



# 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 surprise Moving Day gift basket! Mark off the boxes as you complete the challenges.**

- “Blackout” the entire sheet (complete ALL of the challenges) to earn an additional special prize!
- Just snap a picture of the completed sheet on your phone, then email, or mail it in by September 19 to qualify.
  - **Email:** [zorner@parkinson.org](mailto:zorner@parkinson.org)
  - **Mail:** Parkinson's Foundation, 8085 Wayzata Blvd., Ste. 100, Golden Valley, MN 55426

## **Moving Day Fargo Moorhead Virtual Walk** *ALL ARE WELCOME!*

**Virtual Replay Available Now at:**  
[MovingDayFargoMoorhead.org](http://MovingDayFargoMoorhead.org)



### **Thank You to our Local Sponsors**

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<p><b><u>Raise \$100</u></b> for Moving Day</p>	<p>Download the <b><u>Moving Day App</u></b></p>	<p>Engage with a PD Health @ Home <b><u>Fitness Friday Video</u></b></p>	<p>Invite 5 Friends or Family to Join Your Team</p>	<p>Check Out the <b><u>Website</u></b> of Our Generous Sponsor </p>
<p>Exercise 3 Days in a Row</p>	<p>Make a <b><u>Donation</u></b> to another Moving Day Walker</p>	<p>Start a <b><u>Facebook Fundraiser</u></b></p>	<p><b><u>Send Us</u></b> 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>Check Out the <b><u>Website</u></b> of Our Generous Sponsor </p>	<p>Get a Donation of At Least \$25 for Moving Day</p>	<p><b><u>Register</u></b> for Moving Day!</p>	<p>“Like” our <b><u>Minnesota Dakotas Facebook Page</u></b></p>	<p>Try a New Exercise You Have Never Done Before</p>
<p>“Like” a Minnesota Dakotas <b><u>Social Media Post</u></b></p>	<p><b><u>Check Out</u></b> Our Virtual Walk Replay!</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>Check Out the <b><u>Website</u></b> of Our Generous Sponsor </p>
<p>Send Out 5 Messages from your <b><u>Participant Center</u></b></p>	<p>Take a Walk Outside</p>	<p>Check Out the <b><u>Website</u></b> of Our Generous Sponsor </p>	<p>Read One of Our Inspiring <b><u>"My PD Stories"</u></b></p>	<p>Raise \$250 for Moving Day</p>