



**Admiralty House, Registered Charity Number 663, June 2017 Newsletter
Excerpts from May 2017 AGM Report**

Excerpt from Bermuda Senior Islanders' Centre AGM Report May 2017

Lady Jacqueline Swan was affectionately remembered by BSIC with a tribute in the Royal Gazette last July. We worked with Lady Swan as a founding member of Age Concern, which she helped establish as a strong advocacy body for seniors. We also remembered the late Jeanne Howes in an editorial in the RG for her musicality to children and seniors.

Government Funding

The Bermuda Senior Islanders' Centre signed the following compliance filings with the Ministry of Health & Seniors in 2016: Annual Report, Financial Statements, Grant Application and a Semiannual Report for 2016-2017. We also signed a Letter of Offer from the Ministry for a contribution of \$41,690.00.

Private Donations & Sponsorships

We're sad to report that Friends "4"Ever did not have golf fund raiser for us last year. BSIC's thankful to these avid golfers, who for over thirty years augmented our cash flow in memory of the late Randolph "Shorty" Spencer.

Lucy Souza and her colleagues at Zurich celebrated seniors again last year as part of their firm's international week of community giving. Michael Devi, CEO of Zurich Insurance Company Limited and his willing staff hosted 185 seniors in St. Mary's Church Hall. Island wide seniors were served tasty goodies, entertainment and won lavish prizes.

ERNST & YOUNG Christmas luncheon held in the Club House was attended by Governor John Rankin CMG, Premier the Hon. Michael Dunkley, JP, MP, the Hon. Jeanne Atherden, JP, MP, Minister of Seniors, and Ryan Oswald Country Managing Partner of ERNST & YOUNG. Seniors enjoyed the Christmas fare, while Maxwell Maybury and Eugene Joell entertained, and Santa's helpers gave gifts and coveted door prizes.

Senior Clubs should follow these procedures when hosting Island Wide Socials
Attend Island Wide Committee Meetings to arrange the event; book a hall to host the social two months before; make sure the hall has chairs, tables, suitable kitchen, running water, etc.; arrange guest speakers or entertainment for the social; gather a group of volunteers to host and serve refreshments. Club leaders serve on the Island Wide Committee and fund monthly socials. The members must clear business matters relating to the programme with the committee. Members may call the office Admiralty House Park on 295-9094 for more information.

Calendar of Events June 1-9, 2017

Thurs. June 1, 11:00 a.m. Golden Milers Salvation Army, Hamilton
1:00 a.m. Season Seniors Club, Adventist Hall, St. George's
12:30 p.m. Meals on Wheels, St. Paul's Church, Paget \$5.00
12:30 p.m. Young at Heart Club, Somerset Cricket Club
1:00 p.m. RAA Club, St. George's
Fri. June 2, 12:30 p.m. Special People's Club, St. Mary's Church Hall
Mon. June 5, 11:00 a.m. Sunshine Club, Southampton Adventist Hall
11:00 a.m. Devonshire Senior Circle, Devonshire Adventist Hall
Tues. June 6, 10:00 a.m. 50 Social Plus Club, St. James Church Hall, Somerset
11:00 a.m. Happy Seniors Club, Hamilton Adventist Hall
12:30 p.m. Senior Islanders' Craft Class, Admiralty House
11:00 a.m. Happy Seniors Club, Adventist Hall, Hamilton
Wed. June 7, 10:00 Golden Hour Club, Peace Lutheran Hall, Paget
11:00 a.m. Each One Teach One, Warwick Adventist Hall
11:00 Pembroke Seniors on the Roll, Pembroke Adventist Hall
1:00 p.m. Joy Club, St. George's Community Centre
Thurs. June 8, 1:00 a.m. Crown of Glory Group, Somerset Adventist Hall

