



CITY OF BRENTWOOD *parks & recreation*

"... adding joy to people's lives"

Brentwood Senior Citizens Club, Inc. Newsletter

In partnership with the City of Brentwood Parks and Recreation Department

A newsletter of programs, activities, and community services available to the older adult residents of Brentwood, Bethel Island, Byron, Knightsen, Oakley, and Discovery Bay.

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DEAR FRIENDS

By: Gene Brown

Dear Friends...

I would like to start with a big thank you to all the seniors that helped our club grow as much as it has. I would like to go back in time to when we started the club. We had to write our By-Laws, elect our Executive Board, and form committees so things would run perfectly. It has been a lot of fun. That is what life is all about. Taking time to love and be loved.

Here are a few thoughts from a friend that I would like to leave with you...take the time and effort to spend time with those that you love. One of the greatest tragedies in this life is the time that we don't spend with those we love the most. Those people that GOD has given to us to share this journey with. Make the time...make the effort to take one day, and

spend it with those that you love! The fact is, you have the time, so just do it. It could be a day spent alone with your spouse, your children, your parents, or another relative. Maybe it is spending a day with a friend. The bottom line is that GOD gives us people to travel this journey with, and sadly we often take these people for granted.

One thing I can guarantee you is that every person one day will die. Only GOD knows when that day is. When a person dies, they are not coming back, therefore we must never neglect this brief time that we have together. It is a gift from GOD. I understand the day to day reality of life with work, deadlines, responsibilities, and commitments. But, let me ask you a question, "If you get sick today,

maybe serious enough that you have to go to the hospital, what will happen when you get out?"

I think this is what we should do...take a day and forget work, school, or whatever else you would normally do that day. Spend it with someone that you care deeply about. Go take a drive somewhere and do something you both want to do. Goof off and leave the cell phone and the pager at home. Take this day and simply spend it with someone that you love. It won't destroy your career or your schooling, and it won't make you irresponsible. Life is too short. It is critical that we choose to spend our time wisely, and who we choose to spend it with.

Gene Brown



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