

Mahjong 55+

– the latest brain exercise!

Don't be scared off by the explanation of the game
– it is lots of fun and you will love it

Similar to the Western card game rummy, **Mahjong** is a game of skill, strategy, and calculation and involves a degree of chance. The game is played with a set of 144 tiles based on Chinese characters and symbols, although some regional variations may omit some tiles and/or add unique tiles. It is a game that will keep your brain sharp. This class is for beginners who are just learning the game.



Cedar Hill Recreation Centre

Sat. May 26 – June 30th

1:30-3:00pm

Non-members \$50/6 weeks

Cedar Hill 55+ Social Club members **FREE** but registration is required to save a spot.

“Regardless of frequency of playing, mahjong produced consistent gains across all cognitive performance measures – digit forward memory, verbal memory, and MMSE. The effects lasted after mahjong had been withdrawn for a month, suggesting that constant practice is not necessary to achieve therapeutic effect once an initial threshold is attained.” – [International Journal of Geriatric Psychiatry](#)