

CALLING ALL SENIORS!

ARE YOU LOOKING FOR A FUN NEW WAY TO BE MORE ACTIVE?

Join the FREE fun! Win prizes!



Try Bingocize®!
Bingo + Exercise =
Bingocize®



Bingocize® is a 10 week health promotion program that combines the game of bingo with fall prevention and strengthening exercises.

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Must be age 60+

WHEN: TUES. & THURS.

TIME: 10:30AM - 11:30AM

WHERE: ENCAP

2406 Fowler Ave
Omaha, NE 68111

Sign up now!

Contact Cat Pitman at:
402-453-5656 ext. 230, or
cpitman@encapomaha.org



encapnebraska.org