



Admiralty House, Registered Charity Number 663, Limited by Guarantee
February Newsletter 2017

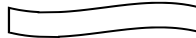
In omnia paratus

Be ready for anything is the Latin translation for...in omnia paratus, being ready to cope with uncertainty is our motto for 2017.

Johnny Carson (1925-2005) American talk show host put his spin on being ready: 'Talent alone won't make you a success. Neither will being in the right place at the right time, unless you are ready. The most important question is: 'Are you ready?'

When contending with being ready to deal with uncertainty and the grotesque, let's be conscious of the complementing fears they bring. **Edmund Burke(1729-1797) labeled fear as a passion that effectually robs the mind of all its power of acting and reasoning.**

Apostle Paul writing from prison in 62 AD to the Philippians urged prayer in dealing with fear and angst: "Don't worry over anything whatever; pray, tell God everything in detail of your needs in thankful prayer, and the peace of God, which surpasses human understanding, will keep constant guard over your hearts and minds as they rest in Jesus Christ.



Golden Hour Club celebrated forty-four years

The Golden Hour Club celebrated forty-four years of celebrating seniors at the Peace Lutheran Church Hall, November 16, 2016.

Members thanked the Bermuda Red Cross and sponsors for helping them over the years. Freda Black chaired the proceedings with the singing of Lift Ev'ry Voice and Sing, followed by an anniversary prayer by Karsten Decker, Pastor of Peace Lutheran. Percylin Caisey read a Scripture befitting the occasion, Sherlyn Jones gave a presentation on the club, Winston Butler, Rev. & Sis. Joell, Reggie Tucker and Brian Herbert all performed for the anniversary. Sylvia Lightbourne, President of Golden Hour, brought the party to an end with a vote of heartfelt thanks.



Bermuda Senior Islanders' Centre Luncheon, Admiralty House
Thursday, February 16, 2017, 12:30 p.m., \$7.00
Takeout Meals after 1:30 p.m. \$10.00

Calendar of Events February 1-10, 2017

Wed. Feb. 1, 10:00 a.m. Golden Hour Club, Peace Lutheran Hall, Paget

11:00 a.m. Each One Teach One, Warwick Adventist Hall

1:00 p.m. Joy Club, St. George's Community Centre

Thurs. Feb. 2, 11:00 a.m. Season Seniors Group, St. George's Adventist Hall

12:30 p.m. Young at Heart Club, St. James Church Hall

12:30 p.m. Meals On Wheels, St. Paul's Church Hall, Paget

1:00 p.m. RAA Club, St. George's

Fri. Feb. 3, 12:30 p.m. Special Peoples Club, St. Mary's Hall, Warwick

Mon. Feb. 6, 11:00 a.m. Devonshire Circle Club, Devonshire Adventist Hall

11:00 a.m. Sunshine Club, Southampton Adventist Hall

Tues. Feb. 7, 11:00 a.m. 50 Plus Social Club, St. James Church Hall

11:30 a.m. Hamilton Happy Seniors' Club, Hamilton Adventist Hall

12:30 p.m. Senior Islanders' Craft Class, Admiralty House

Wed. Feb. 8, 11:00 a.m. Each One Teach One, Warwick Adventist Hall

Thurs. Feb. 9, Crown of Glory Club, Somerset Adventist Church

February 13-17, 2017

Mon. Feb. 13, 11:00 a.m. Sunshine Club, Southampton Adventist Hall

12:00 noon Golden Elite Seniors' Club, Allen Temple Church Hall, Somerset

Tues. Feb. 14, 11:00 a.m. 50 Social Plus Club, St. James Church Hall

11:30 a.m. Hamilton Happy Seniors' Club, Adventist Church Hall, Hamilton

12:30 p.m. Senior Islanders' Craft Class, Admiralty House

12 noon Tags and Cash Buckets issued for Tag Day, Admiralty House

Wed. Feb. 15, 10:00 a.m. Golden Hour Club, Peace Lutheran Hall

11:00 a.m. Each One Teach One, Warwick Adventist Hall

1:00 p.m. Smiling Glee Club, St. Luke's Church Hall



Joy Club Valentine's Tea, Wednesday, February 15th, 2017

The new President of the Joy Club, Marva Bridgewater, invites you to a Valentine's Tea at the RAA Club from 1:00 p.m.- 4:00 p.m., call 297-1754 or 599-3723 for tickets. \$7.00.

