

# Winter Challenge Bingo

Join Aroostook County Action Program and Northern Light Health A.R. Gould Hospital for Winter Challenge Bingo! How many activities can you and your family do? Get a bingo in any direction (vertical, horizontal or diagonal) to be entered to win the grand prize of a \$100 gift card to Bike Board and Ski. Everyone that enters gets a prize! Cross off the activity as you or your family completes it and don't forget to take some pictures! Once you have Bingo, send a photo of your completed card and at least one photo of an activity that you and or your family completed!

E-mail your photos to [rbragdon@acap-me.org](mailto:rbragdon@acap-me.org) or [droberts@northernlight.org](mailto:droberts@northernlight.org).  
Bingo card photo and activity photo will be accepted from Feb 1 to Feb 13.

Prepare a Healthy Meal Together	Have a Family Game Night	Turn off TV for 1 Night	Make Fruit Smoothies	Make A Snowman Together
Take a Family Walk	No Sugary Drinks for 1 Day	Have a Freeze Dance Competition	Visit your Local Library	Stretch for 15 minutes
Go SnowShoeing	Help Someone Shovel Snow	FREE SPACE	Try a New Fruit	Try a New Vegetable
Go Sliding Outside	YouTube and Try a Yoga Video	Read a Book Together	Try Drinking Fruit Infused Water	Drink 8 oz of Water Each Day for a Week
Get 8 Hours of Sleep	Make a Blanket Fort with the Family	Clean a Room in Your House	Eliminate Caffeine for 1 Day	Create an Art Project