

Radiant Care Tabor Manor

WE WELCOME...

Maria Fast
James Blackburn
William "Bill" Jastrubecki
Richard Pringle
Barbara "Barb" Beamer

WE REMEMBER...

Fae Freure
Jakob Boldt
Edward "Ted" Librock
Mario Galliera
Doug Konkle
Annie Habic
Thaddeus "Ted" Bemke

WE CELEBRATE THE BIRTHDAYS OF...

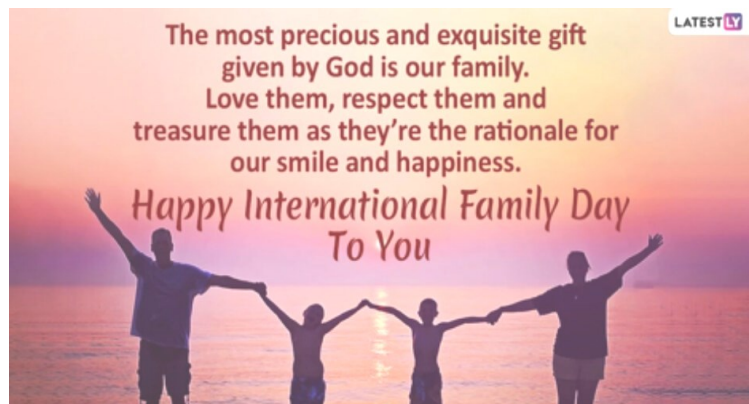
Coby Vandersteen
John Peckham
Jane Burke
Mavis Bartoszewski
Andy Roessner
Keitha Melnick
Joyce Kalen
Parania Jarzyna
Margery "Bunny" Thompson
Beverley Alder
Selma Braun

Tabor Times

February 2025

As we step into February, we are filled with love, warmth, and gratitude for the wonderful community we have here at Tabor Manor. January brought lots of smiles, and we are looking forward to seeing everyone join in the activities that are planned for our residents in the coming month.

Although February is known as the month of romance, food, and Superbowl, it is also the month that Family Day falls in. Hoping everyone is able to come together to honour the bonds of family and foster the spirit of togetherness.



(<https://images.app.goo.gl/kmfdWbfhmEhjEh6A6>)

Reminder for those who are interested and able to attend. Our "Sharing Dance" program will be starting on Monday, February 3rd at 10am in the Great Room with the Brock University students. Family members are encouraged and welcome to join your loved one for this program!!



Celebrating February Programs at a Glance

Feb 12th Food Committee Meeting

Feb 13th Special Couples Lunch

Feb 14th R.C. Mass

Feb 14th Valentine's BINGO in Great Room

Feb 18th Chapel Service in Great Room

Feb 18th Resident Council in Great Room

Feb 26th Music with John Pebble 1st & 4th RHA

Feb 27th Birthday Party with Mendelt in Great Room

February is Therapeutic Recreation Awareness Month

Our TR Professionals use Recreation and Leisure to help people to...

- ♥ Improve physical and cognitive abilities
- ♥ Increase confidence and self-esteem
- ♥ Foster greater involvement in the community
- ♥ Strengthen interpersonal skills and relationships
 - ♥ Improve coping and adaptation skills
 - ♥ Enhance wellbeing
- ♥ Encourage a greater sense of accomplishment
- ♥ Realize the benefits of a healthy leisure lifestyle

Please take a moment this month to recognize the Recreation Department team for their hard work and dedication in providing meaning and purpose in our resident's lives.



Ring in the New Year in style

Share the Love

We would love to hear from you! If you have any special memories, stories, or photos you'd like to share for the next newsletter, please reach out to Recreation Department. Whether it's a funny anecdote, a heartfelt message, or a recent family visit, we'd be thrilled to feature it!

Resident Food Committee Meeting

Wednesday, February 12th at
10:30am in Great Room



Resident Council Meeting

Tuesday, February 18th at 2:00pm
in Great Room



A Matter of The Heart!

Psalm 119:33-36 states...

³³ Teach me, O LORD, the way of your statutes; and I will keep it to the end. ³⁴ Give me understanding, that I may keep your law and observe it with my whole heart. ³⁵ Lead me in the path of your commandments, for I delight in it. ³⁶ Incline my heart to your testimonies, and not to selfish gain!

