

WISDOM CAFÉ – February 1, 2023

Wisdom Café – Positivity! With our upcoming rainy, cloudy, short days, it is important to feel positive as you rise and shine! What gets you up every day and gives you a sense of purpose? Is it connecting with family or friends? A good book, or movie? A walk-in nature? Let us share as a community and start off the year on a positive note!

What activities keep you alive and invigorated?

- Walking in nature
- Pickleball and hiking
- Ping Pong is fun!
- Connecting with friends
- Hiking in mountains, travelling
- Cruise ship has so many activities, exploring in a Zodiac
- Travelling to New Zealand - it was cold, windy and hot
- Doing things with grandkids
- Being around water
- Tinkering in my shop
- Connecting with others
- Having a cup of tea in the AM

What are your passions?

- Reading, and connecting with other people
- Hiking
- Classical music
- Helping others and connecting with friends

What gets you up every day and gives you a sense of purpose?

- My Dalmatian gets me up each AM
- Walking around Lake Sammamish and meeting new friends and dogs
- Meditation, and looking out my windows with 120 ft. cedars and birds
- I want to make a positive difference in the world www.Songeaskids.org
- A good cup of coffee
- Watching birds and squirrels outside burying peanuts
- Activities like hiking, or quilting club
- A delicious cup of Yorkshire tea
- Watching YouTube
- Buddhist and Christian teachings