



Moving Day Bingo!

To get you in the Moving Day Spirit, here is a fun new challenge!



For every row you complete (vertical, horizontal, or diagonal) you will be entered into a drawing for a Moving Day prize!

- Mark off the boxes as you complete challenges.
- “Blackout” the entire sheet (complete ALL of the challenges) to earn a Parkinson’s Foundation lapel pin.
- Once complete, snap a picture or scan the sheet and then email or text it to Kim **by midnight October 5th** to qualify.
 - **Email:** kcollins@parkinson.org
 - **Text:** 585-770-7099

Moving Day Rochester Virtual Walk

ALL ARE WELCOME!

Saturday, September 26, 2020 at 10am

[On Facebook at the Parkinson’s Foundation New York and New Jersey Chapter page](#)





<p><u>Raise \$100</u> for Moving Day</p>	<p>Download the <u>Moving Day App</u></p>	<p>Engage with a PD Health @ Home <u>Fitness Friday Video</u></p>	<p>Invite 5 Friends or Family to Join Your Team</p>	<p>Visit the Moving Day <u>Virtual Exhibit Hall</u></p>
<p>Exercise 3 Days in a Row</p>	<p>Make a <u>Donation</u> to another Moving Day Walker</p>	<p>Tune into Moving Day Rochester on September 26th!</p>	<p><u>Send Us</u> a Picture of You <i>(and/or your Team)</i> Getting Ready for Moving Day</p>	<p>Call 3 People: Invite them to Donate and Virtually Attend Moving Day</p>
<p><u>Send Us</u> a 30 sec Video Showing you walking for Moving Day (in your neighborhood, on a treadmill, etc.)</p>	<p>Get a Donation of At Least \$25 for Moving Day</p>	<p><u>Register</u> for Moving Day!</p>	<p>“Like” our <u>New York and New Jersey Facebook Page</u></p>	<p>Try a New Exercise You Have Never Done Before</p>
<p>“Like” a New York & New Jersey <u>Social Media Post</u></p>	<p>Start a <u>Facebook Fundraiser</u></p>	<p>Get 5 Donations for Moving Day (of any size)</p>	<p>Exercise with a Friend <i>(Online, By Phone, or Safely In-Person)</i></p>	<p>Attend a Virtual <u>Parkinson's Foundation Event</u></p>
<p>Send Out 5 Messages from your <u>Participant Center</u></p>	<p>Take a Walk Outside</p>	<p>Check Out the <u>Website</u> of one of Our Generous Sponsors</p>	<p>Read One of Our Inspiring <u>"My PD Stories"</u></p>	<p>Raise \$250 for Moving Day</p>