

# Radiant Care Tabor Manor

## Tabor Times

*May 2025*

**Welcome to May!**

Spring is in full bloom, and so is our calendar of events. This month, we look forward to spending more time outdoors, celebrating our amazing nurses and mothers, and coming together to support important causes like the Alzheimer's Society.

Thank you for being part of our vibrant and caring community.

Here's to a beautiful and active month of May!



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

Chrstine Funk  
Ruth Harder

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

Denise Tessier-Marshall  
John Storm  
Anna Thompson  
Hendrika "Rita" Struiksma

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

Ike Langendoen  
Shirley Frausel  
Irene MacGregor  
Gerhard Oehlke  
Lenora Sherk  
Leni Welke  
Elizabeth Kroezen

## **Join Us for the Annual Alzheimer's Walk in a Box Event**

We invite all residents and families to take part in our Annual Alzheimer's Walk on Thursday, May 29th, from 10:00am - 11:30am starting in the LTC Café.

We'll begin the morning with a refreshing outdoor stroll in support of the Alzheimer's Society, followed by coffee, tea and sweet treats in the Great Room. Donations of any size are welcome and greatly appreciated - all proceeds will go directly to the Alzheimer's Society to help fund their vital programs and services that enhance the lives of individuals living with dementia in our community.

If you're unable to attend the walk, donations will be gratefully accepted throughout the month at the Tuck Shop or at the 1 Tabor Main Office.



*Alzheimer Society*

## Closet Cleanup

With the warmer weather on the way, it's the perfect time to swap out winter clothing for lighter spring and summer wear. We kindly encourage families to update their loved one's wardrobe with season-appropriate clothing to ensure comfort during the changing temperatures. Here are a few tips to make the transition easier:

- √ bring in breathable fabrics, light layers
- √ check sizing to ensure clothing still fits comfortably
- √ sun hats, sunglasses
- √ seasonal pajamas and undergarments
- √ pack away heavy sweaters & pants, winter coats
- √ remember to have new items labelled to prevent mix-ups in the laundry



Tabor Manor invites you to join us for

# HERITAGE DAY

SATURDAY JUNE 7<sup>TH</sup>  
10:00AM-1:00PM  
OUTSIDE 1 TABOR DRIVE  
FUN FOR THE ENTIRE FAMILY

Pony Rides - Face Painting  
Games - Bouncy Castle  
Mobile Petting Zoo  
Antique Cars  
BBQ - Corn on the Cob  
Live Music

Don't forget to bring along  
your own lawn chair!

A vibrant illustration of a picnic scene. In the foreground, a wicker picnic basket is filled with bread, a bottle of wine, and other items. Next to it is a watermelon, a glass of purple juice, and two sandwiches on plates. The picnic is set on a red and white striped blanket. The background shows a green field, a blue sky with white clouds, and a string of yellow and orange triangular bunting flags.

The secure courtyard and terrace doors are now open from 7:00am until 9:00pm as per our outdoor policy. These doors are now unlocked for the warmer weather until mid November, meaning you can just push the doors open or use automatic door opener and do not need to use the code on the key pad.

Please enjoy the courtyard.

Wishing all the lovely mothers, and grandmothers a wonderful Mother's Day on May 11th.

HAPPY  
*Mother's Day*  
♥

## 'Living Water' that will never run dry!

Scientists say a massive freshwater aquifer discovered under the seabed off the Atlantic Coast of the US could help mitigate water crises in North America and abroad. In a study spearheaded by scientists at Columbia University, the researchers say the gargantuan subterranean aquifer spans at least from New Jersey to Massachusetts and sprawls outward into the ocean, reaching the edge of the continental shelf.

Scientists say if the water contained in the aquifer were a surface-level lake, it would cover about 15,000 square miles. Among other things, the study published in the journal *Scientific Report* gives hope that similar aquifers may lie off the coast of other land masses around the world and could provide a much-needed supply of fresh water for drought-stricken communities. What an amazingly huge supply of much needed fresh water!

## Jesus has 'Living Water'!

But Jesus said He had a limitless supply of what He called, 'living water'! In John 4:13-14, Jesus met the Samaritan woman at the well and said to her, "Everyone who drinks of this water will be thirsty again, but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life."

Also, John 7:37-38, says, "On the last day of the feast, the great day, Jesus stood up and cried out, "If anyone thirsts, let him come to me and drink. Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water.'"

Jesus promises that those who trust in Him for salvation, and come to Him for spiritual refreshment, will receive spiritual and eternal 'water' that will satisfy them forever! They will never need to find another source to fulfil them and give them eternal life!

If you are spiritually 'thirsty' today, do not go to any other source to quench your 'thirst' than Jesus Christ!

And if you already know Him, 'drink' from your relationship with Christ, read His Word, and ask the Holy Spirit within you to 'well up' the life-giving water Christ has for you.

Ask Jesus to let His 'living waters' flow through your heart and life today. Only He can satisfy you spiritually and eternally! His reservoir will never run dry!

