

# MARCH

## BINGOCISE

**Fridays  
11:30 a.m.**

**FREE TO ALL W-R ADULT RESIDENTS!**

**3/20 & 3/27**

**Bingo + Exercise + Fun = BINGOCISE!**

**A fun activity that combines the game of BINGO  
with inclusive exercises for everyone!**



**LET'S  
PLAY**

*Bingo!*



**Please wear comfortable clothing, , bring water, and as always,  
please get the ok from your physician before beginning any new  
exercise program. Class will start promptly.**

# 2026