Chair Activity BINGO

- Arm Raise
- Shoulder Flex
- Knee Extension
- Sit & Reach
- Arm Circles
- Tummy Twists
- Shin Strengthen
- Neck Stretch
- Chest Press
- Elbow Press
- Chest Stretch
- Arm Reach
- Elbow to Knee
- Balancing Toe Taps
- Heel Raises
- Reach & Bend