

# Radiant Care Tabor Manor

## Tabor Times

January 2025

### ***WE WELCOME...***

Marjorie Slinn  
Izaak "Ike" Langendoen  
Johanna "Jenny" Penner  
Erna Hubert  
Leni Welke

### ***CELEBRATING THE BIRTHDAYS OF...***

Betty Anderson  
Betty Unruh  
Katharina "Kae" Froese  
William Leger  
Hilary Bellis  
Bob Riddle  
Julia Strilisky  
Aggie Petkau  
Stanley Bench  
Catherine Gibbs  
Ian Radin

### ***WE REMEMBER...***

Bill Wong  
John Barrett  
John Harkness  
Peter Dirks  
Brian Cook



### **Sailing into 2025 with the New Horizon Ahead!!!**

We hope you had a wonderful holiday season filled with warmth and joy. As we step into the new year, we would like to take a moment to reflect on the past year.

2024 was a year filled with growth, connection and many special memories. From music entertainment, to creating masterpieces, to bus outings, to welcoming our new "fur friends" and enjoying themed activities. We had a beautiful summer that offered lush green grass and blooming flowers, mild temperatures for fall and ended the year with a brief dusting of snow.

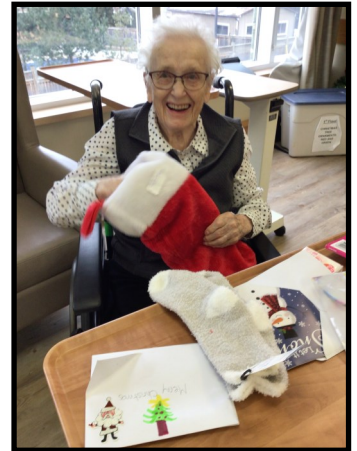
A new beginning, a fresh start, a clean slate! As we make our resolutions for the coming year ahead, let us go forward with great hope that all things can be possible and bring us more joy and wonderful things to do.

We want to take a moment to thank all our families, staff, and volunteers for their continued dedication and support. It's through your kindness, involvement, and hard work that we're able to create such a positive and enriching environment for everyone at Tabor Manor.

Wishing you all a happy and healthy New Year!



Once again we would like to send our heartfelt thank-you to Janice Ford-Spencer, the founder of the Stockings of Love charity, and her team of helpers. Thanks to her generous support of our home, each resident and tenant in the wellness suites were given a stocking to open on Christmas.



## Intergenerational Programming

I am very excited to share that Tabor Manor is hosting a Brock University Leisure & Aging class right here on campus on Monday mornings! This year the intergenerational program will engage both students and residents in a dance program called “The Sharing Dance Older Adults”. The program was developed by Canada’s National Ballet School (NBS) and Baycrest, industry leaders in dance training and geriatric care. Sharing Dance Older Adults is a safe and accessible dance program that engages older adults in meaningful dance activity. Programming is designed for individual dancers, as well as for organizations in a variety of settings, including community spaces, retirement homes, long-term care homes and more.



Did you know that the artistry and physicality of dance supports overall physical, emotional and social wellbeing among older adults. Regular dancing also helps develop independence and confidence, while enriching our day-to-day life through creative expression (Baycrest, 2024).

We encourage interested residents, families and staff to get involved in this wonderful program, where dance becomes a powerful tool for connection, expression and personal growth. Stay tuned for more details.

Norma Restivo, Therapeutic Recreation Supervisor

## Caregiver Support Group

Next meeting will be on Wednesday, January 8th at 2:00pm in the Family Dining room



## WINTER SURVIVAL KIT



Lights in the sky!

As we start the New Year, recent news in the States has been flooded with sightings of 'lights in the sky'! They have caused a lot of anxiety and chaos throughout the region. Most appear to be either small airplanes, or drones. Not all have been explainable. What then are the lights? Why are they appearing now? What do they really mean?

This story reminds us of the mysterious light in the sky that first Christmas Night...it was The Star in The East!

