

Monday's Group: The Burwood Day Clinic, Christchurch

Lying on the beach in the sand. **Jenny**. Knitting toys. **Sylvia (82)**. My husbands presence. **Hilary (85)**. Cutting the lawns and doing the edges. **Kelvin**. Praising God, going to church. **Dawn (85)**. Walking in the forest. **Volunteer (70)**. Enjoy gardening both veges & flowers. **Pamela**. Listening to music. **Jenny**. Hot bath or Spa. **Beverley (68)**. Going to the Totara Club every week. **Sylvia (82)**. Relaxing in a comfortable chair. **Hilary (85)**. Playing with my kitten. **Kelvin**. Admiring a nice Garden. **Dawn (85)**. Volunteering. **Volunteer (70)**. Go to the cafe. **Pamela**. Knitting small jersey's. **Jenny**. Helping someone. **Beverley (68)**. Doing Cross words. **Sylvia (82)**. Talking with other people. **Hilary (85)**. Playing with my Grandchildren. **Kelvin**. Shopping. **Dawn (85)**. Meeting up with friends. **Pamela**. Being with my last 2 Grandchildren. **Jenny**. Sunsets. **Beverley (68)**. Support from family. **Dawn (85)**. Watching documentaries. **Sylvia (82)**.

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

