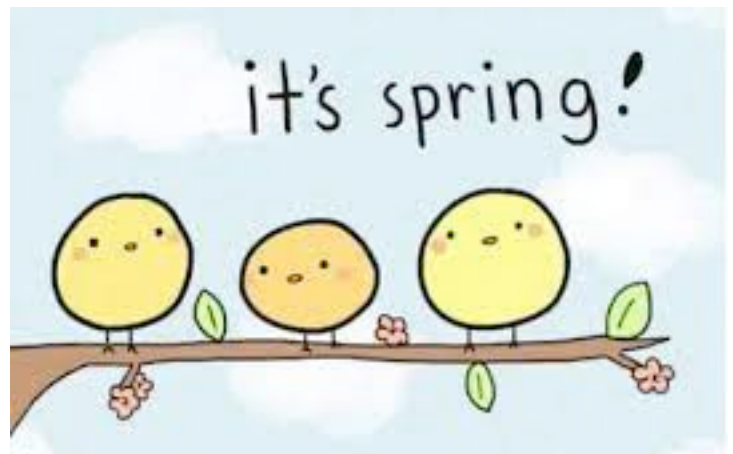




Senior Newsletter

April 2024

Our mission is to: Come alongside senior adults in a dynamic season of life to provide friendship, laughter, spiritual care and a great lunch.



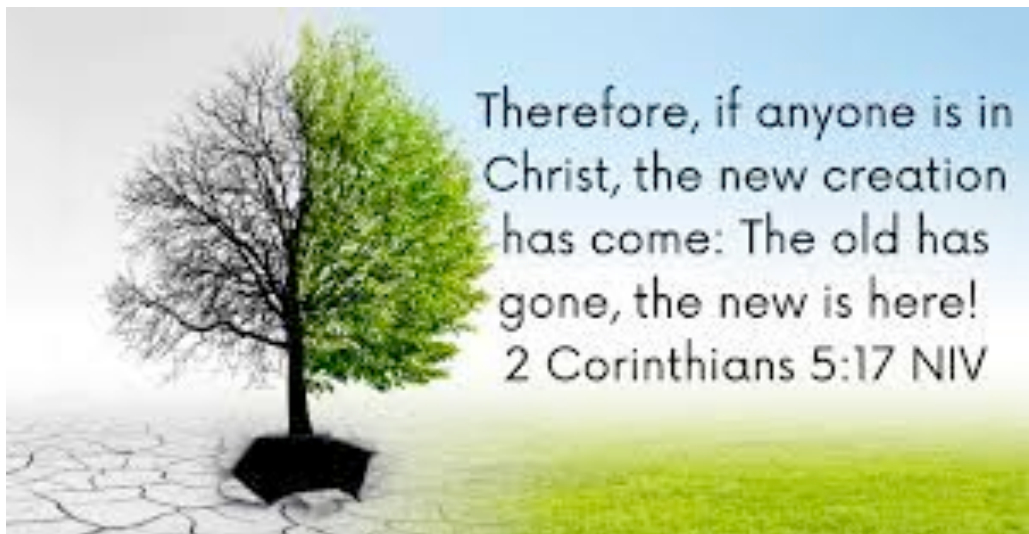
An Easter Flower Gift

O dearest bloom the seasons know,
Flowers of the Resurrection blow,
Our hope and faith restore;
And through the bitterness of death
And loss and sorrow, breathe and breath
Of life forevermore!



The thought of Love Immortal blends
With fond remembrances of friends;
In you, O sacred flowers,
By human love made doubly sweet,
The heavenly and the earthly meet,
The heart of Christ is ours!

by John Greenleaf Whittier



Lunches this month:

Thursday, April 4th

Because the Easter season lasts 50 days (until Pentecost), we are going to be celebrating Easter few days after the actual holiday! All are invited to dress in their spring finery and even wear a hat, if you are so inclined. **Pastor Nikki** will be bringing a message of hope to us all. **Pastor Colleen** will be there to welcome you with hugs and laughter. **Chef Michele** will be making a lovely, traditional meal of ham, scalloped potatoes, a leafy salad, and a yummy dessert. We hope you join us!

Thursday, April 18th

Jean Browne and her marvelous musicians will be our guests today. Come with your best voice to lift your voices together. There will be some favorite songs to fill our hearts as we join together. It's always a wonderful time when our talented friends come to sing with us. For lunch, we will enjoy BBQ chicken, macaroni and cheese, a healthy salad, and soft rolls. We look forward to being with you on this day!

Going Forward

Gray, silver, salt-and-pepper - call it what you will. We know what you're talking about. There are also the little thin lines settling in to stay. The upper arms that aren't quite as firm as they used to be.

Unlike your car, you don't come with a reverse gear. So all you can do is go forward with a smile - and gratitude. Gratitude for the many good times you've had, for the gift of today.

Gratitude is a grand traveling companion wherever you are on the road of life.

(Taken from *I Know I Came in Here for Something...*)

In every thing give thanks.

1Thessalonians 5:18



HAPPY SPRING!

A man should never be ashamed to own that he has been in the wrong, which is but saying, in other words, that he is wiser today than he was yesterday.

Jonathan Swift



The young man knows the rules, but the old man knows the exceptions.

Oliver Wendell Holmes, Sr.



Wisdom is the sunlight of the soul.

Proverb

- The colder the x-ray machine, the more of your body will be asked to put on it.
 - Be true to your teeth, or they will be false to you.
 - Never lie to CAT Scan technicians, because they can see right through you.
- Don't be old until you have lived.

(Taken from *I Know I Came in Here for Something...*)



The art of being wise is the art of knowing what to overlook.

William Jones



Spring has Sprung

ACTIVE
 AMARYLIS
 APRIL
 AZALEA
 BASKET
 BIRDS
 BLOOMS
 BLOSSOMS
 BROOK
 BUSHES
 BUTTERCUP
 CROCUS
 DAFFODIL
 DEBUT
 EARLY
 EASTER
 FLOWERS

 GARDENS
 GREEN
 GROWTH
 KITES
 LILAC
 LILIES
 MARCH
 NATURE
 PASSOVER



PETALS
 PLANTS
 PUDDLE
 REBIRTH
 RENEWAL
 ROBIN
 ROOTS
 SEASON

 SEEDLINGS
 SHOWER
 SNOWDROP
 SODS
 SOWING
 SPIRIT
 SPLENDOR
 SPROUT
 STROLL
 TADPOLE
 THAWS
 TOPSOIL
 TULIP
 WARMER
 WILLOW
 WORMS

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Thank you!