



# THE LOUD QUIET

# EMPTY NEST LIVING BINGO


The kids are gone, so what now? This bingo card is your invitation to lean into the freedom, fill your days with things you actually enjoy, and give yourself credit for every new experience along the way. Instead of focusing on the quiet, focus on what's possible.

## HOW TO PLAY

1. Mark off each square as you complete the activity.
2. Get three in a row horizontally, vertically, or diagonally, to get BINGO!
3. See how fast you can fill your card.

Mark them off as you go, have fun with it, and see how quickly you can get bingo.

Snap a photo and share it in our Facebook group, we'd love to see what this season looks like for you.



# THINGS YOU GET TO DO NOW THAT THE KIDS ARE GONE



Start planning a trip just for you



Go to happy hour on a Wednesday night



Meet a fellow empty nester for Saturday morning coffee



Turn off your porch light and go out to dinner on Halloween

THE  
LOUD  
QUIET



Explore a new community service opportunity



Start that new activity you've been putting off for years



Schedule a dinner with a friend you haven't seen in a while



Plan a middle of the week day-date

