

# Radiant Care Tabor Manor

## *We say goodbye*

Alex Bondarchuck

Vincenza "Gina" Luciani

## **WE CELEBRATE THE BIRTHDAYS OF...**

Helen Smith

Irene Bodorkos

Shirley Small

Peter Woelk

Eileen Coveney

Mabel Barnard

Red Salomons

Hilda Glucker

Christine Funk



## Tabor Times

*August 2024*

### Tea Time!

July brought many exciting programs to Tabor Manor, many of the ladies enjoyed a beautiful tea party, with tasty sweets, various teas and lots of socializing!



### Water Balloon Fight!

The courtyard was the perfect place on a hot July afternoon for staff and residents to enjoy a fun water balloon fight! Many smiles and laughter filled the patio.



## Birthday Party & Peach Social

With musical guest Stephen

Thursday Aug. 15th

at 2:00 pm  
in the Great Room



## MOBILE PETTING ZOO

Tuesday August 20th  
from 9:00am -  
12:00pm

Families and Friends  
are invited to join us in  
the tenant courtyard  
for the petting zoo

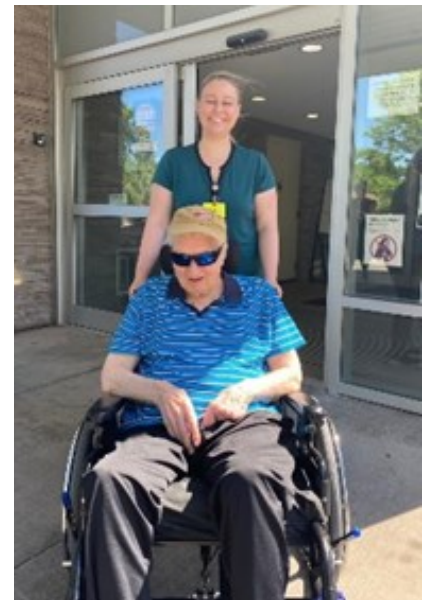


## Julie's Send Off

It is with a heavy heart that I say goodbye to Tabor Manor. It has been a pleasure to work with an incredible team of health professionals for the past two and a half years. I am honoured to have worked with so many special residents and families during my time here at Tabor Manor. To be able to get to know you, your life stories, and grow and learn together through therapeutic recreation activities has been so valuable for me, and I hope it has been for you too. I will always cherish the experiences I have had here and feel honoured to be even a small part of your lives. It brings me great joy to share the value of therapeutic recreation with others.

I look forward to continue doing that as I move back to my hometown to work at a Children's Centre for kids with various disabilities. Residents, family, friends, colleagues, I encourage you to continue using leisure to express yourself, use play in a therapeutic way, and be kind to each other. Who you are makes a difference, remember that! "Don't cry because it's over, smile because it happened." – Dr. Seuss.

With gratitude, Julie Ostrom



## **A Father's Helping Hand!**

The Paris Olympics are in full swing throughout this month. TV coverage is capturing the struggles and successes of the athletes from all over the world. Amazing stories of years of training and hardships. Some go on to golden glory, others, sadly, fail to win and are left to try again in four years time. The Olympic games display all the heights and depths of human effort and emotion, don't they!

There was one story that still captures the hearts and minds of those who remember the wonderful example of determination, commitment and love that was on display for the world to see at the 1992 Olympic Games in Barcelona.

Derek Redmond, a runner for Great Britain, tore his hamstring in the 400 meters semi-final and fell to the track. When he saw the stretcher-bearers rushing towards him, he knew he had to finish the race. Redmond jumped up and began hobbling forward despite the pain he felt. His father ran out of the stands and joined him on the track. Hand in hand, with Derek sobbing, they continued. Just before the finish, Jim let go of his son and Derek completed the course on his own, as the crowd of 65,000 gave him a standing ovation. Derek lost the race, and was officially listed as, 'Did Not Finish'! Yet for the crowd in the stands, and the millions on TV, who witnessed it, Derek's race was the 'greatest golden moment' of the games! His valiant determination, and his father's supportive love, brought chills, tears, and cheers!

Our Heavenly Father's Helping Hand!

Derek's story reminds us of the promise of our Heavenly Father's loving desire to give us His strength and support to uphold us and help us to carry on to the finish line of our lives. Scripture says...

**Do you not know? Have you not heard? The Everlasting God, the Lord, the Creator of the ends of the earth does not become weary or tired. His understanding is inscrutable. He gives strength to the weary, and to him who lacks might He increases power.**

**Though youths grow weary and tired, and vigorous young men stumble badly, yet those who wait for the Lord will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary (Isaiah 40:28-31).**

And The Apostle Paul said...

