

Name _____ Phone Number _____



Olean Public Library

2016 Adult Summer Reading Program

B I N G O

Read a book or listen to an audiobook while at the gym or exercising.	Read or listen to a self- help book	Attend a library program	Read or listen to a book about a sport or outdoor activity (camping, hiking, etc.)	Check out a cookbook and try a new recipe.
Read a poem outside.	Go outside, sit down, and think about nothing for at least 10 minutes.	Read out-loud to someone (another person, your pet) for at least 15 minutes.	Play a board game with family or friends.	Go on a long hike.
Read a Healthy yoUniversity package.	Get your blood pressure checked.	Free Space	Play outside with someone, man or beast.	Read or listen to a book from a genre that is new to you.
Read or listen to a Young Adult Novel.	Walk or ride your bike for a day – NO CARS.	Read or listen to a classic novel.	Spend an afternoon at the park.	Meditate for 20 minutes or more.
Try a new fruit or vegetable.	Watch a DVD about health or exercise.	Attend a free Zumba class at Fitness in the Park (every other Wed. from 6-7 in Gargoyle Park)	Read a book from the Brown Bag Book Club list (past year's lists are available on the website).	Listen to an audiobook while walking.

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Walk or bike somewhere instead of driving	Drink at least eight 8oz glasses of water in a day	Attend a library program	Try drawing a Zentangle	Read or listen to any book
Try a new exercise or physical activity	Read or listen to a book about a famous Olympic Athlete	Work on a jigsaw puzzle	Research a health topic that is of interest to you	Attend a library program
Eat at least 5 servings of fruits and vegetables in a day.	Track your wellness goals.	Free Space	Read or listen to a book on meditation	Read or listen to a book from a genre that is new to you.
Listen to an audiobook while you exercise.	Get at least 8 hours of sleep in one night.	Read a graphic novel	Go for a walk after dinner	Try a healthy new recipe or adapt an old recipe using healthy ingredients
Go without eating fast food for a week.	Read or listen to a book about diet and exercise.	Try juicing your fruits and vegetables.	Read a magazine that deals with health or wellness or fitness	Explore some time management techniques.