



Happy New Year!



January 2023

Issue II Volume 231

Bridgeville Senior Center

Ode to our Elders

Happy 2023 Family!
 Allow this to serve as a reminder,
 To care for those who cared for us.
 All that we enjoy today
 Is what they fought for yesterday.
 All of our complaints,
 Are improvements for what they've endured.
 As we strive for a better tomorrow,
 Remember who we're fighting for.
 Not just for the future,
 But an homage to those from before.
 Their experiences are sure to never bore.
 Filled with entertainment and information,
 They share stories that leave you wanting more.
 When met with despair,
 Joy is the cure.
 So be sure to care for those who've cared for us.
 With all they've been through,
 Caring for them is the least we can do.

Nia,

Master of Social Work Intern at DE. State University

Include in Newsletter

- Event Calendar
- Menu
- Poems
- Staff Article
- Volunteer Opportunities

Just One Request

Dear Master for this coming year

Just one request I bring:

I do not pray for happiness,

Or any earthly thing –

I don not ask to understand

The way Thou leadeest me,

But this I ask: Teach me to do

The things that pleaseth Thee.

I want to know thy guiding voice,

To walk with Thee each day.

Dear Master make me swift to hear

And ready to obey,

And thus the year I now begin

A happy year will be –

If I am seeking just to do

The thing that pleaseth Thee.

--Unknown Author

Veronica Cornish Activity Coordinator

What will

You Do

With

This

New

Day?

January Birthday's

- 1st Maebell Joyner
- 1st Nathaniel Smack
- 5th Robert Henderson
- 8th Gloria That
- 14th Edwin Kelly
- 14th Ruby Greene
- 27th Darlene Dredden



414 Market Street
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Color Word that represent you, and what you want to be.

Powerful

Winner

Positive

Heaven

Love

Boldness

Bound

J

Joy

Encourager

Love
Commander

Victorious

Fighter

Newness

STRENGTH

Warrior

Determined

Inspirational

Happy

Listener

Submissive

Original

"Should auld acquaintance be forgot..."

At the end of each year, we spend some time in reflecting going over the things we want to leave in the past as we head into the future. The following Bible verses can help us focus on moving forward and starting fresh:

2 Corinthians 5:17 - *Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!* (NIV)

Galatians 2:20 - *My old self has been crucified with Christ. It is no longer I who live, but Christ who lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me.* (NLT)

Philippians 3:13-14 - *Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.* (NIV)

Proverbs 3:6 - *In all your ways submit to him, and he will make your paths straight.* (NIV)

Jeremiah 29:11 - *"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."* (NIV)

Joshua 1:9 - *Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.* (NIV)

We cannot forget whose hand needs to be in our future plans. We may not always understand the plans God has for us.... but as a sister in Christ recently told me, "Our purpose in Christ is not for us". It's our job to find our purpose so that our purpose can benefit others.

Paraphrased and submitted by, Grace Maxwell

Article By

Kelli Mahoney

Let the Sunshine in

With the Winter upon us, these 4 Products, can make the Season feel a little more like Summer:

Daylight Bulbs – Brands of Bulbs, such as, Philips and Sylvania, are now designed to mimic Natural light. There is more Blue in the light, whereas, the soft-white Bulbs are more Yellow, and the bright white Bulbs, more white.

Tubular Skylights – There cheaper, smaller and easier to install, than the traditional Skylight. Tubular Skylight puts out Natural light, that no light Bulb can.

Sunrise alarm clocks – About 30 minutes, before the alarm goes off, these gadgets, mimic the Sunrise, and helps, gently awaken you, by the generated light. So, then, not having to be startled, and woken up by a loud Alarm clock.

Light Therapy, Lamps and Light boxes – These Products, could help provide the Light needed, for People with Seasonal affective disorder, which is a Mood-altering condition, that afflicts about 5 percent of Americans. Should consult your Doctor first, if considering these types of Lighting.

Teri Ricketts Outreach Worker

The Bridgeville Senior Citizen's Center, Inc is a non-profit organization whose mission is promote and maintain the highest quality of life and independence by developing and providing services that meet the continuing growing needs of the senior population in the Bridgeville and surrounding area.

414 Market Street

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**Serving Bridgeville and the surrounding area since the
1970's**

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Cheer