



FIRST LESSON FREE

LEARN TO PLAY BRIDGE



BEGINNERS CLASSES

AT BUNDABERG BRIDGE CLUB,
KENDALLS ROAD

TUESDAY 9 am
COMMENCING 31 JANUARY 2023
\$5 PER LESSON AFTER FIRST LESSON

NEW LESSON FORMAT – **PLAY BRIDGE IN 4 WEEKS**

HEALTH BENEFITS -- KEEP THE BRAIN EXERCISED AND DELAY THE ONSET OF
ALZHEIMER'S AND OTHER DEMENTIAS

HAVE FUN AND ENJOY MAKING NEW FRIENDS

A GAME FOR ALL AGES AND ABILITIES

INEXPENSIVE AND A GREAT LEISURE HOBBY

GAMES AVAILABLE MOST WEEK DAYS IN
BUNDABERG OR BARGARA

The appeal of bridge is that it is an easy game to learn, a
hard game to master and you don't have to be an expert
to enjoy it.



Play your cards right and bridge is a winner!

ENQUIRIES & BOOKINGS TO TREVOR, 0417196315



WATCH DEMONSTRATIONS at the LIBRARY in
Woondooma Street on:

Thursday	19 January	10 am to Noon
Tuesday	24 January	10 am to Noon
Saturday	21 January	9 am to Noon
Saturday	28 January	9 am to Noon

Why Play Bridge?

Learn to Play Bridge and Solve Puzzles

Researchers have found some very good reasons to play bridge:

Those who play more frequently score higher on cognitive tests.



Bridge games offer intellectual and social stimulation on a routine basis.



An area in the brain used in playing bridge stimulates the immune system. Researchers suggest that is because players must use memory, visualization and sequencing.



Any activity from which you derive pleasure prevents the onset of classic depression. Players are less likely to be depressed; hence, they sleep better, tend to exercise more and have a better life in general.



Multiple changes in lifestyle (e.g. cognitive training and social activity, two of bridge's chief benefits) can improve memory and thinking in those at risk for cognitive decline.



Playing bridge can help older people retain their mental sharpness.



The frequency of playing games is associated with greater brain volume in several regions that are affected by Alzheimer's disease.



Successful people play bridge! Warren Buffet and Bill Gates are considered to be two of the smartest entrepreneurs in America. Both are also very accomplished bridge players.

Hall of Fame tennis star, Martina Navratilova writes that bridge *"is more than just a card game. It's a cerebral sport. Bridge teaches you logic, reasoning, quick thinking, patience, concentration and partnership skills."*