

# RARITAN VALLEY YMCA

144 Tices Lane, East Brunswick, NJ 08816



Looking for a fun and safe way to stay active? Then this program is for you!

We are bringing Bingocize back! You have two different options! This is a 10-week program held at the Raritan Valley YMCA and VIRTUALLY that combines a bingo like game with healthy education and exercises!

Our certified Bingocize leaders will guide you through gentle exercises that will help you maintain fitness, mobility, reduce falls, and increase your health knowledge. Come play bingo and meet new people. A \$10 ShopRite Gift Card will be awarded to each person each week of completion!

Classes will be held every Monday at 10am & Wednesdays at 10:30am starting February 10th. If you decide on the virtual option, we will send you a zoom link before every session!

Registration and program materials are free!

To register you do NOT need to be a member:

- Come to the front desk.
- Call us at 732-257-4114.
- Email [chirschy@raritanvalleymca.org](mailto:chirschy@raritanvalleymca.org).



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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**