Sometimes, throughout biblical history, God announces His amazing plan with unusual signs. The Star of Bethlehem was just such a sign! This 'Star' was long ago foretold by the Old Testament prophecy concerning a star rising from Jacob, and a scepter (Ruler) from Israel. (Num. 24:17)

Just like those who don't understand the lights in the sky today, Israel did not recognize the Star in The East, nor did they even perceive the Ruler it represented. Israel failed to understand that The Star that came and stood over the place where Jesus was born, was to be a graphic symbol that The True Light of God's glorious love, mercy and grace had now arrived in this dark world for all to see! They didn't comprehend that their King had now arrived! Amazingly, that was something the Wisemen from The East understood very clearly!

John 1:9-12 states; 'there was the true Light which, coming into the world, enlightens every man. <sup>10</sup> He was in the world, and the world was made through Him, and the world did not know Him. <sup>11</sup> He came to His own, and those who were His own did not receive Him. <sup>12</sup> but as many as received Him, to them He gave the right to become children of God, even to those who believe in His name.'

The truth of the story of the Star of Bethlehem continues to light up the world! If we really want to know personally what that Star represents, we must acknowledge that we live in spiritual darkness apart from The Light of The Gospel of Jesus Christ. We must acknowledge that Jesus Christ is God's glorious Son, and that He alone came into this dark world to 'turn the lights on' for all to see God's great love, mercy and grace. Jesus Himself said, 'I Am the Light of the world! He who believes in me shall not walk in darkness but will have the light of life!' (John 8:12)

Let us start the New Year of 2025 by looking to 'The Light of The World', who has come to us...and His Name is Jesus, The Christ, The Son of The Living God! Receive Him gladly, rejoice and worship Him like the Shepherds and Wisemen did so long ago!

*Have a Blessed New Year!*

*Pastor Jim*

# Spruce Lane Star

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



## January Birthdays

*There are no January Birthdays in Spruce Lane.*

## Upcoming Events

### **January 1<sup>st</sup> – Hot Chocolate Social:**

Joining us at 2:30pm in the Olive Branch Café for some good conversation and even better hot chocolate!

### **January 8<sup>th</sup>/22<sup>nd</sup> – Perishky Baking:**

Join us in Long-term Care at 9:30am to bake some fresh Perishky. All proceeds go towards recreation programming.

### **January 14<sup>th</sup> – Church Service:**

Join us in the Great Room at 10:00am for a morning of music with The Church at Niagara Youth Choir.

### **January 20<sup>th</sup> – Hymn Sing:**

Join us in the Chapel at 2:00pm for hymns with Stephen!

### **January 23<sup>rd</sup> – Movie Night:**

Join us in the Olive Branch Café at 6:00pm for a fun movie night with drinks and snacks!

## **Keep Your Eyes Fixed on Jesus**

Keep your eyes fixed on Jesus and ask him more directly to give you joy, peace, and a pure heart. Purity of heart means a heart where God is the center of your attention. Take a simple sentence like, *“The Lord is my shepherd, I shall not want,”* and repeat that quietly during the day until the truth of it enters the center of your being. You may have feelings of depression, anger, and restlessness, but when God dwells in the center of the storm, the storm is less frightening, and you can live with trust that in the midst of any darkness you will be led to a place of joy and peace.

## **Brain Bending Fun**

January might be a challenging month. It is, after all, Brainteaser Month. Just as exercise is healthy for the body, brainteasers are healthy for the brain. Flex your brain by answering some of these brainteasers below:

1. A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?
2. In 1990, a person is 15 years old. In 1995, that same person is 10 years old. How could this be?
3. Before Mount Everest was discovered, what was the highest mountain in the world?

*Answers: 1. He walked; the river is frozen. 2. The person was born in 2005 BC. 3. Mount Everest; it was the highest mountain even before it was discovered.*

## New Year, 2025!

Many people around the world celebrate the start of each new year. Today, most New Year's festivities begin on December 31 (New Year's Eve), and continue into the early hours of January 1 (New Year's Day). Common traditions include attending parties, eating special New Year's foods, making resolutions for the new year and watching fireworks displays.

Use this time to reflect on the past year, but also plan for your future, I hope you all have a bright and beautiful year of 2025!



