

Being a Christian is like being a pumpkin!

 God picks you from the patch and brings you in. (John 15:16)

 Then washes all the dirt off you. (2 Corinthians 5:17)

 He opens you up and scoops out all the yucky stuff. Removing the seeds of doubt, hate, greed, etc. (Romans 6:6)

 Then he carves you a new smiling face (Psalm 71:23)

 And he put his light inside you to shine for all the world to see. (Matthew 5:16)

DID YOU KNOW?

Resident Activities

There are many different resident activities you can participate in through the week. Everyone is welcome!

- Monday: Wii bowling, a video-based bowling game, is played in the Sickafoose Activity Center. There's no striking out when you play with friends! This game can be played by any skill level. No bowling ball or bowling shoes required.
- Tuesday: A group gets together to work on knitting or sewing projects in the White octaplex. Bring your current project, or start a new one!
- Wednesday: There is a Bible Study group that meets in the Sickafoose Activity Center. Bring your Bible and come and fellowship. In the afternoon, a group meets to play BINGO in the Creekside Cafe. Come have fun and win a prize! Better yet, come have lunch before hand.
- Thursday: A group meets in the puzzle room to work on jigsaw puzzles and fellowship.

~CHECK THE CALENDAR FOR EXACT TIMES~

MARK YOUR DECEMBER CALENDAR FOR FUN TIMES AHEAD!

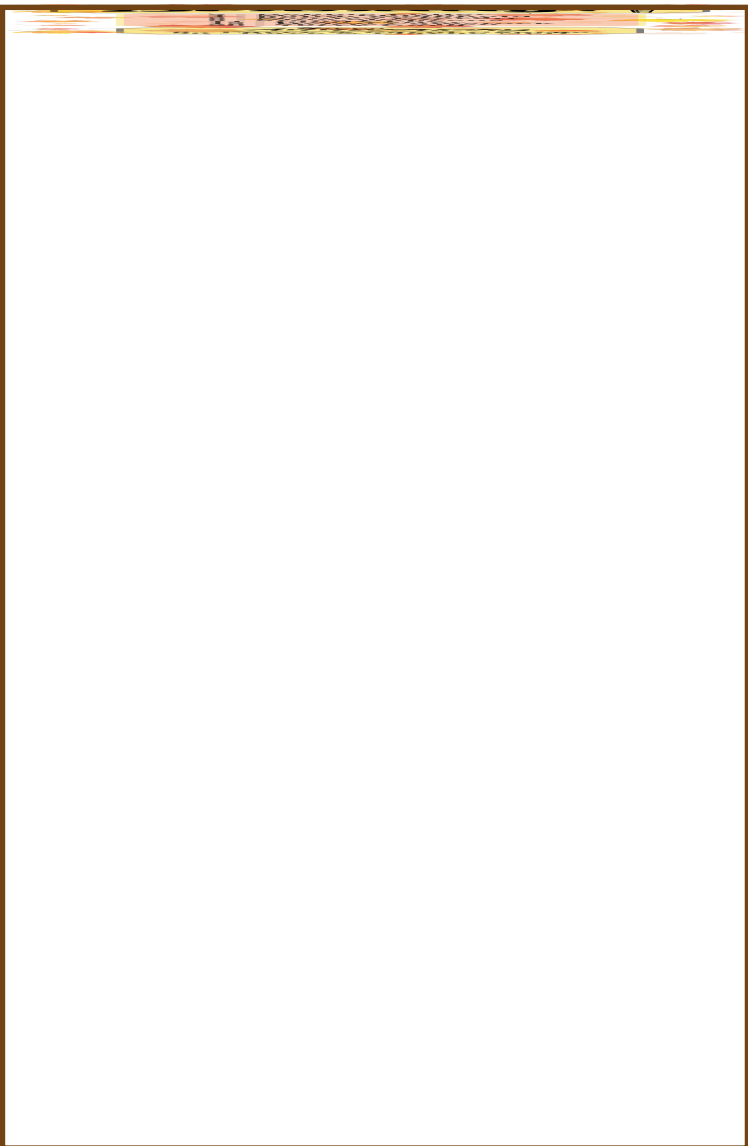
There will be a **decorating party** on **Tuesday, Dec. 2nd at 1 P.M.** in the Creekside Cafe.

