

Bowling

Tuesdays at 12:15  
No experience needed

Instead of wooden lanes and pins, seniors hit the virtual lanes using Nintendo’s Wii Game System.  No heavy balls to lift and throw and no special bowling shoes.  You pick up your Wii-mote and simulate the throwing of a bowling ball.  While holding the control in your hand, you target the electronic game’s screen in hopes of completing a strike or a spare.  The bowling noises generating from the game encourage participants to continue to play more and it adds to the excitement.  
The Wii Bowling Class is designed to encourage everyone to get active and stay healthy, something the Nintendo Wii set out to do when it entered the U.S. gaming market.