



BRIDGE FUN: Port Macquarie Hastings Bridge Club committee members Ian Peterson, Len Pascoe, Maree Don, Peter Briscoe, Helen Sligar, Chris Manser, Robyn Hardman.

Bridge club hosts open day

THE president of Port Macquarie-Hastings Bridge Club says keeping the mind active is one way to combat the aging process.

Peter Briscoe said playing bridge in an older demographic community such as the Port Macquarie-Hastings had 'inherent benefits'.

"Health professionals have increasingly recognised the potential advantages to their patients of frequent and vigorous mental exercise," he said.

"A sharper brain means a sharper memory while an active brain stimulated by

persistent concentration, visualising and sequencing boosts the immune system, leads to improved sleeping patterns, lightens your mood and combats melancholia," he said.

"There are those concerns about dementia as we age and bridge is a great way to do what you can to keep it at bay but there is a whole other, more positive side to the game too.

"One of the inevitable consequences of life is that our circle of friends diminishes as the years pass. Regular bridge playing actually en-

hances your social life. Being the world's most popular card game, bridge is not a solo exercise but rather requires four players."

Port Macquarie-Hastings Bridge Club will host its annual open day at 11.30am on Friday April 21 while a new player lessons program commences at 9am on Friday April 28. Both events are in the club's Hamilton Green premises on Hastings River Drive.

For information on Port Macquarie-Hastings Bridge Club contact 6583 6775.

- PETER DANIELS