Then on **Thursday, December 11th** there will be an **All Resident Party** in the Creekside Cafe.

If you would like to participate in gifting the Women of Hope Ministry please plan to bring a gift to the party.

There will also be a goodie/cookie exchange if you would like to participate.

MORE DETAILS TO COME~WATCH YOUR CALENDAR



Turner Times

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It's time to get this article for the newsletter completed. I've been stuck in a writer's block. I've tried many things to get my mind in the right place over the last week. I've been reading the Bible, praying for direction, reading devotionals and so far, nothing has worked. So, I'm just sitting here at my computer typing away waiting for something God inspired. Come on God! (Pauses and listens for God's voice.) While I wait, I did read an interesting devotional on the Armor of God. Helmet of Salvation, Breastplate of Righteousness, Belt of Truth, Sheild of Faith, Sword of the Spirit, and our feet protected by the Gospel of Peace. All of these are mentioned in Ephesians 6:10-18. We are told to put on the Armor of God to stand firm against evil.

How many of you remember to put on your armor each day? When you rise out of bed in the morning, are you fully outfitted and ready to do battle when the time comes, or do you sometimes forget to add a piece? I know I haven't given that much thought lately but that has recently changed. Evil will take any chance it can get to wage spiritual warfare within us.

To start, let's protect ourselves with the Helmet of Salvation! I can't imagine going into any battle without my head protected. Let's guard our minds as Satan will use any weapon he can to make us commit sin. The helmet will help us protect our minds from the discouragement and despair of this world, so we can keep the hope of our salvation secure, and our minds focused on Him as He is the one to help us in this battle.

Let's protect ourselves with the Breastplate of Righteousness! Having a piece of armor to protect our vital organs is crucial. Righteousness is what helps to protect us from deadly spiritual blows, and it's not something we get alone; we get our righteousness as a gift from God. Protect that gift!

Let's protect ourselves with the Shield of Faith! The shield is something we must take up and use to protect ourselves. The shield is one of the most important things in battle. The shape of the shield helps deflect what the enemy comes at us with. The Shield of Faith guards us from spiritual attacks and deflects doubts, worries, and temptations. A mighty shield of faith can sustain us in battle!

Let's stand at the ready with the Sword of the Spirit! A sword is both an offensive and defensive weapon and so is the spirit. We can use it to defend against attacks from those who would try to mock God and His word. We can use it offensively to go out and teach actively. Rather than waiting for the forces of evil to come to us and having us use the word to defend, we need to be active in waging the warfare ourselves, going forth into battle and preemptively teaching God's word to others.

Let's wrap ourselves in the Belt of Truth! The belt is important because it holds our sword sheath, and this keeps our sword safe and at the ready. One of the best things we have on our side is the truth. The truth is found in the Word of God, and we can use truth to help us quickly and easily maneuver around the enemy while protecting our foundation.

Last, but not least, when stepping out in battle you want to protect your feet. Let's strap on the Footwear of Peace! With your feet covered you have protection from debris that allows you to step out freely and without fear. The gospel of peace is the same gospel that is mentioned throughout the New Testament. It's the good news of the death, burial and resurrection of Jesus Christ, who saved us and gives us peace with God. When we announce the Good News of God's Kingdom we are spreading His way of peace throughout the world.

Every piece of our armor is important. I encourage you not to leave off one piece. Without it we are vulnerable. So, let's remember the words of God and put on the full armor of God every day!

