

75 Years of Craftsmanship



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THE BRIDGE REPORT

by Bob Sutton

On mindfulness, having fun and reading.

You are with your favourite partner and are all set to play Bridge and beat everyone else. This is the case whether you are going to play good offense or defense. To do these things, have you ever thought about studying your opponents' mannerisms? A weak hand will show disinterest. With a good hand, you will see intense inspection of the hand and an eagerness to bid. In other words, when on offense or defense, you will be leading through the eager person and to the weak one. I do this studying, and I was surprised to discover that

I was also being studied. Another beginner that I had lent a book to on opening leads returned it with the comment, "I cannot remember all it said."

To which I replied, "You will remember some of it and the rest will eventually fall in place."

If you were perfect at any sport or game, it would be boring, which prompts me to comment, "Have fun always, then you will be back to play again." Some Bridge players learn by playing, while others benefit from reading a good Bridge book; whichever, the end result will be good.

If you would like to be a part of our Bridge group, come on over to the NKCC and socialize, watch, learn, or play on **Fridays** from **1 to 4 p.m.**

For further information, please call Bob at 705-656-9401.



Drug Compliance

Octogenarians usually have a lot of pills to take every single day with a variety of instructions as to when and how you should deal with these pills.

On waking I must take one pill and wait over 30 minutes before I can take the rest of my morning pills. Next comes the nose drops - I have nose drops and eye drops. These drops have to be taken during the day in the morning and at nighttime before bed. Sometimes I get confused and put the eye drops up my nose! 😊

Going out for dinner is a bit of a challenge. I must take my dinner pills and hopefully remember that I have them in my purse so

AA Meetings

Mondays 7:00 to 8:00 p.m.
Glen Alda Community Centre

~ or ~

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www.aacanada.com www.aa.org

I'll take them. Anything that disturbs my routine can affect my ability to remember to take my pills.

I suppose I don't have it that bad since my new beau Cliff is always there to remind me take my pills. 😊

Liz Johnston, Loving Life at Chandos