

Senior Bingo

賓果遊戲

免費遊戲
FREE

1/28 – 4/1/2023
Every Saturday
逢星期六

Senior Bingo and Physical Activity is program designed for older adults to improve their health and well-being. It has 3 components which combines the monthly thematic talks and physical activity into a bingo game.

Benefits:

- Increases health knowledge and awareness
- Builds strength, balance and maintains muscle mass by walking in place, stretching, hand and leg exercises
- Allows for reflection & improves memory
- Improves social engagement

Detailed Information

Date: 1/28 – 4/1/2023, Every Saturday

Time: 9:30am – 10:30am

Location: 1520 Stockton Clinic,
Health Promotion Room

賓果遊戲和體能活動是專為長者而設的運動計劃,旨在改善他們的健康和福祉。這個活動包括三個部分,它將每月的主題講座和體育活動結合到賓果遊戲中。

好處:

- 增加健康知識和關注
- 透過原地踏步、伸展運動、手腿練習,去增強力量、平衡並保持肌肉質量
- 練習反應並提升記憶力
- 改善社交

詳細資料

日期: 1/28 – 4/1/2023, 逢星期六

時間: 上午9時半至10時半

地點: 華埠Stockton街診所健康教育部



**NORTH EAST
MEDICAL SERVICES**
東北醫療中心

a californiah⁺center

Contact Health Education 聯絡健康諮詢部:
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Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意: 如果您使用中文, 您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

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