

Beginner Bridge Lessons

Want to have fun, meet new people and keep your mind active? Come join us, and learn to play the fascinating and competitive game of duplicate bridge! I've played at least a dozen card games in my life, and duplicate bridge is the most challenging card game I've found.

“...Playing bridge can help reduce the risk of developing Alzheimer's disease and other forms of dementia: ...”

(Google AI search)

CLASS DETAILS:

- Classes meet Saturday Mornings from 9:30-11:30am, September 21 Through November 23 for a total of 7 classes (There are no classes on class 10/12 & 10/19)
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- The cost is \$115 /per person and includes the book
 - Address -
1630 West Randal Mill Road, Arlington, Texas 76012
 - 817-795-1188
 - Website:-<https://d16acbl.org/U176/ABC/index.htm>
- On 11/23, you'll play in a “ graduation” game:
 - We will play the same hands everyone in the US is playing and you can see how you scored.
 - There is an additional game fee of \$10 for this game
- Please note, In order for the class to make, there must be a minimum of **five** people who have paid or committed to pay at the first class
 - Communication will be through my email <mailto:bridgelessonsbydoug@gmail.com>. Please allow a 3 day turnaround.
 - My cell phone 817 779 1172. Please allow a 1 day turnaround.

More from a from a Google search of “bridge playing and Alzheimer's disease:”

“... Playing bridge can help reduce the risk of developing Alzheimer's disease and other forms of dementia:

Mental stimulation

Playing bridge can help keep the brain engaged and improve brain function.

Social interaction

Playing bridge can help keep people socially engaged and connected with others.

Brain volume

A 2014 study found that people who played card and board games more frequently had greater brain volume in areas affected by Alzheimer's disease.

Cognitive tests

People who played games more frequently also scored higher on cognitive tests.

Memory lapses

Scientists believe that people with a lot of experience playing bridge may be able to use reserves to help with memory lapses.

The ACBL (American Contract Bridge League) hosts tournaments, teaches lessons, and plays sessions to help fight Alzheimer's. There is also an annual fundraising event called The Longest Day, where bridge players gather to support the Alzheimer's Association. ...”