



**Retire
Active
SA**



Bolivia Cards Group

About the group

Research shows that playing cards is good for your brain. It increases mental stimuli to help promote brain health, especially in older adults. Moreover, card games can help with memory, sequencing skills and problem-solving.

The Retire Active SA Bolivia card group meets weekly to play the advanced card game, Bolivia. You do not require any previous experience playing the card game to join the group. A teacher is available to help newcomers understand and play the game.

If you enjoy a challenge, love the company of others, and want to promote better brain function and health, this group is for you!

Group details

The Bolivia group meet weekly on Friday mornings from 10.00am to 12.30pm at the Retire Active SA head office, Level 4, 25 Leigh Street, Adelaide.

**Interested in joining
the group?**

Please contact Anne on
0412 712 030 for more
information or to get involved!

www.retireactivesa.com.au