

We play Bridge at U3A Larnaca, both at beginner level and at club level

Bridge is a highly stimulating "mind sport" offering profound cognitive, social, and health benefits. It improves memory, logic, and problem-solving skills while fostering social interaction and acting as a therapeutic, low-cost activity for all ages. Regular play has been linked to improved brain health and potential dementia prevention.



Bridge can trace its ancestry at least to the early 16th century in England (first reference 1529 in a published sermon by Bishop Latimer) and through succeeding centuries when prototype forms of whist were played under such names as triumph, trump, ruff, slam, ruff and honours, whisk and swabbers, whisk, and what ist.

Bridge first appeared in Cyprus Lefkara village, brought to Cyprus by lace merchants who began playing at 'kafenedes' (coffeeshops) at the start of the 20th century. The merchants used to hang out at cafes and clubs around Paris, Vienna and Berlin, where Bridge was a frequent pastime, where they picked up the game and brought it here.