

March 22,2023

Good morning! It's Sophia from 731 and I'm here this Words of Wisdom Wednesday on behalf of the S.E.A.L Team.

Today is As Young as You Feel Day, and we're here to remind you that age is just a number. As the great Bob Hope once said, "You know you're getting old when the candles cost more than the cake." So, let's celebrate the idea that we're only as old as we feel!

Take some time today to do something that makes you feel young, like playing your favorite game, listening to your favorite music, or spending time with friends. As another wise person once said, "We don't stop playing because we grow old; we grow old because we stop playing."

Let's show everyone that we're never too old to have fun and enjoy life. So, get out there and be young at heart!

Thanks for listening and have a We're Forever Young Wednesday 😊

SEAL Team pledge:

We are the Dyker S.E.A.L. Team

Positivity is our dream

We teach it every day

To help others live the optimistic way

We learn to control our emotions and feelings

So, we always have effective social dealings

No stone left unturned; no person left behind

Every member of our team has the power to be kind

We spread kindness to our friends, families, and those who need a smile

When facing hardships and adversity, the S.E.A.L. Team goes the extra mile

