



LOOKING FOR A FUN, NEW WAY TO BE ACTIVE?

BINGO + EXERCISE = BINGOCIZE

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!

CLASS DETAILS

Bingocize-Falls Prevention and Exercise

Palm Harbor Parks and Recreation

September 16 (Session 0)

September 23- December 9th, 2026

Wednesdays and Fridays

11:00am-12:00pm

No class 11/11 (Veterans Day).

No class 11/25 and 11/27 (Thanksgiving).

Open to
ages 60
and up

How do I sign up?



Visit Us: 1500 16th St.
Palm Harbor, FL 34683)



Call Us: 727-771-6000



Register Online:
www.phparksandrec.org

For more information please contact the Health and Wellness Program at the Area Agency on Aging of Pasco-Pinellas at 727-570-9696 ext. 163 or email healthandwellness@aaapp.org

**Please note classes subject to
cancellation or postponement if the
8-participant minimum is not met on
the first day of class.**

Sponsored by:

**AREA AGENCY ON
AGING**
PASCO-PINELLAS