Thurs. Feb. 16, 12:30 a.m. Senior Islanders' Luncheon, Admiralty House

Fri. Feb. 17, 12:30 p.m. Special People's Club, St. Mary's Church Hall

February 20-28, 2017

Mon. Feb. 20, 11:00 a.m. Sunshine Club, Southampton Adventist Hall

11:30 a.m. Senior Circle Club, Devonshire Adventist Hall

Tues. Feb. 21, 10:00 a.m. 50 Plus Social Club, St. James Church Hall

11:30 a.m. Hamilton Happy Seniors' Club, Adventist Church Hall, Hamilton

12:30 p.m. Senior Islanders' Craft Class, Admiralty House

1:00 p.m. BIU Club, BIU Headquarters

Wed. Feb 22, 11:00 a.m. Each One Teach One, Warwick Adventist Hall

Thurs. Feb. 23, 10:00 a.m. Mount Zion Senior Club, Southampton

Fri. Feb. 24, Tag Day RUBIS GAS STATIONS

Mon. Feb. 27, 11:00 a.m. Sunshine Club, Southampton Adventist Hall

Tues. Feb. 28, 10:00 a.m. 50 Plus Social Club, St. James Church Hall

12:30 p.m. Senior Islanders' Craft Class, Admiralty House

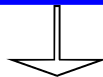
11:30 a.m. Hamilton Happy Seniors Club, Hamilton Adventist Hall

Avoid This- Memory Decline

To protect your powers of memory of recall when you're not actively learning engage your mind with simple mental exercises. Lack of stimulation may be a major contributor to age-related memory loss. Try brushing your teeth or holding the phone in the hand you don't normally use.

Boccia a New Game in Town

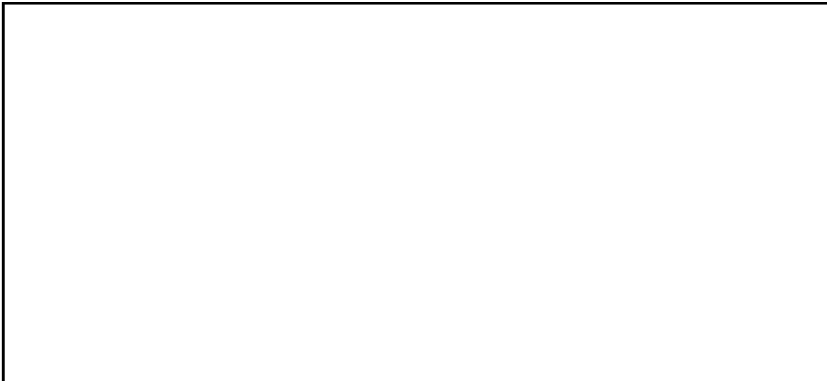
Clubs leaders and seniors looking to learn more about the game of Boccia, are invited to hear Troy Farnsworth and Tucker Hall speak about the game at the Bermuda Senior Islanders' Centre, Admiralty House Park, Thursday February 16 at 1:00 p.m.



Macbeth Scene 3, Act 11

Who can be wise, amazed, temperate and furious, loyal and neutral, in a moment. No Man. (William Shakespeare 1554-1616)

Population and Life Expectancy
The population of people 65 and over will climb from 14% in 2010 to 22% by 2030.
Life expectancy for the total population in 2017, 81.49 and 77.72 for men and 85.35 for women.



New Seniors Day Care in Warwick

**Where Personal, Individual, Care is principal, No place like this Place..
Where your love one comes first! Opened Monday to Friday 7:45 a.m.-5:30 p.m.(flexible)...Reasonable weekly and daily rates. Call Suzanne James, 333 8611 or email: shmjames@transact.bm**



**The Teen Library Advisory Board, Valentine's Day Tea
Friday, February 10th, 2017 St. Mary's Church Hall, Warwick
2:00 p. m. - 4:00 p.m., tickets \$10.00, Youth Library 295-0487**

Bermuda Senior Islanders Centre

TAG DAY AT RUBIS GAS STATIONS, 9:00 a.m.- 5:00 p.m.

Friday, February 24, 2017

Volunteers can sign up with club leaders for Boaz Island 234-0255, Causeway 232-6976, St. George's 293-8194, East Broadway 292-1895, Paget 295-9094, Southampton 234-0650, St. John's Road 292-8696, Paget 295-9094 and Warwick 238-5232 to sell tags. Volunteers should carry an umbrella and picnic chair for comfort. Tags and cash buckets will be issued, Bermuda Senior Islanders' Centre, Admiralty House Park, Tuesday February 14, 12:00 noon-3:00 p.m.

The Tag Day will go on rain blow or shine.

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