

ALL MICHIPICOTEN FIRST NATION CITIZENS
ARE INVITED TO PARTICIPATE IN...

Physical Activity Bingo

October 9, 2024 to November 1, 2024

Physical Activity Bingos are a fun way to get families and individuals moving and benefiting from physical activity!

Participants will take photos of themselves doing the activities on the bingo card and email them to Jennifer Jacques once they get one line, two lines, or a full card.

Limited to one prize per participant.
Prizes for first to email one line, two lines, a full card, and there will be participation draws.
Late entries will not be accepted.

For more information or to submit your photos, please contact Jennifer Jacques, Community Wellness Worker at cww@michipicoten.com or call/text 705-914-0560 or Keesha Steadman, Family Well-Being Worker at fwbw@michipicoten.com or call/text 705-914-0029.

MICHIPICOTEN FIRST NATION CITIZENS ONLY

Physical Activity Bingo Card

October 9, 2024 to November 1, 2024

One line, two lines, or full card.

One prize per participant. No late entries.

B	I	N	G	O
GO TO A PUMPKIN PATCH	TAKE A TRIP TO A FARMER'S MARKET	HIKE IN THE FALL FOLIAGE	COLLECT COLOURFUL LEAVES	WARM UP WITH A BOWL OF SOUP
MAKE A MAZE IN THE LEAVES	CHOOSE THE STAIRS INSTEAD AN ELEVATOR	TRY A NEW TYPE OF WINTER SQUASH	ROAST PUMPKIN SEEDS	TAKE AN EVENING WALK
ATTEND A FALL FESTIVAL	PLAY HIDE AND SEEK	FREE SPACE	PLANT BULBS FOR SPRING	GO FOR A MORNING WALK/BIKE RIDE
HAVE A FALL PICNIC	RAKE LEAVES	TRY A NEW FALL RECIPE	TASTE DIFFERENT VARIETIES OF APPLES	UNPLUG FROM TECHNOLOGY FOR A DAY
JUMP ROPE	PLAY AN ACTIVE VIDEO GAME	PLAY CATCH OUTSIDE	CARVE A PUMPKIN	CREATE AN OUTDOOR OBSTACLE COURSE

Send your photos to:

Jennifer Jacques at cww@michipicoten.com or text 705-914-0560 or
Keesha Steadman at fwbw@michipicoten.com or text 705-914-0029.