



Registered Charity Number 663, Company Limited by Guarantee  
May 2018 Newsletter

### **Bermuda Senior Islanders' Centre Annual General Meeting**

**M**embers are encouraged to attend the Annual General Meeting of the Bermuda Senior Islanders' Centre, Admiralty House Park, Tuesday, May 29, 2018, at 2:15 p.m. The Bermuda Senior Islanders' Centre membership fee is \$5.00 and the Centre is open to anyone wishing to join. Our membership drive is March, April and May of each calendar year.

**W**e're still taking names of prospective board members to be elected at the May AGM. Directors will be expected to raise funds, present the organization to government and the donor sector, and guide the Centre in its compliance with the Charities Act of 2014. Meetings of the board take place quarterly in Admiralty House Park.

#### ***BSIC VISION***

**A** 'Centre' in which seniors are safe in an atmosphere created by themselves, that invigorates them with new exciting purposes and new rejuvenating things to do in their leisure years.

#### ***BSIC MISSION***

**R**eaching out to seniors & getting them out of the house for socialising at luncheons, craft and island wide rallies. The 'Centre' is the gateway to a network of seventeen senior clubs across the island.

#### **Tag Day Organiser Needed**

**The Bermuda Senior Islanders' Centre needs an organiser for a fundraising Tag Day. We need someone to help with the Tag Day and coordinate taggers. Having computer skills would be an asset to organising the fundraiser. Please call us on 259-9094 or email us [seniorislanders@logic.bm](mailto:seniorislanders@logic.bm).**

## **Calendar of Events May 1-4, 2018**

**Tues. May 1, 10:00 a.m. 50 Social Plus Club, St. James Church Hall**  
**11:30 a.m. Hamilton Happy Seniors Club, Hamilton Adventist Hall**  
**Wed. May 2, 10:00 a.m. Golden Hour Club, Peace Lutheran Hall**  
**11:00 a.m. Each One Teach One, Adventist Hall, Warwick**  
**11:00 a.m. Pembroke Seniors on the Roll, Pembroke Adventist Hall**  
**1:00 p.m. Joy Club, St. George's Community Centre**  
**Thurs. May 3, 11:00 a.m., Season Seniors, St. George's Adventist Hall**  
**11:00 a.m. Golden Milers Salvation Army, Hamilton**  
**12:30 p.m. Meals on Wheels, St. Paul's Church Hall, Paget \$5.00**  
**12:30 p.m. Young at Heart Club, St. James Church Hall**  
**1:00 p.m. RAA Senior Club's, St. George's**  
**Fri. May 4, 12:30 p.m. Special People's Club, St. Mary's Church Hall**

## **Events of May 7-11, 2018**

**Mon. May 7,**  
**11:00 a.m., Devonshire Circle Group, Devonshire Adventist Hall**  
**Tues. May 8, 10:00 a.m. 50 Plus Social Club, St. James Church Hall**  
**11:30 a.m. Happy Seniors Club, Adventist Church Hall, Hamilton**  
**Wed. May 10, 11:00 a.m. Each One Teach One, Adventist Hall, Warwick**  
**11:00 a.m. Pembroke Seniors on the Roll, Pembroke Adventist Hall**  
**Thurs May 10, 11:00 a.m. Crown of Glory, Somerset Adventist Hall**

## **May Events 14-18, 2018**

**Mon. 14, 11:00 a.m. Sunshine Club, Southampton Adventist Hall**  
**Noon Golden Elite Club, Allen Temple Church Hall, Somerset**  
**Tues. May 15, 10:30 a.m. 50 Plus Social Club, St. James Church Hall**  
**11:30 a.m. Happy Seniors Club, Adventist Hall, Hamilton**  
**12:30 p.m. Senior Islanders' Craft Class, Admiralty House**  
**1:00 p.m. BIU Club, BIU Headquarters**  
**Wed. May 16, 10:00 a.m. Golden Hour Club, Peace Lutheran Hall**  
**11:00 a.m. Each One Teach One, Adventist Hall, Warwick**  
**11:00 a.m. Pembroke Seniors on the Roll, Pembroke Adventist Hall**  
**1:00 p. m. Joy Club, St. George's Community Centre**  
**1:00 p.m. Smiling Glee Club, St. Luke's Church Hall, St. David's**  
**Thurs. May 17, Senior Islanders' Luncheon, Admiralty House \$7.00**  
**Fri. May 18, 12:30 p.m. Special People's Club, St. Mary's Church Hall**  
**May 21- 31, 2018**

