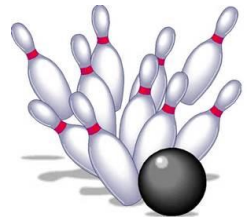


"I CAN DO ALL THIS THROUGH HIM WHO GIVES ME STRENGTH."

PHILIPPIANS 4: 13

BOWLING



Most residents have been on leagues or have a familiarity with the game of bowling; a sport whose 5,000 year old roots have been traced all the way back to ancient Egypt and the Roman Empire. Although the discovery of artifacts show the first primitive bowling balls were made from husks of grain, covered in leather, eventually the concept made its way into modern society; as graphically illustrated in the *Harpers Weekly Magazine* in 1860. (shown in the picture to the left)

A tongue-in-cheek illustration of a bowling alley, from the cover of Harpers Weekly magazine (U.S., 1860)

Obviously as most things are handed down from one generation to another, the format changes a bit; which brings us to the game of bowling for elderly people sitting in wheelchairs possessing physical limitations due to the aging process.

ACTIVITY: Bowling

Supplies Needed:

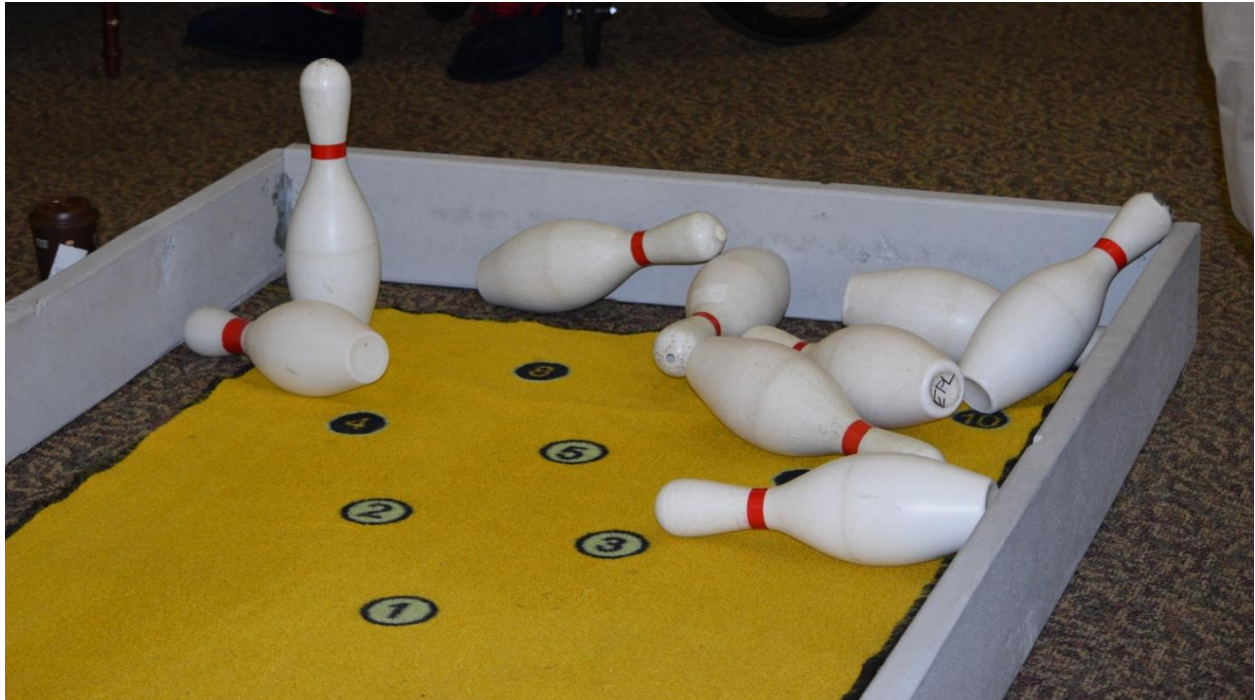
*****In School Bowling Set
Containing:***

- 1) Carpet Material Alley***
- 2) Bowling pins***
- 3) Ball***
- 4) Ramp***





Since bowling is known as a throwing game, the ramp is absolutely critical for individuals like the elderly. Given the fact that older people lack the ability to throw due to physical constraints, it not only makes playing this game possible, but allows them to take aim.



Please view the close-up image of the gray frame that creates the backdrop for the alley. It is a simple structure that was built of (2—2 x 6 x 6 boards and 1-2 x 6 x 4 board) painted gray. The maintenance people cut and painted these boards that are quickly screwed into place prior to playing the game. If you are not handy, simply request either a friendly maintenance member of the staff, or a helpful volunteer from the community to assist in the construction process.


Cost: The Activity Director visited a nearby bowling alley and inquired into locating an in-school bowling set. (as pictured below) When the owner of the alley heard it was for residents of the nursing home, it touched his heart so deeply that he donated it as a goodwill gesture. (Is picked up prior to each game and returned the same day.)