**JESUS CHRIST CAN 'QUENCH YOUR THIRST' FOREVER!**

*Pastor Jim*

May 2025

# Spruce Lane Star

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



## May Birthdays

**Holly W.** – May 6th

**Corinne B.** – May 15th

**Jeannine G.** – May 16<sup>th</sup>

**Henry B.** – May 23<sup>rd</sup>

**Lida W.** – May 25<sup>th</sup>

## Upcoming Events

### **May 1<sup>st</sup>/15<sup>th</sup> – Coffee Hour:**

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

### **May 7<sup>th</sup>/28<sup>th</sup> – Perishky Baking:**

Join us in Long-term Care at 9:30am to bake Perishky!

### **May 8<sup>th</sup> – Mother's Day High Tea:**

Join us in the Chapel at 2:30pm for a lovely social event!

Sign up required.

### **May 12<sup>th</sup> – Muffins and Mimosas (non-alcoholic):**

Join us in the Café at 9:30am for a morning social!

### **May 12<sup>th</sup> – Sunshine Singers:**

Join us at 2:30pm in the Great Room for a musical event!

### **May Date 13<sup>th</sup> – Church Service:**

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

### **May 22<sup>nd</sup> – Movie Night:**

Join us in the Café at 6:00pm for a fun movie night!

## **Wonders of the Great Lakes**

The Great Lakes - Lake Superior, Lake Michigan, Lake Huron, Lake Erie, and Lake Ontario - are not only beautiful but also vital to the environment, economy, and wildlife. These five lakes, which make up the largest freshwater system in the world by total area, are home to more than 30 million people and provide a habitat for countless species. Additionally, they contain about 84 percent of North America's fresh surface water!

Every year, people across the U.S. and Canada celebrate the Great Lakes during events like Great Lakes Awareness Day, observed this year on May 5. This day highlights the importance of protecting the lakes and raising awareness about environmental issues that threaten their health, such as pollution and invasive species.

But the celebrations don't stop there. May 10 marks World Migratory Bird Day. The Great Lakes provide crucial resting areas for birds traveling along their migration paths, making them key to preserving biodiversity. Some of the most notable migratory birds passing through the region include the peregrine falcon, the fastest animal on Earth, and the common loon, which uses the lakes for nesting and fishing. The Great Lakes serve as an essential hub, especially for species traveling from the Gulf of Mexico to breeding grounds in Canada.

The Great Lakes are not only a stunning natural resource but also a treasure trove of history and recreation. Their waters have witnessed countless historic events, such as the sinking of the *Edmund Fitzgerald* in Lake Superior in 1975. The lakes still conceal many sunken vessels, offering a fascinating glimpse into the past. Beyond their historical significance, the Great Lakes are a destination for outdoor recreation. Boating, fishing, kayaking, and hiking are just a few of the activities that draw millions of visitors each year. The picturesque shorelines, sandy beaches, and scenic trails make them a favorite for summer vacations. Whether you're exploring the history beneath the surface or enjoying the natural beauty above, the Great Lakes remain an essential part of the American and Canadian landscape.

## Blessing One Another

To bless means to say good things. We must bless one another constantly. Parents need to bless their children, children their parents, husbands their wives, wives their husbands, friends their friends. In our society, so full of curses, we must fill each place we enter with our blessings. We forget so quickly that we are God's beloved children and allow the many curses of our world to darken our hearts. Therefore, we need to be reminded of our belovedness and remind others of theirs. Whether the blessing is given in words or with gestures, in a solemn or an informal way, our lives need to be blessed lives.

Stephen Mason  
Volunteer Coordinator



## April Recap!

April was a month of Rejoice! I hope everyone was able to find joy in the new spring weather and enjoyed some well-deserved time with friends and family for Easter.

As we move away from April and into May, the month of Growth, many times when we think of all the flowers and bright colours. As Christians, it's good to remember that we rely on God's word for growth in our day-to-day walk.



*Please join us on Thursday, May 29<sup>th</sup> from 10:00-11:30am in the Great Room to walk and support quality improvement for those living with dementia.*

## Mixed-Up Mother Goose

Unscramble the letters to reveal Mother Goose nursery rhymes.

- |                                   |           |
|-----------------------------------|-----------|
| 1. ETPRE PPREI                    | 1. _____  |
| 2. PMSEIL OMSNI                   | 2. _____  |
| 3. HEERT NILBD EMCI               | 3. _____  |
| 4. PMUTHY PMDYUT                  | 4. _____  |
| 5. ABA ABA KALCB HPESE            | 5. _____  |
| 6. YHE DLIDED DLDIED              | 6. _____  |
| 7. KCAJ ADN JLLI                  | 7. _____  |
| 8. WOR , ORW, WRO , ROUYOABT      | 8. _____  |
| 9. TELTIL SIMS EFMTFU             | 9. _____  |
| 10. OYHICRK ICRKYDO KDCO          | 10. _____ |
| 11. KACJ EB LBMIEN                | 11. _____ |
| 12. INRG RNOADU TEH SREOI         | 12. _____ |
| 13. EWE IYLWL KEWIIN              | 13. _____ |
| 14. PPO SOEG ETH ASEEWL           | 14. _____ |
| 15. LDONNO EBDGIR SI LNAGFIL OWND | 15. _____ |