

We all have our daily routines, responsibilities, and worries.

We need to remember (and maybe force ourselves) to "stop and smell the roses" from time to time

GOD GAVE EACH OF US A WONDERFUL LIFE AND WORLD--WE NEED TO SPEND SOME TIME JUST ENJOYING

Ecc 3:1,4 There is an appointed time for everything...a time to weep and a time to laugh; a time to mourn and a time to dance

Ecc 8:15 Therefore I commend mirth...this is the accompaniment of his toil during the limited days of the life which God gives hir

Prov 17:22 A joyful heart is the health of the body, but a depressed spirit dries up the bones

ANY GIVEN DAY

Do Nothing--Put your "to-do" list away and just enjoy your day, sit and empty your mind

Skip reading, hearing, watching "the news" for a day or more

SOCIAL/FAMILY

Catch up with old friends, play games, go through old photographs, get a pet

relate history, experiences to younger/older generations, write memoirs, keep a daily journal

LEARNING/HOBBIES/SKILLS

share yours with others, teach, start something new, invent something

musical instrument, writing, cooking, sewing, model building

age 50+ classes, social events, volunteer opportunities (Osher Lifelong Learning Institute at Granite State College) olli.granite.edu

SERVICE

volunteer (school, church, community, hospital, museum, sports, boy/girl scouting)

donate \$\$, things, time, talent

NATURE

get up early and see the sunrise, listen to the birds, listen to the quiet, smells

stay up late to wonder at the stars

WELLNESS

exercise, walking, bicycling, swimming, join a gym

SPORTS

get season tickets to something

THE ARTS

music, dance, acting, painting, sculpting

ENTERTAINMENT

movies, binge-watch your favorite TV series

museums (local, regional, national), Wright Museum in Wolfeboro, Currier, SEE in millyard, children in Portsmouth, Dover, Bosto
Milford drive-in theater

TRAVEL/ADVENTURE--don't just read about them--visit them/do them!

NH roadside historical markers: "Cruising NH History" by Michael Bruno, Lloyds Hill Publishing 2018, google "nh historical marker

NH diners: "(New Hampshire Diners" by Larry Cultrera, The History Press 2014)

NH swimming holes: "Swimming Holes of the White Mountains" by David Hajdasz, Huntington Graphics 2020

NH covered bridges: "NH Covered Bridges" by Eric Riback, Bella Terra 2021)

NH locations of interest: "New Hampshire off the beaten path" by Barbara Rogers&Stillman Rogers, Globe Pequot 2019

hiking/camping: Appalation Mountain Club--white mt huts, NH 4000-footer club, hundred highest, fire tower hikes

ride a zip line (Bretton Woods Canopy Tour), take flying lessons, balloon ride, rafting, canoing, geocaching

New England locations: "Yankee New England Adventures" by Yankee Magazine, Globe Pequot 2018

USA: under 62?--For \$80, get an "America The Beautiful" ANNUAL nat'l park pass (nps.gov)

USA: over 62?--For \$80, get an "America The Beautiful" LIFETIME nat'l park pass (nps.gov)

EUROPE: Rick Steeves travel guides, advice, tours, www.ricksteeves.com, see his shows on Public Broadcasting

THERE ARE SO MANY THINGS THAT CAN MAKE US HAPPY--HERE ARE JUST A FEW (with generous helpings from "14,000 things to be happy about" by Barbara Ann Kipfer, Workman Publishing 1990):

view everyday surroundings with a tourist's eye
settle for "good enough" instead of "perfect" once in a while
fireworks
friends coming over
send a card to someone not expecting it
recall a most fun/cherished memory
let someone do something for you
friends coming over
count your blessings--notice (thank God) for everything that went right today
lighthouses
hearing someone tell you "I understand"
acts of charity--pay for the next car in line at a drive-thru window
breakfast in bed
band concerts
brightly-lighted Christmas trees with unopened presents underneath
"make a great day" with random acts of kindness
ice cream trucks
focus on the delights of one sense for a whole day (sight, smell, sound, taste, touch)
winning a raffle
marshmallows and s'mores over an open fire
eating outside--anywhere
chocolate chip cookies
watching children on an Easter Egg hunt
weekends and holidays
first driver's license/first car
finding a parking space when you really needed it
country roads shielded by a canopy of overhanging trees
BBQ with friends--especially if they're doing the cooking
read all night, sleep all morning
deer/moose/horse standing in a field
skating rinks
stained-glass windows
birch trees
learn to laugh at yourself (or anything)
waterfalls
anonymous generosity
walk (don't ride), drive (don't fly)--you'll see so much more
rainbows
sitting on a porch
reading a book you can't put down
walks on the beach
ice cream, funnel cakes, strawberry shortcake
sounds of a babbling brook
picking a sanctuary in your home--a place all to yourself
the smell of brewing coffee
throwing a coin in a well and making a wish
deep dish apple pie with ice cream
explore a new city, town, region, beach, mountain

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