

Ann Shaner

New ACBL Regional Master

As a retired kindergarten and reading support teacher, widow, and healthy active person and having moved from her long-time home to be near family, Ann was tuning into ways to enrich these later years. Fortunately, she heard a segment on NPR quoting a study done in an assisted living venue in San Diego. The author recorded comparisons of clients who played bridge with those who did not play bridge. Results indicated that the bridge players maintained a significant mental acuity over those that did not play bridge. That was 10 years ago.

Hmm...challenge those synapses in my brain!

Then Ann discovered evening classes offered at a local school, she began playing with neighbors. Following an "E-Z" bridge class she found 'duplicate' to be the ticket for her.

The Garden City Bridge Club in Missoula, Montana, an affiliate of the ACBL, offers three afternoon plays and three evening plays each week, as well as two weekend plays each month. The club has also sponsored two tournaments. Several gifted bridge players in the club offer classes to beginners and intermediate players. Ann attempted to lift her skills by taking classes and encourage newbies by partnering with them. The recently established "Mentor-Mentee " program supports 25 players.

Bridge is enriching Ann's life beyond measure.