

Master Minds – Wellness Bingo

Try to fill up all 25 squares in one week.

Complete a crossword puzzle	Read something for 20 minutes	Eat a vegetable	Write a letter to a friend or family member	Identify one type of bird you see out of your window
Write an original joke or one-liner	Walk in place 1-3 minutes, seated or standing	Write a journal entry or a story from your life	Listen to music	Sit quietly and reflect for 5 minutes
Talk on the phone with a friend or family member	Drink 4-6 glasses of water every day for 5 days	FREE SPACE	Paint or draw a picture	Learn “hello” and “thank you” in another language
Practice deep breathing for 1 minute for 5 days	Sing 1 verse of a song to another person	Give 5 “air” high-fives to 5 different people	Eat a piece of fruit	Laugh at a friend’s joke
Wash hands for at least 30 seconds	Complete a word search	Learn your state’s slogan	Make an acronym with your first name	Eat a healthy snack

We know it can be difficult to get the exercise you want while sheltering in place.

It is especially important during this time to reduce your risk of hospitalization. EnerG® by Aegis is proud to partner with your community to keep you healthy through wellness and therapy services. Physical, occupational and speech therapy services are available to help with everything from building balance and strength, to memory and pain management.

Contact the wellness department for more information.



THE
CANTON REGENCY
SENIOR LIVING RESIDENCES

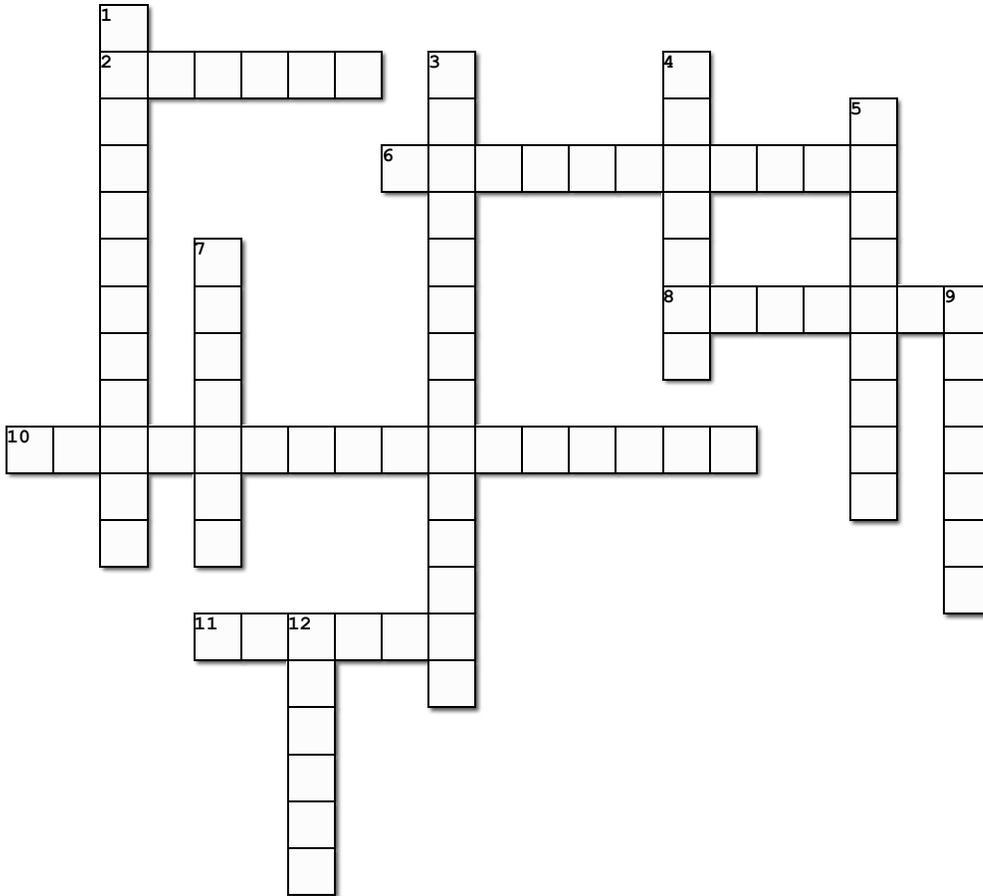


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Master Minds – Crossword Puzzle

Use the clues to fill in the blanks.



Down

1. World's largest body of water
3. Inventors of the airplane
4. Biggest bird
5. First man to walk on the moon
7. Biggest planet
9. Winner of most Oscars for acting
12. First affordable car

Across

2. Biggest state
6. Twelfth-tallest building in the world
8. Fastest land animal
10. Longest structure in the world
11. Hottest season

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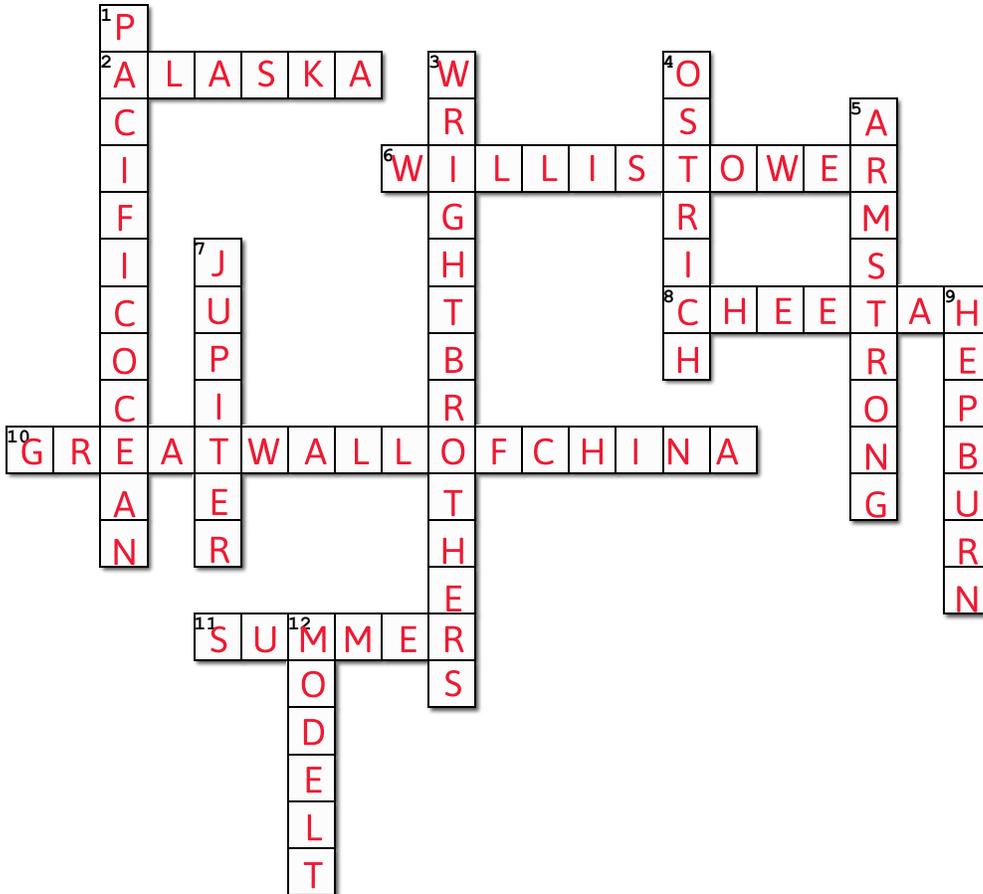
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