PUT ON THE FULL ARMOR OF GOD
EPHESIANS 6:10



THE BELT OF TRUTH THE BREASTPLATE OF RIGHTEOUSNESS FEET PREPARED WITH GOSPEL OF PEACE THE SHIELD OF FAITH THE HELMET OF SALVATION THE SWORD OF THE SPIRIT

October

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Wii Bowling is in Sickafoose
Knit & Sew is in White
Bible Study is in Sickafoose
Bingo is in Creekside
Puzzles are in White

5

6

1 PM WII BOWLING



7

10 AM KNIT & SEW



1



10 AM BIBLE STUDY
1 PM BINGO

2

10:30 AM
PUZZLE ROOM

3

4

5

6

1 PM WII BOWLING



7

10 AM KNIT & SEW



8



10 AM BIBLE STUDY
1 PM BINGO

9

10:30 AM
PUZZLE ROOM

10

11

12

13

1 PM WII BOWLING



14

10 AM KNIT & SEW



15



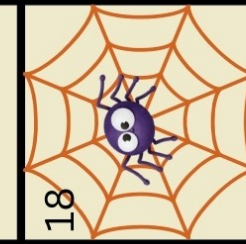
10 AM BIBLE STUDY
1 PM BINGO

16

10:30 AM
PUZZLE ROOM

17

18



19

20

1 PM WII BOWLING

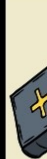


21

10 AM KNIT & SEW



22



10 AM BIBLE STUDY
1 PM BINGO

23

10:30 AM
PUZZLE ROOM

24

25

26

27

1 PM WII BOWLING

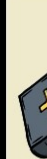


28

10 AM KNIT & SEW



29



10 AM BIBLE STUDY
1 PM BINGO

30

10:30 AM
PUZZLE ROOM

31

Happy Halloween!



Creekside Cafe October Menu

SUN	MON	TUE	WED	THU	FRI	SAT
	To RSVP call the kitchen at 503-743-4253		1 Soup & Salad Pork Chops Rice & Gravy Roasted Carrots Applesauce Cookie	2 Soup & Salad Fish & Chips Coleslaw Vegetable 	3 Soup & Salad Chicken Salad Sandwich Chips	4 
5	6 Soup & Salad Beef Stroganoff Egg Noodles Carrots	7 Soup & Salad Shrimp Scampi Buttered Noodles Garlic Bread Asparagus	8 Soup & Salad Chicken & Gravy Mashed Potatoes Peas & Carrots Roll	9 Soup & Salad Beef Tacos Mexican Rice Refried Beans 	10 Soup & Salad Egg Salad Sandwich Chips 	11
12	13 Soup & Salad Teriyaki Chicken Stir Fry with Cabbage, Broccoli, Carrots Rice	14 Soup & Salad HAPPY BIRTHDAY Pot Roast, Gravy Mashed Potato Green Beans Roll	15 Soup & Salad Denver Omelet Casserole Hash Browns English Muffins	16 Soup & Salad Cheese Ravioli Garlic Bread Cauliflower 	17 Soup & Salad Turkey Bacon Sub Sandwich Macaroni Salad	18
19	20 Soup & Salad Chili Dogs Tater Tots Squash	21 Soup & Salad Chicken Pot Pie Casserole with Biscuit Topping Sauteed Spinach	22 Soup & Salad Baked Ham Scalloped Potatoes Broccoli Roll	23 Soup & Salad Salisbury Steak Mashed Potatoes Mushroom Gravy Green Beans	24 Soup & Salad Grilled Ham & Cheese Sandwich Sweet Potato Fries	25
26	27 Soup & Salad Turkey Burger French Fries Mixed Vegetables 	28 Soup & Salad Pork Tenderloin Roasted Onions Baked Potatoes Broccoli	29 Soup & Salad Lasagna Garlic Bread Zucchini 	30 Soup & Salad Chicken Ala King Rice Vegetable	31 Soup & Salad Grilled Pizza Sandwich Zucchini Fries	