



B I N G O cize®

Bingocize® is a fun health program that mixes simple exercises with Bingo!

This accessible program is made for older adults & people with disabilities, that teaches easy moves to **get stronger, improve balance & feel great.**

Meet up & play **twice a week for 10 weeks** with your own community!

Beginning
Tuesday
February 3
12:00 Noon
@ JE
Community
Center

No Registration Required!

onondaga.gov

J. Ryan McMahon, II
County Executive



onondaga.gov/aging

JoAnne Spoto Decker
Commissioner

Onondaga County Department of
Adult & Long Term Care Services

(315) 435-2362

Office for Aging

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