## December Recap!

December was a month of giving! With the hustle and bustle of the holidays, I hope everyone was able to take a moment to spend time with friends and family. Throughout December we had many large events, from live entertainment such as the Vicounts, to our high tea on Christmas Eve. Thank you all for participating and bringing light to each day through December!

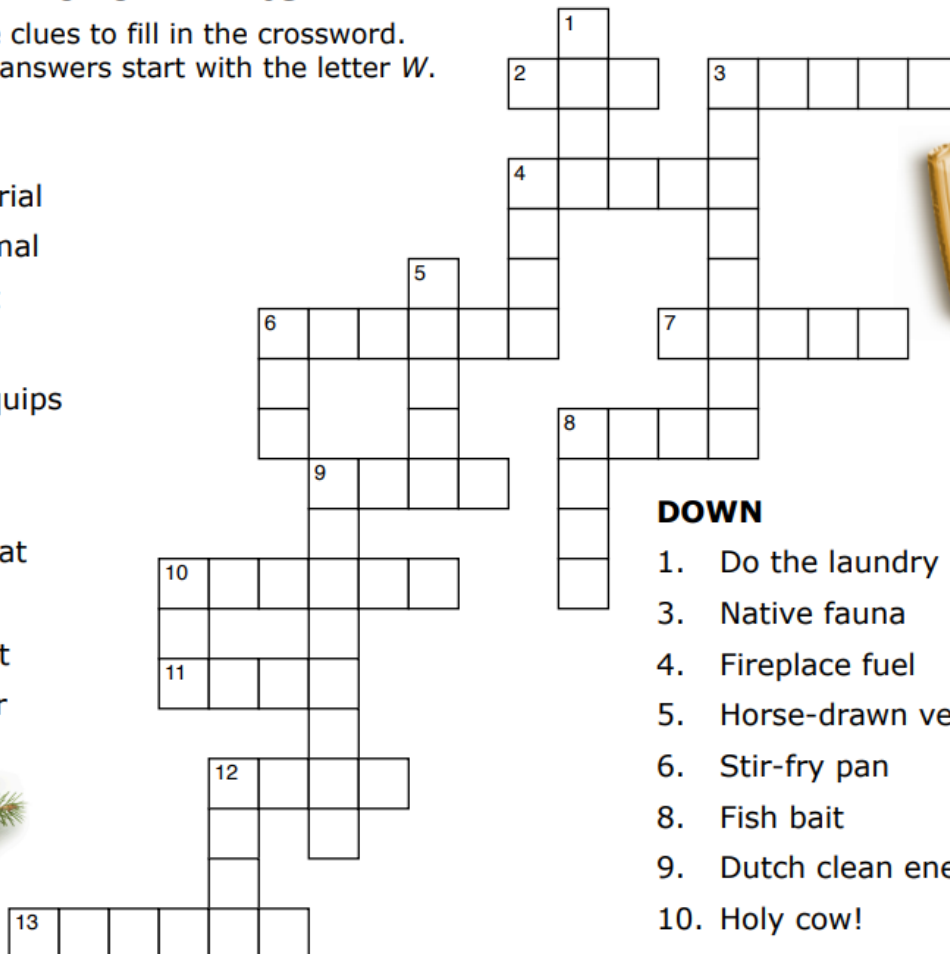
As we move away from December and into the brand new year of January 2025, a month of Repentance, I hope everyone is able to take a moment to reflect, transforming ourselves by the renewing of our hearts and minds.

## W Is for Winter

Use the clues to fill in the crossword.  
All of the answers start with the letter W.

### ACROSS

2. Crayon material
3. Ocean mammal
4. Unicycle part
6. Sorcerer
7. Clever with quips
8. Cellar stock
9. Bird part
10. Squirrel's treat
11. Not cool
12. Travel on foot
13. Money holder



### DOWN

1. Do the laundry
3. Native fauna
4. Fireplace fuel
5. Horse-drawn vehicle
6. Stir-fry pan
8. Fish bait
9. Dutch clean energy source
10. Holy cow!
12. Silent greeting