



THE AZTEC DUPLICATE BRIDGE CLUB@THE CENTER

ANNOUNCES

**BRIDGE LESSONS
FOR NEW BRIDGE PLAYERS**

This Class is **Free**

If you can play- Spades- Pinochle- Bid Whist-

YOU CAN PLAY BRIDGE!

Registration Open 8-12 Seats filled on First Come Basis

START 11 MARCH 2024

MONDAYS (10:00AM-12:00PM) -- WEDNESDAYS (2:00 PM-4:00PM)

Must Complete all classes (2 x per wk. x 4) In Mar.-Apr., 24

FDSRC 570 S 65th St, San Diego, CA 92114



The Aztec Bridge Club is a Western Section Affiliate of the American Bridge Association
<https://ababridge.org/>.

Brain Health & Wellness Brain Health & Wellness

A Bridge to Brainpower?

Playing your cards right can help keep you sharp long after retirement.

by Jon Saraceno, AARP Bulletin, March 2015

Benefits of mental gymnastics

The game has a similar allure for an estimated 25 million players in the U.S.....The majority of them are over 50. Researchers have discovered that mentally challenging games such as bridge are well suited for older people because the games offer intellectual and social stimulation on a routine basis.

Bridge's intricacies make it particularly appealing for those who want to sharpen acuity with mental gymnastics. A study in 2000 at the University of California, Berkeley, found strong evidence that 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.

"When I first started playing in my late teens, I could not remember the cards played." said Burt Saxon, 67, a retired teacher from Milford, Conn. "By my 50s, I pretty much recalled every card. Now that I am older, I have to work at it. I believe bridge helps prevent my **short-term memory** from completely declining."

Keith A. Josephs, a neurologist at the Mayo Clinic in Rochester, Minn., said, "It is soft data that says, 'Boy, perhaps playing these games and being socially active result in better performance.' Patients are less likely to be depressed; hence they **sleep better**, tend to **exercise** more and have a better life in general. They do better from a cognitive standpoint."

-