

# Learn to play Bridge



## When:

Mondays: 8:45am – 12:00  
commencing 1<sup>st</sup> July 2024  
Thursdays: 6:45pm – 10.00  
commencing 5<sup>th</sup> July 2024

## Where:

Kenmore Community Centre  
98 Brookfield Rd Kenmore Hills  
(Corner of Branton Street)

## Cost:

8 Free weekly lessons  
Reference material \$40

Looking for a new hobby? Bridge is interesting, challenging and a social opportunity for anyone who enjoys games.

Researchers have found mentally challenging games like bridge offer intellectual and social stimulation which can keep the brain active and motivated.

A study conducted by the University of California, Berkeley, found playing bridge stimulates the immune system. Players must plan ahead, use memory, visualisation, and sequencing. Additionally, playing bridge can help prevent depression and improve cognitive performance. Another study found playing bridge can lower the risk of developing Alzheimer's and dementia by 75%.

*"Bridge is more than just a card game. It is a cerebral sport. Bridge teaches you logic, reasoning, quick thinking, patience, concentration and partnership skills."*

Martina Navratilova

If you are interested in learning how to play bridge, Kenmore Bridge Club offers free lessons. We pride ourselves on being a friendly and supportive club.

Come by yourself, or with friends. It is fun and challenging.

Interested? Want more information?  
Contact Graham or Anne.

## Contact us:

Graham Rusher (Monday lessons)  
0414 452 021  
grusher@optusnet.com.au

Anne Russell (Thursday lessons)  
0411 255 434  
anne@russellsynergies.com.au

