



MINDFUL MOVES

CHESS FOR SENIORS

Discover a slower more social way to play!

A gentle, welcoming introduction to the game of chess

This gentle course focuses on patience, cognitive stimulation. and enjoying the process rather than intense competition.

No prior experience is necessary!



Why Join? (Key Benefits)

- **Keep Your Mind Sharp:** Build memory and problem-solving skills.
- **Protect Brain Health:** Regular play supports long-term cognitive resilience.
- **Unplug & Unwind:** Enjoy deep focus away from screens and daily stress
- **Socialize & Connect:** Meet local peers in a relaxed, friendly setting.

Event Logistics & Registration

- Venue: Denmark Community Resource Centre Garden Room
- Date: Wednesday 14th of October
- Time: 10 am -12pm
- Cost: Free

RSVP/Enquiries

Contact Robin 0410 565 567 or denmarkchessclub@gmail.com

Spaces are limited to keep group size comfortable - reserve your spot today!