



WALK -TOBER BINGO!

Go for a walk with a friend	Notice something orange on a walk	Pay your bus fare using Tap2Ride	Say hello to a fellow walker	Run an errand by bus, bike, or walking
Walk in your neighborhood	Learn about Senior Go!	Wear bright colors on a walk	Notice something yellow on a walk	Learn about 5-1-1
Enjoy not driving!	Try Back Leg & Side Leg Raises		Walk to your nearest bus stop	Go for a walk twice in one week
Practice balancing on one foot	Learn your nearest Park-and-Ride	Learn your closest bus route	Tell a friend about Walk-tober!	Check your walking shoes for fit
Use multiple modes (such as walk+bus)	Appreciate your mobility!	Try the Walking the Line exercise	Walk an extra 5 minutes	Use a light or reflective band on a walk



OCTOBER IS WALK-TOBER!

Participating in BINGO is easy:

- Complete 5 challenges in-a-row
- Turn in your BINGO card at your local Senior Center for a prize! (While supplies last)

Tips for safe walking:

- Walk with a buddy: You're more likely to stick with it if you have a friend with you!
- Be aware of your surroundings: Choose well lit, popular routes
- Dress properly: Wear comfortable shoes and clothes for the heat or cold
- Don't forget your aids: Visual, hearing and mobility
- Stay hydrated!

*We support all modes, not just walking! Try public transit, riding a bike, or carpooling.

Questions? Need a ride? Call 5-1-1 for info.