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

**Tues. May 22, 10:30 a.m. 50 Plus Social Club, St. James Church Hall  
11:30 a.m. Happy Seniors Club, Hamilton Adventist Hall**  
**Wed. May 23, 11:00 a.m. Each One Teach One, Adventist Hall, Warwick  
11:00 a.m. Pembroke Seniors on the Roll, Pembroke Adventist Hall**  
**Thurs. May 24, 10:00 a.m. Mount Zion Circle Club, Southampton**  
**May 25 Bermuda Day Holiday**  
**Tues. May 29, 2:15 p.m. Bermuda Senior Islanders' Centre AGM  
10:30 a.m. 50 Plus Social Club, St. James Church Hall  
11:30 a.m. Happy Seniors Club, Hamilton Adventist Hall**  
**Wed. 30, 11:00 a.m. Each One Teach One, Adventist Hall, Warwick**

**Senior Islanders' Luncheon, Admiralty House Park**

**Senior Islanders' Luncheon, Thursday, May 17, 2018 p.m., 12:30 p.m.**

**\$7.00, Takeout meals after 1:30 p.m. (\$10.00)**

**Please have the right change.**



**Drink Plenty of Water**

**Our body is about 70 percent water. According to a recommendation from Dr. Hans Diehl, we should drink:**

**5 glasses of water to stay alive,**

**8 glasses of water to feel great and**

**10 glasses of water to rejuvenate!**

**(A health nugget (reminder) from Emily Outerbridge 94 years old.)**

[Renew Your Membership in the Bermuda Senior Islanders' Centre \\$5.00](#)

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone #** \_\_\_\_\_

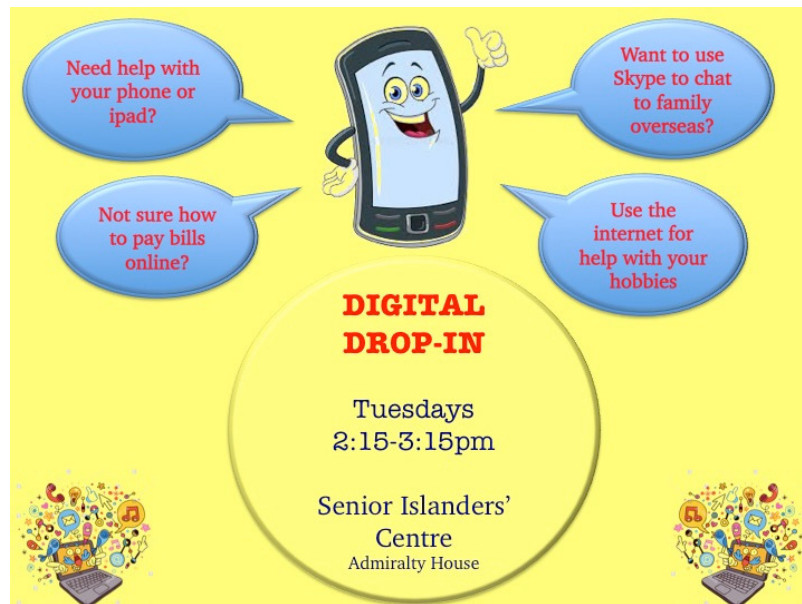
**Date of Birth:** \_\_\_\_\_

**Email Address** \_\_\_\_\_

**From an unknown Poet**  
**A term of life is set to every  
man, which is but short and  
pass it no one can.**

**Digital Drop-In for those fifty something and over**

**If you're fifty-something you can drop in at the Bermuda Senior Islanders' Centre, Admiralty House Park, and get help operating your ipad or phone. Yvonne Treacy our volunteer instructor will show you how to pay bills online and use the internet. The club will be held on Tuesdays 2:15 p.m. -3:15 p.m. and donations will be accepted to help with Centre expenses.**



**Bermuda Senior Islanders' Centre Newsletter**

**Editor, Fredrick R. Hassell, MBE**

**24 Admiralty House Lane, Pembroke HMOI**

**Government Building 0329**

**P.O. Box 1248 HM FX, Hamilton**

**Office 441 295 9094, Email, [seniorislanders@logic.bm](mailto:seniorislanders@logic.bm)**

**Website [www.seniorislanders.bm](http://www.seniorislanders.bm)**

**See our budding Face Book Page**