



801 E. Front Street, Traverse City, Michigan 49686

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*Making longer lives, better lives.*

**\*FOR IMMEDIATE RELEASE\***

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**Subject: New Games in Town**

**Traverse City** – Seniors shouldn't underestimate the health benefits of playing card games – It offers a lot more than just entertainment. Card games improve the brain health that relates to the mental process of perception, memory, judgment and reasoning, enhancing the parts of the brain responsible for complex thought and memory formation. Card games encourage different ways of thinking – strategy, maintaining concentration, intuition, judgment and math. In addition, enjoying togetherness and fun with other seniors avoids the dangers of senior isolation.

On Saturday, January 20, 1 p.m., at the Traverse City Senior Center, 801 E. Front Street, everyone is welcome to beat winter boredom by learning a new game or brushing up on the skills of the games they already know. Lessons will be offered for Euchre, Pinochle, Cribbage, Dominoes, Farkel and Hand and Foot.

Refreshments and prizes are included. Each participant will receive a drawing ticket for the door prizes and anyone who brings a brand new member will receive an extra ticket.

The cost of the Saturday game event is \$2 and advance registration is required.

For more information or to register, email [dmikowski@grandtraverse.org](mailto:dmikowski@grandtraverse.org) or call 231-922-4911.

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