



Bingo + Exercise = Bingocize

A fun 10-week health promotion program that combines the game of bingo with inclusive exercises for everyone!

Must be able to attend 16 out of 20 classes!

Pre-Registration Required: Please Contact Bill Crisp Senior Center at 910-433-1248



Ages 55 and up!

**2 hour sessions will be held on:
September 10, 2025
September 15, 2025
October 29, 2025**

(all sessions from 10:00 am to 12:00 pm)

Free Exercise Only Workshop!

**Where: Bill Crisp Senior Center
(7560 Raeford Rd)**

**When: Every Monday and Wednesday
beginning August 25th through October 29,
2025**

Time: 10:00 am to 11:00 am

Instructors:

Leah Rhone (910-433-3846)

Kyara Crocker (910-433-3892)

**Free
prizes
Lots of
smiles**