



801 E. Front Street, Traverse City, Michigan 49686

231-922-4911

www.grandtraverse.org/scn

Making longer lives, better lives.

Week of August 25, 2020

Dear Senior Center Friends – Curbside Meals Week Twenty-Three:



THEME of the WEEK: Looking Back – Hit the Rewind button

There is a song out by Maroon 5 – when it comes on the radio, I stop and I listen intently. The rhythm is comforting and I knew I resonated with the lyrics, but until I looked them up, I didn't really even know what they were. I found them, and now I really like the song. Not having seniors in the Center has been so difficult on everyone – YOU, the staff, the public, and our loved ones. Everyone is concerned about the loss our members are experiencing, the loneliness being felt all around. This song helps me think about our memories of all the fun we've had together and will have again. The laughs, the gaffs, the games, the fun, the dinners, the silliness, the care, compassion and concern we all share. Our memories – bring back YOU! I hope you can take comfort in these words, as I have.

Maroon 5 - Memories

Here's to the ones that we got
Cheers to the wish you were here, but you're not
'Cause the days bring back all the memories
Of everything we've been through
Toast to the ones here today
Toast to the ones that we lost on the way
'Cause the days bring back all the memories
And the memories bring back, memories bring back you
There's a time that I remember, when I did not know no pain
When I believed in forever, and everything would stay the same
Now my heart feels like December when somebody says your name
'Cause I can't reach out to see you, but I know I will one day
Everybody hurts sometimes
Everybody hurts someday,
But everything gon' be alright
Go and raise a glass and say,
Here's to the ones that we got
Cheers to the wish you were here, but you're not
'Cause the days bring back all the memories
Of everything we've been through
Toast to the ones here today

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Toast to the ones that we lost on the way
'Cause the days bring back all the memories
And the memories bring back, memories bring back you
There's a time that I remember when I never felt so lost
When I felt all of the hatred was too powerful to stop
Now my heart feels like an ember and it's lighting up the dark
I'll carry these torches for ya that you know I'll never drop,
Everybody hurts sometimes
Everybody hurts someday,
But everything gon' be alright
Go and raise a glass and say,
Memories bring back YOU!

NEXT WEEK'S THEME: Anniversary – Senior Center serving you since 1969!

Our thanks to Meals on Wheels for collaborating with us to prepare the Curbside Meal Services during COVID 19. If you are unable to get out or know someone who can't, please contact Meals on Wheels at 231-947-3780 to see about being put on the delivery route. Monthly, Meals on Wheels will send out statements indicating how many meals you picked up with instructions on how to make a **donation** to cover cost, if you are inclined to do so. Please understand there is absolutely **NO OBLIGATION** to pay for the meals. We understand this is a difficult time for everyone. We would be devastated to learn of anyone who wasn't taking meals due to cost.

Lori Wells