GOVERNMENT OF THE VIRGIN ISLANDS

PRESS RELEASE

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Senior Citizens' Month 2026 Declared Open

Release Date: 4 May, 2026



Senior Citizens' Month 2026 was officially declared open Friday during an Opening Ceremony held at New Life Baptist Church, marking the start of a month dedicated to celebrating and supporting the Territory's elderly population.

This year also marks the **37th anniversary** of the observance in the Virgin Islands, highlighting a longstanding commitment to honouring and uplifting seniors across the Territory. Observed under the theme "Champion Your Health," the ceremony highlighted the importance of seniors taking an active role in their wellbeing.

Delivering remarks, Minister for Health and Social Development, Honourable Vincent O. Wheatley, underscored the importance of prevention and personal responsibility in maintaining good health.

Honourable Wheatley said, "Our theme this year, 'Champion Your Health,' reminds us that health is not only something we receive care for, but something we actively protect, nurture, and advocate for throughout our lives. Championing your health begins with prevention. It means choosing your meals wisely, maintaining regular health screenings, and staying active. It also means understanding your body, recognising changes, and seeking care early."

The Minister also emphasised the collective responsibility to support seniors and the importance of collaboration across the community.

"As we honour you, our golden gems, we also reaffirm our collective responsibility to ensure that you are empowered, supported, and equipped to live healthy, fulfilling lives. We also recognise that this work cannot be done in isolation. Strong community partnerships are essential. From healthcare providers and social services to non-governmental organisations, families, and caregivers, it is through collaboration that we create environments where our seniors are supported, respected, and empowered."

Premier of the Virgin Islands, Honourable Dr Natalio Wheatley, also addressed the gathering, encouraging seniors to embrace this stage of life with confidence and optimism.

Premier Wheatley said “Just because you are a senior, it does not mean anyone should place limitations on you. This is just another stage of life and it can be a stage where you continue to discover the joys of new things. To all our seniors, I wish you a joyful, a healthy, and a blessed Senior Citizens’ Month. May you continue to shine as the golden gems you are, and may God bless our seniors and continue to bless these beautiful Virgin Islands.”

A range of activities has been planned throughout the month to promote wellness, engagement, and social connection among seniors across the Territory.

Tortola Activities:

- 5 May: East End/Long Look Senior Engagement Programme – Intergenerational Day at the East End/Long Look Community Centre
- 13 May: Carrot Bay Senior Engagement Programme – Intergenerational Day at the West End Community Centre
- 18 May: BVI Historical Sites Tour at Queen Elizabeth II Park
- 20 May: Seniors’ Sports Day at the Multi-Purpose Sports Complex
- 24 May: Family Feud: Seniors’ Edition at the Eileene Parsons Auditorium
- 27 May: Adina Donovan Home for the Elderly Open House
- 29 May: “Champion Your Health” Parade and Wellness Fair at the Noel Lloyd Positive Action Movement Park

Sister Islands Activities:

- 7 May: Virgin Gorda Seniors’ Luncheon
- 15 May: Jost Van Dyke Seniors’ Funtastic Friday
- 21 May: Virgin Gorda Elderly Home Open House
- 25 May: Anegada Seniors’ Luncheon and Social

The Ministry of Health and Social Development encourages all residents to participate in the scheduled activities and to honour the contributions of seniors throughout the Virgin Islands.

For Additional Information Contact:

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Additional Documents or Media

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