

March

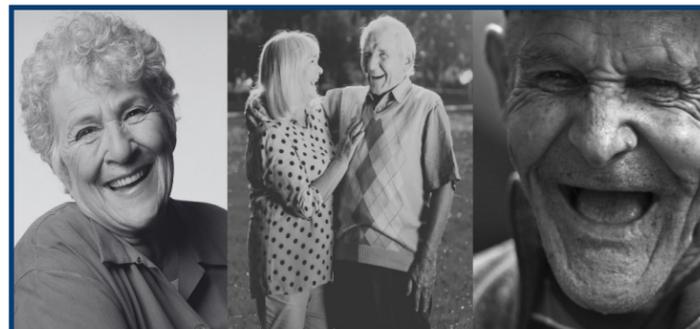
7 Turn Your Clock FORWARD 1 hour! 	14	21	28	
6	13	20	27	
5 10:30 AM Puzzles 1 PM Woodcarving 	12 10:30 AM Puzzles 1 PM Woodcarving 	19 10:30 AM Puzzles 1 PM Woodcarving 	26 10:30 AM Puzzles 1 PM Woodcarving 	
4 10 AM Bible Study 1 PM BINGO 	11 10 AM Bible Study 1 PM BINGO 	18 10 AM Bible Study 1 PM BINGO 	25 10 AM Bible Study 1 PM BINGO 	
3 10 AM Knit & Sew 	10 10 AM Knit & Sew 	17 Happy St. Patrick's Day 10 AM Knit & Sew 	24 10 AM Knit & Sew 	
2 1 pm Wii Bowling 	9 1 pm Wii Bowling 	16 1 pm Wii Bowling 	23 1 pm Wii Bowling 	
1	8	15	22	
		29 Palm Sunday 		

March

We appreciate a 24-Hour RSVP if you will join us for a meal!
503-743-4253

★ OPEN TABLE RSVP BY 3/12/26

Monday	Tuesday	Wednesday	Thursday	Friday
2 Soup & Salad Scalloped Potatoes & Ham Casserole Cauliflower & Roll	3 Soup & Salad Sloppy Joes French Fries Corn 	4 Soup & Salad Chicken Cordon Bleu Creamed Potatoes with Peas Carrots	5 Soup & Salad Pizza Pasta Green Beans Garlic Bread	6 Soup & Salad Ham Salad Sandwich Macaroni Salad
9 Soup & Salad Teriyaki Salmon Rice Pilaf Roasted Vegetables 	10 Soup & Salad Grandmas Goulash Zucchini Garlic Bread	11 Soup & Salad Bacon, Mushroom, Swiss Quiche Mixed Fresh Fruit Mini Muffins	12 ★ Soup & Salad Sweet & Sour Pork Brown Rice Green Beans 	13 Soup & Salad Turkey & Swiss Sandwich Chips
16 Soup & Salad Chicken & Broccoli Stir Fry with Noodles Asian Slaw	17 Soup & Salad Corned Beef Cabbage, Potatoes Carrots Rolls 	18 Soup & Salad Hamburgers Sweet Potato Fries Mixed Vegetables	19 Open Table & Birthday Soup & Salad Chicken Alfredo Roasted Asparagus Garlic Bread Birthday Cake 	20 Soup & Salad Tuna Salad Sandwich Chips
23 Soup & Salad Wet Beef & Bean Burrito Mexican Rice Corn 	24 Soup & Salad Chicken Tenders Macaroni & Cheese Broccoli	25 Soup & Salad Oven Baked Pork Chops Baked Potato Peas	26 Soup & Salad Shrimp Scampi Carrots Garlic Bread	27 Soup & Salad Chicken Salad Sandwich Chips
30 Soup & Salad Chicken Tetraxini Garlic Bread Broccoli	31 Soup & Salad Swedish Meatballs Mashed Potatoes Green Beans 			



Don't let aging get you down; it's too hard to get back up again.

Apparently, saying "Oh, this old thing?" isn't an appropriate way to introduce my wife.

If I ever decide to buy a horse ranch in my old age, I'm going to name it Pasture Prime

What do you call someone who enjoys Mondays? Retired.

They tell me that memory is the second thing to go. I don't remember the first.

Old people are just young people who have been alive for a very, very long time.

