

Universal Wellness BINGOCIZE Syllabus

Spring Semester 2026

Mondays, 10:45am-12:15pm

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Course Description

Bingo+Exercise= BINGOCIZE

Bingocize® is a one-of-a-kind program that mixes gentle exercise and health education with the classic game of Bingo! It's designed to keep you moving, laughing, and learning—all while connecting with others. Bingocize® is perfect for older adults of all abilities and is a fall prevention evidence-based program. We are going to talk about five different areas of health and wellness: physical, mental, social, nutrition and hygiene.

Week	Topic	Notes
Week 1 / Feb 2	Week 1 Speaker Introduction Class	Pre-Registration
Week 2 / Feb 9	Week 2 Lessons 1&2	
Week 3 / Feb 23	Week 3 Lessons 3&4	
Week 4 / March 2	Week 4 Lessons 5&6	
Week 5 / March 9	Week 5 Lessons 7&8	
Week 6 / March 23	Week 6 Lessons 9&10	
Week 7 / March 30	Week 7 Lessons 11&12	
Week 8 / April 13	Week 8 Last Class	Post-Registration
*No classes	February 16- Presidents Day, March 16- Spring Break, and April 6- I will be out of town for a work camp with UNR Extension HAI.	*No classes- 2/16, 3/16, 4/6

***Content/order/classes/speakers subject to change if necessary.**