

## Sunnysidecare.ca



Rec. team serving up some tropical bevies on a gloomy rainy day!!

Attention Residents...weekly
BBQ's begin Thursday June 4.
Please check with the Rec.
Team for details.





Please join us in celebrating Canada Day Tuesday June 30 by wearing your Red & White!!



Left—Anna,
enjoying a fruity
tropical drink on a
gloomy grey day!!
Right— Elaine and
Linda on our
Tropical
afternoon!!



## Chaplain's Corner By Conrod Spence

Social scientists, psychologists and medical doctors have found substantive evidence that un-forgiveness and resentment if the underlying cause in many diseases including many types of cancers. It is believed that you could be cheating yourself from some of life's best rewards by being unforgiving. Someone once said "forgiveness is of greater importance than most people realize. Forgiveness is never about the other person, forgiveness is about you. It is for your peace and beauty. When we hold on to hurt, pain, resentment, and anger it harms us far more than it harms the offender."

Robert Muller knew the horrors or World War II, of being a refugee, of Nazi occupation and imprisonment yet he states: to forgive is the highest, most beautiful form of love. In return you will receive untold peace and happiness. Jesus emphasized the importance of forgiveness when He states: "if you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins." Matt. 6: 14, 15. As you sojourn here at Sunnyside Adventist Care Centre I encourage you to embrace the art of forgiveness and free yourself to live in the present. Nelson Mandela says: "resentment is like drinking poison and hoping it will kill your enemies." Make some time to forgive those who have hurt you in the past or present, including parents, ex-mates, coworkers etc. May God grant you the grace to forgive so that you will be forgiven and be guaranteed a place in his eternal kingdom. Feel free to ask me to help you on your journey to forgiveness.

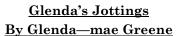
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Words are important for communication, but sometimes we don't quite understand them unless we have an interpreter of sorts. Context may be vital.

One good example of this happened recently. We were just starting Residents Council when a stately gentleman man looked up from his iPad, and asked, "Am I in the way?" Amy shook her head, and invited him to join us. Declining, he said, "I'll just skedaddle out of here." With that, he limped out of the room. I

had expected him to move faster. I could not understand how he used that unusual action word. I didn't see the elephant in the all-purpose room. We learn new things every day.

There is a poem on the full-length mirror, next to the hair salon. It speaks a truism that we cannot refute. "Life is like a mirror. Smile at it, and it smiles back at you."

Truthfully, I find it difficult not to smile when I send even the tiniest glance at the mirror when it reflects that I'm at least presentable. Perhaps I'm more arrogant than I realized, or that life is more positive than we thought. In any event, we can all find at least three things to be happy about—the green grass, the blue skies, the fluffy white clouds. I know you could go further...and the blessings abound. Let's celebrate!

## JUNE 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	Morning Stretches 10:00	Good Morning Sunnyside 10:00	Good Morning Sunnyside 10:00	Good Morning Sunnyside 10:00	Fitness Fun 10:00 Social 2:00	Coffee Time 10:00
	Table Games 2:00	Bingo 2:00	Church Service 2:00	Resident Council 2:00	Vespers 6:30	SDA Church Service 3:00
	Movie 6:30	Sing Along 6:30	Bingo 6:15	BBQ 4:45 Fire Pit 6:30	·	
7	8	9	10	11	12	13
Coffee Time 10:00 Small Group Program 2:00	Morning Stretches 10:00	Good Morning Sunnyside 10:00	Good Morning Sunnyside 10:00	Good Morning Sunnyside 10:00	Fitness Fun 10:00 Social 2:00	Coffee Time 10:00
	Table Games 2:00	Bingo 2:00	Patio Activites 2:00	Resident Council 2:00	Vespers 6:30	SDA Church Service 3:00
	Movie 6:30	Sing Along 6:30	Bingo 6:15	BBQ 4:45 Fire Pit 6:30	roopoio oioo	
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28	29	30		All Recreation	programs are	
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