

Turner Times

A Publication of Turner Homes

April

2026

Let's Walk, Talk, and Get Moving!



strenuous to start. You can walk at your own pace. One foot in front of the other.

Despite the changing circumstances and expectations that are a part of the aging process, God wants you to continue living a productive life. He wants you to continue to bear fruit! *The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon; planted in the house of the Lord, they will flourish in the courts of our God. They will still bear fruit in old age, they will stay fresh and green,...* (Psalm 92:12-14)

We would like to get a list of the people who would be interested in taking advantage of getting out for a walk. You don't have to know all the details at this time. Just make a commitment of getting your name on the list! Once we have a list of those interested we will finalize the plan and get the information to you. Call 503-743-2490.

Let's take care of our bodies, mind and Spirit!

Those who have no time for exercise will sooner or later have to find the time for illness.

I know at times you are just content to sit in your comfortable home enjoying your favorite pastimes in your cozy little spot. Watching the world go by outside your window. As nice as that can be, especially during the winter, we were not made for being idle. Social isolation and loneliness can cause many physical ailments, including depression dementia, high blood pressure, weakened immunity to name just a few. Too little social activity and exercise may even make it more difficult to perform everyday tasks such as driving, cooking, taking medications and paying bills.

Spring has arrived, and the weather is getting nicer, so we are going to offer you a physical activity. We're going to take away your excuse for not getting outside and moving, and being social! We would like to start walking groups. We have done so in the past, and it has worked out well, until we reach the time of year when the weather starts turning cold. So, now that the weather is getting nice let's get moving! It's up to you to make a plan now. Nothing too

HOW OPEN TABLE WORKS

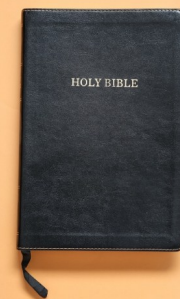
Creekside Cafe

- ✔ You need to decide if you will attend Open Table the week before the scheduled date. The "RSVP by" date is listed on the calendar.
- ✔ If you will attend you will need to call the office and let us know by the "RSVP by" date. This will assure you have a spot at the table.
- ✔ If you call after the "RSVP by" date we cannot guarantee that you will have a place at the table because we have already shopped for the meal.
- ✔ If you RSVP'd, arrive at Open Table the date scheduled on the calendar and enjoy your meal!

THANK YOU!



No Bible study on April 1st or April 8th



Bible study will resume April 15th

The Woodcarving group will be taking a break for the month of April. Woodcarving will resume in May. Be watching your calendar for the dates! Ladies are also welcome to join!



Save the Date!
May 4th
Monday Movie Matinee
"I Remember Mama"

NWCN Seniorfest!

Come listen and be inspired by incredible stories that weave together our lives, what we do, how we use the time and talents God gives us...it's all part of the story of the body of Christ, the Church. Which, of course, makes it part of His-story.



Special Speaker: Jim Sequeira



Special Speaker: Dr. Bob Chapman

Thursday, May 14th from 10 am - 4 pm at the NWCN Tabernacle.

Registration includes lunch, snacks, speakers, and music, all for \$25! You can pick up a registration form in the Turner Homes office.



GARY MCCOY
GARY@GARYMCCOY.ORG
GARYMCCOY.COM