

Thursday's Group: The Burwood Day Clinic, Christchurch

Brightness & warmth of the sun. Suzanne.
Writing songs & singing. Shirl. Listening to the
birds. Mrs D. To go for a bike ride. Miep. Taking
myself & my dog to the beach. Clare. My cat her
name is "Chocolate". David. Helping others in
need, being with people. Suzanne. Read a good
book. Miep. Relaxing in the sun. Mrs D. The
smell of fresh cooking. Shirl. Treating myself !!
Clare. Spending time in my garden. David.
Giving presents or making food. Suzanne. Ring
my grandchildren up. Miep. Going to the mall.
Mrs D. Walking in the rain. Shirl. Visualisation &
Music. Clare. Watching the world go by. David.
Doing missionary work around the World & NZ.
Suzanne. When I am with my friends. Miep.
Reading. Mrs D. Having my hair set. Shirl.
Watching any sports on TV, listening to music.
David. Hugging people especially lonely,
unhappy souls. Suzanne. Massage. Shirl.
Interaction with friends/family. Clare.

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

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right?
allright.org.nz