

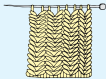
Seniors Wellbeing Bingo



Did some simple falls prevention exercises



Had a video call with your grandkids



Completed a craft item



Connected with your kids and grandkids social media pages



Took a break and relaxed



Exercised



Listened to music



Went through old photos or created a 'this is your life' scrap book



Made a meal for a friend



Cuddled or took your pet for a walk



Used a library service



Used a new technology device



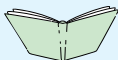
Re-connected with relative or friend



Completed Advance Health Directive



Phoned a friend



Watched or read something uplifting



Decluttered



Cooked a meal with ingredients you've never eaten before



Meditated



Laughed



Sat in the sun



Completed Enduring Power of Attorney



Had a good night's sleep



Had a check-up with a GP



Watered your garden

