



**Retire  
Active  
SA**

# Five Hundred Cards Group

## About the group

Playing cards promotes a range of benefits including logical thinking, problem-solving, memory gain, fine motor-skills, concentration, relaxation, socialisation and increased brain function. That's why it's such a wonderful recreational pursuit for older adults.

The Retire Active SA Five Hundred Card group meets fortnightly to play the popular card game Five Hundred, also called Bid Euchre. With elements of bridge, this game can be played by two to six players.

You do not require any previous card playing or Five Hundred experience 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 seek to enhance your wellbeing, this group is for you!

## Group details

The Five Hundred Cards group meet fortnightly on Thursdays from 12.00pm to 2.45pm at the Retire Active SA head office, Level 4, 25 Leigh Street, Adelaide.

**Interested in joining  
the group?**

Please contact Riet on  
0459 023 632 for more  
information or to get involved!