

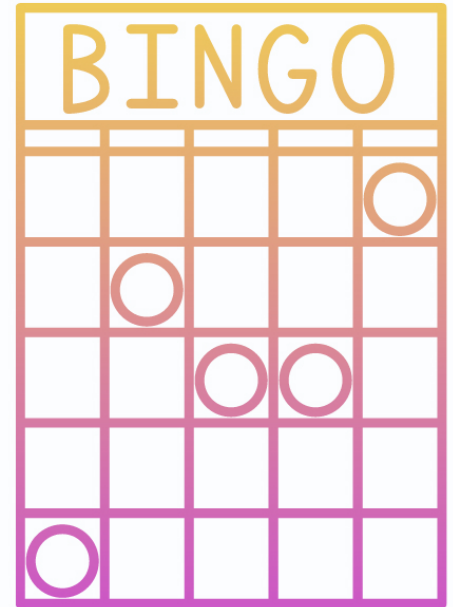
Join our Hawaii Jewish Community

Play bingo & move your body!

Free of charge!

Bingocize combines Bingo with easy exercises to help with balance, heart health and strength!

- Class meets twice a week for 10 weeks on Zoom for 45 minutes
- You can stand or sit in a chair
- Bingo cards will be sent to your home
- PRIZES for the winners!
- Taught by a certified instructor



Classes meet on Zoom:
Mondays & Wednesdays: 9:00 - 9:45 AM
starts Monday, January 9th

To register:

Please email or call us with your name, email & mailing address:

808-258-7121 or
admin@jcs-hi.org



cje SeniorLife
Jewish values for positive aging

