



Admiralty House, Registered Charity Number 663, Company Limited by Guarantee
September 2016 Newsletter

Fish will give you a younger brain, says researchers

Yian Gu, an epidemiologist at Columbia University says, “Our study found that the more you adhere to a Mediterranean diet, the more protection you get for your, brain.” Eating a Mediterranean diet high in fish and low in meat may slow down the signs of ageing in your brain.

Researchers followed 684 elderly people with an average age of 80, and found that those who ate plenty of Mediterranean foods, including vegetables, fish, and monounsaturated fats, like olive oil, had larger brain volumes than those who did not.

They divided the seniors into two groups – those that kept closely to a Mediterranean diet, and those who did no -- the comparative difference in average brain size was 13.11 milliliters, or the equivalent to five years of ageing.

Findings in the Neurology journal found that sticking to a Mediterranean diet is also associated with reduced risk of Alzheimer’s disease. Less consumption of meat, dairy, and saturated fats were associated with reduced risk of breast cancer and heart disease.

Gu said, Mediterranean researchers are not certain why the diet is advantageous, but these foods have different nutrients that can have distinct biological effects in the body.

**Follow the research, Google Columbia Study Shows Fish is Brain Food.
(Source Miami Herald, Health)**

Calendar of Events September 1-9, 2016

Thurs. Sept. 1, 11:00 a.m. Golden Milers, Salvation Army, Hamilton

11:00 a.m. Season Seniors, St. George's Adventist Hall

12:30 p.m. Meals on Wheels, St. Paul's Church Hall, Paget \$5.00

12:30 p.m. Young at Heart, Somerset Cricket Club, Somerset

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

Fri. Sept. 2, 12:30 p.m. Special People's Club, St. Mary's Church Hall

Mon. Sept. 5, LABOUR DAY HOLIDAY

Tues. Sept. 6, 10:30 a.m. 50 Plus Social Club, Salvation Army, Somerset

11:00 a.m. Hamilton Happy Seniors' Club, Hamilton Adventist Hall

Wed. Sept. 7, 10:00 a.m. Golden Hour Club, Peace Lutheran Hall

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

12:30 p. m. Joy Club, St. George Community Centre

Thurs. Sept. 8, 11:00 a.m. Crown of Glory Club, Somerset Adventist Hall

September 12-16, 2016

Mon. Sept. 12, 11:00 a.m. Sunshine Club, Southampton Adventist Hall

12 Noon Golden Elite Club, Allen Temple Church Hall, Somerset

Tues. Sept. 13, 10:30 a.m. 50 Plus Social Club, Salvation Army, Somerset

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

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

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

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

Thurs. 15, 12:30 p.m. Senior Islanders' Luncheon Club, Admiralty House

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

September 19-23, 2016

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

11:00 a.m. Devonshire Senior Circle, Devonshire Adventist Hall

Tues. Sept. 20, 10:30 a.m. 50 Social Plus Club, Salvation Army, Somerset

11:00 a.m. Hamilton Happy Seniors Club, Hamilton Adventist Hall

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

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

Wed. Sept. 21, 10:00 a.m. Golden Hour Club, Peace Lutheran Hall

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

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

Thurs. Sept. 22, 10:00 a.m. Mount Zion Club, Southampton

September 26-30, 2016

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

Tues. Sept. 27, 10:30 a.m. 50 Plus Social Club, Salvation Army, Somerset

11:00 a.m. Hamilton Happy Seniors' Club, Hamilton Adventist Hall

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

Fri. Sept. 30, 12:30 p.m. Island Wide Social, St. Luke's Church Hall, St. David's

These days we're never sure if we will have public buses to drive us to monthly socials. The Committee will notify club leaders in writing when they've book buses with the Public Transportation Department.

Cedarbridge Academy Appeal for mentors

We're seeking your assistance in securing males to participate in the Community Volunteer Reading Program which takes place at CedarBridge Academy. The program requires only 30 minutes once a week. We're looking forward to hearing from volunteers soon. Thanks. (Yolanda Ming (Literacy Coordinator & Reading Specialist)

yoming@cedarbridge.doe.bm<<mailto:yoming@cedarbridge.doe.bm>>, 296-5665EXT:2136

Bermuda Senior Islanders ' Centre Luncheon

Admiralty House

Thursday, September 15, 2016, 12:30 p.m.

Fish & Spanish Rice, Vegetables & Dessert,

\$7.00 Luncheon

Takeout meals after 1:30 p.m. \$10.00

Special People's Club

will meet again

September 2, 2016

St. Mary's Church Hall

Warwick

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

Bermuda Senior Islanders' Centre, Admiralty House Mail Box,

Senior Clubs & Club Leaders

Ageing and Disability Office, Hamilton

Department of Community Affair, Dame Lois Evans Building, Hamilton

Bermuda Senior Islanders' Centre, Website www.seniorislanders.bm

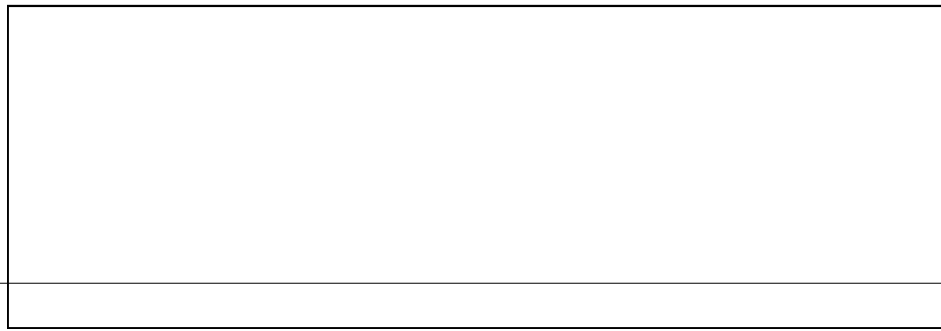
Island Wide Social Meeting

Tuesday, September 13, 2016

1:15 p.m., Admiralty House to

plan the St. David's social to be

held in St. Luke's Hall.



**Ministry of Health, Seniors and Environment
Ageing and Disability Services
Continental Building, 25 Church Street Hamilton, HM 12
Phone 292-7802, Fax 292-9125
This information is always good to have on hand.**



**A matter of manners, change and positive action
“ A man’s manners are a mirror in which he shows his portrait.” —
Johann Wolfgang von Goethe**

**“Progress is impossible without change, and those who cannot
change their minds cannot change anything.”
George Bernard Shaw**

**“In order to carry a positive action we must develop here a positive
vision.” — Dalai Lama**



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

Name: _____

Address: _____

Phone _____

Date of Birth: _____

Interest _____

**Fredrick R. Hassell, MBE, Director & Editor
24 Admiralty Lane, Pembroke HM 10, Government Building 0329
Bermuda Senior Islanders’ Centre, P.O. Box 1248 HM FX, Hamilton
Office 441 295-9094, Fax 441 295-4695, Email seniorislanders@logic.bm.
Website www. seniorislanders.bm**