As followers of Christ, there is no end of things we should do or ought to do or even must do. There are commands we should cherish, goals we should embrace, attitudes we ought to cultivate. But the sad truth is this: In our basic human nature, in our flesh, we may not have any real desire to do these things at all. We might succeed in adhering to a list of “do’s” and “don’ts” and “thou shalt” for a while, but if it’s done in our own strength for the sake of duty, it will never last—and it really won’t please God.

The reason is what the apostle Paul clearly teaches, “¹⁸ For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out” (Rom. 7:18). On our own, we don’t have the will nor the desire to please God and obey His will!

The good news is that the Holy Spirit within the believer freely gives us the desire to do God’s will. He will supply the ‘want to’, which is far, far more compelling than the ‘have to’. Now, in Christ, we can freely and fully obey The Lord with our whole heart! As Paul states...

**But thanks be to God, that you who were once slaves of sin
have become obedient from the heart to the standard of
teaching to which you were committed,**

(Romans 6:17)

Remember...

**Faithfully Obeying The Lord in Everything is not just a Matter of Duty...
It is a Matter of Devotion!**

Following Christ is a Matter of The Heart!

Pastor Jim

Spruce Lane Star

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



February Birthdays

Hank Peters – February 1st

Anne Rau – February 24th

Upcoming Events

February 6th/20th – Coffee Hour:

Join Scott Street Church in the Café at 2:30pm to enjoy some coffee and conversation!

February 5th/19th - Perishky Baking:

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

February 10th – Hymn Sing:

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

February 11th – Sunshine Singers:

Join us in the Chapel at 2:30pm to enjoy a musical performance by the sunshine singers!

February 13th – Movie Night:

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

February 18th – Church Service:

Join us in the Great Room at 10:00am for a morning of music with Jake, Marg, and Ben Janzen

A Prayer

Dear Lord Jesus,

Help me keep my eyes on you. You are the expression of God's infinite compassion; you are the visible manifestation of the Father's holiness. You are beauty, goodness, gentleness, forgiveness, and mercy. You have the words of eternal life. You are the Way, the Truth, and the Life. You are the Light that shines in the darkness. In and through you I can see the Heavenly Father, and with you I can find my way to him. O Holy One, Beautiful One, Glorious One, you are my Lord, my Saviour, my Redeemer, my Guide, my Comforter, my Hope, my Joy, and my Peace. To you I want to give all that I am. I give you all – all that I have, think, do, and feel. It is yours, O Lord. I am yours, O Lord.

- Stephen Mason
Volunteer Coordinator

St. Catharines Library Program

Are you interested in getting a new selection of books delivered to your door each month, without the hassle of travelling to our local library? With the beginning of 2025, we wanted to announce that Tabor Manor is still partnered with the St. Catharines Library to offer tenants the opportunity to have hand selected books personally dropped off each month, no fees necessary!

If you are interested, please reach out to our Therapeutic Recreation staff, Kira, who would be happy to get you set up!

Seniors' Centre Without Walls

Seniors' Centre Without Walls, delivered by the City of St. Catharines, is back! Through this program, the city offers anyone with access to a phone, the opportunity to join some fun over the phone activities such as trivia, twenty questions, card bingo, and more!

If you're interested, pick up an information sheet from the Olive Branch Café!



Mixed-Up Muffins

Unscramble the letters to reveal words associated with muffins

1. LEYRRBBEU

2. BRMCYUL

3. MKNUPPI

4. LDOUSEIIC

5. AHTOLCOCE HCIP

6. OARRCT

7. YSARRPREB

8. ANMCNNOI

9. RABRERCNY

10. PPYPO DSEE

11. MALEOTA

January Recap!

January was the start of a brand-new year, the year 2025! January was a month of Repentance, and I hope everyone was able to take a moment to reflect and transform oneself by the renewing of our hearts and minds.

As we move away from January, and into February, the month of strength and courage, I hope we are all able to encourage one's heart and mind to not fear the tribulations of this world, but to have faith in the Lord to deliver us from evil. Be bold in hope and love for God!