Events of June 12-16, 2017

Mon. June 12, 11:00 a.m. Sunshine Club, Southampton Adventist Hall
11:20 Noon Golden Elite Seniors' Club, Allen Temple Church Hall, Somerset
Tues. June 13, 10:00 a.m. 50 Social Plus Club, St. James Church Hall, Somerset
11:00 a.m. Happy Seniors Club, Hamilton Adventist Hall
11:00 a.m. Happy Seniors Club, Adventist Hall, Hamilton
12:30 p.m. Senior Islanders' Craft Class, Admiralty House
Wed. June 14, 11:00 a.m. Each One Teach One, Warwick Adventist Hall
11:00 a.m. Pembroke Seniors on the Roll, Pembroke Adventist Hall
Thurs. June 15, 12:30 p.m. Senior Islanders' Luncheon, Admiralty House \$7.00

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

Events of June 19-23, 2017

June 19, National Heroes Day, First Day of Summer

Tues. June 20, 10:00 a.m. 50 Plus Social Club, St. James Church Hall, Somerset

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

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

Wed. June 21, 11:00 a.m. Each One Teach One, Warwick Adventist Hall

11:00 Pembroke Seniors on the Roll, Pembroke Adventist Hall

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

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

Thurs. June 22, Mount Zion's Club, AME Church Hall, Southampton

Events of June 26-30, 2017

Mon. June 26, 11:00 a.m. Sunshine Club, Southampton Adventist Hall

Tues. June 27, 10:00 a.m. 50 Plus Social Club, St. James Church Hall, Somerset

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

Wed. June 28, 11:00 a.m. Each One Teach One, Warwick Adventist Hall

11:00 Pembroke Seniors on the Roll, Pembroke Adventist Hall

Fri. June 30, 12:30 p.m. Island Wide, Contact the BIU about this event.

Notice to Club Leaders

Affiliated clubs of the Island Wide Social Committee must send a representative to monthly committee meetings for their membership to receive perks and admission to sponsored social events. Club leaders should be represented at four meetings of the IWSC. Meetings are held the second Tuesday of the month at Admiralty House. Committee meetings for the remainder of the year are listed here: Tuesday, September 12 and November 14, 2017.

Some Symptoms of Congestive Heart Failure

Shortness of breath, during mild activity or when at rest

Unusual swelling in the lower legs and ankles

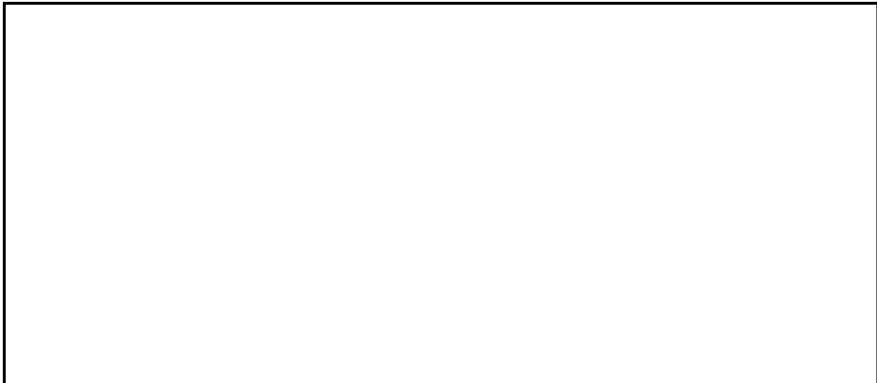
Fatigue and weakness

Feeling of suffocation while sleeping

Weight gain from fluid retention

National Institute of Health

Common sense is the most widely shared commodity in the world, for every man is convinced that he is well supplied with it.
Rene Descartes 1596—1650



Boccia a New Game in Town

Club 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 11:30 a.m., June 15, 2017.

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

Name: _____

Address: _____

Phone# _____

Date of Birth: _____

**Bermuda Senior Islanders'
Admiralty House, Luncheon Club
Thursday, June 15, 2017
12:30p.m. (\$7.00)
\$7.00 and Takeout meals \$10.00**

Active Ageing
Active ageing is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age.

**Bermuda Senior Islanders' Centre, P.O. Box 1248 HM FX, Hamilton
24 Admiralty Lane, Pembroke HM01
Office 441-295-9094
Newsletter Editor: Fredrick R. Hassell, MBE
Email: seniorislanders@logic.bm, Website www. seniorislanders.bm
Government Building # 0329**