













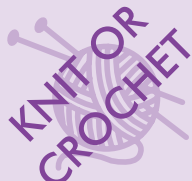

















# Activity Bingo

 <p>READ A BOOK</p>	 <p>AND RELAX...</p>	 <p>WATCH A SERIES</p>	 <p>START A JIGSAW</p>	 <p>BAKE A CAKE</p>	 <p>DO SOME GARDENING</p>
 <p>JOIN A BEFRIENDING SERVICE</p>	 <p>PLAY A BOARD GAME</p>	 <p>TIME FOR DIY</p>	 <p>GET ACTIVE!</p>	 <p>WRITE A LETTER</p>	 <p>FILM NIGHT</p>
 <p>GET CREATIVE</p>	 <p>PICK A HOBBY</p>	 <p>KNIT OR CROCHET</p>	 <p>LEARN A NEW SKILL</p>	 <p>SPOIL YOURSELF</p>	 <p>START A SCRAPBOOK</p>
 <p>PLAY CARDS</p>	 <p>HAVE A SORT OUT</p>	 <p>WRITE A POEM</p>	 <p>RENOVATE YOUR FURNITURE</p>	 <p>TAKE PART IN A COMPETITION</p>	 <p>TRY A NEW RECIPE</p>
 <p>GROW FRUIT &amp; VEG</p>	 <p>LISTEN TO MUSIC</p>	 <p>PAINT A PICTURE</p>	 <p>WRITE A STORY</p>	 <p>SOLVE A RUBIK'S CUBE</p>	 <p>LEARN A LANGUAGE</p>

**Read a book** – start something new or read an old favourite

**And relax...** – why not enjoy a nice warm bath by candlelight?

**Watch a series** – a documentary or a quiz show

**Bake a cake** – check out our Tasty Cake Recipes for inspiration!

**Join a befriending service** – Age UK and Silverline are great (sign up online or ask family to help you)

**Time for DIY** – start a new project or finish off those little chores around the house

**Pick a hobby** – like to bird watch? Or maybe play an instrument?

**Knit or crochet** – knit a blanket for charity or a member of the family

**Spoil yourself** – take a look at what's available on the shopping channels

**Play cards** – Solitaire is always fun! Or Rummy if you're with loved ones!

**Listen to music** – and sing along!

**Paint a picture** – your house, flowers, whatever you choose!