**'I can do all things through Christ who gives me the strength!' (Phil. 4:13).**

Isn't it wonderful to know that even when we may 'stumble badly' in life, we have a Heavenly Father who will come along side us to support and guide us all the way through! Ask the Lord to give you His strength today! And thank Him for His unfailing love for you each day!

*Pastor Jim*

# Spruce Lane Star

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



## August Birthdays

**Flora C.** – August 17<sup>th</sup>  
**Mihaela S.** – August 29<sup>th</sup>

## Upcoming Events

### **August 5<sup>th</sup> – Hymn Sing with Stephen:**

Join us in the Chapel at 2:00pm to sing along to our favourite hymns!

### **August 7<sup>th</sup> – Avondale Dairy Bar Bus Outing:**

Join us for a bus outing to Avondale Dairy Bar at 2:00pm. Sign up required!

### **August 13<sup>th</sup> – Chapel Service:**

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

### **August 15<sup>th</sup> – Movie Night:**

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

### **August 20<sup>th</sup> – Mobile Petting Zoo:**

Join us in the Mapleview/ Evergreen courtyard from 9:00am-12:00pm to visit our many furry friends!

### **August 24<sup>th</sup> – Stamp Collection Presentation:**

Join us at 10:00am on 4<sup>th</sup> floor LTC for a presentation that brings to life adventures and history, all using stamps!

## **August Poems**

The August sun is pouring on the land,  
His scorching rays, and vegetation stands  
Beseeching to the skies for showers again  
And being answered like the prayers of men.

- By Ed Blair

God in His own right hand doth take each day -  
Each sun-filled day - each rare and radiant night.

And drop it softly on the earth and say:

"Touch earth with heaven's own beauty and delight."

- By Jean Blewett

## **Jesus is Gentle**

Jesus, the Lord, is gentle. Even though he speaks with great fervour and biting criticism against all forms of hypocrisy and is not afraid to attack deception, manipulation, and oppression, his heart is a gentle heart. He won't break the crushed reed or snuff the faltering wick (*see Matthew 12:20*). He responds to people's suffering, heals their wounds, and offers courage to the fainthearted.

Jesus came to bring good news to the poor, sight to the blind, and freedom to prisoners in all he says and does (*see Luke 4:18-19*). Jesus reveals God's immense compassion. As Jesus' followers, we are called to that same gentleness.

- Stephen Mason  
Volunteer Coordinator

## Mobile Petting Zoo!

Join us on August 20<sup>th</sup>, in the Evergreen and Mapleview courtyard from 9:00am - 12:00pm, where we have the pleasure of bringing in a mobile petting zoo! Bring your friends and family and enjoy the beautiful summer weather surrounded by our furry friends!

## Avondale Dairy Bar Bus Outing!

Join us on August 7<sup>th</sup> from 2:00pm - 4:30pm for a scenic drive through Niagara-on-the-Lake with a stop for a cool treat at Avondale Dairy Bar. Sign up will be found the week prior in the Olive Branch Café! All are Welcome!

If you have any questions, please ask Kira!

## July Recap

July was a month of awareness, with many exciting events such as Canada Day, our Betty's Lunch, Marbel Slab Ice Cream, and Niagara Serve Joining us for fun events! In July, we thanked the Lord for the Country that we live in and the freedom in Christ that lasts *forever!*

As we move away from the month of July, and into August, the month of harvest, we are blessed with the shining sun rays and warm summer heat. I hope everyone can stay cool while enjoying our beautiful summer weather.

## Dog Days of Summer

*Match the clues to the words associated.*

- |                                     |                     |
|-------------------------------------|---------------------|
| 1. Oscillating or hand device _____ | A. shorts           |
| 2. Place to do a backstroke _____   | B. tank top         |
| 3. Frozen treat on a stick _____    | C. watermelon       |
| 4. Bermuda wear _____               | D. lemonade         |
| 5. Sandy area _____                 | E. bikini           |
| 6. Milkshake ingredient _____       | F. fan              |
| 7. "Central" indoor cooler _____    | G. sweltering       |
| 8. Hot and damp _____               | H. humid            |
| 9. Drink from a stand _____         | I. swimming pool    |
| 10. Sailing for pleasure _____      | J. river            |
| 11. Sleeveless summer shirt _____   | K. popsicle         |
| 12. Picnic fruit _____              | L. ice cream        |
| 13. Large stream _____              | M. flip-flops       |
| 14. Informal footwear _____         | N. air conditioning |
| 15. Lawn-watering device _____      | O. sprinkler        |
| 16. Outdoor nap site _____          | P. beach            |
| 17. Uncomfortably hot _____         | Q. boating          |
| 18. Two-piece bathing suit _____.   | R. hammock          |