



Registered Charity 663, Limited by Guarantee, Admiralty House Park
November 2016 Newsletter

The gist of Fred Hassell's address to 50 Plus Club, September 27, 2016

Gist of the address: Participation in senior clubs add quality and years to life.

The BSIC director quoting from George E. Vaillant's book, 'Aging Well', said: "Do you think diet and exercise are the keys to a long, healthy life?" Then think again. Dr. Vaillant research shows that individual lifestyles choices play a greater role than genetics, wealth, race or other factors in determining how happy people are in life. In his book he explores the following factors that increase the likelihood of living a happy, healthy, fulfilling life into your sixties, eighties, and beyond.

The importance of marriage and the impact of divorce

The role of play and creative

The effects of tobacco, alcohol, and other mood elevators

The benefits of forming new friendships and new social networks

The importance of intellectual curiosity and lifelong learning

Vaillant's advice and factors listed above promises scientific help for you, whether you are thirty-five or sixty-five— ensuring golden happy years.

Members of 50 Plus were asked to focus on factor four, forming new friendships and social networking as a championed by BSIC in fostering healthy ageing through the pursuit of senior clubs.

Funded by government and the community, BSIC encourages social environments where seniors reinvigorate themselves through leisure activities. We're fulfilling our mission by reaching out to seniors with reasons to get out of the house for socializing in senior clubs.

We began in 1970s with Luncheons, Craft Groups & Boat Cruises

Luncheons and craft groups spread from Admiralty House Park to the wider community. In forty years we've spawn eighteen senior groups that are active and thriving in the community. It was in the late 1970s that we were invited to become chartered members of Age Concern. (The article continues on the back page.)



Coming Events at Admiralty House

Thursday, November 17, 2016

12:30 p.m. Senior Islanders' Luncheon

Thursday, December 8, 2016, Senior Islanders' Christmas Luncheon RSVP

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Calendar of Events November 1-10, 2016

Tues. Nov. 1, 10: 00 a.m. 50 Plus Club, Salvation Army, Somerset

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

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

Wed. Nov. 2, 10:00 a.m. Golden Hour Club, Peace Lutheran Hall

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

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

Thurs. Nov. 3, 11:00 a.m. Season Seniors, St. George's Adventist Hall

Thurs. 11:30 a.m. Season Seniors Club, St. George's Adventist Hall

11:30 a.m. Salvation Army Golden Milers, Hamilton Citadel

12:30 p.m. Young at Heart Club, St. James Church Hall, Somerset

12:30 p.m. Meals & Wheels, St. Paul's Christian Education Centre \$5.00

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

Nov. 4, Fri. 12:30 p.m. Special People's Club, St. Mary's Church Hall, Warwick

Mon. Nov. 7, 11:00 a.m. Sunshine Club, Southampton Adventist Hall

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

Tues. 8, 10:00 a.m. 50 Plus Social Club, Salvation Army, Somerset

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

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

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

Wed. Nov.9, 11:00 a.m. Each One Teach One Club, Warwick Adventist Hall

Thurs. Nov. 10, 11:00 a. m. Crown of Glory, Somerset Adventist Hall

November 14-18, 2016

Mon. Nov. 17, 11:00 a.m. Sunshine Club, Southampton Adventist Hall

12:00 Noon Golden Elite Senior's Club, Allen Temple Church Hall, Somerset

Tues. Nov. 15, 11:30 a.m. Happy Seniors' Club, Hamilton Adventist Hall
12:30 p.m. Senior Islanders' Craft Class, Admiralty House
1:00 p.m. BIU Club, BIU Headquarters, Hamilton
Wed. Nov. 16, 11:00 a.m. Each One Teach One Club, Warwick Adventist Hall
10:00 a.m. Golden Hour Club, Peace Lutheran Hall
1:00 p.m. Joy Club, St. George Community Centre
1:00 p.m. Smiling Glee Club, St. David's
Thurs. Nov. 17, 12:30 p.m. Senior Islanders Luncheon, Admiralty House, \$7.00
Fri. 18, 12:30 p.m. Special People's Club, St. Mary's Church Hall
12:30 p.m. Senior Islanders' Craft Class, Admiralty House

