# Parkinson Voice Project invites you to participate in

# Holiday Bingo

## HERE'S HOW TO PLAY:

Scroll down to see the BINGO sheet. Mark a big "**X**" over each box as you complete each activity. (*) Activities can be found on Parkinson Voice Project's website: www.ParkinsonVoiceProject.org.

Email or mail your completed BINGO sheet to Parkinson Voice Project by Monday, January 11, 2027, to receive the Holiday Activity packet.

**Email Address:** INTENT@ParkinsonVoiceProject.org

**Mailing Address:**

Parkinson Voice Project

646 North Coit Road, Suite 2250

Richardson, TX 75080

# Holiday BINGO

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| Answer the telephone with purpose! | Tell someone about your favorite holiday movie with INTENT! | Sing a holiday song using your stage voice! | Call a family member and speak with INTENT! | Pay It Forward by doing something kind for someone with INTENT! |
| Compliment someone using your best voice! | Write your name with INTENT! | Tell someone about your holiday plans with INTENT! | Read aloud for two minutes; say every word with INTENT! | Say "thank you" to someone with INTENT! |
| Use flashcards from the eLibrary with a friend or family member. * | Look in a mirror and practice smiling with INTENT! | Participate in a SPEAK OUT!® Home Practice Session online. * | Look through a photo album and name five people with INTENT! | Complete your SPEAK OUT! exercises five days in a row (online or using the eLibrary). |
| Read your holiday wish list aloud with INTENT! | Watch the What is Parkinson's Video.* | Leave yourself a voicemail and listen to it. Did you use your BEST voice? | Establish a routine for doing your speech exercises every day (e.g., after breakfast). | Read an article on Parkinson Voice Project's Blog. * |
| Tell someone how speaking with INTENT makes a difference in your life. | Donate to Parkinson Voice Project's Holiday Challenge.* (deadline is Dec. 31) | Place a food order by phone or at a restaurant with INTENT! | Read a holiday recipe, poem, or story aloud with INTENT! | Greet a friend using your BEST voice. |

**Please email a Holiday Activity packet to:** _____

**U.S. Residents may receive a Live with INTENT T-shirt: S M L XL 2XL**

**NAME:** _____

**STREET ADDRESS:** _____ **CITY:** _____ **STATE:**_____ **Zip:**_____