

Tuesdays Group: Burwood Day Clinic, Christchurch

Talking to my Moko's who live in Roturua. Raima.
Listening & feeding the birds. Lin (73). Company
& good friends. Kathy (66). Volunteer Work.
Sandra (73). Sitting in the sunshine. Jos.
Listening to music. Frederick (69). Having a
good laugh. Annette. Going for a walk to the
mallexercise. Raima. Reading & teaching young
children. Frederick (69). Grandchildren xx. Kathy
(66). Playing golf & listening & watching the
Tui's. Jos. The night sky and all its brilliance.
Kathy (66). Spending time in my garden. Raima.
Taking my dog for a walk. Raima. Walking
through the park. Jos . Listening to Music - Rock,
Country or Classical. Lin (73). The love &
company of dogs & animals. Kathy (66).
Laughter is the best medicine !! Frederick (69).
The company of good friends. Kathy (66).
Exercise and sunshine. Michelle. Stop and smell
the roses. Annette.

Canterbury has been through a lot.
Thanks for sharing some of the simple
things that bring you joy.

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