

Radiant Care Tabor Manor

Tabor Times

June 2024

WE REMEMBER...

Neil Voth

Doreen Jukes

Allan Holyoak

Vicki Hildebrandt

Maria Polychronopoulos

WE WELCOME...

Elizabeth "Libby" Kroezen

Robert 'Bob' Riddle

Margery Thompson

John Harkness

Jacoba "Coby" Vandersteen

Redmond "Red" Conroy

Brenda O'Brien

BIRTHDAYS

CELEBRATIONS

Elizabeth Peters

James Missen

Sadie Hendsbee

Tina Goertzen

Fred Hendricks

Edward 'Ted' Librock

Brenda Buckmaster

Alexander Bondarchuk

Kathleen Williamson

Annie Habic

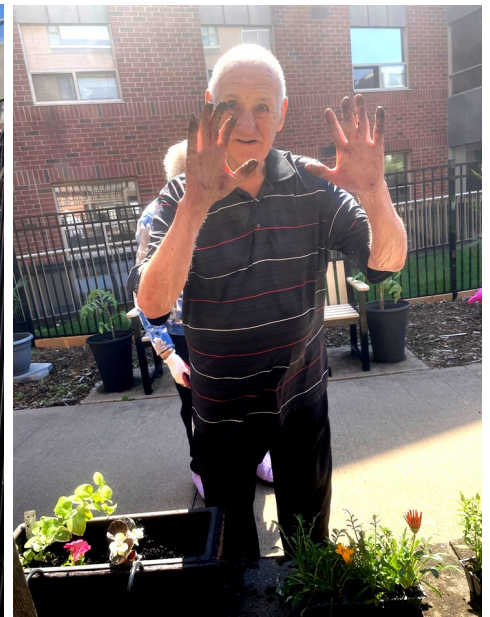
Frieda Methot

Welcome Warm Weather...

It is so nice to have such warm weather already! Recreation staff and the maintenance department have been working on cleaning and preparing the gardens in the outdoor courtyard. We encourage everyone to get some fresh air and natural vitamin D! We will increase the amount of time we spend outdoors so take note of programs happening in the courtyard!

We have started planting our veggies and herbs and are looking forward to watching them grow as we wait in anticipation for our summer feast!

During the hot weather, each department in the home implements a "hot weather" procedure plan to prevent and/or manage hot weather-related illness for our residents. We monitor more closely from May to September. This includes temperature monitoring, increasing hydration, avoiding being outside in an extreme heat advisory and wearing a hat and sunscreen when outside to reduce exposure to the sun.



Recreation Note - Norma Restivo

Thank you to all who supported the Alzheimer's Walk with a Coffee Break.

Together we raised a total of \$742.05!!!
All money raised was donated to the Niagara Region Alzheimer's Society.



Our ladies were gifted begonias in celebration of Mother's Day!



HAPPY
Father's Day



**Strawberry & Ice Cream Social
and June Birthday Celebration
with musical guest
Stephen Mason
Tuesday, June the 20th at
2:00pm in the Great Room!**

Resident Food Committee Meeting
Friday, June 7th at 10:00am in
the Great Room.

Resident Council Meeting
Tuesday, June 18th at
2:00pm in the Great Room.



Family Support Group

Next meeting will be
Wednesday, June 6th from
2:00pm - 3:00pm
in the Family Dining Room
led by Chaplain Jim Evans.

Biblically Based - Jim Evans

Living Without Fear - *Pastor Jim*

We all live with fears, real or imagined, that can haunt us every day. A recent study found the top 5 fears many people in our society have are as follows; public speaking, death, spiders, darkness and heights. And especially today, the world is living in fear of viruses, financial economies, world conflicts and social unrest. There are many other things in life that can cause us fear, like the fear of the unknown, of change, failure, rejection and more!

How about you? What are you afraid of? Are there any fears about life or death that may hamper you from living a positive and peaceful life? We don't have to let our fears, real or imagined, dominate our thoughts, feelings, and reactions to life! God promises peace, hope and security for those who trust in Him, no matter what we may be fearing or facing!

When we struggle with the issues we may have or anticipate, we need to go to God's Word, and let His promises reassure us, and remind us of His Presence, protection and peace!

Scripture says...

Isaiah 26:3-4

You keep him in perfect peace whose mind is stayed on you, because he trusts in you. Trust in the Lord forever, for the Lord God is an everlasting rock."

And The Lord says....

Isaiah 41:10

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

Let's follow the Psalmist's example...

Psalms 34:4

I sought the Lord, and he heard me, and delivered me from all my fears.

Let's heed the words of The Lord Jesus Christ...