Traditional Irish Dinner for St. Patrick's Day

*The Creekside Cafe is preparing a traditional Irish dinner of corned beef, cabbage, potatoes and carrots on Tuesday, March 17th from 11:30 am to 1 pm. If you already have a meal ticket, you're good to go, otherwise the meal cost is \$8. Please RSVP by calling 503-743-4253

Open Table

It's FREE Thursday

March 19 11:30 - 1 PM

All residents are welcome to come to lunch on Thursday March 19th.
RSVP is required by Thursday, March 12th.
 We will be having chicken alfredo, a vegetable, garlic bread, & cake!
 We will also be celebrating March Birthdays, so come and join us!

More so lately than ever I've noticed that we really do live in a fallen world in which we are constantly bombarded with negativity. And when you add to that our lives—where we experience various struggles of our own—that just adds to the stress. It could easily make you feel defeated if you were to allow it. However, it's important that we maintain a positive attitude no matter what is happening in the world. Sad to say, the news media focuses on everything that can go wrong. Good news doesn't sell. People capitalize on the bad news and if there isn't any bad news, they will make up dire predictions!

In Scripture, Jesus talked about end times. He said wars and suffering would increase (Matt. 24:6-7, Mark 13:7, and Luke 21:9), and people would cry out for "peace and safety" (1 Thess. 5:3), but instead there would be earthquakes and other terrible things happening. In Matthew 24:10-12, Jesus says: *And then shall many be offended, and shall betray one another, and shall hate one another. And many false prophets shall rise, and shall deceive many. And because iniquity shall abound, the love of many shall wax cold.* (KJV)

This is an amazing statement. Jesus is saying that because of what's going on around us, "the love of many shall wax cold." The word wax is significant. It goes back to the way candles used to be made. They would take a wick and dip it in hot wax, then lift it up and keep it out for a short time. That wax would instantly cool off and form a little layer on the wick. They would keep doing this repeatedly, hundreds of times. That is how candles were made, and that's what this verse refers to. The constant negativity and ungodliness in the world causes the love of many to wax cold. In other words, it's a process. It's like a callus on your hand. It happens layer after layer. Over time, you get to where you become hardened toward the love of God.

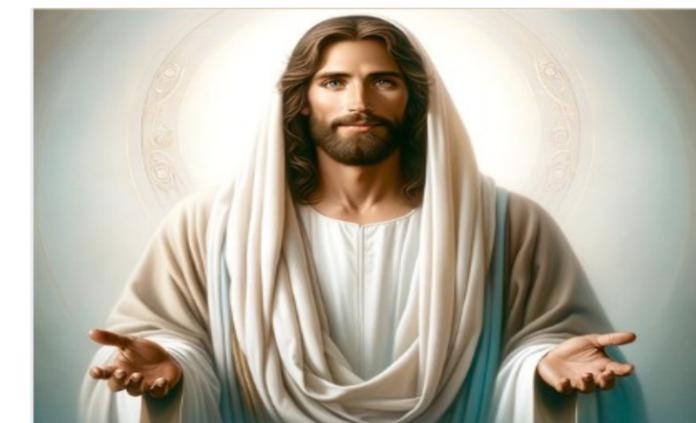
When you get caught up in negative news and the mundane things that it takes to just walk through life, you can get into trouble. In Matthew 14:24-32, Jesus called Peter to walk on the water. As long as Peter kept his eyes on Jesus, he was able to walk on top of that water. But then he took his eyes off Jesus. He saw the wind and the waves, which had nothing to do with him

walking on the water. He couldn't have walked on the water even if it had been a perfectly calm day. He took his eyes off the Lord, related to things only as a natural person, and began to sink. The Lord had to reach out and lift him up, and it's the same thing with us!

Hope is a powerful force. If we could keep ourselves focused on what God has said, on the promises of God, and all the good things God has done, we could maintain a positive attitude in the midst of a negative world. Think about it. You could maintain your faith even if a doctor gives you a bad report. You could maintain your joy and your peace even if a relationship is falling apart. The bad news we're fed by the media wouldn't have such a negative effect on our thinking.

Regardless of what's going on in the world, you can stay positive. But I guarantee you it's not going to happen without effort. It's absolutely crucial that you make a deliberate attempt to stay positive! If you fall into those times of negativity, just remember to focus on this: *May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.*

Romans 15:13



**TURN YOUR EYES UPON JESUS
 LOOK FULL IN HIS WONDERFUL FACE
 AND THE THINGS OF EARTH
 WILL GROW STRANGELY DIM
 IN THE LIGHT OF HIS
 GLORY AND GRACE**