



A FEW WORDS FROM THE PRESIDENT:

Well, summer is behind us...I hope you all are enjoying the beginning of our fall season here in the South. One of the best parts of this time of year is the fact that a number of our members who "summer away" will be returning to Columbia. I have missed them...and look forward to seeing them soon!

On another subject,

CONGRATULATIONS: You are a bridge player! Research has long revealed that there are multiple, varied benefits of playing the game we all enjoy!

Playing bridge regularly stimulates your brain and keeps your memory active—requiring you to use math skills, strategy and concentration. There is an old saying "use it or lose it"...playing bridge helps you "use it"! A study at the University of California, Berkeley found strong evidence that an area in the brain used in playing bridge stimulates the immune system...wow, who knew!

Maybe, you can keep from catching a cold by bidding a grand slam...Ha!

There appear to be additional benefits to playing bridge in person. The physical aspects of playing bridge in person contribute to both your physical health as well as your mental well being. Getting up, getting out and socializing are well recognized as being part of a healthy lifestyle!

So...join me soon and often at CBC—I want you all to be healthy and happy!

Judy Rockwell, President of the Columbia Bridge Club

Ps I'd be happy to hear from you.

(803)730-8181 judyrockwell@msn.com



REMINDER: Next Tuesday the 27 we will host a pizza party with a game at 11:00 a.m. CBC is creating this game in hopes those who have trouble traveling late afternoon to the west side will attend. Please come join us. The game will make, but sign up anyway so we know how to prepare for lunch! Let us know by next Sunday.

If you need help signing up, contact Shelby at shelbypk46@gmail.com

Calendar of Forthcoming Events:

September 2022:

21 Wed 12:30 PM **Int'l Fund Open and 0-750 Pairs (Reservations)** Director: Mary Townhill

Open and 0-750 Pairs (Reservations) Director: Mary Townhill 23 Fri 12:30

PM Int'l Fund Open and 0-300 Pairs (Reservations) Director: Mary Townhill

PM Int'l Fund Individual Game Director: Morris Mitchem 25 Sun 1:00

26 Mon 10:00AM **Mini-Lesson** Host: Susan and Laura 10:30

AM Int'l Fund 0-500 Pairs Director: Susan McFadden

ZAS PIZZA PARTY: 11:00 A.M. MORRIS MITCHEM DIRECTOR SEPT 27

AM Int'l Fund Open Pairs (Reservations) Director: Jack Self 28 Wed 12:30

PM Int'l Fund Open and 0-750 Pairs Director: Jack Self 30 Fri 12:30

PM Int'l Fund Open and 0-300 Pairs (Reservations) Director: Jack Self



CBC would love to have you as a member. Access to newsletter, special events, socials, double points, silver points, speakers, sponsored tournaments, lessons and more. Join us. Contact Kathy Kimmerling at kkimmerling@sbcglobal.net . \$20 per year. Ask Kathy about proration.



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