

# SENIOR

# ★ BINGO ★

# 賓果遊戲

11/4/2023 – 1/6/2024

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:** 11/4/2023 – 1/6/2024 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:** Stockton Clinic - 1st Floor Health Promotion Room  
三藩市華埠 Stockton 街診所一樓健康教育部  
(1520 Stockton Street, San Francisco, CA 94133)

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).