



FIRST 4 LESSONS FREE

LEARN TO PLAY BRIDGE



BEGINNERS CLASSES
1 PM THURSDAY 6 FEBRUARY
AT BUNDABERG BRIDGE CLUB,
KENDALLS ROAD
\$5 PER LESSON AFTER FREE LESSONS

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 AND BOOKINGS TO TREVOR, 0417196315

And see the Bundaberg Bridge Club website for further details.

Be sure to leave your contact details, email address and/or phone number.



Demonstrations will be held at the Bundaberg Library in Woondooma Street on Thursday 23 January from 1 to 4 pm

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."*