

Learn to play Bridge



When:

Mondays: 8:45am – 12:00
commencing 30 June 2025
Thursdays: 6:45pm – 10:00
commencing 3 July 2025

Where:

The Friary
139 Brookfield Road,
Kenmore Hills

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
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Anne Russell (Thursday lessons)
0411 255 434
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