

## BINGO Calls – Thursday, May 12, 2022

The following bingo words were randomly selected by Darrel Fedoruk (GCTP Supervisor, Courage House) for Thursday, May 12. Mark your card if you have these words. See the game rules at [www.knowledscentre.org/wcm-docs/docs/2022\\_mental\\_health\\_may/bingo\\_rules\\_2022.pdf](http://www.knowledscentre.org/wcm-docs/docs/2022_mental_health_may/bingo_rules_2022.pdf).

### 1. Dance



These days, people love to watch other people dance. Competitive dance shows like *So You Think You Can Dance* and *Dancing With the Stars* are big in the world of reality television. What you may not realize, however, is that if you get off the couch and dance yourself, it's a great way to keep your body and mind healthy. Studies show that dancing can help you lose weight, stay flexible, reduce stress, make friends, and more. What are you waiting for? Start reaping the many health benefits of dance today.

Source: <https://www.everydayhealth.com/fitness-pictures/health-benefits-of-dance.aspx>

Check out these moves (do not try at home!): <https://www.youtube.com/watch?v=RD3RI5kE9-Q>

### 2. Fibre

Dietary fibre is important for our digestive health and regular bowel movements. Fibre also helps you feel fuller for longer, can improve cholesterol and blood sugar levels and can assist in preventing some diseases such as diabetes, heart disease and bowel cancer. Fibre rich foods include:

- Wholegrain breakfast cereals, whole wheat pasta, wholegrain bread and oats, barley and rye.
- Fruit such as berries, apples, pears, melon and oranges.
- Vegetables such as broccoli, carrots and sweetcorn.
- Peas, beans and pulses/lentils.
- Nuts and seeds.
- Potatoes with skin.

### 3. Mindfulness

Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

Source: <https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness/exercises/art-20046356>



**Keep going for more of today's Bingo words!**

## 4. Volunteer

Volunteering is one of the most rewarding things you can do.

- Gain confidence
- Make a difference
- Meet people
- Be part of a community
- Learn new skills
- Take on a challenge
- Have fun!

Interested in a volunteer opportunity? Visit:

<https://www.volunteermanitoba.ca/>



## 5. Stars



Stargazing sessions are on the rise as a trendy form of mindful meditation – helping people to relieve stress and find mental silence in all things astral. Here are 5 benefits of stargazing:

1. You get out into nature
2. It can spark your creativity
3. It's a stress reliever
4. It's a social hobby
5. It's always exciting

Check out the current sky from your computer (until you can get outside at night) at

<https://manitobamuseum.ca/visit/planetarium>

**See list of winners and available prizes  
to be won on the next page**



# BINGO Winners

## **One line in any direction**

(3 x \$20 Amazon gift cards available to be won)

1. Kim Sawchuk (SAIL)
- 2.
- 3.

## **Four corners**

(3 x \$20 Amazon gift cards available to be won)

- 1.
- 2.
- 3.

## **Small house**

(2 x \$40 Amazon gift cards available to be won)

- 1.
- 2.

## **Lucky 7**

(2 x \$50 Amazon gift cards available to be won)

- 1.
- 2.

## **Diagonal cross**

(2 x \$50 Amazon gift cards available to be won)

- 1.
- 2.

## **Full house**

(1 x \$100 Amazon gift card available to be won)

- 1.