

New Beginnings

Let's start off with a better year,
Full of lots of joy and cheer.
We will turn over a new leaf,
Trying to make it a little more sweet.
Forget things that are over and gone,
And how you can make them better from now on.

People need to be more polite,
This would make others cheerful and bright.
New Year's resolutions are good,
Try to keep them, if we could.

If we are going to start with new beginnings,
We are going to have to control how we react to things.
We can start an activity we never tried before,
It may be fulfilling and you may find some joy.

We have met new friends at CADS•,
That have made us merry and glad.

We need to forgive those who hurt us this year,
Do it without pain or fear.
Try to keep your mind active,
To make your brain more attractive.

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This poem was done in our afternoon poetry class.

Richard, Mark, Lenora, Joe, Garland, Clarence, Bob
And Alvin all participated and created a very nice poem.

• Chestelm Adult Day Services, East Haddam, CT

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