Concluding with Quiz, Lucky Draw and a Prayer.







My Prayer

Forgive me, Almighty God, for my sins. I get sick of them, and I am frustrated with my own inability to overcome them completely. Strengthen me, dear Father, so that I will have more fortitude and courage to face temptations victoriously. Thank you, O God for sharing your perfection and glory with me by sending Jesus. I praise you; O God, my rock, and my Redeemer, for you have made me your child in the name of the Lord Jesus Christ. I pray, praise, and thank you. Amen.

Our Twilight Newsletter will enter the 14th Year of publication next month. It is truly an amazing feat brought possible by our committed James and brother-in-law, Derek who helped us to proofread.

Special thanks to those who contributed write-ups and photos of our Seniors in action. It will be wonderful to have more Seniors volunteering to do some write-ups to add different writing styles to our Newsletter. (By Teresa Koh)

A change of name for our Newsletter has been requested frequently by some Seniors who feel they aren't in their Twilight years yet! We believe we can still be productive and purposeful thus keeping ourselves healthy and happy. After all, this is the Mission Statement we live by over the years as we participate in Parish activities with energy and eagerness that others see the sunshine in our retiring years.

So, Seniors, here is your chance to find a name that portrays our identity. The new name must be a one word with no more than 10 letters. Please send me your suggestions and we will put it to the vote when we celebrate our completion of 13 years of our Newsletter **on 25** May 2023. (By James Wong)



Mission Statement To promote a purposeful, productive, healthy and happy lifestyle 13th Year - May 2023

Seniors' Easter Come Together Gathering

by Teresa Koh Photos: Courtesy of Nelly Chan, Audrey Yip, Joan Yip

After six weeks of Lenten Reflections, the Seniors gathered for their first Easter celebrations since Covid-19 hit us three years ago.

Bearing in mind to reduce food wastage and reduce the use of disposables, we had simple Nasi Lemak lunch with some fish balls, kueh pie tee, fruits and cakes.

As usual, our celebrations are not just about food. Activities were planned from 1.00 pm to 4.00 pm in Gubbio. Below are pictures depicting the activities that kept us happily engaged.

Opening Song and Prayer



Birthday Celebrations





Nasi Lemak Lunch with Kueh Pie Tee.



Colouring time. Seniors made to work after lunch. Never too late to dabble with colours.





Showing off their colouring skills.





Continued

Showing off their colouring skills





Silverlight Ukulele performance got our Seniors dancing and singing along.





