

Family Fun Day

Sunnyside Adventist Care Centre **2nd Annual Family Fun Day Thursday August 15...**

Ol' McDale's Travelling Petting Zoo

Face Painting

Watermelon

Ice Cream

Music by...Celtic Country

Horseback Rides

Balloon Funn...by Warren Johnson

Please invite your family, grandkids, staff & their families!!!

If planning to attend please RSVP to the Recreation Team before August 12...(306)653—1267 ex. 140



Fun outing to the Forestry Farm on July 9. Our residents got to roast hotdogs, and make smores!! Thanks to all who came to help make this day a success.



"Caring for one another as Christ would"

August 2019

The Sunnysider

www.sunnysidecare.ca

Just a friendly reminder that Sunnyside has a strict no smoking policy.

**We kindly ask Visitors and Family to smoke off Sunnyside's property.
Thank you**



Rider Friday's are back...

Open to Residents, Families and Staff. You MUST be wearing Rider wear OR Something Green!



Enter every Friday, draw will be made once per month for a \$20 Gift Card to the Rider Store!!



**Opportunity to be a part of a Research Study:
Towards improving the quality of life for LTC residents**

We are looking for Residents/Families/Staff to be part of our research project conducted by a group of researchers from the U of S.

The research aims to find out how unwell residents are supported in order to achieve the best possible outcomes.

As residents, family members, and staff your perspectives and insights on how things work and how they can be improved will be very helpful.

We look forward to hearing from you.

If interested, please contact:

Ana de Paul

306-653-1267 ext.147

Ana.depaula@saskhealthauthority.ca

OR

Leave your name with our Clerk at the Nursing Station.

Staff

August Birthdays

Residents

Vineeth Balabhadran	05
Namitha Joseph	06
Glenda Balicnog	09
Rogelio Taer	14
Ana De Paula	18
Editha Ibias	19
Sherry Manalo	22
Conrod Spence	25
Ruth Lebedoff	26
Silvia Adebogun	27
Edwin Cardeno	27
Rachel Ndayishimiye	28
Marcela Marcellan	30



Stanley Brass	04
Jacquee Falardeau	06
Rena Tilk	07
Shirley Brown	07
Lillian Martin	07
Kay Fowler	08
Beth Hehn	12
Doug Funk	25
Terry Boyko	26
Ruth Lee	29
Sylvia Drager	31

HAPPY BIRTHDAY

Chaplain's Corner By Conrod Spence

All of us have moments when our faith falters, when we're lonely or exhausted or just plain sad. Truth be told there will be moments where grief grabs hold of you and you crumbles to the ground. There are going to be days where all your spiritual energy will be sapped, life feels empty, and each breath feels like a burdensome chore. Some days you may feel undeserving, blemished, bruised, and rejected.

Even if you are experiencing your darkest days, remember that God is with you. "Be strong and of good courage; do not be afraid, nor be dismayed, for the LORD your God is with you wherever you go." Joshua 1:9. Remember that He loves you. Regardless of the variables, remember God will never leave or forsake you. The apostle Paul reminds us that "neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord." Romans 8:39 (NIV)

Attention Visitors, Staff and Residents.

When using the Multipurpose Room please ensure the following...

- ◆ Groups larger than 10 ***must book!***
- ◆ Please check to make sure someone else hasn't booked the MPR for a private event!!
- ◆ Please ensure all chairs are neatly stacked against the wall....as too many chairs left out pose a fall risk.
- ◆ Please ensure tables used are wiped, garbage is taken out and dishes are returned to the kitchen.

Thank you the Recreation Team

AUGUST 2019

Sun

Mon

Tue

Wed

Thu

Fri

Sat

All Recreation programs are subject to change throughout the month. Please check the Recreation white board daily for changes.

Attention Residents / Families...
Regarding weekly BBQ's or Outings please check with Recreation Team for details.

1

Good Morning Sunnyside 9:30
Patio Activities 2:00
Small Group Program 6:00

2

Walk 'N' Roll 10:00
Ice Cream Social 2:00
Vespers 6:30

3

Coffee Time 10:00
SDA Church Service 2:00

4

Coffee Time 10:00
Small Group Programs 2:00

5

Morning Stretches 10:00
Patio Activities 2:00

6

Good Morning Sunnyside 9:30
Bingo 2:00
BBQ 4:30
Sing Along 6:00

7

Good Morning Sunnyside 9:30
Patio Activities 2:00
Bingo 6:15

8

Good Morning Sunnyside 9:30
Catholic Mass 2:00
Small Group Program 6:00

9

Walk 'N' Roll 10:00
Ice Cream Social 2:00
Vespers 6:30

10

Coffee Time 10:00
SDA Church Service 2:00

11

Coffee Time 10:00
Small Group Programs 2:00

12

Morning Stretches 10:00
Riverview Meeting 2:00
All Over The Map Dance 7:00

13

Outing to Somewhere 10-3
Diefenbaker Meeting 2:00
Sing Along 6:00

14

Good Morning Sunnyside 9:30
Patio Activities 2:00
Bingo 6:15

15

No Morning Program
Family Fun Day 1-5
Small Group Program 6:00

16

Walk 'N' Roll 10:00
Ice Cream Social 2:00
Vespers 6:30

17

Coffee Time 10:00
SDA Church Service 2:00

18

Coffee Time 10:00
Small Group Programs 2:00

19

Morning Stretches 10:00
Prairieland Meeting 2:00
Movie Night 6:00

20

Good Morning Sunnyside 9:30
Bingo 2:00
BBQ 4:30
Sing Along 6:00

21

Good Morning Sunnyside 9:30
Birthday Party 2:00
Bingo 6:15

22

Good Morning Sunnyside 9:30
Holy Anglican Communion 2:00
Small Group Program 6:00

23

Walk 'N' Roll 10:00
Ice Cream Social 2:00
Vespers 6:30

24

Coffee Time 10:00
SDA Church Service 2:00

25

Coffee Time 10:00
Small Group Programs 2:00

26

Morning Stretches 10:00
Patio Activities 2:00
Movie Night 6:00

27

Good Morning Sunnyside 9:30
Outing to Somewhere 1-4
Sing Along 6:00

28

Good Morning Sunnyside 9:30
Patio Activities 2:00
Bingo 6:16

29

Good Morning Sunnyside 9:30
Patio Activities 2:00
BBQ 4:30
Small Group Program 6:00

30

Walk 'N' Roll 10:00
Ice Cream Social 2:00
Vespers 6:30

31

Coffee Time 10:00
SDA Church Service 2:00