

Senior 9-Pin

Senior 9-Pin No Tap League



Monday's at 1:00

Open to ages 50+, our afternoon trios league will be played in 9-Pin format. 9 pins knocked down is the same as a strike! *Get high scores with half the work!*

Did you Know? Bowling is great low-stress exercise, plus it is one of the few social sports that can be enjoyed as a group. The advantage of the social atmosphere is that it will allow you to meet other senior citizens local to your area, and will provide you with weekly entertainment that will get you out of the house and into a clean, air-conditioned, non-smoking environment.

We invite you to join us today!

League starts June 1st, ends Aug 24th.
Cost is \$14.00 per week.

Northgate Bowl 2380 Northgate Ave NE Salem, OR 97301
503 581-1634 www.northgatebowl.com

Free coffee provided

Great physical activity:
3 games of bowling is
= to 1 mile of walking!

Air-conditioned for a
comfortable environ-
ment

All skill levels are wel-
comed! Handicapped
league

9 pins knocked down
counts the same as a
strike

Trios, 3 bowlers per
team

Meet local seniors and
make new friends