

Healthy
People
Brighter
Days
Together

October 2026 Wellness Bingo

Complete activities during the month and see how many squares you can mark!

B

I

N

G

O

Drink a glass
of water



Take a beach walk



Stretch for
5 minutes



Share a smile



Try chair
yoga



Eat a healthy
fall snack



Visit Shore
Acres Gardens



Take 3
deep breaths



Say one thing
you're grateful for



Spend time
outside



Go to
Halloween Party



Take a lap or two
at the Sunset Track
with your preferred staff



**FREE
SPACE**



Talk with
a friend



Get/Make
Halloween Costume



Enjoy a picnic or
fresh-air break



Take a scenic drive
in Curry County



Try a balance
exercise



Visit the Coos
History Museum



Laugh with
someone



Choose a fruit
or veggie



Relax quietly
for 5 minutes



Go pumpkin patch
or pumpkin picking



Take a walk at
Harris Beach or
Azalea Park



Celebrate
a success



COMMUNITY ♥ WELLNESS ♥ CONNECTION ♥ BELONGING

A Brighter, More Independent Tomorrow ♥