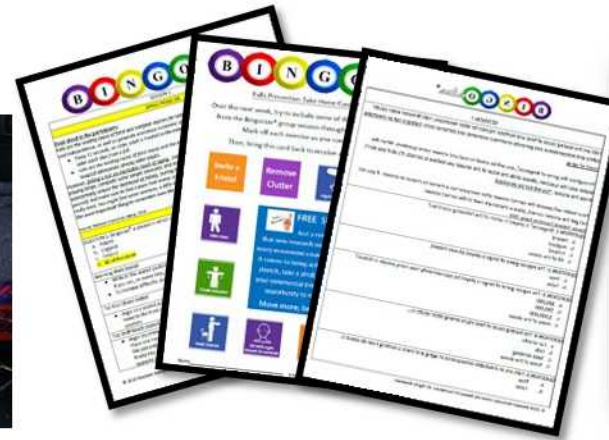




Face-to-Face Delivery Options

Traditional Method: Facilitator & participants use traditional bingo game Bingocize® printed workshop materials.

Recommend moving towards using Bingocize *Online* only!



Everyone uses Bingocize Online on any type of electronic device connected to WIFI to deliver Bingocize® workshop exercises/information (only take-home cards are printed)



Face-to-Face Delivery Options

Facilitator uses electronic device + Bingocize *Online*

Combination:

- Facilitator uses Bingocize *Online* on any type of electronic device connected to WIFI to deliver Bingocize® workshop exercises/information (no physical bingo game needed).
- Participants use printed workshop materials and custom Bingocize® paper card instead of Bingocize *Online*

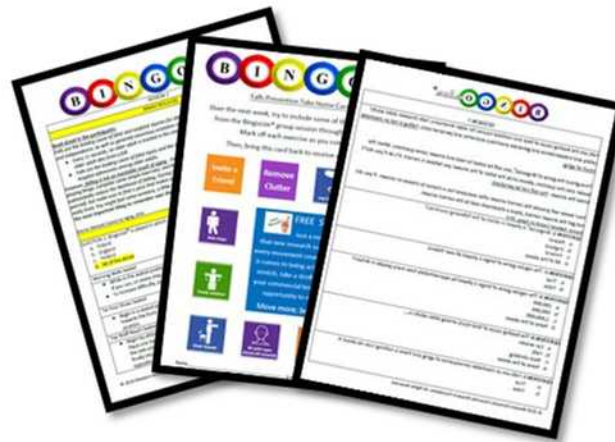


36	25	13	8	20	15
4	19	1	12	7	28
10	29	34	22	21	3
24	18	2	11	6	31
32	5	14	27	26	16
33	23	35	17	30	9



Option 1 (No one is in the same place):

- Facilitator uses Bingocize *Online* on any type of electronic device connected via video conference platform, e.g. Zoom.
- Participants also use electronic devices to log into video conference platform *and* use custom printed bingo cards, workshop materials, and take-home cards. Materials can be mailed or picked up.



36	25	13	8	20	15
4	19	1	12	7	28
10	29	34	22	21	3
24	18	2	11	6	31
32	5	14	27	26	16
33	23	35	17	30	9

Option 2 (No one is in the same place):

- Facilitator uses Bingocize *Online* on any type of electronic device connected via video conference platform, e.g. Zoom.
- Participants also use electronic devices to log into video conference platform *and* log into Bingocize *Online*. Take-home cards are printed.



Option 3 (No one or some people in same place):

- Facilitator & participants at remote locations use a video conference platform
- Participants in same location as facilitator use custom printed Bingocize cards or play using Bingocize Online
- Participants in a different location play Bingocize *Online* or use special Bingocize® printed paper cards. Facilities could mail custom printed Bingocize cards for remote players who prefer to use a hard copy over playing online. Bingocize® take-home cards are also printed.



36	25	13	8	20	15
4	19	1	12	7	28
10	29	34	22	21	3
24	18	2	11	6	31
32	5	14	27	26	16
33	23	35	17	30	9

Falls Prevention Take Home Card: Week 1

Over the next week, try to include some of the movement exercises from the Bingocize® group session throughout your regular day. Mark off each exercise as you complete them.

Then, bring this card back to receive a free small prize.

- Invite a Friend
- Remove Clutter
- FREE SPACE: Just a reminder that new research suggests every movement counts, when it comes to being active. So, stretch, take a stroll, or use your commercial break as an opportunity to move. Move more, be well!
- Use Stairs
- Stand on One Foot
- Touch to Balance
- Exercise

