

Oktoberfest Kegeln

Seated Bowling Game & Setup Guide



A Simple Oktoberfest Bowling Game

Residents stay seated and gently roll a soft ball toward nine lightweight pins. Choose the **Seated Floor Lane** for a familiar bowling feel, or the **Tabletop Bumper Lane** when you need everything close, contained, and easy to reach. German nine-pin bowling, known as Kegeln, was among the early attractions at Munich Oktoberfest.[1]

Choose Your Version

Seated Floor Lane

Use a clear patch of floor for the most familiar bowling-style roll.

Residents remain seated while staff reset the pins.

Tabletop Bumper Lane

Best for table groups, wheelchair users, or anyone who benefits from the ball and pins staying close.

What You Will Need

Item	What to use	Tip
Nine lightweight pins	Toy pins, plastic bottles, or sturdy cups	Keep them large and light
Soft rolling ball	Foam, sensory, or light rubber ball	Never use a heavy ball
Painter's tape	Lane edges, start lines, and bumpers	Easy to remove
Two pool noodles	Tabletop version only	Low bumpers for both long sides
Optional extras	Non-slip mat, score sheet, and pen	Use scoring only if it suits the group

Keep it safe: Use a soft ball and lightweight pins only. Staff retrieve the ball and reset the pins so residents do not need to bend, walk after a turn, or reach beyond the lane.

How to Run the Game

- 1 Set Up** Have the lane, pins, ball, and chairs ready before inviting the group over.
- 2 Invite** Offer one resident a turn at a time and place the ball where it is easy to pick up.
- 3 Roll** Use one simple prompt: "When you are ready, gently roll the ball toward the pins."
- 4 Count & Reset** Count fallen pins if the group enjoys it. Staff reset the pins and pass the ball on.

Why Kegeln Belongs at Oktoberfest

Traditional German nine-pin bowling, called Kegeln, was among the early amusements at Munich Oktoberfest. Our version is a gentle seated take on that old game: take a turn, roll the ball, and enjoy watching the pins fall.



Set Up Your Lane



Version 1: Seated Floor Lane

- 1 **Clear the floor.** Leave the lane and the area behind the pins empty.
- 2 **Tape the lane.** Add two straight lines and place the pins at the far end.
- 3 **Add the chair.** Use a stable chair or a wheelchair at the near end.
- 4 **Test one roll.** Move the chair or pins closer if needed.

Keep It Flexible

Make it easier Move the pins closer or use six instead of nine.

Support reduced vision Use large white pins and keep the lane uncluttered.

Share with Your Residents

Traditional Kegeln was part of early Oktoberfest fun in Munich. Today we are using a gentle seated version: take a turn, give the ball a roll, and enjoy watching the pins fall. There is no need to be competitive. Count the pins if the group enjoys it, or simply share the turns.

Quick Staff Tip

Two turns per person usually keeps the session moving. Staff reset the pins and return the ball so residents can stay comfortable in their seats.

Included in the Member Download

The Oktoberfest Kegeln Printable Pack includes a title sign, floor-lane setup guide, tabletop bumper-lane setup guide, score sheet, staff setup card, and an Oktoberfest Kegeln Champion certificate.

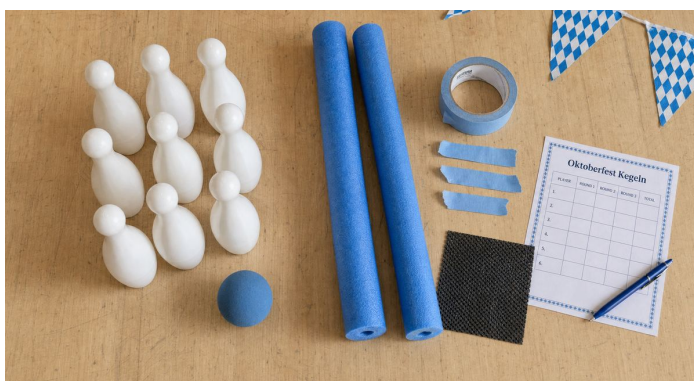


Version 2: Tabletop Bumper Lane

- 1 **Set up the table.** Seat the resident at the close end and keep the pin end clear.
- 2 **Add the bumpers.** Tape one pool noodle along each long side at both ends and the middle.
- 3 **Set the lane.** Mark the start line and place the pins at the far end.
- 4 **Test one roll.** Move the pins until the distance feels right.

Keep it relaxed Skip scoring, or give everyone one or two turns.

For bigger groups Use two teams, or let everyone have one turn before round two.



Source: Historic Nine-Pin Bowling at Oide Wiesn, Oktoberfest Guide.

More aged-care activity ideas and printable resources at

memorylanetherapy.com