

May 2020

SENIORS ON THE MOVE WITH JESUS NEWSLETTER

Hebrews 10:24-25 English Standard Version (ESV)

<sup>24</sup> And let us consider how to stir up one another to love and good works, <sup>25</sup> not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

**DID YOU KNOW ISAAC, IN HEBREW, MEANS 'HE WILL LAUGH'?**



Proverbs 15:15 For the despondent, every day brings trouble. For the happy heart, life is a continual feast. NIV

I've reached the snapdragon years of my life; part of me has snapped and the rest is draggin'.  
I don't exercise. If God had wanted me to bend over, He would have put cupcakes on the floor.  
I try to avoid things that make me fat, like scales, mirrors, and photographs.

My face in the mirror isn't wrinkled or drawn; my house isn't dirty, the cobwebs are gone.  
My garden looks lovely and so does my lawn. Oh, I think I might never put my glasses back on.  
Just a heads-up: I'm starting my summer diet which has probably ended by the time you're reading this.

My new low-fat diet is really working. The fat's hanging lover every day.  
Getting over body issues is like getting over a fear of heights. The trick is not to look down.

Aging seems to be the only available way to live a longer life. Don't worry about getting old, worry about thinking old. When I get old I will not be old, I will be vintage.

## ACTIVITIES

"I'm only wishing to go a-fishing, for this the month of May was made." Henry Van Dyke

**I do not like to stay in place  
I do not like to wash my face  
I do not like this mask I wear  
I do not like this virus scare**

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**I do not like this world pandemic  
Its presence more than academic  
I wish this curse would go away  
And lift us all of our dismay  
That is why we all must pray  
Starting now and yesterday.  
(by Joel Byron, Lincolnwood)**

I miss all of you and look forward to the day we can meet and greet in person! See you soon, I hope and pray.



Sharon Wilbanks