



April 2025

1st Keith Barnes #415
2nd Becky Pittman #515
2nd Maureen Emter #422
2nd David Stahlecker #230
3rd Carla Shealy #325
4th Sally Pearson #520
4th Kay Hinson #310
10th Marianne Mollett #125
10th Georgia Lee #114
13th Alfredo Espinoza #100
22nd Melissa Cash #322
24th David Horton #318
28th Steven Fisher #108
29th Ray Kramer #238
 Correction: Robin Wall #238 had a birthday March 17th, Donna Brown #428 had a birthday March 28th, Tom Dorsett #316 had a birthday March 30th. Sorry for the omissions!



#304 Vanessa Castro
 #432 Diana Keith



Join us in the dining room Tuesday, April 8th at 2 PM for the resident association meeting. This will be followed by cake, celebration of birthdays, and guitar music by Michael McCabe. I hope you can join us!

A Gentle Reminder...

People are starting to leave various food items in the dining room on a “free table”. Management has found bags of rice and beans, canned goods and other assorted items sitting on tables to be given away. Often, these are expired items which should be thrown away.

Please do not leave food in the dining room or anywhere else unless approved by management. If you have leftover food, ask another resident in need or donate to a food bank. Anything that has expired should be tossed immediately into the garbage and not given away. Thank you for your cooperation and understanding.



The Tidbits

is a monthly

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whose goal is

to promote

friendship,

charity &

benevolence

among all

mankind.



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 Stephen Adams, Resident Photographer



Spring into New Activities!

Do you like walking but don't always want to go alone? Join our walking club! Once a month we will explore a new place in Vancouver, WA. We will meet in the lobby this month on Tuesday, April 29th at 2 PM and walk to Latte Da Coffee Shop on 209 E 33rd Street. Its about a 15 minute walk, perfect for beginners. Latte Da serves coffee, smoothies, sandwiches and bakery items. We will grab a bite, visit, and walk back home.

We have many activities coming up for Easter! Every Friday at 3 PM in the Upper Living Room we will enjoy a holiday movie. We will be watching old favorites such as The Ten Commandments and The Robe. The week before Easter, there will be a showing of Jesus of Nazareth (a 1978 mini series with four parts) in the dining room, Tuesday the 15th –Friday the 18th. See the calendar for times. Saturday April 12th enjoy an Easter egg hunt in the dining room at 12 PM.

Spring is a great time for a pool tournament! We will be having one on the Mezzanine Tuesday evenings beginning with April 8th at 6 PM. Join your friends for some snacks and fun.

Thursday, April 10th is National Cinnamon Roll Day. Enjoy a tasty cinnamon roll and coffee in our dining room at 3:30 PM, after Silver Sneakers and Chair Yoga from 1:30-3:00 in the Activities Room.

So many things to do, so much beautiful weather. Enjoy the beautiful sunny days, and the spring rain, too!

With the cost of eggs so high, here's a muffin recipe you can make without eggs that is moist and delicious.

Eggless Apple Raisin Muffins

Ingredients-A:

1/4 Cup Water

1/4 Cup Brown Sugar (if you don't have this, increase your granulated sugar to 1/2 Cup)

1/4 Cup Granulated Sugar

1/2 Cup Raisins

1 Cup Apples Grated

1/4 Cup Butter

1 Pinch Cinnamon

1 Pinch Nutmeg

1 Pinch Ground Cloves (optional)

Ingredients-B:

2 Cups all purpose flour (or half white and half whole wheat)

1 Teaspoon baking soda

3/4 cup walnuts chopped (or pecans if you have them)



Combine all Ingredients-A in a sauce pan and bring to a boil. Remove from heat and cool completely.

Combine all Ingredients-B in a large bowl. Add the cooled mixture to it and stir until blended. If not moist enough, add a little milk, either regular or almond milk. Top with turbinado sugar if you have it (optional).

Scoop into 24 mini muffins (or 12 regular muffins).

For mini muffins, bake at 350 degrees for 15-17 minutes. Larger muffins will take longer, start checking at 20 minutes.

Enjoy!

Feathers in the Wind



In the sixteenth century, there was a woman who spread all kinds of rumors, which ended up hurting many people. So a monk gave her a task. He had her take a feather pillow to the top of a tall tower, rip it open, and scatter the feathers to the four winds. After she did this, she was given an even harder task. She was told to come down from the tower and collect all the feathers that had been dispersed to the town. She tried, and could not gather them all. She went back and told the monk she had failed. The monk replied, "those feathers are like gossip. Once you detract from others in your speech, your malicious words are scattered abroad, and cannot be gathered back. They continue to spread dishonor and division in people's minds days, months, and even years after we have spoken them, and they pass from one tale-bearer to the next."

The Messenger of St. Anthony has the following quote, which fits well with this story: "Dear Readers, do not let your words ruin others, their careers or personal relationships; remember that if you are talking about people behind their backs, your words say more about you than about them."

This story and comment are a good reminder to all of us to think twice before relaying a juicy bit of gossip. Also, be sure to have your facts straight before reporting them to another person. In addition to these things, this story reminds us to think before we speak to others. A good question to ask is, "will what I am about to say lift up someone or bring them down? Will it heal or will it wound? Will it be constructive or destructive?" If you answer to the negative to any of these things, it might be better not to speak at all.

Feathers in the wind are almost impossible to retrieve!