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FOR IMMEDIATE RELEASE

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Contact: Lori Wells, Manager
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Subject: Mah Jongg Strategy Sessions

Traverse City – Dragons, winds, dots, bams, craks, flowers, pung, kong, quint and the eight Guardians of Taoism, all sound like a mysterious Chinese word puzzle, but they are actually words used for tiles and combinations in an ancient Chinese game called Mah Jongg. The tiles in Mah Jongg, stamped with Chinese symbols, are like the playing cards we use today.

We all know the benefits of physical activity. Accordingly, it is said that Mah Jongg is a great game for keeping the mind sharp and in good health. A game of intelligence, strategy and skill, Mah Jongg keeps the mind stimulated by actively working the brain all the way through the game.

Join Barbara Disborough on two Tuesdays, January 23 and 30, 10 a.m., at the Traverse City Senior Center, 801 E. Front Street, to learn more about winning strategies for this ancient tile game. These sessions are for beginner and intermediate players, who wish to improve their game – they are not lessons for individuals who want to learn to play Mah Jongg.

Disborough will be coaching the Mah Jongg participants while they are playing, giving strategy tips and answering questions about the rules, the card of Standard Hands, the best lines of attack with their tile hands, etc.

The cost is \$5 for each session and advanced registration is required.

For more information or to register, email dmikowski@grandtraverse.org or call 231-922-4911.

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The Senior Center Network, part of the Grand Traverse County Parks and Recreation Department, offers diverse programs to older adults in Grand Traverse County. Thousands each year enjoy dozens of activities on a daily basis at locations in Traverse City, Acme, Fife Lake, Interlochen, and Kingsley. Business hours are Monday through Friday, from 8 a.m. to 5 p.m. For more information, call 231-922-4911, or visit www.grandtraverse.org/scn or our Facebook page.