TABOR TIMES

905-934-2548 7 TABOR DR, ST. CATHARINES, ON L2N 1V9

We Welcome...

- Susan Cobley
- Konrad Friesen
- Kathy Hauth
- Elsie Nickel

UPCOMING BIRTHDAYS

- Alex Vitez
- Anna Quiquero
- Red Conroy
- Tillie Hall
- Margaret McKinney
- Jake Hiebert
- David Mitchell
- Fay Figliomeni
- Marjorie Slinn
- Elisabeth Bergen
- Frank Barnard
- Joan Donawa
- Fernando Godinho





Resident and Family Experience Survey

It's survey season here at Tabor Manor, once again we're reaching out to hear your feedback and insights. Residents will have the opportunity to fill out the surveys electronically with the help from Recreation staff. Family members, caregivers, and substitute decision makers (SDMs) will also receive their surveys electronically.

We value hearing your feedback on how we can improve and continue to serve with excellence, love and dignity. Please complete your survey by **November 15th.**

Thank you for taking the time to share your thoughts and for helping us make Tabor Manor an even better place to live and work!

Message from Recreation



We will be taking Christmas pictures for the residents to share with their families. If you are planning on bringing in a specific outfit, please check with recreation staff for the specific home area date and times. Photos will be taken mid November, dates will be posted on each home area.

Lest We Forget



November 11th — Remembrance Day

This Remembrance Day, we pause to honour and remember the brave men and women who served and sacrificed for our freedom. We are forever grateful for their courage, dedication, and service.

We will remember them.



Perishky Orders

Delicious homemade Perishky will be available for purchase on ***November 4th****! Be sure to place your orders at the Welcome Desk. Yum!*

Last Month in Pictures



Brenda enjoying the bus outing of shopping at the Pen Centre



Flora and Anna proudly displaying their beautiful flower arrangements



Ladies from RHA 2 showing off their arts and crafts



It's Great to be Back!

After starting at Tabor Manor in 2013, I took a break in 2020 to stay home and raise my children. Now, I'm so happy to be back! I've loved reconnecting with familiar faces and getting to know all the new residents. It's exciting to see the wonderful new programs, Smart Board and Montessori activities. The warm welcome I've received from staff, residents, and tenants who remember me from years ago has meant so much. It truly feels like coming home!

> Blessed are those who mourn,
> for they will be comforted
>
> Matthew 5:4

We Remember...

Jean Stokes
Lenora Sherk
Maria Pennachio

Never Forget!

Great Achievements Deserve to Be Remembered!

Those who sacrifice their lives for that which is truly just and compassionate deserve to be celebrated, remembered and not forgotten. For Canadian society, that is the meaning of Remembrance Day, a day to remember what should never be forgotten. The War Monument on the main street in Niagara-on-the-Lake has enshrined the words…

'This Cenotaph is dedicated to the memory of Canadians
who died in the service of their country
their name liveth forever'

Never Forgetting God's Goodness and Grace

Remembering is also the biblical way of continuing to remember and value what God has done for us who believe! Let the words of Psalm 103 fuel and focus our minds and hearts with gratitude and praise…

1 Bless the Lord, O my soul, and all that is within me, bless His holy name. 2 Bless the Lord, O my soul, and forget none of His benefits; 3 Who pardons all your iniquities, who heals all your diseases; 4 Who redeems your life from the pit, who crowns you with lovingkindness and compassion; 5 Who satisfies your years with good things, so that your youth is renewed like the eagle.

Remembering Christ

Most of all to be remembered is God's love in sending His Son, Jesus Christ, to sacrificially die on Calvary's Cross to save condemned sinners who repent of their sin and trust in Christ alone for their eternal salvation! God's love, and Jesus' sacrifice, are forever memorialized with these words from John 3:16…

"For God so loved the world, that He gave His only begotten Son,
that whoever believes in Him shall not perish, but have eternal life."

Christ's death for guilty sinners, like you and me, is THE Greatest Act of selfless, sacrificial love the world will ever see! And something this amazing, loving and compassionate must never be forgotten! And, just like Remembrance Day, The Lord Jesus Christ Himself has given a continual way to remember His sacrifice for us by observing Communion in His Name. 1Corinthians 11:25 says…

"This cup is the new covenant in My blood.
Do this, as often as you drink it, in remembrance of Me."

