 1 cup of vegetables	Prepare a dish from a new recipe	Take a nap	Stretch for 10 minutes
Pack a lunch and eat it outside	Post a photo of something you are grateful for #nrhsrcenter	Drink water with all meals for 1 day	Declutter one space	Create a doodle and color it in

Traditional and Four Corners accepted

Place an "X" on each Bingo challenge you complete. If you Bingo within the time period posted at the top, submit copy of card by email to jadkins@nrhtx.com. The winner will be announced on the NRH Senior Center Facebook page.

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