

SENIOR

★ BINGO ★

賓果遊戲

3/30/2024 – 6/1/2024

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.

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。

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 and improves memory
- Improves social engagement

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

Detailed Information 詳細資料

- Language 語言:** Cantonese 粵語
- Date 日期:** 3/30/2024 – 6/1/2024 Every Saturday 逢星期六
- Time 時間:** 9:30am – 10:30am 上午9時半至10時半
- Location 地點:** 1520 Stockton Clinic
Health Promotion Room
華埠 Stockton 街診所健康教育部

免費遊戲
FREE

NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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).

NEMS
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MEDICAL SERVICES
東北醫療中心

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