John 14:1

Let not your heart be troubled. Believe in God; believe also in Me!

No matter what your fears for today or tomorrow may be, you can trust in the Lord completely! He will see you through them all, both now and forever!

Remember: *'Let the peace of Christ rule in your hearts!'* (Col. 3:15)

Shalom!

June 2024

Spruce Lane Monthly Star

Radiant Care Tabor Manor | 1 Tabor Drive, St. Catharines | 905-934-2548



June Birthdays!

Cathy K - June 9th

Eugene T - June 15th

Marian L - June 16th

Betty V - June 19th

Lida W - June 25th

Special Days

Father's Day..... June 16th

Juneteenth..... June 19th

Summer Begins..... June 20th

Upcoming Events!

June 11th - Chapel Service in the Great Room:

Join us in the Great Room at
10:00am for a morning of music!

June 13th - Movie Night:

Join us in the Chapel at 6:00pm
for our monthly movie night!

June 18th - High Tea:

Ladies, join us in the Courtyard at
2:30pm for an afternoon of tea
and conversation.

June 24th - Music with Jessica:

Join us in the Chapel at 2:30pm
to sing along to our favourite songs
and hymns!

June 26th - St. Catharines Library Book Club:

Join us in the Café at 9:30am
for our new program with the
St. Catharines Library.

June Poem

Birds just waking up to sing as night slips away,
Dewdrops sparkling in the sun to greet a brand-new day,
Fireflies lighting dusk skies and stroll beneath the moon -
What could be more perfect than the lovely month of June.

Happy Summer!



Selflessness

***Sitting down, Jesus called the Twelve and said,
"Anyone who wants to be first must be the very last,
and the servant of all." Mark 9:35***

Our goals and ambitions are no different from those of Jesus' disciples. We are selfish. We tend to focus on ourselves. These are natural human traits that Christ recognized in his close friends. At the Last Supper, in the last few hours Jesus had with his disciples, he got down on his hands and knees and washed their dirty feet (see John 13). Through his actions, Jesus communicated that greatness lies in our service to other people. We are not any better than other people simply because we know we are sinful and that through our faith in Jesus our sins are forgiven. In fact, because we know Jesus and that our sins are forgiven, we are called to respect and selflessly serve others with the same love that Christ has shown to us.

~ Stephen Mason
Volunteer Coordinator

St. Catharine's Library Book Club!

On June 26th at 9:30am in the Café, we will have the pleasure of welcoming the St. Catharine's Library Book Club Program. Residents here at Tabor Manor can sit in on a monthly book talk hosted by the library, as well as have the opportunity to have hand selected books personally dropped off at Tabor each month for book club participants! If you are interested in getting a new selection of books each month without the hassle of traveling to our local libraries, please join us in the Café during our first ever monthly book talk!

All are Welcome!



June High Tea!

Ladies, Join us on June 18th at 2:30pm in the Courtyard for our garden high tea! Enjoy our specialty treats, coffee, and tea while surrounded by amazing company in the summer sun. Don't forget to wear your nice clothes and summer hats.

Searching for June

Try to find the hidden words below:

BEACH	LEMONADE
BIKING	LONGEST DAY
BUGS	POPSICLE
CANCER	SHAVUOT
FATHERS DAY	SHORTS
FLAG DAY	STRAWBERRY MOON
GEMINI	SUMMER
GRADUATION	TRIP
JUNETEETH	WEDDING

V	E	T	R	E	G	A	P	N	E	Y	S	S	P	T
Y	B	H	S	H	W	E	N	R	A	W	T	T	Y	S
S	A	M	C	H	U	Y	M	D	Y	O	R	R	W	Y
Y	A	D	G	A	L	F	T	I	F	E	A	I	O	T
W	H	P	L	B	E	S	C	A	N	S	W	P	E	O
Q	G	T	U	E	E	B	T	T	T	I	B	N	L	U
H	Y	G	N	G	M	H	W	R	M	I	E	N	C	V
Z	S	T	N	E	E	O	O	D	K	I	R	C	I	A
U	E	O	V	R	E	H	N	I	O	B	R	A	S	H
P	L	W	S	M	S	T	N	A	H	J	Y	N	P	S
W	E	D	D	I	N	G	E	Z	D	Y	M	C	O	U
B	A	V	L	V	M	B	O	N	L	E	O	E	P	K
Y	K	I	N	X	Q	I	Y	C	U	D	O	R	Q	H
G	R	A	D	U	A	T	I	O	N	J	N	T	U	R
R	E	M	M	U	S	I	N	J	T	L	Q	E	P	O

