



**Admiralty House, Registered Charity Number 663, Limited by Guarantee  
February Newsletter 2018**

### **Ageing Well Committee launched**

**G**roups affiliated with the Bermuda Senior Islanders' Centre, are pleased with the intentions of the Premier's new 'Ageing Well Committee' set up in association with non-governmental organizations working to improve the lives of seniors.

**G**uided by the Cabinet Office they will focus on ageing and seniors, review the ageing well strategy and will hold consultations with the public. A Charter of Rights and Responsibilities for seniors will be the ultimate aim of the committee.

**W**orking with the private and public sector, the committee will become the watchdog for residential care homes and nursing homes. They will also have the power to address the issue of senior abuse in the community.

**D**errick Burgess, JP, MP, a baby boomer who is Deputy Speaker of the House of Assembly is AWC's chairman. Mr. Burgess has a history of speaking up for seniors and advocates for employing people sixty to seventy-something.

**P**olicies implemented and legislation crafted will provide care for people currently sixty-five and older and prepare those who will reach retirement age in the future.

**M**embers of the AWC include the Ageing & Disability Services, Health Insurance Department, Pensions, Financial Assistance, Ministry of Transport, National Security, Ministry of Health, Community based providers and a Gerontologist.

(From a Cabinet Office Statement)



**Bermuda Senior Islanders' Centre Luncheon  
Admiralty House**

**Thursday, February 15, 2018, 12:30 p.m., \$7.00**

**Takeout Meals after 1:30 p.m. \$10.00**

Calendar of Events February 1-9, 2018

**Thurs.** Feb. 1, 11:00 a.m. Season Seniors, 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. 2, 12:30 p.m. Special Peoples Club, St. Mary's Hall, Warwick

**Mon.** Feb. 5, 11:00 a.m. Devonshire Circle, Devonshire Adventist Hall

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

**Tues.** Feb. 6, 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. 7, 10:00 a.m. Golden Hour Club, Peace Lutheran Hall, Paget

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

11:00 a.m. Pembroke Senior on the Roll, Devonshire Adventist Hall

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

**Thurs.** Feb. 8, 11:00 a.m. Crown of Glory, Somerset Adventist Church

**February 12-16, 2018**

**Mon.** 12:00 noon Golden Elite Seniors, Allen Temple Church Hall

**Tues.** Feb. 13, 11:00 a.m. 50 Social Plus Club, St. James Church Hall

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

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

**1:15 p.m. Island Wide Committee Meeting, Admiralty House**

**Wed. 14,** 11:00 a.m. Each One Teach One, Warwick Adventist Hall

11:00 a.m. Pembroke Senior on the Roll, Devonshire Adventist Hall

**Thurs.** Feb. 15, 12:30 a.m. Senior Islanders' Luncheon, Admiralty House

**Fri.** Feb. 16, 12:30 p.m. Special People's Club, St. Mary's Church Hall

**February 19-28, 2018**

**Mon.** Feb. 19, 11:00 a.m. Sunshine Club, Southampton Adventist Hall

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

**Tues.** Feb. 20, 12:30 p.m. Island Wide Social, Devonshire Recreation Club

**Wed.** Feb 21, Feb 14, 10:00 a.m. Golden Hour Club, Peace Lutheran Hall

11:00 a.m. Pembroke Seniors on the Roll, Pembroke Adventist Hall

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

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

**Thurs.** Feb. 22, 10:00 a.m. Mount Zion Senior Club, Southampton

**Tues.** Feb. 27, 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

**Wed.** Feb 28, 11:00 a.m. Pembroke Seniors on the Roll, Pembroke Adventist Hall

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



#### **Teen Advisory Board of the Youth Library**

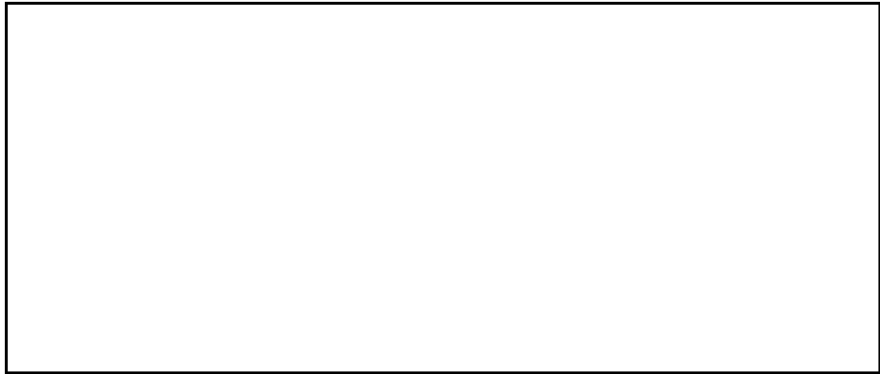
**Seniors are invited to the Youth Library's Valentine Tea, Friday, February 9, 2018, 2:00 p.m.- 4:00 p.m. at St. Mary's Church Hall, Warwick. Tickets are \$10.00 and can be bought at the Youth Library (295-0487), Hamilton.**

#### **Granny Marjorie Watson's legacy kept alive**

**M**rs. Marjorie Watson, may her memory be blessed, has a granddaughter Shari Scott ( millennials 18-30), who is carrying her fundraising torch. Shari has taken an undivided interest in the Centre, and at the celebration of her birthday last October she collected funds from family and friends to buy a freezer for the Senior Islanders Club House.

**W**e salute Shari Scott, her family and friends for caring and giving attention to elders by satisfying a need that they had for a freezer for their Club House.

**The secret of change is  
to focus all your energy,  
not on fighting the old,  
but on building the new.  
— Socrates**



**The Joy Club is planning a Valentine's Day Tea on Valentine's Day  
Wednesday, February 14, 2018, from 1:00 p.m.– 4:00 p.m., in the St  
George's Community Centre. For more information on the Tea contact  
Marva Bridgewater 236-3723.**



**Bernard Simons does seniors a good deed**

**B**ernard Simons' good deed goes back forty-two years ago when he coordinated a band of taxi drivers to collect seniors from their homes and rests homes to transport them to the first seniors luncheon at Admiralty House, June 1975.

**O**perating as the Group, we conceived an idea of bringing seniors to Admiralty House for a meal and social, while Meals on Wheels delivered lunch to housebound elders.

**M**r. Simons was serving bar patrons at a workmen's club when he overheard a timely appeal for transportation for seniors wishing to attend the Admiralty House event.

**T**he luncheon coincided with a lottery windfall that Mr. Simons enjoyed, and following Jesus' example, he desired to help his neighbor, so he shared his winnings with his elders.

**Seniors praise Bernard Simons for spontaneous generosity.**

**Bermuda Senior Islanders' Centre Newsletter  
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