

Mahjong
by: Carolyn Burke

Some call it a game of skill, some call it a game of luck. This game at the Senior Center was started by Leni Phillips, and she continues to be the group leader and teacher. She insists that players begin by "jumping in", rather than watching, and that idea has been the most helpful for new players. This game originated in China as far back as the Han Dynasty (202 B.C. – 220 A.D.)

The tiles are beautiful and fascinating. We play the western version here, with the objective of the game being to obtain a complete set of four defined groups of three or four tiles and one pair. We have a score card that simplifies with examples.

We meet on Tuesdays at 1:00 pm and try to be done between 3:30pm and 4:00 pm.

The group is friendly, helpful and not competitive. New players are very welcome. Join us! For information contact Leni at 970-240-6188.

Brain Exercises and Dementia

When people keep their minds active, their thinking skills are less likely to decline, medical research shows. Games, puzzles and other types of brain training may help slow memory loss. Keeping the mind active may reduce the amount of brain cell damage that happens with Alzheimer's. It also supports the growth of new nerve cells and prompts nerve cells to send messages to each other. Social connections are very important for brain health. Try some of the activities that take place at the Senior Center.