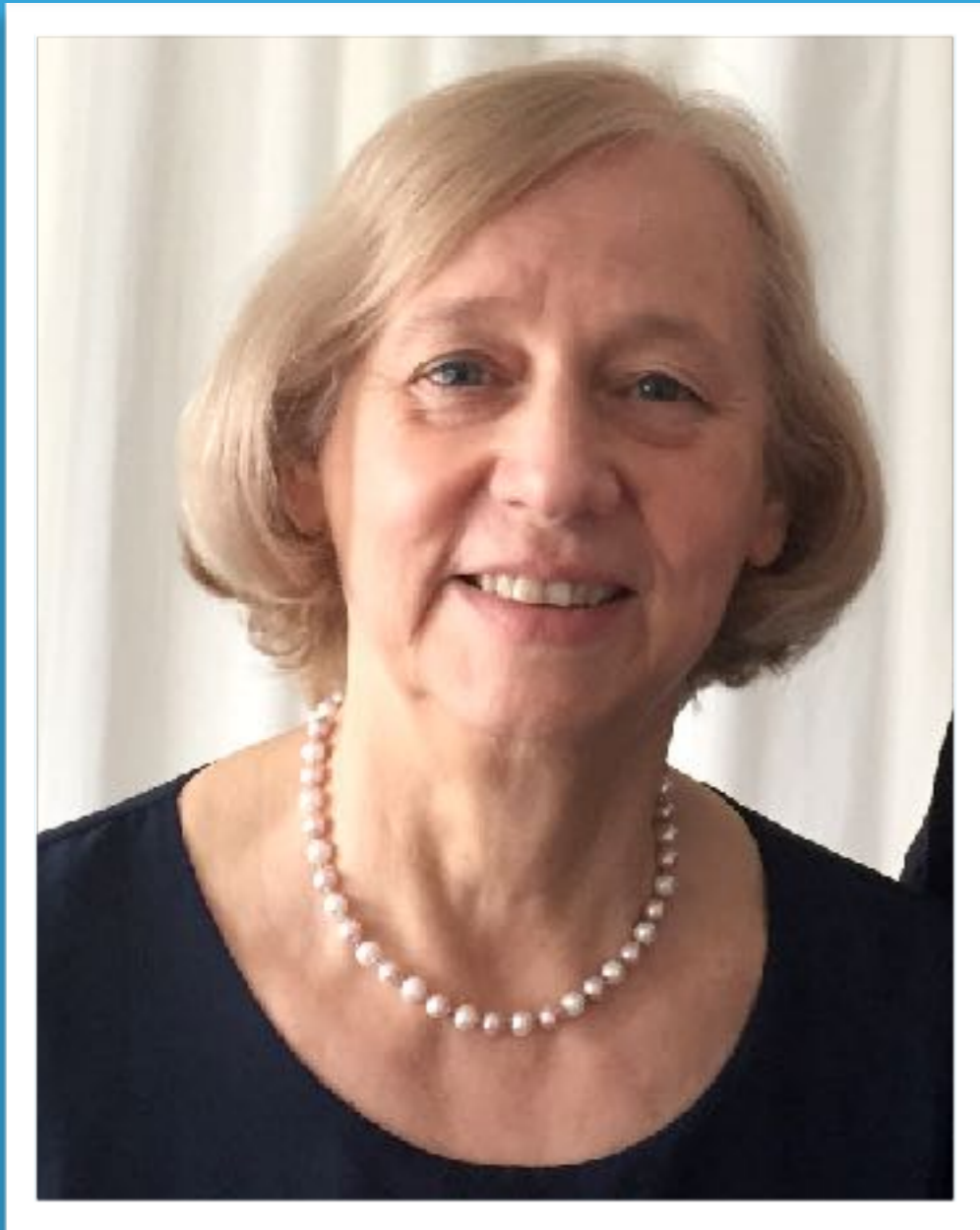


THE SECRETS OF THE BRIDGE BRAIN

Why playing bridge has such a
positive impact on seniors' lives

APRIL 20, 2017

Helena Maria Barendregt heleen@barendregt.name

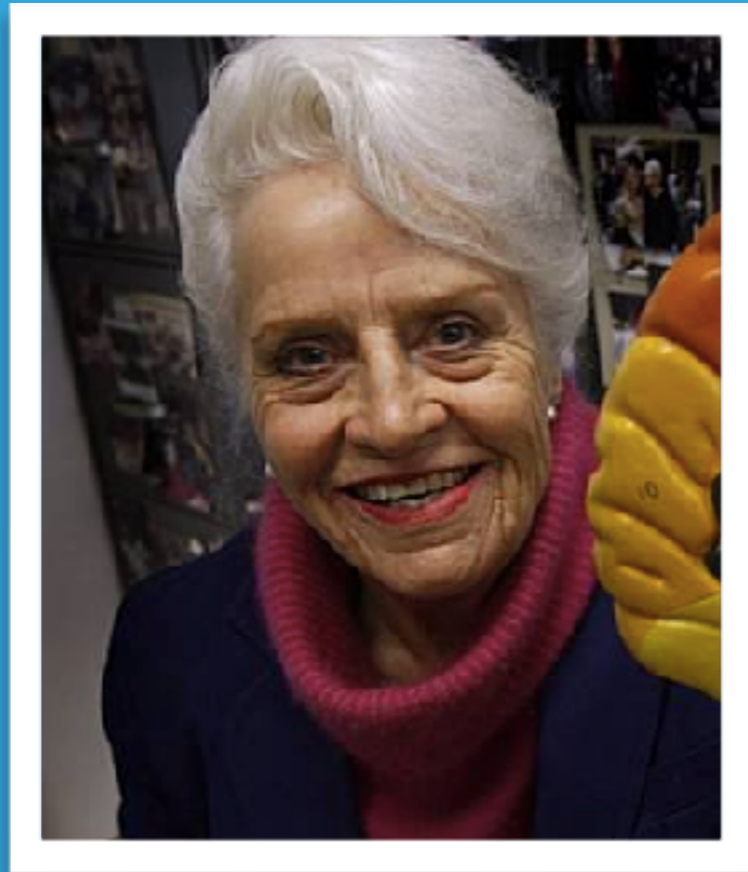


- Master in LAW
- 50 years teaching
- Interest:
BRAIN & LEARNING
- Favorite hobby:
BRIDGE!

Helena Maria Barendregt

heleen@barendregt.name

BRAIN



Marian Diamond
USA

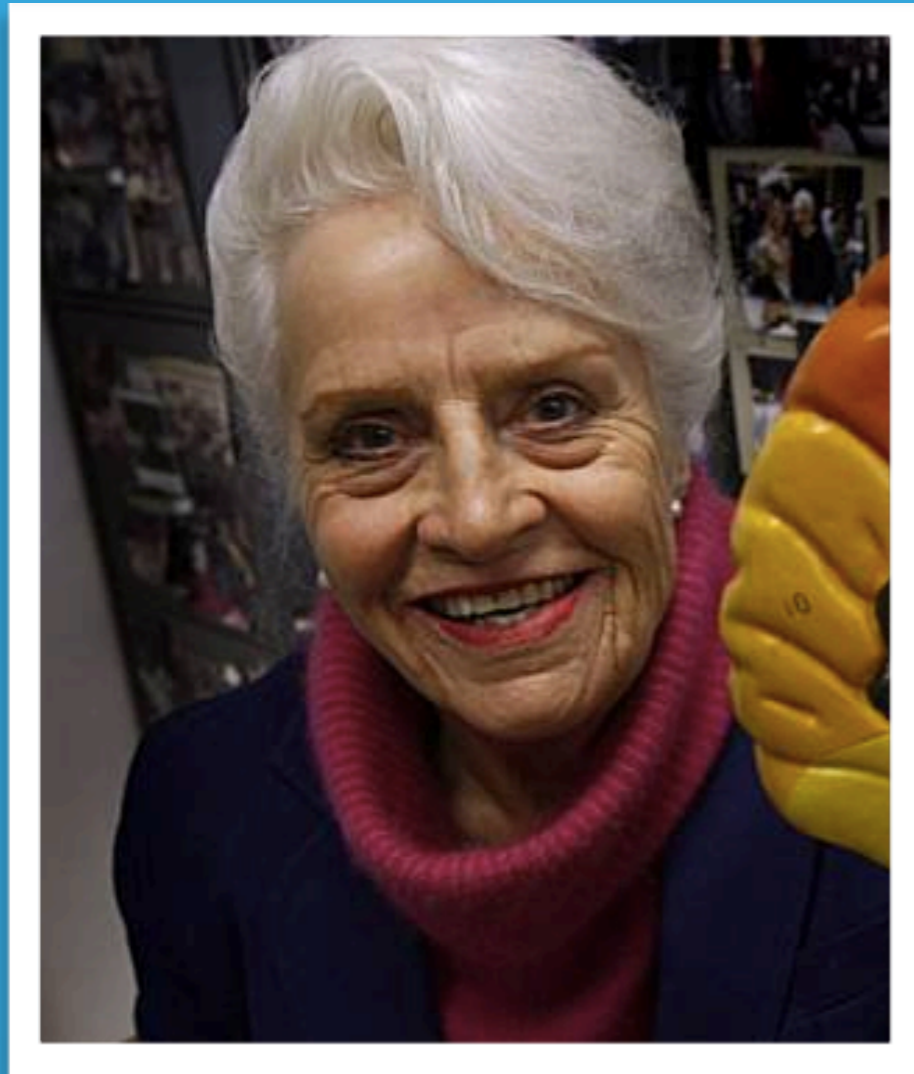


Margriet Sitskoorn
The Netherlands



Ryuta Kawashima
Japan

Professor Marian Diamond



- research with rats



- Senior rats developed their brains
- By being active in a new, challenging environment

**Can we develop our brain,
even when we are old?**

YES

Professor Margriet Sitskoorn



**“We can develop our brain
even until our last day!”**

Professor Ryuta Kawashima



- developed special games
- to train & rejuvenate the brain
- found that 'quick counting' is very effective

by learning NEW things

“Bridge is deliciously **simple** in the rules,
but it is deliciously **complex** in doing it well”



Bill Gates

COGNITIVE SKILLS

observing
paying attention
classification
elimination
data gathering
logical thinking
analysing

...

By learning **NEW** things

the more

- **challenging**
- **pleasant**
- **activity in different parts of the brain**

the better it works!



BRIDGE

- **every deal gives NEW challenges**
- **you always learn NEW things**



Chess



Checkers



Go

BRIDGE

- **memorise**
- **to count (quickly!)**
- **social interaction**

BRIDGE

looks like an innocent card game . . .

but it's **NOT!**



lets have some fun!