

June 2020

# The Sunnysider

[www.sunnysidecare.ca](http://www.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 is 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 of 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.

**Staff****June Birthdays****Residents**

Naomi Cartagina	07
Jodi Slywka	07
Maria Ang Blen	08
Gisilda Macabudbud	11
Maria Yungwirth	12
Bolaji Shonde	12
Liberty Mataverde	12
Donna Neuda	13
Cecilia Complido	16
Roslin Kuduvassery Joy	22
Danuta Kermes	23
Navdeep Kaur	25
Ernesto Torniado	27
Albert Hoover	29
Margie Torniado	27
Lorrie Sharp	30



Veronica Wall	14
John Tomporowski	14
Audrey Braken	15
Lawrence Ogle	24
Jim Woodcock	24
Sheila Smith	28
Keith Peberdy	28

**Glenda's Jottings****By Glenda—mae Greene**

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

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 Morning Stretches 10:00 Table Games 2:00 Movie 6:30	2 Good Morning Sunnyside 10:00 Bingo 2:00 Sing Along 6:30	3 Good Morning Sunnyside 10:00 Church Service 2:00 Bingo 6:15	4 Good Morning Sunnyside 10:00 Resident Council 2:00 BBQ 4:45 Fire Pit 6:30	5 Fitness Fun 10:00 Social 2:00 Vespers 6:30	6 Coffee Time 10:00 SDA Church Service 3:00
7 Coffee Time 10:00 Small Group Program 2:00	8 Morning Stretches 10:00 Table Games 2:00 Movie 6:30	9 Good Morning Sunnyside 10:00 Bingo 2:00 Sing Along 6:30	10 Good Morning Sunnyside 10:00 Patio Activites 2:00 Bingo 6:15	11 Good Morning Sunnyside 10:00 Resident Council 2:00 BBQ 4:45 Fire Pit 6:30	12 Fitness Fun 10:00 Social 2:00 Vespers 6:30	13 Coffee Time 10:00 SDA Church Service 3:00
14 Coffee Time 10:00 Small Group Program 2:00	15 Morning Stretches 10:00 Table Games 2:00 Movie 6:30	16 Good Morning Sunnyside 10:00 Bingo 2:00 Sing Along 6:30	17 Good Morning Sunnyside 10:00 Church Service 2:00 Bingo 6:15	18 Good Morning Sunnyside 10:00 Resident Council 2:00 BBQ 4:45 Fire Pit 6:30	19 Fitness Fun 10:00 Social 2:00 Vespers 6:30	20 Coffee Time 10:00 SDA Church Service 3:00
21 Coffee Time 10:00 Small Group Program 2:00	22 Morning Stretches 10:00 Table Games 2:00 Movie 6:30	23 Good Morning Sunnyside 10:00 Bingo 2:00 Sing Along 6:30	24 Good Morning Sunnyside 10:00 Patio Activities 2:00 Bingo 6:15	25 Good Morning Sunnyside 10:00 Resident Council 2:00 BBQ 4:45 Fire Pit 6:30	26 Fitness Fun 10:00 Social 2:00 Vespers 6:30	27 Coffee Time 10:00 SDA Church Service 3:00
28 Coffee Time 10:00 Small Group Program 2:00	29 Morning Stretches 10:00 Table Games 2:00 Movie 6:30	30 Good Morning Sunnyside 10:00 Canada Day Party 2:00 Sing Along 6:30	<div style="border: 1px solid black; background-color: #e0f0e0; padding: 10px; width: fit-content; margin: 0 auto;"> <p>All Recreation programs are subject to change throughout the month. Please check the Recreation white board daily for changes.</p> </div>			