November 21 - 25, 2016

Mon. Nov 21, 11:00 a.m. Sunshine Club, Southampton Adventist Hall
11:00, Devonshire Senior Circle Group, Devonshire Adventist Hall
Tues. Nov. 22, 10:00 a.m. 50 Social Club, Salvation Army Hall, Somerset
11:30 a.m. Hamilton Happy Seniors' Club, Hamilton Adventist Hall
12:30 p.m. Senior Islanders' Craft Class, Admiralty House
Wed. Nov. 23, 11:00 Each One Teach One, Warwick Adventist Hall
Thurs. Nov. 24, 10:00 a.m. Mount Zion Club, A.M.E. Hall, Southampton
Fri. Nov. 25, 12:30 p.m. Island Wide Social, **RAA Club, St. George's**
Special Buses, St. James Church 11:30 a. m. & Hamilton Bus Terminal 11:45
a.m. (These buses will be confirm with your club leaders at the IW meeting.)

November 28-30, 2016

Mon. Nov 28, 11:00 a.m. Sunshine Club, Southampton Adventist Hall
Tues. Nov. 29, 10:00 a.m. 50 Social Club, Salvation Army Hall, Somerset
11:30 a.m. Hamilton Happy Seniors' Club, Hamilton Adventist Hall
12:30 p.m. Senior Islanders' Craft Class, Admiralty House
Wed. Nov. 30, 11:00 a.m. Each One Teach One Club, Warwick Adventist Hall

Bermuda Senior Islanders Centre

Admiralty House Luncheon

Thursday, November 17, 2016

12:30 p.m.

Fish & Potatoes, Vegetables

Dessert

\$7.00, Takeout \$10.00

Menu subject to change without notice

Bermuda Senior Islanders Centre

TAG DAY RUBIS GAS STATIONS

Friday, February 24, 2017

JOIN THE TAG DAY COMMITTEE

**and sell tags for us. Contact the
office 295-9094 to sign up.**

**We're thankful to RUBIS for giving
us this opportunity to raise money
for Centre.**



B SIC coordinated annual boat cruises with the support of the Department of Community Affairs. There was zero budgeting for island - wide boat cruises. Refreshments were prepared at Admiralty House and Kitson & Company subsidized the sea excursions.

Island Wide Committee's Role in Seniors' Week & Premier's Tea

We were the lynchpin for the Premier's Tea along with the Cabinet Office and Public Transportation. Seniors' Week came about when the late Naomi Moore (Bermudian), arranged for BSIC's director to meet principals of the New York Area Agency on Aging to learn about their national programmes for seniors. The Island Wide Social Committee (established 1979/80 by the BSIC director) took up the idea of a national week for seniors with the Department of Community Affairs. Seniors' Week became a reality and was inaugurated by government proclamation 1986. There was zero budgeting for Seniors' Week. The Corporation of Hamilton gave the Earl Cameron Theatre (City Hall) gratis for the Awards Ceremony and refreshments were donated.

Community Affairs takeover of Boat Cruise, Picnic & Seniors' Week 1990s

Seniors' Week, the Boat Cruise and Picnic were thriving community projects when taken over by the Department of Community Affairs. For nearly thirty years countless numbers of seniors were celebrated nationally before the programme was cut a few years ago. These events are also a loss to community volunteers who gave of their time to make them a success.

Seniors lament the loss of Seniors' Week, the Boat Cruise & Picnic

In his remarks to the group Mr. Hassell alluded to the disquiet amongst seniors over the loss of Seniors' Week, the annual picnic and boat cruise.

He concluded his address with a plea to 50 Plus to bring back the chopped national programmes. The group was also asked to adopt the vision and mission of the Bermuda Senior Islanders' Centre's for their membership.