

Self Care Bingo

Victorian
Seniors
Festival
Reimagined
2020

Look up
★ at the
★ stars ★

"Dance"
like
no-one
is
watching

LIGHT A
SCENTED
CANDLE

GO for a
STROLL

GET
8HRS OF
SLEEP

Have a
bubble bath

Watch a
movie
with



SURPRISE
SOMEONE
WITH A
TREAT

Watch a
Sunrise
or
Sunset

DRAW
SOME-
THING

Walk on the
GRASS
barefoot

Check
in
with a
friend

Try a
new
recipe



Listen
to music
loudly



Immerse
yourself
in
a book

EAT A
TREAT
WITHOUT
GUILT



Have a
virtual
coffee
with a
friend



Learn
something
new in
technology

Plant
something



Declutter
a
space



Put on
perfume/
after
shave



Dress in
your good
clothes

Tune into a
Victorian
Seniors
Festival
broadcast

Check out
wyndham
together.
com.au