

Happy New Year!

January 2020

Every End is a new beginning!

Bridgeville Senior Center Newsletter

The Definition OF New Is Not Existing Before, Made Introduced Before, OR Discovered Recently Or Now, FOR The First Time.

Entering In

Entering into this new year, of 2020, a year, a new day, that I have never seen before.

What will I do with this new opportunity?

How can I grasp this day?

How can I take advantage of this newness?

How will I encourage this newness?

How is this new day going to help me?

How can I learn to love more because of this new day?

How can I give more of me, with this new day?

How can I enjoy this new day?

How can I make the most of this new day?

2019 is gone, and we're never able to step foot in it again. We can allow of minds to take us back, but never our bodies. Let us be grateful for last year, for yesterday, but let us

LOÔK

to see what this new year, these new day's, have in store for ourselves, as well others.

Walk into the newness!

Annette Cannon

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Let no man pull you so low to hate him!

The equality, not the longevity of ones life is what's important!
Martin L. King Jr.

"We must use time creatively, in the knowledge that the time is always ripe to do right"

Martin Luther King Jr,

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Happy Birthday!

- 2nd Jimmie P.
- 14th Edwin K
- 14th Ruby G.
- 21st Walter C.
- 25th Mabel E.
- 27th Darlene D.
- 29th Gloria T.

WE must develop and maintain the capacity to forgive'.

'He that is devoid of the power to forgive is devoid the power to love''.

There is some good in the worst of us, and some evil in the best of us. When we discover this, we are less prone to hate our enemies.

MLK.



Korisha Horshey
Food Service Manager

Interesting Facts

January in Other Languages

- Chinese (Mandarin) - Yiyuè
- Spanish - Enero
- Danish - Januar
- Italian - Gennaio
- Latin - Ianuarius
- French - Janvier

Symbols of January:

- Birthstone: Garnet
- Flower: Carnation
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January the 26th is National Spouses Day!

Take the day to celebrate your spouse, to let them know how much you love and appreciate them. Fix their favorite food or desserts. If possible plan some-time with just the both of you. One hour, two hours, what ever you can.

Teri Ricketts Outreach Worker

Ways to eat right for Life

Portions to put on your plate:

Your plate should be 50% Veggies and Fruit, 25 % Whole Grains, 25% Meat, Poultry or Fish.

Taking home left overs:

When you go out to eat, take half of your food home.

Try to eat Whole Grain instead of White:

Use Brown Rice, instead of White, Whole grain Breads, etc.

Avoid Fats:

Use Olive oil instead of Butter. Try to avoid going to fast food places, as much as possible.

Eat Salad only: Start your meal with a Salad, light on the Dressing. Have no Bread with the salad. With no Bread, you'll eat more of it, and will take away more of your hunger, and is healthier.

Frozen Shrimp instead of Frozen dinners:

Thaw your Shrimp in hot water, and sauté' in a flavored dressing and Olive oil. Keep frozen Vegetable in the freezer , for quick easy meals.

Try to read the Food Labels:

Sylvia Jacobs Program Director

By this time, you all know, how much I enjoy reading Our Daily Bread. There is always an article I like to share. This month's article, lets us know, that there are things we see and think, oh I don't like that, can be the best thing for us.

Diamond Dust

During a bitterly frigid winter in our part of Michigan, there were many mixed emotions about the weather. As the snowy winter season pressed on into March, most people had long before fallen out of love with snow and were bemoaning long-range forecasts of low temperatures.

Yet the majestic beauty of the snow continued to amaze me. Even as I threw endless shovelfuls of it from my driveway onto the over, my-head snowbanks, I was enthralled with the white stuff. One particular day, ice crystals filtered down from the sky to fall atop old snow. As my wife and I took a walk through this sparkling scene, it looked as if diamond dust had been sprinkled across the landscape.

In Scripture, snow seems to have varied purposes. God sends it as an indicator of His creative greatness. Snow-capped mountains irrigate the arid valleys below. But more significantly, God gives snow as a picture of our forgiveness. The gospel of Jesus provides a way for us to be cleaned of our sins and for our hearts to be made much "whiter than snow."

The next time you see snow-in life, or in photos-thank God for the forgiveness and the freedom from sin's penalties, that this beautiful, natural gift pictures, for all who have put their trust in our Savior.

Thank You for forgiving us and for turning our filthiness into the beauty of forgiveness. Help us to display the beauty of our forgiveness to we encounter.

When Christ forgives us, our hearts are as clean as new-fallen snow.