

CLUB LISTINGS

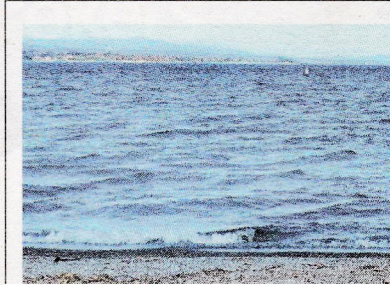
Tauhara Luncheon Club

Gales of laughter and animated chatter were the unexpected accompaniments to last Monday's luncheon lecture. Remarkable, considering the seriousness of the topic; how to keep your brain fit for your best chance of staving off dementia.

Whanganui Memory Clinic director Dr Bobbie Bryce certainly knows her stuff. With a MSc in cognitive psychology, years of experience teaching and managing rest homes here and in the UK, working with diverse sufferers of dementia, she is determined to be the "fence at the top of the memory loss cliff". It's a tough subject, especially for those of us older folk beginning to experience forgetfulness, and for the many of us who are caring for loved ones with failing brain health. However, the news is good. Genetics aside, we can all improve our brain fitness. It's within our control; activity, good nutrition, and ongoing learning will help us stay mentally healthy.

A word of warning to those of us who think doing the daily crossword will suffice. It won't. It's only dealing with one side of the brain, and we need to stimulate both left and right brain. The trick is to grow your dendrites. These are the interconnections between brain cells, and learning new skills, especially as we age, is vital to their growth.

And fun! Dr Bryce had us out of our seats and testing our coordination skills – can you trace a circle in the air with one hand, and a triangle with the other simultaneously? Give it a go, and for more fun, give it a go with others. We also tested our memory skills and swapped memory aids such as mnemonics. Who could forget the colours of the



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rainbow with a sentence like "Virgins in bed give you odd reactions"? If you are interested in enjoying good company and gaining insights into issues local and international, then the Tauhara Women's Club is the place for you. For further enquiries contact Katherine Ewen on 021 641 926. Meanwhile, buy a diary, use it, and make it the first item in your brain fitness toolbox.