This Remembrance Day let us not forget those who have sacrificed for our freedoms. And let us never forget what Jesus did on The Cross to pay the ultimate price for our spiritual and eternal freedom!

LORD JESUS, WE REMEMBER YOU!

Pastor Jim

November 2026

Spruce Lane Star

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



November Birthdays

Inez M. – November 4th

Upcoming Events

November 4th/9th/11th – Remembrance Day Documentary Series:
Join us in the Café at 1:00pm for a 3-part Documentary following Canadian History.

November 12th/26th – Coffee Hour:
Join Scott Street Church in the Café at 2:30pm to enjoy some coffee & conversation!

November 26th – Heritage Christian School:
Join us in the Chapel at 10:00am for a morning of music!

November 26th – Movie Night:
Join us in the Olive Branch Café at 6:00pm for a movie!

November 30th – Festival of Lights Bus Outing:
Join us at 6:00pm for an outing to see the Christmas lights!
Sign Up Required.

In Step with God

Galatians 5:25

Our Daily Bread

Can you imagine sprinting as hard as you can possibly run... without being able to see?

That's what happens in Paralympic guide running. Blind runners compete with a guide, someone who runs alongside them step by step, connected by a short tether. American runner David Brown is among the world's fastest blind Paralympian runners, having won a gold medal for running a 100-meter dash in under eleven seconds. Jerome Avery was Brown's guide for much of his career. Brown described their connection this way: "We're like one person." Avery agreed, saying, "It should look like one person running."

What a beautiful illustration of the Holy Spirit's guidance. Even when we're running with all we've got, the Spirit stays perfectly in step with us—directing our every movement, guiding us this way and that.

In Galatians 5, Paul describes how we overcome struggles with sin: by being in sync with the Spirit's work in us. He writes, "Walk by the Spirit, and you will not gratify the desires of the flesh" (v.16). A few verses later, he adds, "Since we live by the Spirit, let us keep in step with the Spirit" (v.25). That, he says, would enable us to step past the "acts of the flesh" (v.19) so we can be spiritually fruitful (vv.22-23).

Let's walk—and maybe even run—in step with the Spirit.
Paul had much to teach us about the Holy Spirit's role in the life of the believer in Jesus. The moment a person believes in Christ through faith, they receive the Holy Spirit (Galatians 3:2, 14). Referred to as "the Spirit of his Son" (4:6), God sent Him to dwell in our hearts. He adopted us to become His children and empowers us to call Him "Abba, Father" (v. 6). The apostle warned that our sinful human nature continues to resist the indwelling Spirit (5:17). The key to victory is to live in the power of the Spirit. As we're led by Him and walk and keep in step with Him, He helps us to overcome the vices of the sinful nature and live in a right relationship with God (vv. 5, 16, 18, 25). Such a Spirit-controlled life is one that pleases God as it bears the "fruit of the Spirit" (v. 22).

Festival of Lights Bus Outing

Spread the Christmas joy, and join us for our fesitval of fights bus outing on November 30th at 6:00pm!

Limited spots are available, please sign up will be available the week before in the Olive Branch Café!



Remembrance Day

On November 11th we will be remembering the fallen soldiers who fought for our freedom.

Please join us for our 3-part documentary series on November 4th, 9th, and 11th at 1:00pm in the Olive Branch Café to experience Canadian history surrounding World War II.

As well, please join us on November 11th in the Café at 9:30am for the live news broadcast of the Ottawa memorial.

A Reminder: From October 24 through to Remembrance Day, millions of Canadians wear a Poppy as a visual pledge to never forget those who served and sacrificed. The red flower also is the symbol of the Legion's Poppy Campaign, raising funds to support Veterans and their families in need.



SCORE Categories

Fill in the boxes with words or terms that begin with each of the letters in *SCORE*. Add your own category in the last row.

	S	C	O	R	E
Games & Puzzles					
All Things College					
Movies					
Plants					
Cities					
Your Choice					