SCORE BOARD

The score board is a menu board that serves a dual role. The same marker for posting the menu items is now used for keeping score. After the residents are divided in two groups, they decide on team names; as shown on the board. (Team members change each time bowling is on the calendar.)

The Carder's		The Strikers	
9	107	7	
19	116	14	
29	124	23	
38	139	42	136
48		50	145
68		60	
77		70	
87		79	
97		89	
		99	
		118	
		136	



"GAME ON!"



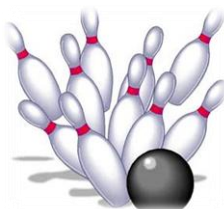
First, note both Melody and Tim at work with two groups of players. The game is so popular that two lanes are necessary; a really good thing. One group is in the activity room while the other bowls in the center area of the nursing home directly behind. Can you see the score board in between? Residents keep their eye focused on the board.

Now, key in on Dam, wearing blue, using the ramp to set the path she wants the ball to roll. By the way folks, she does not speak English but is absolutely stellar at bowling. Note her expression! Do you think this is serious business? She is into it big time! And...if you were there in person, your ears would note total silence with all eyes focused on the bowler.

"GO GIRL! WE NEED THAT SCORE! A STRIKE WILL BE ABSOLUTELY FINE."

GET A STRIKE!

Look at her face! Do you get the idea that she is competitive? If the competition hears a loud yell, they stop and all heads turn toward the score board!



WE HEARD THE YELL! AND...HERE WE COME!

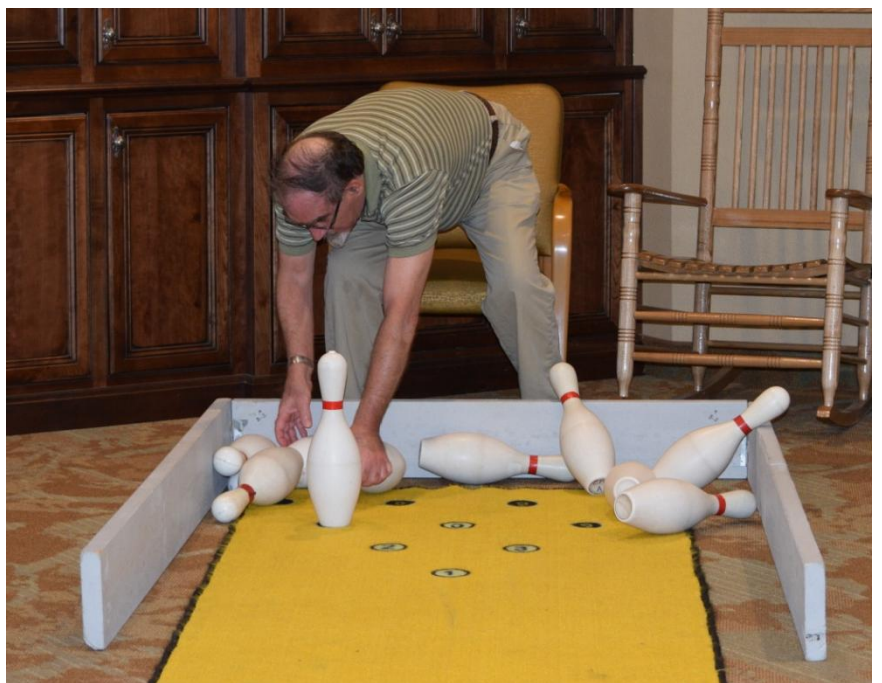


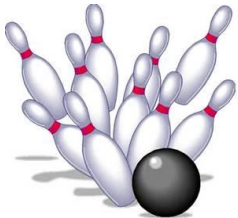
NOTE THE FACES!

THIS GUY IS A PLAYER AND THEY KNOW IT! HE WILL TAKE US TO THE FINISH LINE WITH A PERFECT STRIKE? WONDER WHY? HAVING BEEN A GEM CUTTER, HE LOVES TO USE HIS SKILL OF ACCURACY!

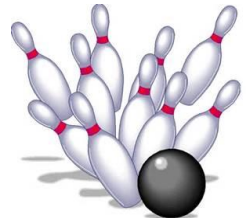


**SO MANY PINS TO
SET BACK UP! WHO
DOES IT? STAFF
MEMBERS,
VOLUNTEERS, AND
GOOD SPORT LES IN
PHOTOGRAPH TO
THE RIGHT!**





QUESTION: WHY DO YOU LIKE TO BOWL?



ANSWERS: FROM THE RESIDENTS ABOVE!

1) "BECAUSE OLD PEOPLE ARE ABLE TO PLAY THIS GAME!"

2) "BECAUSE I HAD TO WORK SO HARD ALL MY LIFE THAT I NEVER GOT A CHANCE TO BOWL. I SAW OTHER PEOPLE PLAY IT AND WISHED I COULD GO WITH THEM TO THE ALLEY!"

3) "BECAUSE IT IS JUST PLAIN FUN!"

TRY IT. YOU'LL LIKE IT!

