

Steppin' Out

During COVID-19

During Physical Distancing Going For a Walk will provide
Exercise and Fresh Air!

55 Plus Walking & LISTENING Bingo Challenge!

*We have put a **NEW** Twist on **Walking Bingo!***

Record how many **SOUNDS** you **HEAR!** And record your walking
time each day you go for a walk. **Take a new Route each day!**

Have fun listening to the world around you!

Congratulations
to Joie Van Dongen
on Achieving a
FULL HOUSE for
April's Challenge!

Send your results to: si55plus@mts.net

Photos also Welcome!



Let's Challenge & Encourage One Another!

Note: Results and Photos may be posted on 55 Plus Website or Facebook Page.

Car Horn	A Bike Bell	Chainsaw	A Horse Neighing	Helicopter
Robin's Song	A Jackhammer	Water Splash	A Cell Phone Chime	Music Playing
A Child's Laugh	Truck Engine	FREE SPACE (Your Choice)	Police Siren	Hammering
A Phone Ringing	Mourning Dove Singing	Train Whistle	Airplane	Door Bell
Leaves Rustling	Dog Barking	Wind	Sports Car Revving	An Ambulance Siren