



Registered Charity Number 663 July - August Newsletter 2018

Second Part of the Bermuda Senior Islanders' Centre AGM Report May 2018

Newsletter Report

We're circulating more monthly newsletters with mail outs to supporters, government, collection sites for the publication include Admiralty House Park, Senior Clubs, Department of Community Affairs and the Department of Health. Guest writers this year were Dr. Jackie Outerbridge who did an instructive on Executive Function and the late Eugene Carmichael who wrote of his life in Valencia, Spain.

School Involvement

Choirs and dramatists from Dellwood and Clearwater Middle Schools and East End Primary School performed for seniors at the Joy Club Island-Wide. Cedarbridge Academy students served seniors at the February island-wide at the Devonshire Recreation Club. Berkeley Institute students volunteered at the Christmas Luncheon, Admiralty House Park.

Crafty Bunch

Tuesday's crafty bunch instructors, Kathy Faries, Lynn Spurling and Louise Langley continue to stimulate seniors with creative crafts. New features of the class include exercise with Patsanee Budtarapun and Yvonne Treacy's Digital Drop-In. We thank them for helping Adrienne Jones with the craft group.

BSIC's Finances

Ray Jones of Faro Management Solutions has produced our Profit & Loss Statement and Balance Sheet (pro bono) for a decade. We thank and applaud him for his unwavering commitment to the Centre.

Senior Club Developments

We commend the leaders and members of the Special Peoples, Joy Club, Each One Teach One, Smiling Glee, Golden Hour, Senior Islanders, Hamilton Happy Seniors, Young at Heart, 50 Plus Seniors, Crown of Glory, Sunshine, Devonshire Circle, Golden Elite, Mount Zion, Pembroke Seniors on the Roll and the BIU for all they do to keep the groups active.

BSIC Board thanks donors and supporters

B SIC thanks you for your cash and donations of goods and services to the Centre last year.

New board members

The May AGM held in the Club House was well attend by members. Leslie Virgil and Rosemarie Yarrum joined the BSIC Board with responsibility for operating the Centre in accordance with the Charities Act of 2014.

BSIC is facing hard times with decreased funding by government and declining donations from the business sector.

The Board will be looking for members to help with new fundraising ideas this Fall so they can increase the Centre's cash flow.

Admiralty House Luncheon Club

will resume at the
Bermuda Senior Islanders' Centre
Thursday, September 20, 2018

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

Name: _____

Address: _____

Phone# _____

Date of Birth: _____

Email Address _____



TAG DAY, October 17, 2018

The Bermuda Senior Islanders' Centre will hold a Tag Day in Hamilton, Thursday, October 17, 2018, from 9:00 a.m.- 6:00 p.m. Leslie Virgil is chairing the fundraising committee for the BSIC Board. We're appealing for Taggers, so if you haven't signed up to help you can do so by calling the office 295-9094 or by emailing, seniorislanders@logic.bm.

Where can I get a copy of the Senior Islanders' Newsletter?

Bermuda Senior Islanders' Centre, Admiralty House Mail Box,
Ageing and Disability Office, Hamilton

Department of Community Affair, Dame Lois Evans Building, Hamilton
Bermuda Senior Islanders' Centre, Website [www. seniorislanders.bm](http://www.seniorislanders.bm)



A beautiful wave rushing toward the shore. "Alas," he cried, for he saw the rocks, " I shall crash and be destroyed forever." A voice behind him advised, "Relax, son. You won't be destroyed. For you are not a wave; you are the ocean."- Anonymous

Bermuda Public Service Union Retirees

Marlene Smith (292-43484) is President of the B.P.S.U. Retirees, the group meets the third Wednesday of each month at noon in their union headquarters. You can contact them in September as they're on summer break.

Special People's Club will meet again

September 7, 2018

St. Mary's Church Hall

Warwick

Senior's wellness clinics

The Department of Health runs bi-weekly health screenings for seniors at three locations. The clinics provide: Adult immunizations, blood pressure screening and monitoring, blood and sugar screenings, functional assessments, home safety and functional assessments of activities for daily living, prevention guidance in the areas of ageing, safety, medications, falls and chronic illnesses and nutrition assessment and counseling.

ISLAND WIDE SOCIAL

The September 28, 2018, IWS, will be held in St. James Church Hall, 12:30 p.m.– 2:30 p.m., see the September Newsletter for details.

Golden Hour Club

The Golden Hour Club, Peace Lutheran Church Hall meets again on Wednesday, September 5, 2018.

Island - Wide Social Committee Meeting

Admiralty House Park
Tuesday, September 11, 2018
1:15 p.m.

Bermuda National Trust

Needs Volunteers

Guides are needed for

Verdmont, Globe Hotel & Tucker House

Contact Kim Smith

Bermuda National Trust

236-6483, 236-0617

Positive Ageing

A Reprise

Grant unto me the seeing eye, that I may see the beauty in common things. . . and that I may know that each age from first to last is good in itself and may be lived, not only well but happily.

Edmund Sandford, "Mental Growth and Decay"

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